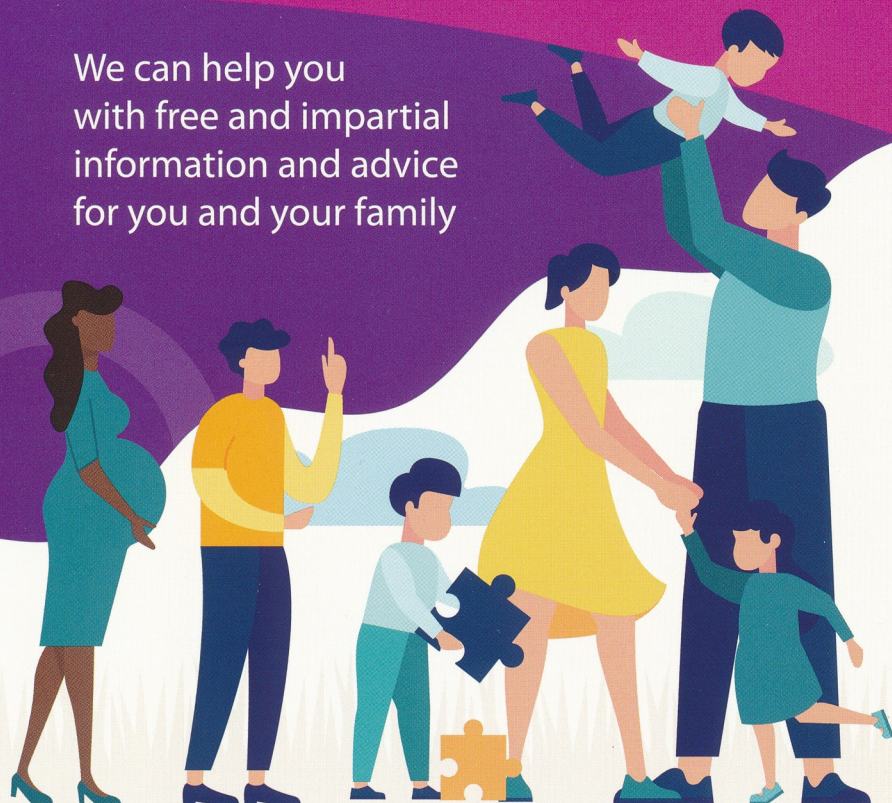


Early Help Service



Information and advice

We can help you with free and impartial information and advice for you and your family



To find the information and advice you need for your family you can do the following.



Call in to one of our 12 Family Hubs where a member of staff will assist you and you can use our public computers.

westsussex.gov.uk/familyhubs



Use the Family Information Service's Directory a guide to services, groups and activities for families.

westsussex.gov.uk/fsd



Search the Family Information Service website for childcare providers, family activities, groups and a wide range of support services for parents and 0 to 25 year-olds.

westsussex.gov.uk/fis



For further information, call **01403 229900** or use our general enquiry form.

westsussex.gov.uk/csenquiry

Early Help Service



Children
first

Help for children, young people and families who need extra support.



We help children, young people and families who need extra support.

We work with families, in their own homes and in the community, helping tackle problems before they become more difficult to reverse.

We provide 12 Family Hubs across West Sussex offering:

- » drop-in services for information, advice and guidance;
- » crisis support – such as emergency access to food and utilities;
- » support and information for young people aged 11 to 25 on a range of subjects through our 'Find it Out' offer;
- » access to services provided by our partners such as health clinics and support groups;
- » social spaces to meet other families; and
- » help to access the free entitlement to childcare places.

For further information,
please contact **01403 229900**
or visit our website
westsussex.gov.uk/familyhubs



Early Help Service

Sensory Toy Library



Visit our website westsussex.gov.uk/familyhubs to find your local Family Hub and visit to browse through their selection of toys and resources from the sensory toy library catalogue.

Our toys are aimed at children under the age of 5 and sensory toys or equipment for children and young people aged 0–19 with disabilities.

The toys have been carefully selected to support children's learning in a fun way.



Sensory Room

Sensory rooms provide an environment in which you can focus on senses such as touch, vision, and sound. They are available in several of our hubs.

- » Enhance sensory skills and hand-eye co-ordination
- » Reduce tension and increases relaxation
- » Improve levels of concentration, alertness and calmness
- » Assist the development of social and emotional skills

Please visit our website westsussex.gov.uk/familyhubs or scan the QR code to locate your local Family Hub



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Early Help Service

FindItOut

FindItOut is offered to all young people aged between 11–19 (up to 25 for young people with a disability).



FIND IT OUT

Drop in or call

FindItOut support is available in Family Hubs. Young people can drop in during opening hours or call the hub direct. Locations and opening times can be found at westsussex.gov.uk/familyhubs

Support available

- » Information, advice and guidance
- » Signposting
- » 1 to 1 support

The online young people's form can be accessed by scanning the QR code below. Young people can complete this themselves or with a parent or worker.

