Your Sure Start

Children’s Centre Team
The Children’s Centre Team

The Sure Start Children’s Centres team is made up of Health Visitors, Early Years Visitors, Group Support Workers, Community Nursery Nurses, Parent Involvement Workers and Parenting Practitioners. The team works with families with children under 5, individually and in groups, both in the home and in the Children’s Centre.

The team will work closely with you and with other professionals such as Midwives, GPs, Speech Therapists, Social Workers and School Nurses, to plan the best care and support for you and your child.

Early Education and Childcare

Some Children’s Centres have nurseries attached to them. The nurseries provide high quality early education and childcare for children aged three months to five years. Please see the separate nursery leaflet for more information.

Children’s Centres

Children’s Centres are places where parents and children can go to meet professionals, receive services and support, get advice and information, and meet other parents from the local area. We have a range of centres across the city, some big, some small, and the services each centre provides will reflect the needs in its local area.

The Healthy Child Programme

The Healthy Child Programme is a Public Health Programme, focussing on early support and prevention, offered to all families from pregnancy onwards. The aim is to help ensure every child has a healthy start in life, and includes screening tests, health information, advice, development reviews and immunisations.

The Healthy Child Programme is led by the Health Visitor, and you and your child will be offered:

- **Antenatal visit** (at about 30 - 36 weeks in pregnancy)
- **New Birth Review** (between 10 and 14 days after the birth)
- **6 - 8 week review** (to include assessment of mother’s emotional well-being)
- **9 - 12 month review** (to check developmental progress and health)
- **2 - 2 ½ year review** (to check developmental progress and health)
- **A visit** when a family with a child under 5 moves into the area

This is called the Universal Programme.

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**Health Visitors**

Health Visitors are qualified nurses who have undertaken further specialist training in community and child health. Your Health Visitor may be a woman or a man. They will see all children, and visit in the home, as well as offer services at the Children’s Centre.

Health Visitors lead the Children’s Centre team, and work closely with other professionals. They will often be the lead professional and will coordinate the support your child and family needs.

**Monitoring Growth**

It is recommended that a baby’s and child’s growth is routinely measured at certain times. These are by 14 days, at 6-8 weeks, at 3-4 months, between 9 and 12 months and at 2-2½ years of age. Your Health Visitor will check your child’s growth, or you can come to a Healthy Child Clinic.

You can weigh and measure older children at home, and if you are worried please let your Health Visitor know.

**Early Years Visitors and Community Nursery Nurses**

Early Years Visitors and Community Nursery Nurses work alongside the Health Visitors. They are all trained in childcare, development and play, and can advise on health issues. They support families where children or parents have additional needs, under the guidance of the Health Visitor. They will work with you in the home as well as running groups and activities at the centres. They will also work with dads/male carers to support them to become more positively involved in their children’s lives.

**Parent Involvement Workers and Group Support Workers**

Our Parent Involvement Workers can help parents/carers become involved in volunteering in the centre or local community, and can also give advice about local training courses and help with getting back to work. For more information, call into your local Children’s Centre.

Group Support Workers work in the Children’s Centres, and help with the running of many of the groups and activities.
What Children’s Centres can offer you

The Children’s Centre team can offer support and guidance with becoming a parent and the skills a new parent needs, making healthy choices and lifestyle changes, supporting your child’s early learning and development, as well as helping parents find work or training opportunities.

The groups and services we offer all parents are:

- Antenatal health and Midwifery services
- Breast feeding support
- Post-natal health including support for low mood and depression
- Healthy child clinics and health advice
- Parenting advice and support
- Volunteering opportunities and information about getting back to work

Additional groups and help we offer include:

- Parenting classes and support groups
- Play and learning activities for children and parents
- Groups for dads and teenage parents
- Groups for families from minority ethnic communities
- Support for children with disabilities

Each centre will offer a range of services depending on where it is and what the local community needs are. Some of the activities are drop-in sessions and available to all local families, and others are by appointment or referral.

For more information, pop into your local Children’s Centre, speak to your Health Visitor, or check online at www.brighton-hove.gov.uk/childrenscentres.

Getting involved in Advisory Groups and Volunteering

Each Children’s Centre has an Advisory Group, which helps shape and develop the services the centre offers.

The Advisory Group includes local parents, and meets four times a year. If you would like to join the Advisory Group please contact your local centre.

All parents have the opportunity to feed back their views. Each centre will regularly ask parents for their feedback and evaluation of services offered.

We also offer volunteering opportunities, within the centre or local area. For more information on becoming a volunteer, speak to the Parent Involvement Worker.
If you need extra support

Every child is assessed by the Health Visitor and if additional help or support is required then we will plan this with you. The extra support levels are called Universal Plus or Partnership Plus and are part of the Healthy Child Programme. Your Health Visitor will work with you, and will regularly review how you and your child are getting on. Other professionals may also be involved so that your child gets the right level of support they need. We will use the Early Help Assessment (EHA) to assess your needs and plan and coordinate your care, and work with you so that things get better for your child.

Keeping children safe

All Children’s Centre staff will take any reasonable action to ensure the safety and wellbeing of all children who use the centres or who are visited at home. If any staff member is concerned that a child is suffering, or is at risk of significant harm, we are required to act.

We follow Sussex Child Protection and Safeguarding procedures, and will contact the city’s social work team and tell them our concerns. We will work in partnership with Social Workers if a child protection plan is put in place.

Each Children’s Centre has a Safeguarding Policy, and this is available for more information.

