

Discover... **Children and Family Centres and Youth Hubs**

ADUR

**Kingston Buci
Stepping Stones
Lancing
Boundstone
Manor Practice**

**Harriet Johnson Community Centre
Adur & Worthing Find It Out Centres
Youth Services**

Autumn 2019

1 Oct– 20 December



www.westsussex.gov.uk/family

Contents Page

Page 2:	Programme Contents & Introduction to Children and Family Centres
Page 3:	Five to Thrive and Volunteering Opportunities
Page 4:	Activity Explanations
Page 5:	Activity Explanations
Page 6:	Activity Explanations
Page 7:	Understanding and Managing your Child's Behaviour
Page 8:	Discover Baby
Page 9:	Support Services, Adur and Worthing Wellbeing, and Domestic Violence/Abuse Support
Page 10:	Child and Family Health
Page 11:	Child and Family Health
Page 12:	Sensory Room at Boundstone
Page 13:	Get Involved!
Page 14:	Work and Finance
Page 15:	Professionals Support and Useful Links
Page 16:	Early Support and Disability Benefits Advice
Page 17:	Find It Out Centre and YMCA Downslink Group
Page 18:	Youth Information
Pages 19 - 23:	Where to Find Us and Opening Times



Welcome to Adur Children & Family Centres

A Children and Family Centre is a 'one stop shop' for parents – providing information, advice and guidance on a range of subjects to enhance the health and wellbeing of families.

What we offer (in conjunction with partners)

- Family Health services, including antenatal, post natal services and speech and language support
- Family support and parental outreach services
- Links with pre-schools, schools and the Family Information Service
- Support for families with children with special educational needs
- Employment links including Jobcentre Plus and National Careers Service
- Oral Health resources and a parent reference library

We are looking forward to welcoming you at any of our services or activities!

FIVE TO THRIVE



Five to Thrive is a new initiative that we have been supporting from 2016. It is designed to promote positive behaviours that helps build babies brain and develop loving attachments.

Recent research shows that how a parent behaves around their baby in the first three years of life has a direct impact on how their baby's brain develops. This is the foundation of how the brain will work as the child grows up and into adulthood, so if a baby's brain develops healthily they are more likely to be happy and successful as older children and adults.

This model and its ethos has been adopted county wide by all professionals who work with children 0-5 years

Have you done these 5 things today?

**RESPOND CUDDLE RELAX
PLAY TALK**

Programme Guide

Information, Advice & Guidance

Our trained staff offer support or can signpost you to access a wide range of information covering topics such as childcare provision, healthy eating, parenting, feeding, child behaviour, local activities & groups, free entitlement and much more.

Baby Massage (Birth— 9 months)

This course can help with colic, sleep, attachment and postnatal depression. Spaces are limited so please call the Centre or speak to your Health Visitor for more information.

Baby Matters (monthly)

A pre bookable group run by maternity support staff for pregnant mothers offering information covering early days and practical skills. To book a place please contact your Midwife.

Baby Stay and Play (Birth—12 months)

A drop in session for you and your child to explore activities such as Treasure Baskets and Sensory play. An opportunity to meet and make friends with other parents.

Childminder Drop-In

Drop in session for childminders, nannies and home based child carers and the children they mind.

Discover Babies (Birth— 1 year)

12 week programme with a different theme each week, including sessions on weaning, safety and much more. For parents with new babies up to 1 year, who would like the opportunity to access really helpful information, share experiences with other parents and make new friends.



Health Champions Cook & Eat Courses

A free 6 week course for Parents/Carers and their children. To find out more or book a place please phone 01444 318649 or 07747 017372 or email info@health-champions.co.uk



Healthy Child Clinics

A drop in clinic for children aged 0-5 to see the Healthy Child Programme Team for baby weigh-in and advice on your child's development. CFC staff will be on hand with information of C&FC services.

Jellyfish Arts and Music

Course for 13-18 year olds who have an interest in the creative arts. Explore your emotions, feelings and worries with group work through Jellyfish. For more information contact Sally Dean on 07894258012 or sally.dean@westsussex.gov.uk.

Jo Jingles

Music and Movement class for children aged 3 months to 5 years. A mix of singing, instrument playing, props and actions. Promoting listening, sharing, and communication skills. Cost: £3.50 plus £1 for siblings



Little Movers / Baby Movers

A musical movement group. £2 per session. Baby Movers for non walkers up to 18 months. Little Movers for confident walkers from 18 months to 5 years.

Midwife—Antenatal and Post Natal Clinics

Appointments only

MILK! Breastfeeding Support group

Drop-in support group offering information and support from professionals and peer supporters. Get together with other mums in a friendly and relaxed atmosphere. If you are pregnant and would like information regarding breastfeeding please drop in.



