



WEST SUSSEX COUNTY COUNCIL

SUMMERLEA C.P. SCHOOL



WINDSOR DRIVE, RUSTINGTON

WEST SUSSEX, BN16 3SW

HEADTEACHER: MRS H MORRIS

TEL: (01903) 856783

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EMAIL: office@summerleaschool.co.uk

'Growing thoughtful learners and independent thinkers'



NEWSLETTER 20: 23 July 2018

**We wish all of our families a very happy summer holiday and look forward to welcoming you back to school on Tuesday 4th September.
Good luck to all of our Year 6 leavers – we will miss you!**



Summer Holiday challenge!

With the summer holidays nearly upon us we wanted to introduce an optional holiday challenge for the children to take part in (see attached). The summer holidays are quite long and you may be looking for ideas of things to do with your child/ren to keep them entertained. We wanted to make some suggestions for holiday activities to do that are inexpensive, will keep them active and are fun! To make it more interesting, we are going to make this a challenge and the children will have the opportunity to earn certificates for the challenges they complete.

If 15 are completed the children will earn their *Bronze Summerlea Summer Challenge Certificate*, if they complete 25 they will earn their *Silver Summerlea Summer Challenge Certificate* and if they complete 35 they will earn their *Gold Summerlea Summer Challenge Certificate*! The staff in school will also be taking part in this challenge. We expect many of us will be having a go at something new and creating great memories from the experiences in the challenge as we do so. If you get a chance to take any photographs, or your child would like to document their challenges in anyway, their new class teacher would love to see the children in action so please do bring these in to share after the holidays. Good luck and we hope you have an enjoyable holiday completing your challenges!



Week beginning 23rd July

No clubs this week

Mon 23rd: Summerlea's 20th birthday celebrations (parents/carers welcome from 2.30pm).

Tues 24th: 2pm Year 6 Leavers' Assembly
3pm End of term (No After School Care Club)

Weds 25th July to Friday 31st August – school closed for summer holidays

Uniform Sale Dates

Tues 31st July: 10am to 2pm Uniforms Direct in school

Tues 21st August: 10am to 2pm Uniforms Direct in school

Week beginning 3rd September

No clubs this week

Mon 3rd: INSET day – school closed

Tue 4th: 8.20am School re-opens



***A calendar of key dates and events for the autumn term will be issued in September.
Please also see our website calendar, as well as separate letters, for more information.***



FOSS Summer Fair and Discos

We are delighted to be able to announce that £2,069.36 was raised at our Summer Fair this year. The children were all very excited to see the indicator on our fundraising thermometer increase to £4,678.00 in assembly last week. Mrs Wright then later came into assembly to announce that the money raised from the discos totalled £572.75 and so our target of £5,000 this year had been exceeded – we couldn't believe it! This means we will be able to look to purchase a set of new tablets for the school and Mr Moore (IT Technician) will be liaising with FOSS to ensure we get the very best value and longevity from these. A huge thank you to everyone for your support with FOSS fundraising endeavours this year – we couldn't have met this target without you! Well done FOSS!



Best Attendance Awards

You will remember that this year we introduced a new attendance reward system, having asked the School Pupil Council to review this following feedback from staff, parents and pupils. The new weekly 'best attendance award' has proved very popular with the children and there has been great excitement each week when the classes with the best attendance from the previous week have been announced in assembly. Congratulations to our overall winners this year: Willow Class in EYFS/Key Stage 1 and Elder Class in Key Stage 2. Willow Class had the best attendance for 12 weeks of the school year and was rewarded £60 and Elder Class had the best attendance for 10 weeks of the school year and was rewarded £50. This will be spent on a whole class treat. Individual attendance awards (gold = 99.5%+, silver = 99% and bronze = 98.5%) will be presented in our Headteacher's award assembly today.

End of term goodbyes and congratulations

We have said thank you, goodbye and all the very best to Mrs Lowe, Mrs Refoy and Mrs Welton. Congratulations also go to Mr Burrows who is getting married this summer.



Holiday maths packs

In addition to our summer holiday challenge, we have uploaded to our website some printable holiday maths packs published by Third Space Learning to support transition for years 2 to 5. Go to <http://www.summerlea.w-sussex.sch.uk> > Learning Zone > How to help > Homework > Summer Holiday Home Learning 2018. Please speak to your child's class teacher if you do not have access to a printer and would like a paper copy.

Reminder

If your child is currently in Year 2, moving into Year 3 in September, please remember that they will no longer be entitled to a universal free school meal next academic year. If you want your child to have a hot lunch then please order this via Chartwells by visiting their website:

<https://westsussex.mealselector.co.uk>



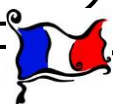
Lost Property

If your child has lost an item of clothing, or another of their belongings this term, please do take the time to come and search our lost property drawers in the main corridor by the office. Any unclaimed items will be recycled, given to charity or thrown away at the end of term. Thank you.



