

## What's on at your local library?

**Steyning Library:** Toddler Time Monday 2pm-2.30pm

**Storrington Library:** Rhyme Time Tuesday 10.45am-11.15am,  
Library games after school Tuesday until 4.30pm (term time only)

**Billingshurst Library:** Rhyme Time Tuesday 10.45am-11.15am

**Henfield Library:** Rhyme Time Thursday 10.15am-10.45am

**Pulborough Library:** Rhyme Time Friday 11am-11.30am

**Steyning Library:** Rhyme Time Friday 2.15pm-2.45pm

**Toy Library available at all your local libraries.**

### Billingshurst and Pulborough Children & Family Centre

01403 213594 and 01798 871194

### Little Footsteps Children & Family Centre

01903 270444

**Group Email:** [rural.horsham@westsussex.gov.uk](mailto:rural.horsham@westsussex.gov.uk)

Family Information Service 01243 777807

### Useful Links

Childcare & Family Information [www.westsussex.gov.uk/fis](http://www.westsussex.gov.uk/fis)

Free Entitlement [www.westsussex.gov.uk/freechildcare](http://www.westsussex.gov.uk/freechildcare)

Jobs in Childcare [www.westsussex.gov.uk/childcarejobs](http://www.westsussex.gov.uk/childcarejobs)

Children & Family Centres [www.westsussex.gov.uk/cfc](http://www.westsussex.gov.uk/cfc)

West Sussex Parent Carers Forum: [www.wspcf.org.uk](http://www.wspcf.org.uk)

West Sussex Information, Advice and Support Service:  
[www.send.ias@westsussex.gov.uk](mailto:www.send.ias@westsussex.gov.uk)

Reaching Families: [info@reachingfamilies.org.uk](mailto:info@reachingfamilies.org.uk)

Autism Sussex: [www.autismsussex.org.uk](http://www.autismsussex.org.uk)

Find us at '**Horsham Rural Children & Family Centre Group**'  
where you can find out what's going on in your local Children &  
Family Centre.

**'Like' us today and keep in touch!**



# Discover... Children and Family Centres

## Horsham Rural Group

Billingshurst & Pulborough

Little Footsteps

Rural Henfield & Steyning

Rural Horsham

Spring 2017

3 January - 7 April



[www.westsussex.gov.uk/family](http://www.westsussex.gov.uk/family)

## Health

### Child Health Clinics

Drop-in for advice from your local Health Visiting team about your child's development and health. Please bring your child's red book.

Billingshurst Children & Family Centre, RH14 9RY

Monday 1pm - 2.30pm

Henfield Medical Centre  
BN5 9JQ

Monday 2.00pm - 4.00pm

Steyning Health Centre  
BN44 3RJ

Tuesday 9.30am - 11.15am

Loxwood Medical Practice,  
RH14 0UT

1st & 3rd Tuesday of the month  
1.30pm - 2.45pm

Pulborough Children & Family Centre, RH20 2BF

Wednesday 10.30am - 12pm

Little Footsteps Children & Family Centre RH20 4EE

Wednesday 1.00pm - 2.45pm

Kinderoos Toddler Group,  
Broadbridge Heath, RH12 3LD

1st & 3rd Thursday of the month  
(term time) 10am - 11.30am

Memorial Hall, Upper Beeding  
BN44 3WN

2<sup>nd</sup> & 4<sup>th</sup> Thursday of the month  
9.15am - 10.00am

Rudgwick Tots & Toddlers,  
Bucks Green, RH12 3JJ

2nd & 4th Thursday of the month  
(term time) 10am - 11.30am

Ashington Community Centre  
RH20 3PG

1st Thursday of the month  
9.15am - 10.15am

### Breastfeeding Support

#### Body Matters Workshop

Little Footsteps Children & Family Centre RH20 4EE

**Thursday 19 Jan, 16 Feb, 16 March 1pm-2.30pm**

Discover all you need to know about breast feeding including the benefits for you and your baby. Call to book a place 01903 270444

National Breastfeeding Helpline

0300 100 0212

[www.nationalbreastfeedinghelpline.org.uk/](http://www.nationalbreastfeedinghelpline.org.uk/)

## Support for Children with Additional Needs

### SNAP

A fun friendly group for children with additional needs.

Free access to the sensory room

**Tuesday 9.30am-11am** at Horsham Nursery Children & Family Centre,  
Harwood Road, Horsham RH13 5UT 01403 224444

### SNAP after school

For school aged children with additional needs and their families.

Free access to the sensory room

**Tuesday 3.30pm-5pm** (term time)  
Horsham Nursery Children & Family Centre

### Sensory Rooms

Sensory rooms are available to book for £2 for 30 minute sessions.

Free for children with additional needs and their families.