This session is run at The Manor Practice, GP surgery and Boundstone CFC.

Oral Health Products

Each Centre holds a collection of oral health products, including toothpaste toothbrushes for all ages,



Parent & Child Gardening Club / Forest School Session

Dress to get Muddy! This group is run by The Conservation Volunteers. A chance to help shape the garden, whilst improving your physical health and mental wellbeing. For more information please contact Graeme on 07970860938 or email Graeme.brooker@tcv.org.uk. Held at Stepping Stones CFC



Parent Reference Library (Free)

You can borrow a range of reference books covering a variety of family topics, such as breastfeeding, weaning, parenting, sleeping, potty training, bereavement, etc.

Sensory Room at Boundstone

Sensory room is free of charge to use.
Please book a time by telephoning 01903 276850

Shoreham Home Education Social

For more information see website www.shorehamhomeeducators.org or contact Bodhi on 07752556603

Social Play Areas and Outside Spaces Drop-In

You are welcome to drop in and access the Social play areas and garden areas during Centre opening times. We offer a range of toys and environments including Role Play areas. The outside areas are equipped with ride on toys and other equipment for outdoor fun activities.

Speech & Language Therapy Advice Session for pre-school children

Advice session for you to discuss any concerns you have about your child's communication and language development. They run on a first come first served basis. Please bring your child's Health Record (Red Book).

Stay & Play

All under 5's and parents or carers are welcome. Lots of different activities, outside play areas and messy play. Free snack.

T4T (Target 4 Teens)

T4T is an informal session where young people seeking support can engage in activities and speak to youth workers. A referral is needed for this group.

Toy Library

Toy Libraries are now situated in Southwick , Shoreham and Lancing town libraries. Just use your Library card if you are already a member to scan toys in and out. If you are not a member why not call into your local Library and register—just take along some ID and proof of address. There is just a one off charge of £2

Wriggle & Rhyme (Birth—4 years)

This is a parent-led group. An interactive session for children and families to join in and enjoy songs and instruments.

In school holidays it is advisable to telephone Boundstone CFC on 01903 276850 before attending to confirm whether the group is running.

C Card



Having a C-Card means if you are aged 13-21, you can get free Condoms, confidential advice and a Chlamydia testing kit from any distribution site displaying this logo. This now includes some local Children & Family Centres.

Check out <http://www.sexualhealthwestsussex.nhs.uk/> for more information.

	Monday	Tuesday	Wednesday	Thursday	Friday
Kingston Buci	The centre is open for drop in 9.30-4.00 Jo Jingles (Term time only) 1.30 – 2.15 3 months to 5 years Music and movement group £3.50 plus £1 for siblings For more information please phone Katie 07592 628778	The centre is open for drop in 9.30-1.00 Stay and Play 10.00-11.30 All under 5's parents and carers welcome. Lots of different activities, outside and messy play. Free snack Manor Practice Surgery Southwick Healthy Child Clinic 9.30-11.00 Drop-in for baby weighing and advice from the local Healthy Child Programme Team MILK! Breastfeeding support 9.30-11.00 Drop in group offering information and support	The centre is open for drop in 9.30-4.00 Little Movers £2 per session (Term time only) 10:00 & 10.45 Musical movement for confident walkers from 18 months to 5 years Baby Movers £2 per session (Term time only) 11:30 Musical movement for non-walkers up to 18 months Discover Baby 10.30 - 12.00 A fun, relaxed group for parents/carers of 0-1yr olds covering—lots of really helpful topics such as weaning and safety etc. 11th September—27th November Come to as many weekly topics as you wish (contact Health Visitor or CFC for more information)	The centre is open for drop in 9.15-4.00 Healthy Child Clinic 9.30-11.00 Drop-in for baby weighing and advice from the local Healthy Child Programme Team Childminders Drop In (Term time only) 10.00-11.30 A drop in session for childminders, nannies and home-based childcare providers	The centre is open for drop in 9.30-1.00 Baby Matters 10.00-12.00 (3rd & 4th Friday of the month) Information covering early days and practical skills. Shoreham Home Educators Social 1.30-3.30 Contact Bodhi on 07752556603 For more information see website www.shorehamhomeeducators.org
Stepping Stones	The Centre is not open for drop in Stepping Stone Nursery Term Time Only For details contact Linda Allfrey 01273 467 980	The Centre is not open for drop in Stepping Stone Nursery Term Time Only For details contact Linda Allfrey 01273 467 980	The centre is not open for drop in Stepping Stone Nursery Term Time Only For details contact Linda Allfrey 01273 467 980	The centre is not open for drop in Stepping Stone Nursery Term Time Only For details contact Linda Allfrey 01273 467 980 Parent & Child Gardening Club / Forest School session Term time only 12.45-2.00 Run by The Conservation Volunteers Dress to get muddy! A chance to help shape the Community Garden whilst improving your physical health and mental wellbeing	The centre is not open for drop in Stepping Stone Nursery Term Time Only For details contact Linda Allfrey 01273 467 980