French phrase of the week

This week our phrase of the week is: J'ai fini (I've finished).



SEND Award

We are very pleased to have been awarded a certificate (attached) which certifies we have demonstrated our commitment to working with parents / carers with children with Special Educational Needs and / or disabilities through positive engagement.

For further information about what this means, please follow the link below:






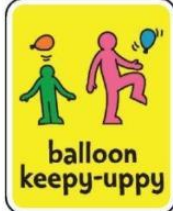








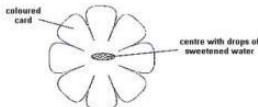






https://westsussex.local-offer.org/information_pages/152-send-ias-supporting-schools



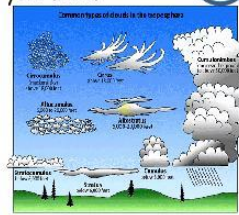




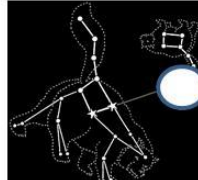








If your child has special or additional needs you can contact our Inclusion Team via the office. Mrs Ronchetti is our SENDCo and Mrs Viney is Pupil Premium and Family Support Leader.



Summerlea School Summer Holiday Challenge 2018

Name: _____ Class: _____

Climb a tree 	Roll down a hill 	Make a den 	Skim a stone 	Go on a really long bike ride 
Try paper 'Keepy-uppies'  <p>Use a scrunched up piece of paper or a balloon. How many can you do?</p>	Make a skittles game Use plastic bottles - fill with coloured water. 	Lay a stick trail 	Play limbo 	
Write a poem 	Get a book from a library 	Visit a farm 	Go swimming in the sea 	Build a really big sandcastle 
Train Honey Bees Honey bees are very good at remembering where the best flowers are. They tell their hive mates by dancing. Test their memories with some fake flowers. <ol style="list-style-type: none">1. Cut 5 different coloured flowers. Put them in the sun with a bottle top in the centre of each.2. Fill one top with sugar water. The first bees will tell the others and they will come.3. Remove the sugar water. The bees should still come to the one flower. 			Run over an obstacle course Make the obstacles from whatever you can find ...e.g plastic furniture, canes, hoops and buckets[remember to tidy it away after!] 	
Try rock climbing 	Fly a kite 	Explore a rock pool 	Play Pooh sticks "Sometimes, if you stand on the bottom rail of a bridge and lean over to watch the river slipping slowly away beneath you, you will suddenly know everything there is to be known." 	Go crabbing 

<p>Hold a scary beast</p> 	<p>Explore a cave</p> 	<p>Go Cloud Spotting</p> <p>How many can you find?</p> 	<p>Run 2K</p> 	<p>Climb a huge hill</p>  <p>Hill</p>
<p>Start a leaf collection</p> <p>Keep a record of trees and bushes by collecting their leaves. Find as many types as you can, tape or glue them onto paper then identify them.</p> 	<p>Make a 2 metre daisy chain</p> 	<p>Go star gazing and identify a constellation</p> 	<p>Play Ultimate Frisbee with your friends or family.</p> 	
<p>Cook a meal</p> 	<p>Bake a cake</p> 	<p>Make a simple bug hotel</p> <p>Use an old 2 litre bottle and stuff with sticks, cones hay, pieces of bark. etc and hang up. For a 'bug mansion' see : http://downloads.bbc.co.uk/breathingplaces/images/wildaboutyourgarden_bp_bug_hotel.pdf</p> 		
<p>Do 10 press-ups</p> 	<p>Build a butterfly bar</p> <p>When you have leftover oranges, lemons or melons that have gone too soft for your use, cut them in half or into slices and place them on a dish for butterflies to feed on. If you can elevate the food on some sort of stand or post in the garden, you'll avoid simply attracting ants.</p> 	<p>Clean the family shoes</p> 	<p>Build a raft</p> 	

Complete 15 challenges and you will have earned your Bronze Award

Complete 25 challenges and you will have earned your Silver Award

Complete 35 challenges and you will have earned your Gold Award

Please remember to work safely - some challenges require adult supervision so please check!