If you are concerned about the safety or wellbeing of any child or young person please tell us, and we will help you to speak to the right person.

Information about you and your records

We keep paper and electronic records of all children and users of the centres. We have a duty to make sure we keep this information confidential and secure. We must keep it up to date, and only share the information where appropriate or lawful to do so.

The information you give Children’s Centre staff is kept confidential and secure. Information may be shared between team members to help plan the best care for your child. All information we share is on a “need to know” basis and staff will act professionally with the information you give in line with laws of confidentiality.

Some of the information you give us will be used for monitoring purposes and to make sure that we are offering the right services to help address health and social care local needs.

There are circumstances where we may need to share information with other professionals, for example to keep a child safe and protected from harm. Where possible we will tell you what information we are sharing and why.

If you wish to see your records then contact us and we will advise you of the process.

If any of your details change please tell us so that we can update your records.

For information on the NHS Care Record Guarantee visit http://systems.hscic.gov.uk/rasmartcards/documents/crg.pdf

The Family Information Service (FIS) can offer information and advice about local services that can help your family. They can also support you with finding childcare, including free places for two, three and four year olds. The FIS also has a school preference adviser who can help you to apply for a school place for your child. You can search their online directory www.brighton-hove.gov.uk/fis, or call their helpline on 01273 293545, or email familyinfo@brighton-hove.gov.uk
Children’s Centres
contact details

Bevendean Children’s Centre
Bevendean Primary School, Heath Hill Ave, Brighton, BN2 4JP
Tel: 01273 696347
Email: childrenscentre@bevendean.brighton-hove.sch.uk

City View Children’s Centre
Brighton General Hospital, Elm Grove, Brighton, BN2 3EW
Tel: 01273 242225
Email: cityviewcc@brighton-hove.gov.uk

Conway Court Children’s Centre
Conway Court Clinic, Clarendon Road, Hove, BN3 3WR
Tel: 01273 266011
Email: conwaycourtcc@brighton-hove.gov.uk

Cornerstone Children’s Centre
Church Road, Hove, BN3 2FL
Tel: 01273 327757
Email: cornerstonecc@brighton-hove.gov.uk

Fairlight Children’s Centre
Fairlight Primary & Nursery School, St Leonards Road, Brighton, BN2 3AJ
Tel: 01273 242225
Email: fairlightcc@brighton-hove.gov.uk

Hangleton Park Children’s Centre
Harmsworth Crescent, Hangleton, Hove, BN3 8BW
Tel: 01273 295272
Email: hangletonparkcc@brighton-hove.gov.uk

Hollingdean Children’s Centre
Brentwood Road, Brighton, BN1 7DY
Tel: 01273 295623
Email: hollingdeancc@brighton-hove.gov.uk

Hollingbury & Patcham Children’s Centre
Carden CP School, County Oak Avenue, Brighton, BN1 8LU
Tel: 01273 293311
Email: hollingdeancc@brighton-hove.gov.uk

Moulsecoomb Children’s Centre
Hodshrove Lane, Moulsecoomb, BN2 4SE
Tel: 01273 294040
Email: moulsecombbcc@brighton-hove.gov.uk

North Portsmeade Children’s Centre
The Rise, Portsmeade, BN41 2PY
Tel: 01273 294062
Email northportsmeadcc@brighton-hove.gov.uk

South Portsmead Children’s Centre & Library
223 Old Shoreham Road, Portsmeade, BN41 1XR
Tel: 01273 294062
Email: northportsmeadcc@brighton-hove.gov.uk

Preston Park Children’s Centre
Fiveways Play Centre, 8 -10 Florence Road, Brighton, BN1 6DJ
Tel: 01273 295623
Email: hollingdeancc@brighton-hove.gov.uk

Roundabout Children’s Centre
Whitehawk Road, Brighton, BN2 5FL
Tel: 01273 290300
roundaboutcc@brighton-hove.gov.uk

Tarner Children’s Centre
Carden CP School, County Oak Avenue, Brighton, BN1 8LU
Tel: 01273 293311
Email: tarnercc@brighton-hove.gov.uk

The Deans Children’s Centre
Rudyard Kipling School, Chalkland Rise, Woodingdean, BN2 6RH
Tel: 01273 306387
Email: deanscc@brighton-hove.gov.uk

Westdene Children’s Centre
Westdene Primary School, Bankside, Brighton, BN1 5GN
Tel: 01273 293311
Email: hollingdeancc@brighton-hove.gov.uk

West Hove Children’s Centre
West Hove Infants School, Portland Road, Hove, BN3 5JA
Tel: 01273 266011
Email: conwaycourtcc@brighton-hove.gov.uk

Some useful websites

www.brighton-hove.gov.uk/childrenscentres – info about our centres
www.nhs.uk/parenting-pamphlets – info about pregnancy and baby topics
www.healthystart.nhs.uk – info about vouchers for milk, fruit & vegetables
www.nhs.uk/start4life – healthy pregnancy & early parenthood
www.capt.org.uk – child accident prevention trust
www.riseuk.org.uk – advice regarding domestic abuse

Find us on: Facebook
Your comments and complaints

We welcome comments and complaints as they help us to provide a better service. We also like to hear from you if you had a particularly good service. Please tell us about the service you received or problem you have had, or contact our freephone number on 0500 291229 to leave your comment or make a complaint, or write to your local Children’s Centre.

Interpreting

If you need help with interpreting this information please let a member of the Children’s Centre team know.