	Monday	Tuesday	Wednesday	Thursday	Friday
Boundstone	This Centre does not have a social space/café area for drop in play	This Centre does not have a social space for drop in play Wriggle & Rhyme (Birth — 4 years) 9.15 - 9.45 A session for children & families to join in followed by Stay and Play 9.45 - 11.15 Parent-Led (Term time only) All under 5's parents and carers welcome lots of fun activities and a free snack (free admission)	This Centre does not have a social space/café area for drop in play Healthy Child Clinic 1.30 - 3.00 Drop-in for baby weighing and advice from the Healthy Child Programme Team MILK! Breastfeeding Support 1.30 - 3.00 Drop in offering information and support Baby Matters 2.00 - 4.00 (2nd Wednesday of the month) Information covering early days and practical skills	This Centre does not have a social space/café area for drop in play Childminders Drop In (Term time only) 9.00 -11.30 A Drop-in session for Childminders, nannies and home-based child care Providers	This Centre does not have a social space/café area for drop in play
					Harriet Johnson Community Centre Stay and Play Stay and Play 9.30-11.00 All under 5's parents and carers welcome. Lots of different activities, outside and messy play. Free snack (Term time only) (Birth - 4 years)
Lancing	The centre is open for drop in 9.00 - 1.00 Stay and Play 9.30-11.00 All under 5's parents and carers welcome. Lots of different activities, outside and messy play. Free snack	The centre is open for Drop in 1.00 - 4.00	The centre is not open for drop in Childminders Drop In (Term time only) 9.30—11.30 A Drop-in session for Childminders, nannies and home-based child care providers	The centre is open for drop in 9.00 - 4.00 Baby Matters 10.00-12.00 (1st Thursday of the month) Information covering early days and practical skills.	The centre is not open for drop in

	Monday	Tuesday	Wednesday	Thursday	Friday
Adur Find it Out Centre	Target for Teens (T4T) Term Time Only (Referral Needed) 5.00-6.30 For more information on referrals please email: adurworthinghub@westsussex.gov.uk	Closed	Closed	Duke of Edinburgh Award Scheme/ Youth Forum Thursday Evenings Please contact Electric Storm Youth or more details on 07758 094684 07841 785875	Closed
	Our Youth Drop In has moved to the Worthing FIO Apprenticeships– Modern apprenticeships, details on educational courses Housing and Homelessness– Finding a place to live, information and guidance Sexual Health– Most aspects of sexual health and relationship advice and guidance Counselling and Support Services– 11 to 17 years and 18 to 25 years (YMCA Dialogue, Emotional Support (YES), Time to Talk) Job Finder Skills– Write a CV, have a mock interview and get skilled up, find what you need on the internet.				Monday, Tuesday, Thursday and Friday 1.30-5.00 24 Marine Parade, Worthing BN11 3DN NO APPOINTMENT NEEDED Please call the FIO for more information 01903 210 315
Youth Hub @ Glynn Owen, Youth Services	Closed	Closed	Youth Hub @ Glynn Owen (Tues, Weds & Thurs groups are referral only) 3.00– 5.30 Jellyfish Arts for young people aged 13-18 who have a creative interest in the arts. Explore your emotions feelings and worries with group work through jellyfish. The course is for young people aged 13-18. Term time only. 6.30-8-30 Young Carers This group provides a targeted programme to enable each Young carers (aged 11-16) to have a break from caring with an aim to develop personal social and emotional well-being. Term time only.	Youth Hub @ Glynn Owen (Tues, Weds & Thurs groups are referral only) 7.00-9.00 Jellyfish music for 13-16 year olds. For young people interested in Self-esteem and confidence building through music. Contact Sally Dean on 07894 250012 or sally.dean@westsussex.gov.uk for more information. Term time only.	Please contact or visit for Worthing FIO if you would like anymore information on any of the above groups
					Saturday APC Grinstead Lane 7.00pm-9.00pm Free youth drop in for 11-16 year olds. Wide range of activates, sports, cooking, crafts and a meeting place for friends. Term time only Please contact Electric Storm Youth or more details on 07758 094684 07841 785875

Discover Baby

For parents and carers of babies 0-1 year. A friendly group with space to chat, play and relax.

A chance to ask questions to health visiting staff and children and family centre staff. staff.



Kingston Buci CFC Wednesdays 10.30 - 12.00

Term-time only, **starting 11 Sep— 27 Nov.**



Access information, advice
and guidance.