Hand this in to your class teacher by 7th September to earn your summer challenge certificate

**West Sussex SEND Information,
Advice and Support Service**

2018-2021

This is to certify that

Summerlea School

have demonstrated their commitment to
Working with parent carers of children with
special educational needs and / or disabilities
by meeting the criteria outlined in the:

Education Partnership Protocol

Supported by:



THE READING AGENCY AND LIBRARIES PRESENT

MISCHIEF MAKERS

SUMMER READING CHALLENGE 2018

**JOIN FREE
AT YOUR
LOCAL
LIBRARY!**

**NEW
BEANOTOWN
LIBRARY**

Beano ©DC Thomson Ltd (2018)

mischief-makers.org.uk



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

BEANO

**SUMMER
READING
CHALLENGE**

**THE
READING
AGENCY**

Arun Children & Family Centres



ANGMERING
Angmering Library, Arundel Road,
Angmering BN16 4JS
Thurs 10.00am - 12.30pm
01903 276840
Email: angmeringcfc@westsussex.gov.uk

Welcome to our April-June "What's On".
We hope you are able to find
everything you need to know about our
groups, but do get in touch if you have
any further questions.



Catch us on Facebook @
Arun Children & Family Centres



FELPHAM
Pennyfields, Felpham,
Bognor Regis, West Sussex,
PO22 6BN
Tues - 9.00am - 4.00pm
Thurs - 9.00am - 12.00pm
Fri - Open 9.00 - 4.00pm
01243 642882
Email: felpham.cfc@westsussex.gov.uk



LITTLEHAMPTON
The Wickbourne Centre,
Clun Road, Littlehampton
BN17 7DZ
Mon to Fri 9.00am - 4.00pm
01903 276840
Email: littlehamptoncfc@westsussex.gov.uk



EAST PRESTON
92 St. Mary's Drive, East Preston,
West Sussex, BN16 1JB
Monday - 9.00am - 12.00pm
Tuesday - 9.00am - 4.00pm
Thurs - 9.00am - 4.00pm
01903 270470
Email: eastprestoncfc@westsussex.gov.uk



THE VILLAGES
Main Road, Yapton,
West Sussex, BN18 0ET
Tues - 9.00am - 2.00pm
Wed - 9.00am - 3.00pm
Fri - 9.00am - 3.00pm
01243 642958
Email: thevillages.cfc@westsussex.gov.uk



TREEHOUSE
Laburnum Grove, Bersted,
Bognor Regis,
West Sussex, PO22 9HT
Mon - 9.00am - 4.00pm
Tues - 9.00am - 4.00pm
Wed - 9.00am - 2.00pm
Thurs - 9.00am - 4.00pm
Fri - 9.00am - 1.30pm
01243 642917
Email: treehouse.cfc@westsussex.gov.uk



BOGNOR REGIS
85 Victoria Drive, Bognor Regis,
West Sussex, PO21 2TB
Mon 9.00am - 4.00pm
Tues 9.00am - 12.30pm
Wed - Fri 9.00am - 4.00pm
01243 642924
Email: BognorRegis.CFC@westsussex.gov.uk

Discover... Arun

July-September 2018



What's On

in your local
Children & Family Centre



LIKE US ON



Visit our Facebook pages for regular
information and updates:

Arun Children and Family Centres



LITTLEHAMPTON CHILDREN & FAMILY CENTRE

Time	Groups/Courses
MONDAY (9.00am-12.30pm)	
9.30am-11.00am	SPEECH & LANGUAGE ADVICE SESSION—9th July
10.00am-11.30am	TICKLEMETOO "COME & PLAY" —Fun stay and play for children aged 0-5 years. £2 for 1st child and £1 for subsequent children. Last session 16th July.
10.30am-12noon	ENJOY YOUR BABY —Supportive sessions which will help parents with mental health problems to make positive changes. Call Tracey on 079 18643208 to book a place. Last session before summer holidays is 23rd July & back 3rd September.
12noon-2.00pm	PLAY & CHAT —Drop-in Play session for parents with mental health issues. Help and advice available. Last session before summer holidays is 23rd July & back 3rd September.
2.00pm-2.30pm	SUPPORT & ADVICE SESSIONS —Chat about your mental health in a private place
TUESDAY (9.00am-4.00pm)	
10.00am-11.30am	YOUNG PARENTS (UNDER 21'S) "Let's Play & Learn Together" —A chance for parents and children to enjoy some quality play time together. Last session before summer holidays is 17th July.
1.00pm-2.30pm	HOME START —Fun & Information with the Home Start Team. Ask at reception.
1.30pm-2.30pm	AMAZING BABIES —Play & learn for babies aged 0-24 months. FREE!! Running throughout summer holidays except for 7th & 14th August.
WEDNESDAY (9.00-4.00pm)	
9.30am-12.30pm	ENABLING FAMILIES —Supporting families to find solutions in order to help themselves with everyday parenting/family situations. 2nd & 4th Wed of month.
9.30am-10.15am	HARTBEEPS—HAPPY HOUSE (WALKING-5 YEARS) Not running 1st August.
10.30am-11.15am	HARTBEEPS—BABY BEEPS (SITTING-WALKING) Not running 1st August.
11.30pm-12.15pm	HARTBEEPS—BABY BELLS (NEWBORN-SITTING) Not running 1st August. Songs, nursery rhymes, lullabies and puppets. £3 per family.
11.30am-1.30pm	BABY MATTERS —Lots of support for bringing baby home—Ask Midwife to book
12.30pm-2.30pm	BUMPS-2-BABES SUPPORT GROUP —Antenatal support workshops for parents/parents to be aged 13-21 years. Last session before summer holidays is 4th July. Drop ins will be 25/7, 8/8 & 22/8
1.30pm-3.00pm	CHILD HEALTH CLINIC WITH THE HEALTH VISITORS Get your baby weighed or have a chat with a Health Visitor
4.00pm-5.30pm	KICKSTART —primary school age faith based after school group. Term time only. Last session before summer holidays 18th July, back on 12/9.
THURSDAY (9.00am-4.00pm)	
9.20am-1.00pm	SLEEP CLINIC —Once a fortnight. Book an appointment at Reception.
10.00am-11.30am	SPARKS —Faith based parent, baby & toddler group for 0-5 years run by Arun Church—50p Donation per Family. Not running 2nd or 9th August.
10.00-11.30AM	UMBRELLAS —Support group for parents of children with Special Needs who are in mainstream school. 5th July
10.30am-12.00pm	MILKI —Breastfeeding Support Drop-in (from 12th July 2018)
1.00pm-2.15pm	DISCOVER & PLAY —Fun stay & play for children aged 0-5 years. Parent run. £1 per family. Term time only. Last session before summer holidays 19th July.
12.30pm-1.30pm	EARLY PARENTING with the Health Visitors —Information & support for parents/carers of babies aged 0-6 months.
1.30pm-4.30pm	SEXUAL HEALTH DROP-IN
FRIDAY (9.00-4.00pm)	
10.00am-12noon	CHILDMINDER DROP-IN —Weekly get together for childminders
1.15pm - 2.15pm	LITTLE MOVERS —Music & Movement group, walking-5 years—£2 per family Term time only. Last session before summer holidays 20th July, back on 7/9.

OTHER INFORMATION...

Public Access Computers

Computers are available for the public to use to search various internet sites, complete job applications, 2 year funding applications etc. Please come and speak to our Hub Support Assistants for further support and guidance. **Please call your local Children & Family Centre for availability**

Toy Library

Join our Toy Library where you can borrow some of our fantastic toys to play with at home. For parents, carers and practitioners. Joining fee is £2 for families and £5 for practitioners.

We also hold a Sensory Toy Library based at Bognor Regis Children and Family Centre.

Please note there is a Toy Library available from the following centres during centre opening hours:

Felpham Children & Family Centre
Treehouse Children & Family Centre
& The Villages, Children & Family Centre
Other Toy Libraries are located at local West Sussex Libraries:
Angmering Library, Littlehampton Library, Rustington Library, East Preston Library, Bognor Regis Library, Arundel Library and Willowhale Library.

THE FREEDOM PROGRAMME

The Freedom Programme is a completely free, 12 week programme open to any women over the age of 16 who wants to learn more about the reality of domestic violence and abuse in relationships. The programme looks at all the different characteristics and controlling behaviours of the abuser, using the character of The Dominator, comparing it to the character of The Friend. The different faces or types of abuse are all aspects of The Dominator's personality, which he uses to control his partner.
For further information please ask at your local Children & Family Centre or call 01903 276840

HEALTHY START VITAMINS

Our Children & Family Centres are a registration and distribution point for Healthy Start Vitamins. Please present your voucher at Reception to collect the vitamins you need. Blank application forms available at Reception.



COMMUNITY SHOP

We sell a range of oral health products at very competitive prices. These products are available at Children & Family Centres. **Please note stock may vary at different centres.**

Tomme Tippee cups - £1.20
Doidy cups - £2.50
Branded Toothbrushes
0-2 years - £1.00
2-6 years - £1.35
6 years + - £1.00
Unbranded Toothbrushes
0-2 years - 40p
2-6 years - 40p
6 years + - 40p
Toothpaste - 60p

VOLUNTEERING

Discover Volunteering

Do you want to share your skills and gain new ones, explore back to work opportunities and career ideas?

