

MONDAY



Children and Family Centre
open from
12:30-2:30pm offering
information, advice &
guidance, toy library, hot
drinks, stay & play and use
of our free access computer

Little Movers

9:30am-10:00am at
Southbourne Village Hall
Little Movers is a music
and movement group
aimed at children
18months-5years
£2.00 per family

Play and Learn Together Session

10:00am-11:30am at
Southbourne Village Hall
A free drop-in play
Session

Starting 12th May

Young Persons Midwife Drop-In Session

12:30pm-2:30pm
Children and Family
Centre

Please call Michelle Lawrence
on 07808 099823 for further
information or just turn up

Volunteer drop-in session
3rd Monday of every month
10:00am-11:30am

Come and find out about volunteering
opportunities and catch up with other
volunteers.

TUESDAY



Baby Health Clinic

10:00 am-12:00pm at
Southbourne Village Hall

Weekly Toy Library

9:30am-12:00pm at
Southbourne Village Hall
You can borrow a variety of
toys that support your child's
learning and development



Stay & Play

9:30am-12:00pm at
Southbourne Village Hall
A free drop-in play session

Speech & Language Therapy

Drop-in to see a NHS speech
therapist
20th May

9:30-11:30am at
Southbourne Village Hall
No need to book

Sussex Community NHS
Trust

Midwife Clinic

9:00am-1:00pm
Children and Family
Centre
(By appointment only)

WEDNESDAY



Children and Family Centre
open from
9:30am-1:00pm offering
information, advice &
guidance, toy library, hot
drinks, stay & play and use
of our free access computer.
Until 28th May

Starting 4th June Thorney Island Families

10:00am-12:00pm in the
Hub Nursery Building,
Thorney Island
Information, advice and
guidance session with stay
and play.

Midwife Clinic

9:00am-1:00pm
Children and Family
Centre
(By appointment only)

Baby Movers

1:30pm-2:00pm
Children and Family
Centre
Music and movement group
for young babies up to
crawling stage
£2.00 per family
Followed by a Stay & Play
session with a chance for a
cuppa and a chat (2.00pm-
2.30pm)

THURSDAY



Children and Family Centre
open from **9:30am-2:30pm**
offering information, advice
& guidance, toy library, hot
drinks, stay & play and use
of our free access
computer

Now available –
Condoms and Chlamydia
testing packs are
available free of charge
from the centre. Please
help yourself or ask
staff for more
information

Do you know you can
self-refer to our Family
Outreach Service?
Our outreach team can
help support you with a
number of things, such
as:

- Parenting support
- Behaviour management
- Book start
- Support with 2 year funding nursery applications
- Support with play ideas
- Help with budgeting

And much more

Do not hesitate to call
the Centre now to find
out more.

FRIDAY

Childminder Drop-In Session

(term time only)
10:00am-12:00pm
Southbourne Village Hall
An informal drop-in session
for childminders and their
Children to chat and play

Health Visitor 2 year old checks

9:00am-4:00pm
Children and Family Centre
(By appointment only)

Please let us know if any
of your details change.

Always available...

You are welcome to use our
free public access
computers, meet friends for
a coffee and chat, or ask us
for information on a wide
range of services.
The centre is fully
accessible.

Community Shop Open

Daily:
Brushing for Life Pack:
0-2 yrs £1.20
2-6 yrs & Adults £1.25
Toothbrushes:
0-2yrs £1.00
2-6 yrs £1.35
6+ £1.00
Adult £1.20
Tommy Tippee cup with 3
lids: £1.20
Doidy Cup: £2.50
Steadyco Toddler Cup:
£1.20



If you are eligible for Healthy Start, you can use your vouchers to collect your vitamins from our centre. To check your eligibility for Healthy Start go to website <http://www.healthystart.nhs.uk>

Alternatively pick up a form from the centre.

Get involved!

This is your centre, please come and be part of our Centre Partnership Group and have your say. For more details, please see a member of staff.



Would you like to lose weight, kick a habit, become more active or improve your emotional wellbeing? Ask a member of staff about Wellbeing checks.

Disability Benefits Advice



Speak to a member of staff for further details or call Robert Hayes on 07850 240874
robert.hayes@westsussex.gov.uk

Forthcoming Courses:

CAP Money Course – 8th, 15th, 22nd May 10:00am-12:00pm.

This is a free course to help anyone learn techniques to stay within budget. Each delegate will receive a workbook with hints and tips and an online tool to help manage the household budget.

Customer Care Course – Thursday mornings in June 9:30am-12:30pm

A free course to help build your confidence, gain some work related skills and earn an accredited qualification

Please call the Centre or speak to a member of staff to book on these courses. A free crèche may be available, subject to numbers

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| Team Manager | Caroline Chalkley |
| Centre Coordinator | Anna Jones |
| Outreach Worker | Claire Disberry |
| Rural Outreach Coordinator | Sara Wiggins |
| Family Information Service Assistant | Julie Reed |
| Family Information Service Assistant | Nicky Gargiulo |
| Family Information Service Assistant | Leona Smith |
| Parent Volunteer Coordinator | Laura Pett-Richards |

Contact us if you want to know more about:



Our sessions
Library services
Citizen Advice
Parenting Support
Pre School Services
Job Centre Plus & Training
Parent & Toddler Groups
Breastfeeding

You can also call the Family Information Service for free using our warm phone

Can't see what you are looking for? Please see the West Sussex County Council website for details of other Children and Family Centres locally and details of the groups and courses they are running or speak to a member of staff

Outside of our opening hours, please contact The Family Information Service, on 01243 777807

You can find information about your local centre online at: www.westsussex.gov.uk/southbournecfc
In the event of adverse weather conditions, please check the West Sussex County Council website for information

April-June 2014 Southbourne Children & Family Centre



Southbourne Children and Family Centre
(Located on the Bourne Community College site)
Park Road
Southbourne
P010 8PJ
Telephone 01243-642953

Email: southbourne.cfc@westsussex.gov.uk