Family Support Services

Reaching out to families in the community: Being a parent or caring for children can be incredibly rewarding and one of the most joyous experiences imaginable. At times it can also be difficult and challenging and, let's face it, how many of us had any training for the job? Maybe you just need someone to listen when everyone else seems too busy, or your problems seem to be piling up. If we can't support you to change things yourself, we will probably know someone else who can.

To find out more, call your local Children & Family Centre or speak to your Health Visitor, GP, Midwife or Pre-School.

Adur & Worthing Wellbeing

Adur & Worthing Wellbeing offers you information, advice and guidance on things to do with your health and wellbeing ranging from becoming more active, losing weight, dealing with stress, quitting smoking or finding ways to improve your emotional and mental wellbeing.

To find out more about the services available visit

www.adur-worthing.westsussexwellbeing.org.uk or call 01903 221450

Domestic Abuse / Violence useful numbers

The Freedom
Programme



**24 hr freephone
helpline:
0808 2000 247**

**Helpline: 01903 231939
9.30 am – 4.00 pm**



SAFE IN SUSSEX

Providing domestic abuse awareness
through freedom and education

Child and Family Health

Adur Child Health Clinics

The Manor Practice (Doctors' surgery) Southwick Street, Southwick, BN42 4TA	Tuesday 9.30 am—11.00 am
Boundstone Children & Family Centre Upper Boundstone Lane, Lancing, BN15 9QX	Wednesday 1.30 pm—3.00 pm
Kingston Buci Children & Family Centre Middle Road, Shoreham-By-Sea, BN43 6GA	Thursday 9.30 am—11.00 am

MILK! Breastfeeding Support Drop In

The Manor Practice Southwick Street Southwick BN42 4TA	Tuesday 9.30 am– 11.00 am
Boundstone Children & Family Centre Upper Boundstone Lane Lancing BN15 9QX	Wednesday 1.30 pm—3.00 pm

Baby Matters

Kingston Buci Children & Family Centre Middle Road Shoreham-By-Sea BN43 6GA	Third and Fourth Friday of the month, 10.00-12.00 To book a place please contact your midwife.
Lancing Children & Family Centre 42 North Road Lancing BN15 9AB	First Thursday of the month, 10.00-12.00 To book a place please contact your midwife.
Boundstone Children & Family Cente Upper Boundstone Lane Lancing BN15 9QX	Second Wednesday of the month, 2.00-4.00 To book a place please contact your midwife.

CHILD SAFETY

Every day lots of babies and toddlers are rushed to hospital because they have been hurt in accidents. Most of the accidents happen at home because that's where they spend most of their time.

To find out how to keep your little ones safe pick up some information and tips from your local CFC or visit:

www.capt.org.uk

IMMUNISATIONS

Since immunisation was introduced in the UK, the number of children catching diseases is low. But if children do not continue to be immunised, the diseases will come back, as seen with the recent high numbers of measles and mumps cases. The diseases are still around in Europe and other parts of the world and, as people travel more, and more people come to visit this country, there is always a risk that the diseases will be brought into the country and your child will catch them.

To find out more information visit:

www.nhs.uk/vaccinations

Time To Talk

Are you feeling down, anxious or stressed. Are you finding it difficult to cope with all the little problems in life? Time to Talk is a discreet counselling service which can help you tackle these issues and regain control of your life. To get an appointment either contact your local GP or call 01903 703542 or visit:

www.sussexcommunity.nhs.uk/timetotalk

Smoking Cessation

More than 17,000 children under the age of five are admitted to hospital every year because of the effects of second-hand smoke.

To find out more about quitting and to get support, you or your partner can call the Smokefree national Helpline on 0300 123 1044, or visit:

www.nhs.uk/smokefree

SENSORY ROOM @ Boundstone

Session Times available on request
Please call **01903 276850**
to make a booking





Get Involved!



We treat **all children and 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.

We need you!

Advisory Board & Family Forums



Advisory Board

Do you have ideas about how we could improve? Do you want to have your say about what happens at our Children & Family Centres, Find It Out Centres and Youth Hubs? Do you have ideas about resources or activities which will benefit all families? If so, why not become a member of the Advisory Board? This is a formal decision making group involving other professionals and partners. Meetings are held four times a year and there will be support provided to attend and make a positive contribution. Please join!

Family Forums

Do you want to help us to plan events for children, young people and families and understand more about your local Children & Family Centres, Find It Out Centres and Youth Hubs? Would you like to have your say, and to help us plan for the future? Would you like to meet other parents and make new friends?.....keeping it fun and friendly!!!! Why not join our Family Forum? We meet up twice a year, to plan summer and winter events so that we can meet as many families as possible and get their views and experiences. Children are welcome, with fun activities and refreshments included.