Please call your local centre to arrange to meet with our Volunteer Coordinator to speak about current opportunities. Alternatively visit: www.westsussex.gov.uk/leisure-recreation-and-community/volunteering

HEALTH VISITING TEAMS

The Bognor Central Health Visiting Team

are based at The Treehouse Children & Family Centre. You can contact them on 01243 642884. Alternatively, you can speak to a Health Visitor at any Child Health Clinics, please remember your red Book!

The Rural West Health Visiting Team

are based at The Lodge Arundel & District Hospital Chichester Road Arundel BN18 0AB

You can contact them on 01903 276999.

Littlehampton Health Visiting Team

are based at Zachary Marton Hospital You can contact them on 01903 858129
Alternatively, you can speak to a Health Visitor at any Child Health Clinics, please remember your Red Book!

ENABLING FAMILIES

Supporting families to find Solutions in order to help themselves with Everyday parenting/family situations

"I can usually find a solution myself or with a little direction I can"

I need some guidance to help me solve the problem for myself"

2nd and 4th Wednesday of the month @ Littlehampton C&FC
1st and 3rd Tuesday of Month @ Bognor C&FC

Families please call your local C&FC for further information and to book an appointment.

Sensory Toy Library

The Sensory Toy Library has moved location to Bognor Regis Children and Family Centre. We are excited the sensory resources can support the Play and Learn Plus and Little PACSO groups as well as being accessible Monday - Friday

Sexual Health Drop-ins

Bognor War Memorial Hospital outpatients department
Mondays 17.30pm-19.00pm
Bognor War Memorial Hospital Shripney unit
Wednesdays 14.00pm-19.00pm
Littlehampton Children & Family Centre
Thursdays 1.30pm-4.30pm

Speech & Language Advice Session

Sessions are held at the following venues

Felpham Children & Family Centre
Held within our Play & Learn Session
19th April & 17th May
11am-12noon

Treehouse Children & Family Centre
Held within our Play & Learn Session
Thursday 19th April & 17th May
9.30am-10.30am

The Villages Children & Family Centre
Thursdays 1.00pm-1.30pm
19th April

Littlehampton Children & Family Centre
Mondays 9.30am - 11.00am
30th April, 21st May & 9th July

For further information please call 01273 265953

USEFUL LINKS

Childcare and Family Information
www.westsussex.gov.uk/fis
Family Information Service
01243 777807

Free Entitlement, Early Years Provision
www.westsussex.gov.uk/freechildcare
Jobs in Childcare
www.westsussex.gov.uk/childcarejobs
Children and Family Centres
www.westsussex.gov.uk/cfc
West Sussex Parent Carer Forum
www.wspcf.org.uk

Free Childcare for 2 Year Olds

Could you be entitled to 15 hours free childcare each term?

To apply go to:-
www.westsussex.gov.uk/freechildcare

You never know until you apply...

Centre Services Health Services Other Services

EAST PRESTON CHILDREN & FAMILY CENTRE

Time	Groups/Courses
MONDAY (10.30am-12noon)	
10.30am-11.30am	CHILD HEALTH CLINIC WITH THE HEALTH VISITORS Get your baby weighed or have a chat with a Health Visitor.
TUESDAY (9.00am-4.00pm)	
10.00am-11.15am	PLAY & LEARN TOGETHER —Fun activities for children aged 0-4 years. FREE!! - Term Time only Last session before summer holidays 24th July and back 11th September
WEDNESDAY - Centre closed except for the groups below	
10.00am-11.30am	TWINS GROUP —A chance to get together with other parents of twins in the local area. 1st & 3rd Wednesday of the month.
THURSDAY (9.00am-4.00pm)	
10.00am-11.30am	SKYLARKS—PLAY & LEARN PLUS —A play and support drop-in group for children with additional needs and their families. FREE!! - Term time only Dates for Summer Holidays are 29th July and 9th August 2018 Also at Lions Den Park, Littlehampton Sea Front on 26th July, 9th August and 23rd August
10.00am-11.15am	AMAZING BABIES—PLAY & LEARN TOGETHER —Help develop your child's development through play at our fun play & Learn— Term time only Last session before summer holidays 20th July and back 7th September