Horsham Nursery Children & Family Centre 01403 224444  
The Needles Children & Family Centre RH12 1RS 01403 213590

Other Play & Learn Plus groups and sensory rooms available in Crawley,  
Worthing and Bognor.

For information on these groups please us 01403 213594 / 01903 270444

### Sensory Resources

The **Sensory Bus** is an accessible vehicle, which has been customised with a Sensory Environment. It is available for use by both families and settings for children with additional needs. The Sensory Bus enables children to access a sensory environment close to or at their own homes. Please contact us for more information.

We have a wide range of **Sensory Toys** including a dark den and fibre optic lights. Call to find out what we have in stock.

### Free advice for families with children with additional needs.

Age range 0 to 25 years

Benefits advisor offering help with Disability Living Allowance, Personal Independence Payments, Income Support, Incapacity Benefit, Housing Benefit, Employment Support Allowance, Tax Credits and more.

Please contact Robert Hayes: **07850 240874**

or [robert.hayes@westsussex.gov.uk](mailto:robert.hayes@westsussex.gov.uk)

### Disability Welfare Benefits information session

Friday 10am-12pm 6 Jan, 3 Feb (other dates tba)

At Horsham Nursery Children & Family Centre

## Work and Money

### Back to Work Programme for Parents

Our **Parent Volunteer Co-ordinators** can help you to get back to work offering support searching for jobs, looking at career options, writing a cv, filling in application forms and preparing for interviews.

Flexible voluntary work experience.

Free maths and English courses (through Aspire)

Please call Julie on 01403 864668 / 07872 420500

Or Maria on 07834 444416

### Liaise

**Liaise** offers independent, confidential and FREE advice to anyone who is struggling with their finances, including help with benefits and reviewing and preparing a budget.

Drop in at Little Footsteps on **Tuesday 2pm-4pm**

### Citizen's Advice Bureau

Little Footsteps Children and Family Centre

**Tuesday 3 Jan, 7 Feb and 7 March 10am-1pm**

Billingshurst Children and Family Centre

**Tuesday 10 Jan, 14 Feb, 14 March 10am-1pm**

Drop in for advice 10am-10.30am. For appointments please ring the CAB helpline 0844 4771171 or call the Centre.

### Dynamic Dads & Family Mornings

A monthly Saturday morning group for all Dads, Granddads and Uncles to bring along their children for an exciting activity session.  
9.30am-11.30am

**4 Feb** Valentines Craft & Breakfast at The Needles Children & Family Centre RH12 1RS

Book now for the first Family Morning **7 Jan** Woods for Learning. Open to everyone. Call 01403 224444 for more information and to book a place (spaces limited)

## Health

### Speech & Language Therapy Advice Sessions

If you are concerned about your child's talking, speak to your Health Visitor or staff at your child's nursery so that they can make a referral to Speech & Language Therapy. If your child has not been referred, you are welcome to come along to a short Advice Session for general support.

Please bring your child's red book.

Pulborough Children & Family Centre, RH20 2BF

Monthly on Monday 16 Jan, 13 Feb, 13 Mar, 24 Apr 12.20pm-2.20pm

Little Footsteps Children & Family Centre RH20 4EE

Tuesday 7 March  
9.30am-11am

Billingshurst Children & Family Centre, RH14 9RY

Monthly on Tuesday 31 Jan, 28 Feb, 28 Mar, 25 Apr 9.30am-11.30am

Henfield Evangelical Free Church, BN5 9HP

Bi-monthly on Thursday 9 Feb, 6 Apr  
10.30am-12pm

### Paediatric First Aid Course

**Saturday 11 February 10am - 2.30pm**  
**Warnham Village Hall**

First Aid skills for parents, expectant parents, grandparents and carers of babies and children (0-5yrs). Call your local Centre for more information.  
A fee of £10 per place will be charged to confirm your booking.

### Baby Massage

Baby massage is a way of forming a meaningful and secure attachment with your baby. Develop a closer relationship whilst improving early communication. Suitable for babies 6 weeks to crawling. By referral only from Health Visitor.

### Twiglets - Multiple Births Group

A relaxed and informal group for parents and their children (0-3) to meet.  
Run by Home-Start.

Tuesday 9.15am-11am (term time) at The Needles Children & Family Centre, Three Acres, Horsham RH12 1RS 01403 213590

### Children & Family Centre Membership Cards

Available from any Centre or speak to us when we are out and about in your community.