For more information for both of these please contact Jonathan Bertram on 07547941248

Don't forget to keep us updated!

Moved house?

Changed your mobile number or email address?

Are you pregnant? Have you had a baby?

If any of your details have changed, please do remember to keep us informed so that we can keep you up to date with our communications about services relevant to you.

Work and Finance

Returning to work? Need to access training?

Northbrook College offer free courses via distance learning which can be fitted around work and personal life. To enrol or get further information contact Northbrook College Sussex on 01903 273114 or www.northbrook.ac.uk or email business.solutions@nbcol.ac.uk

Employment Programme Centre is based in St Giles Close, Shoreham-by-Sea, BN43 6GA

Albion in the Community offer a huge range of full time and short vocational courses open to anyone aged 16 and over. **www.albioninthecommunity.org.uk**

For more info—Albion in the Community, American Express Community Stadium, Village Way, Brighton BN1 9BL **Email:** info@albioninthecommunity.org.uk **Tel:** 01273 878265

Citizens Advice Bureau

The Citizens Advice service helps people resolve their legal, money and other problems by providing free, independent and confidential advice.

Telephone advice times 10.00-4.00 Monday-Friday

Advice Line: 0344 477 1171

The Advice Bureau is open 12.00-4.00 Monday—Thursday

www.cassca.org.uk/ or **www.citizensadvice.org.uk**



The Shoreham Centre, Pond Road
SHOREHAM-BY-SEA
West Sussex
BN43 5WU

CAP Money Course

The free CAP Money Course is a revolutionary money management course that teaches people budgeting skills and a simple, cash-based system that really works. This course will help anyone to get more in control of their finances, so they can budget, save and prevent debt.

Courses are held across the County. For more information and to book your place, please visit: **www.capuk.org**

CAP Debt Centre



The CAP Debt Centre is run in partnership with Shoreham Baptist Church. To book an appointment or to find out more call free from landlines and mobiles in the UK 0800 328 0006.

Lines are open 8.30-5.00 Monday—Friday

Debt Coach: Julia Lillywhite, Debt Centre Manager

Boom! Credit Union

Credit Union is for people who live or work in Surrey and West Sussex. Local people have access to fair and affordable loans, savings accounts and pre paid debit cards.

www.boomcu.com **01903 237221**

Professionals Support

For information on how to become a Childminder

Please refer to
www.westsussex.gov.uk/becomingachildminder

CHILDMINDER DROP IN SESSIONS

Wednesdays at Lancing CFC 9.30-11.30
Thursdays at Kingston Buci CFC 10.00-11.30
Thursdays at Boundstone CFC 9.00-11.30
(Term time only)

A drop in session for childminders, nannies, home-based child care providers and the children they mind.

Useful Links

CHILDCARE & FAMILY INFORMATION

www.westsussex.gov.uk/fis
01243 777807

FREE ENTITLEMENT (EARLY YEARS PROVISION)

www.westsussex.gov.uk/freechildcare

TOY LIBRARIES

www.westsussex.gov.uk/toylibraries

CHILDREN & FAMILY CENTRES

www.westsussex.gov.uk/cfc

LIBRARY SERVICES

www.westsussex.gov.uk/libraries

Discover...

The way of accessing support, information and services for children up to the age of 11 with complex health needs or a disability, has changed.

If your child is under the care of a paediatrician and two or more additional services, you can request support by talking to a member of staff at your local Children and Family Centre.

You can also find out more on the Local Offer website:
<https://westsussex.local-offer.org/>

Early Years Hubs offer activities and support for children with additional needs, disabilities, special needs and their families

Durrington Children & Family Centre

81 Salvington Road
Durrington
Worthing
BN13 2JD
01903 276888

Sensory Room

Please book a place before attending

Boundstone Nursery Children & Family Centre

Upper Boundstone Lane
Sompting
BN15 9QX
01903 276850

Sensory Room

Please book a place before attending

Worthing Early Years Hubs

Footprints Children & Family Centre

Lyndhurst Road,
Worthing
01903 270412

Bubbles Play & Learn

Tuesdays 1 pm — 2.30 pm

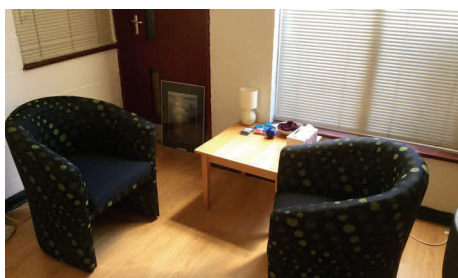
Free Disability Benefits Advice

Do you have a child with a disability or additional needs and feel that you need some support to access the right DWP benefits? If so, please contact Robert Hayes on **07850 240874** or email

robert.hayes@westsussex.gov.uk



Find it Out Centres

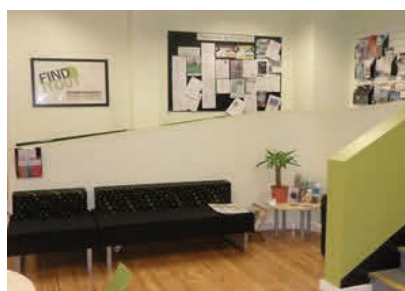


Adur



If you are aged 13-25 and would like advice and information you can drop in to Worthing Find it out weekday afternoons except Wednesdays. If you want to talk to someone in confidence you just need to make an appointment by calling in or ringing 01903 210315.