ANGMERING CHILDREN & FAMILY CENTRE

Time	Groups/Courses
MONDAY (Closed)	
TUESDAY (Closed)	
9.30am-10.30am	LITTLE MOVERS @ Angmering Community Centre —For children walking—around 2 1/2 years. £3 per family. Call Clair on 07837 547130 for further details Last session before summer holidays 17th July and back 11th September
10.00am-11.00am	LITTLE MOVERS @ Angmering Community Centre —For children around 2 1/2 years—5 years. £3 per family. Call Clair on 07837 547130 for further details Last session before summer holidays 17th July and back 11th September
WEDNESDAY (Out in the Community)	
9.00am-10.30am	INFORMATION DROP-IN & PLAY, Georgian Gardens Primary School, 1 Guildford Rd, Rustington, Littlehampton BN16 3JJ —Support & Information to make life easier for you and your family.— Term time only.
THURSDAY (10.00am-12.00noon)	
10.00am-12noon	INFORMATION, ADVICE AND SUPPORT
10.15am-10.45am	TODDLER TIME @ THE LIBRARY —Songs & Rhymes
FRIDAY (Out in the Community)	
10.00am-11.30am	CHILD HEALTH CLINIC WITH THE HEALTH VISITORS @ St Peters & St Pauls Church Hall, The Street, Rustington —Get your baby weighed or have a chat with a Health Visitor

Centre Services Health Services Other Services

FELPHAM CHILDREN & FAMILY CENTRE

Time	Groups/Courses
MONDAY (Closed except for Foster Carers)	
12.00noon-2.00pm	FOSTER CARERS SUPPORT GROUP —First Monday of the month (second Monday if there is a bank holiday)
TUESDAY (9.00am-4.00pm)	
9.15am-10.45am	CHILD HEALTH CLINIC WITH THE HEALTH VISITORS Get your baby weighed or have a chat with a Health Visitor
WEDNESDAY (Closed)	
THURSDAY (9.00am-12.00am)	
9.30am-11.00am	PLAY & LEARN TOGETHER —Play & Learn for children aged 0-5 years Term time only —Room still available for Parents & children to drop in and play.
11.00am-12noon	SPEECH & LANGUAGE ADVICE SESSION—12th July 2018
FRIDAY (9.00am-4.00pm)	
9.00am-12.00noon	CHILDMINDER DROP-IN —Weekly get together for childminders
1.45pm-2.15pm	BABY MOVERS/ON THE MOVERS —Music & Movement group for babies—walking/crawling (Newborn—18 months) - £2 per family. Check Facebook for updates.
2.15pm-2.45pm	LITTLE MOVERS —Music & Movement group for children 18 months—5 years—£2 per family. Check Facebook for updates.

As part of Wick Week 2018

Prams in the Park

Monday 30th July 2018
11.00am-1.30pm

In the Water Lane Park (across from The Wickbourne Centre). Bring your lunch and we will bring the cake!

The Families in Mind services are working in partnership with Children and Family centre staff and health teams to improve the mental health and well-being of parents of young children. We offer support for parents prior to having a child, once their child is born and then until their child or children reaches school age. Also, giving support to the partners of anyone with a mental health problem if required.

West Sussex County Council

Midwife

Bognor Regis Children & Family Centre
Please call your midwife to book an appointment for the following clinics;
Monday
9.10am - 12.00pm

East Preston Children & Family Centre
Please visit this website to book your appointment
<http://www.westernsussexhospitals.nhs.uk/services/maternity/pregnancy/booking-birth/>

Felpham Children & Family Centre
Please call your midwife to book an appointment for the following clinics;
Tuesday
1.00pm - 3.00pm
Friday
9.00am - 2.00pm

Littlehampton Children & Family Centre
Please make an appointment via your Midwife

Treehouse Children & Family Centre
Please make an appointment via your midwife

We treat all children & families with dignity and respect, recognising that everyone is different and individual. All services are developed and delivered to ensure equality of access for all. We are always interested in receiving feedback about our services; please send us an email or telephone us if you have any comments. Thank you.

Understanding Your Child - Solihull Approach

This course is a 10 week parenting course for families with an Early Help Plan. Please call your local Children and Family Centre and speak to a member of staff about access to this course

Twins Group

1st Wednesday of the month 10am-11.30am
@ East Preston Children & Family Centre
For further information please call 01903 270470

Wednesdays 2pm-4pm
@ The Villages Children & Family Centre
For further information please call 01243 642958

For parents/carers of twins/multiple births.

Toy Safety Tips

CHECK THE AGE LEVEL OF THE TOY BEFORE PURCHASING

AVOID TOYS WITH SMALL PARTS OR MAGNETS

ONLY PURCHASE QUALITY, STURDY TOYS

INSPECT TOYS OFTEN

BE CAREFUL OF TOYS WITH SHARP EDGES

DO NOT GIVE TOYS WITH DANGLING STRANDS TO CHILDREN

ENSURE YOUR CHILD CANNOT GET TO ANY BATTERIES





Families in Mind



Mondays 12.00noon-2.00pm
@ Littlehampton Children & Family Centre
Last Session before summer holidays 23rd July and back 3rd August

Wednesdays 12.00noon-2.00pm
@ Treehouse Children & Family Centre

The Families in Mind services are working in partnership with Children and Family centre staff and health teams to improve the mental health and well-being of parents of young children. Please come to our **Play & Chat Sessions** and meet our team Ashcroft, from Families in Mind, to find out about our services and the support we plan to offer.....