Venues	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Billingshurst</b> Station Road, Billingshurst, RH14 9RY	<b>Open: 9am-3pm</b> <b>Child Health Clinic</b> <b>1pm-2.30pm</b>	<b>Open: 9am-3pm</b> <b>Childminder Drop-in</b> <b>9.30am-11.30am</b> Monthly: 14 Feb, 14 March <b>Speech &amp; Language</b> <b>Therapy Advice Session</b> and <b>Citizen's Advice Bureau</b> Monthly (Please see p3 & 6)	<b>Open: 9am-3pm</b> <b>Little Movers</b> <b>11.30am-12pm</b> £2 per family	<b>Open: 9am-3pm</b> Centre is open to drop in and play and Toy Library is available when the Centre is open	<b>Open: 9am-1pm</b> <b>Play &amp; Learn Together</b> <b>10am-11.30am</b> Alternate Fri: 13,27 Jan, 10 Feb, 10,24 March, 7 April <b>Drop-in and Play</b> <b>10am-11.30am</b> Alternate Fri: 6,20 Jan, 3,17, 24 Feb, 3,17,31 March
<b>Little Footsteps</b> 24-26 West St. Storrington RH20 4EE	<b>Open: 9.30am-12pm</b> Centre and sensory garden open to drop in and play and	<b>Open: 9.30am-4.30pm</b> <b>Bumps &amp; Babies</b> <b>2pm-3pm</b> (weekly term time only) From 0 to crawling. <b>Inbetweenies</b> <b>3pm-4.30pm</b> (crawling to 2) <b>Liaise-</b> debt/benefits advice <b>Citizen's Advice Bureau</b> <b>SALT Advice Session</b>	<b>Open: 9.30am-4.30pm</b> <b>Child Health Clinic</b> <b>1pm-2.45pm</b> Drop-in for advice from your local Health Visitor about your child's development and health.	<b>Open: 9.30am-4.30pm</b> <b>Foodbank</b> <b>10am-12pm</b> Emergency food for families in crisis <b>Baby Matters Workshop</b> <b>1pm-2.30pm</b> Monthly: 19 Jan, 16 Feb, 16 March Call to book a place	<b>Open: 9.30am-3pm</b> <b>Sensory Group</b> —including Sensory Bus <b>1pm-2pm</b> For children with identified additional needs <b>2pm- 3pm</b> Sensory fun for all families Monthly: 13 Jan, 10 Feb, 10 March.
<b>Pulborough</b> Swan View, Lower Street, Pulborough RH20 2BF	<b>Speech &amp; Language</b> <b>Therapy Advice session</b> monthly (Please see page 3)	<b>Open: 10am-12.30pm</b> <b>Play &amp; Learn Together</b> <b>10am-11.30am</b> Alternate Tues: 3,17,31 Jan, 14,28 Feb,14, 28 March <b>Drop-in and Play</b> <b>10am-11.30am</b> Alternate Tues: 10, 24 Jan, 7, 21 Feb, 7, 21 March, 4 April	<b>Open: 9.30am-2pm</b> <b>Child Health Clinic</b> <b>10.30am-12pm</b> <b>Bumps &amp; Babies</b> <b>12.15pm-1.15pm</b> Alternate Wed: 11, 25 Jan, 22 Feb, 8, 22 March, 5 April From 0 to crawling	<b>Horsham Rural Children &amp; Family Centre</b> <b>Spring Programme</b> Families are welcome to attend any Centre or venue wherever they live. Toy Library available when the Centres are open.	
<b>Other venues</b> <b>in the</b> <b>community</b> where services are delivered	<b>Music &amp; Movement</b> Strivens Barn, Middle Mead, Steyning BN44 3RG <b>10am-11.00am</b> Mon weekly term time only for babies and children aged 2 and under Suggested donation of £2 <b>Slinfold Play &amp; Learn</b> <b>Together</b> The Scout Hut, Greenfield Road, Slinfold. (Behind the garages) <b>10am-11.30am</b> Alternate Mon: 9, 23 Jan, 6, 27 Feb, 13, 27 March	<b>Baby Rhyme Time</b> Cowfold Village Hall RH13 8AA <b>10am to 11am</b> for babies and children aged 2 and under Suggested donation of £1	<b>Information Point</b> Cowfold Village Hall RH13 8AA <b>9.30am-11.30am</b> Drop in for Toy Library and information	<b>Play and Learn Together</b> Evangelical Free Church, Henfield BN5 9HP <b>11am-12pm</b> Thurs weekly term time only <b>Speech &amp; Language</b> <b>Therapy Advice Session</b> Bi-monthly (see p3)	
Each term, we will be visiting local <b>Toddler Groups</b> in the villages of: Amberley, Storrington, Thakeham, Washington, Ashington, Partridge Green, Henfield, Lower Beeding, Upper Beeding, Steyning, Cowfold Rudgwick, Broadbridge Heath, Kirdford, Barns Green, Loxwood, Coolham, Colgate, Rusper, Warnham, Billingshurst and Pulborough with <b>Toy Library, Oral Health Products</b> and <b>information</b> . Check our <b>Facebook page: Horsham Rural Children &amp; Family Centre Group</b> for details of our activities and visits.					