If you have an issue that we can't help you with, we will always do our best to put you in touch with somebody who can.



Worthing



YMCA DownsLink Group

Face to face and on-line counselling for young people aged 11-18 living in West Sussex.

On-line counselling can help to support young people with mild to moderate mental health difficulties such as anxiety or depression. You will be connected to an experienced counsellor for weekly sessions in a secure and confidential platform. Whilst on-line they will also have access to a range of mental health modules supporting their counselling sessions.

For more information:

Tel: 07739 893707

Email: community.counselling@ymcadlg.org



**Are you a
young person?**

Then this site is for you!

www.yourspacewestsussex.org.uk

Follow us on Twitter WSYourSpace @WSYourSpace



*Helping to build a better future for young
people in West Sussex*

T4T (Target 4 Teens)

For young people aged
13-18

This is an informal session where young people seeking support can engage in activities and speak to youth workers.

Jellyfish Arts and Music

The course is for young people aged 13-18 who have a creative interest in the arts

The Course aims to:

- Build confidence, self esteem and social skills through art and music
- Develop team work and working with others
- Support and guide you through challenges, your needs and any problems which you may have

To enquire about Young Peoples Services support email YPS.Request@westsussex.gov.uk.

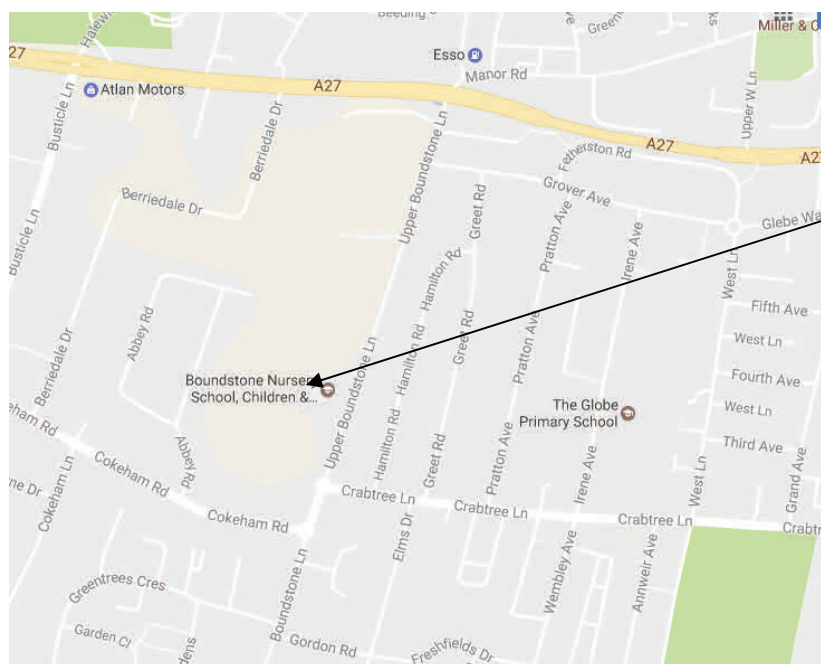
Where to Find Us & Opening Times

Boundstone Children & Family Centre

01903 276850

Email: Adurcfc@westsussex.gov.uk

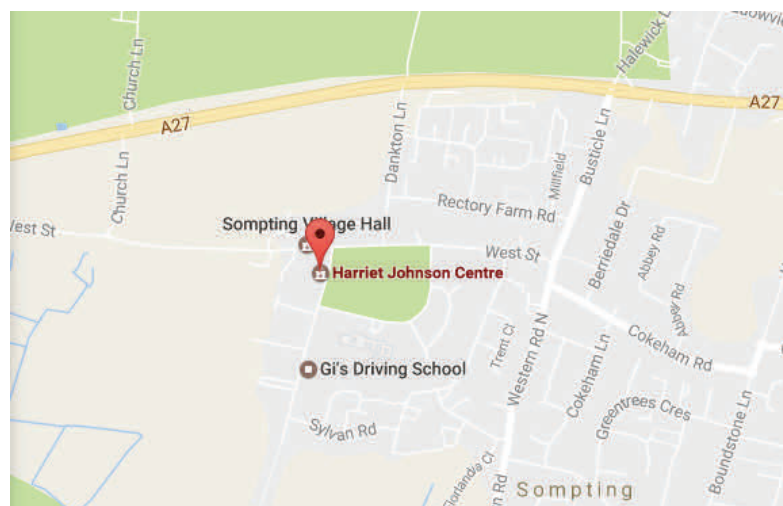
<https://www.westsussex.gov.uk/boundstonecfc>