Contact Details: Tracy Ashcroft Please contact me, leave a message or text on 07918643208 Coastal West Sussex Mind Website - <http://www.coastalwestsussexmind.org/> Facebook page - Supporting Mum and Dad - Postnatal Support Project

Young Parents Group



Thursdays 1.00pm-4.00pm

@ Treehouse Children & Family Centre

Last session before summer holidays 12th July and back in September
 12 week support workshops for parents/parents to be, aged under 20 years.

Bumps2Babes

Wednesdays 12.30pm-2.30pm

@ Littlehampton Children & Family Centre
 Antenatal Support Group for Young Parents.

An opportunity for you to meet new friends and learn To be the best parent you can be.....



Aspire Functional Skills Course - Maths

Mondays—9.45am-11.45am

@ Littlehampton Children & Family Centre



For more information please call the Aspire Learning Shop on 01903 899360

TREEHOUSE CHILDREN & FAMILY CENTRE

Time	Groups/Courses
MONDAY (9.00am-4.00pm)	
9.30am-11.30am	HOME START —Fun & Information with the Home Start Team. Ask at reception for details
TUESDAY (9.00am-4.00pm)	
12.30pm-2.00pm	MILK! BREASTFEEDING SUPPORT —Breastfeeding support from an Infant Feeding Advisor and a chance to meet other Breastfeeding mums.
1.30pm-3.00pm	CHILD HEALTH CLINIC WITH THE HEALTH VISITORS Get your baby weighed or have a chat with a Health Visitor.
WEDNESDAY (9.00-2.00pm)	
9.00am-11.30am	CHILDMINDER DROP-IN —Weekly get together for Childminders.
10.00am-12.00noon	PUZZLE PIECES —Dates to be arranged
12.00pm-2.00pm	FAMILIES IN MIND —Play and Chat - Postnatal Support Project - run by Coastal West Sussex Mind. This relaxed group is aimed at supporting any parent of pre-school aged children who is struggling with how they are feeling
1.00pm-3.00pm	WEIGHT MANAGEMENT IN PREGNANCY —Run by the Midwife Team. Healthy eating & advice for expectant mothers.
THURSDAY (9.00am-4.00pm)	
9.30am-11.00am	PLAY & LEARN TOGETHER —Fun play session for children aged 0-5 years. Term time only—Room still available for Parents & children to drop in and play.
9.30am-10.30am	SPEECH & LANGUAGE ADVICE SESSION—12th July
1.00pm-4.00pm	YOUNG PARENT GROUP —12 week support workshops for parents/parents to be aged under 20 years. Last session before summer holidays is 12th July, back in September
FRIDAY (9.00-1.30pm)	
9.30am-10.15am	HARTBEEPS—HAPPY HOUSE (WALKING-4 YEARS) Songs, nursery rhymes, lullabies and puppets. £4 per family. - Term time only
10.30am-11.15am	HARTBEEPS—HAPPY HOUSE (WALKING-4 YEARS) Songs, nursery rhymes, lullabies and puppets. £4 per family. - Term time only
11.30am-12.15pm	HARTBEEPS—BABY BEEPS (SITTING-WALKING) Songs, nursery rhymes, lullabies and puppets. £4 per family. - Term time only
12.30pm-1.15pm	HARTBEEPS—BABY BELLS (NEWBORN-SITTING) Songs, nursery rhymes, lullabies and puppets. £4 per family. - Term time only
11.30am-1.00pm	YOUNG PARENTS (UNDER 21'S) "Lets Play & Learn Together"—A chance for parents and children to enjoy some quality play time together. Last session before summer break will be the 12th July

Bee Bop Baby
Thursday 2nd August 2018
10.30am-11.30am
@ The Wickbourn Centre



FREE!!!

Tickets are limited and are available from Reception @ The Wickbourn Centre, Clun Road, Littlehampton BN17 7DZ
For ages 18 months—6 years & must be accompanied by an adult

