

# Children's Centres

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Equality Officer

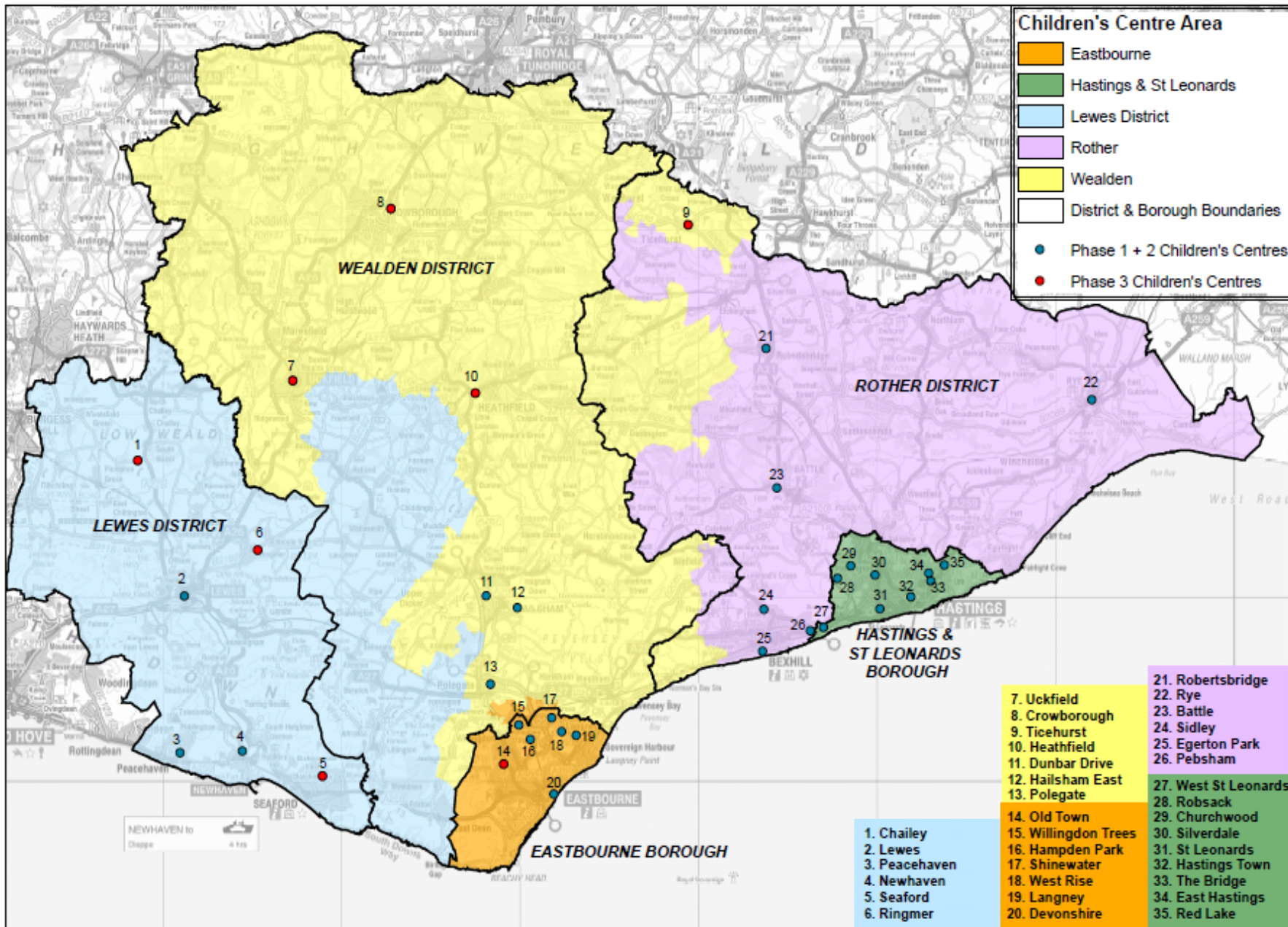


East Sussex  
County Council



# What is a Children's Centre?





# What will I find there?

- Universal services e.g. information, play activities, baby clinic, baby massage, baby signing, breastfeeding support, courses, family outreach service



# Specialist services

- dad's groups, young parents, English Classes



# Services for children with additional needs and their families

## Specialist groups:

- meet other parents in a similar situation
- information from guest speakers
- Well planned quality play



# Additional needs groups:

- **Lewes District:** monthly, Tuesday afternoons @ Peacehaven
- **Eastbourne:** Something Special and Special Siblings, Thursdays @ Willingdon Trees
- **Wealden:** GEMS fortnightly Tuesdays @ Hailsham East



# Additional needs services:

- **Rother:** Parent support group @ Pebsham, soft play at Dorset road
- **Hastings:** Shine and Sign @ FSN building, St Leonards (Volunteer led)



# Friendship, support

- “I get to talk to other parents about what we have been through; sometimes you find out you have been through similar experiences”
- “My son loves it!”
- “We both enjoyed singing and music groups [and] have found it stressful in the past to “fit in” with typical children and some judgemental parents”

# Sensory rooms:

- Willingdon Trees
- Hailsham East
- Sidley
- Seaford
- Hastings Town
- Robsack



# Support for parent-led groups

- Venue
- Toys and equipment
- Staff
- Advertising



# Support for parent led groups

- Special parents @ Willingdon Trees and Peacehaven
- Seaford downs syndrome and special needs support group @ Seaford
- Little Steps and Triple 21 Downs syndrome group @ Robsack



# Come and join us!