BOGNOR REGIS CHILDREN & FAMILY CENTRE

Time	Groups/Courses
MONDAY (9.00AM-4.00PM)	
10.00am-11.30am	PLAY & LEARN PLUS —A play and support drop-in group for children with additional needs and their families. FREE!! Dates for Summer Holidays are 6th and 20th August 2018
1.30pm-3.30pm	Toileting Clinic —Runs once a month. Please call 01243 642924 for dates and to book an appointment.
TUESDAY (9.00am-12.30pm)	
9.30am-12.30pm	ENABLING FAMILIES —families to find solutions in order to help themselves with everyday parenting/family situations. 1st & 3rd Wed of month. Book at Reception.
9.30am-12.00noon	CHILDMINDER DROP-IN—Every Week
WEDNESDAY (9.00-4.00pm)	
1.00pm-2.30pm	LITTLE PACSO - Parent and toddler group for children with additional needs led by the PACSO team—term time only
1.30pm-3.30pm	SLEEP CLINIC —Once a month. Book an appointment at Reception.
THURSDAY (9.00am-4.00pm)	
9.15am-11.30am	BABY MATTERS — Lots of support for bringing baby home—Ask Midwife to book
9.30am-11.00am	CHILD HEALTH CLINIC WITH THE HEALTH VISITORS Get your baby weighed or have a chat with a Health Visitor
12.45pm-2.30pm	AMAZING BABIES —Play & learn for non-walking babies. FREE!!
3.00pm-4.30pm	MATRYOSHKA DOLLS —Group for Russian speaking families and children 0-5 years
FRIDAY (9.00-4.00pm)	
10.00am-11.15am	PLAY & LEARN TOGETHER —Fun group for children aged 0-5 years. FREE!! - Term time only—Room still available for Parents & children to drop in and play.



Skylarks

Thursdays 10.00am-11.15am

@ East Preston Children & Family Centre
Dates for Summer Holidays are 29th July & 9th August 2018
Also at Lions Den Park, Littlehampton Sea Front on 26th July, 9th August and 23rd August



PLAY & LEARN PLUS—A play and support drop-in group for children with additional needs and their families. **FREE!!**

Play & Learn Plus

Mondays 10.00am-11.30am

@ Bognor Regis Children & Family Centre

Dates for Summer Holidays are 6th and 20th August 2018

A play and support drop-in group for children with additional needs and their families—**FREE!!**



THE VILLAGES CHILDREN & FAMILY CENTRE

Time	Groups/Courses
MONDAY (Closed to public)	
9.30am-11.00am (1st & 3rd Monday of the month)	CHILD HEALTH CLINIC WITH THE HEALTH VISITORS @ Barnham Community Centre, Yapton Road, Barnham, Bognor Regis PO22 0AY Get your baby weighed or have a chat with a Health Visitor.
12.30pm-2.30pm	HOME START —Fun & Information with the Home Start Team. By referral only.
TUESDAY (9.00-2.00pm)	
9.30am-11.00am	PLAY & LEARN TOGETHER —Fun play session for children aged 0-5 years. Term time only—Room still available for Parents & children to drop in and play.
1.30pm-3.00pm	EARLY PARENTING GROUP with The Health Visitor —Information & support for parents/carers of babies aged 0-6 months. 10/4—29/5/19
WEDNESDAY (9.00am-3.00pm)	
9.30am-11.00am (2nd & 4th Wednesday of the month)	CHILD HEALTH CLINIC WITH THE HEALTH VISITORS @ Arundel Surgery, Green Lane Close, Arundel, West Sussex BN18 9HG Get your baby weighed or have a chat with a Health Visitor.
9.30am-10.15am	HARTBEEPS—HAPPY HOUSE (WALKING-5 YEARS) Songs, nursery rhymes, lullabies and puppets. £4 per family.
10.30am-11.15am	HARTBEEPS—HAPPY HOUSE (WALKING-5 YEARS) Songs, nursery rhymes, lullabies and puppets. £4 per family.
11.30am-12.15pm	HARTBEEPS—BABY BEEPS (SITTING-WALKING) Songs, nursery rhymes, lullabies and puppets. £4 per family.
12.30am-1.15pm	HARTBEEPS—BABY BELLS (NEWBORN-SITTING) Songs, nursery rhymes, lullabies and puppets. £4 per family.
2.00pm-4.00pm	TWINKLES PLUS —For parents/carers of twins/multiple births.
THURSDAYS (9.00AM-3.00PM)	
9.30am-11.00am	CHILD HEALTH CLINIC WITH THE HEALTH VISITORS Get your baby weighed. If you would like to have a chat with a Health Visitor, please arrive by 10.30am.
10.30am-12.30pm	MILK! BREASTFEEDING SUPPORT —Breastfeeding support from an Infant Feeding Advisor and a chance to meet other Breastfeeding mums.
12.30am-3.00pm	CHILDMINDER DROP-IN —Weekly get together for Childminders
1.00pm-3.00pm	BABY MATTERS —Single ante-natal advice session held on 2nd Thursday of each month, to be booked through your Midwife.
1.00pm-1.30pm	SPEECH & LANGUAGE ADVICE SESSION—TBC
FRIDAY (Closed)	



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