Boundstone CFC
Upper Boundstone Lane
Lancing
BN15 9QX

Monday
Tuesday
Wednesday
Thursday
Friday

Not open for drop in
9.00am – 1.00pm
1.00pm – 4.00pm
1.00pm – 4.00pm
9:00am – 4:00pm



Friday mornings
Stay and Play
9.30-11.00

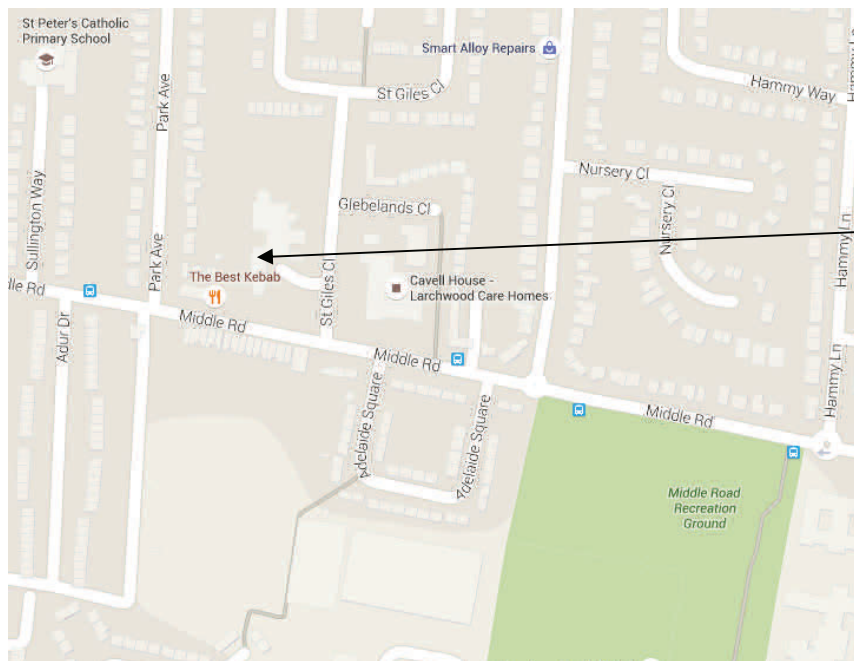
Harriet Johnson
Community Centre,
Loose Lane,
Sompting
BN15 0BG

Kingston Buci Children & Family Centre

01273 467998

Email: Adurcfc@westsussex.gov.uk

<https://www.westsussex.gov.uk/kingstonbucicfc>



**Kingston Buci CFC
Middle Road
Shoreham-by-Sea
BN43 6GA**

From Monday 11th March

Monday 9.30am – 4.00pm

Tuesday 9.30am – 1.00pm

Wednesday 9:30am – 4:00pm

Thursday 9:15am – 4:00pm

Friday 9:30am – 1:00pm



Visit our Facebook page for regular updates,
information, activities and events

Find us at:

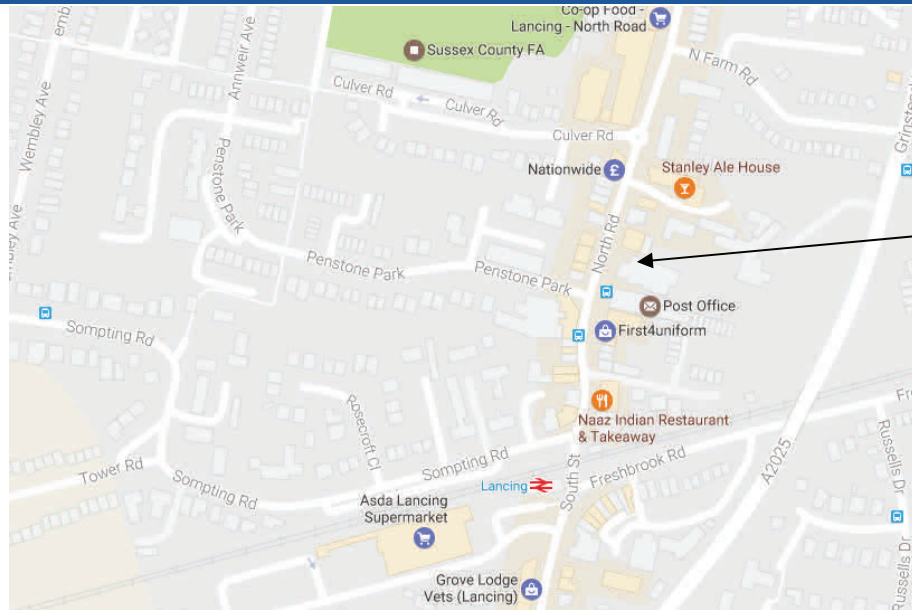
Adur Children & Family Centres

Lancing Children & Family Centre

01903 276898

Email: Adurcfc@westsussex.gov.uk

<https://www.westsussex.gov.uk/lancingcfc>



**Lancing CFC
42 North Road
Lancing
BN15 9AB**

Monday

9:00am – 1:00pm

Tuesday

1.00pm – 4.00pm

Wednesday

Not open for drop in

Thursday

9:00am – 4:00pm

Friday

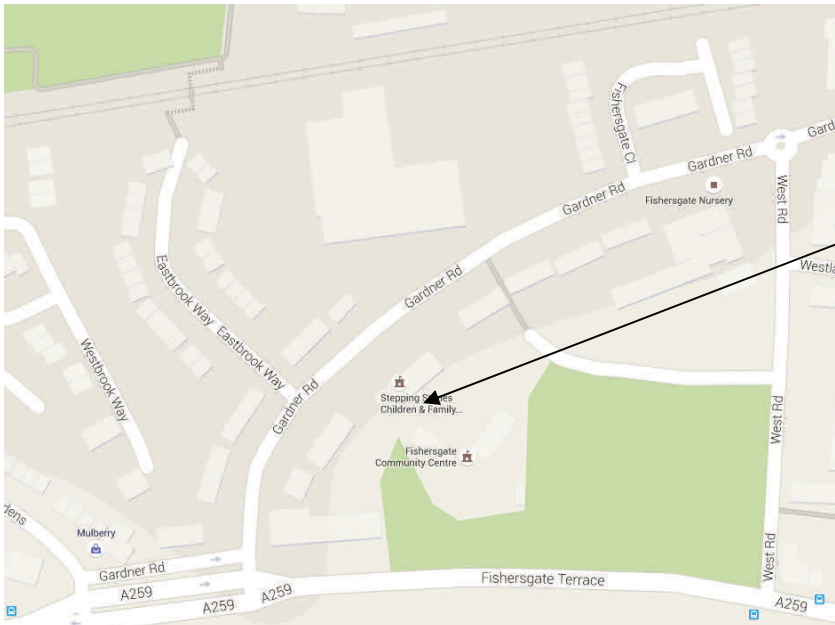
Not open for drop in

Stepping Stones Children & Family Centre

01273 467980

Email: Adurcfc@westsussex.gov.uk

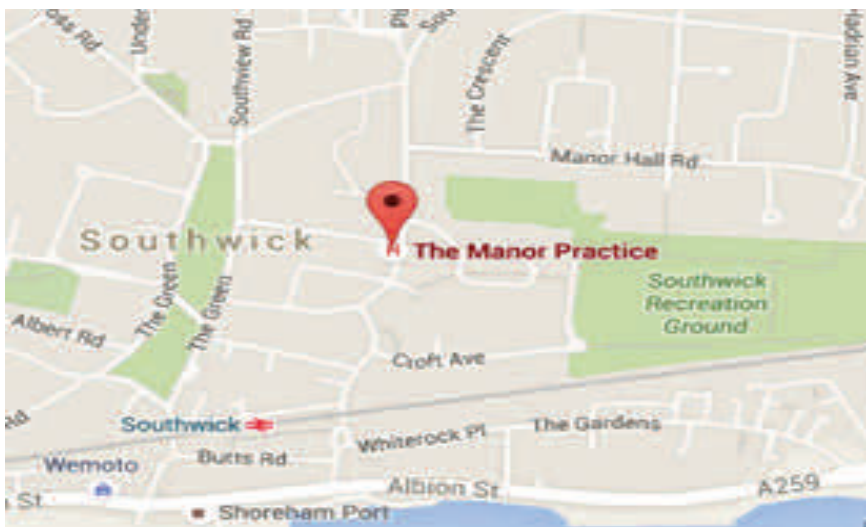
<https://www.westsussex.gov.uk/steppingstonescfc>



**Stepping Stones CFC
Gardner Road
Fishersgate
BN41 1PN**

**Monday
Tuesday
Wednesday
Thursday
Friday**

**Not open for drop in
Not open for drop in
Not open for drop in
Only open 12.45-2.00 for Gardening Club
Not open for drop in**



**Tuesday mornings
Child Health Clinic
9.30-11.00**

**Milk!
9.30-11.00**

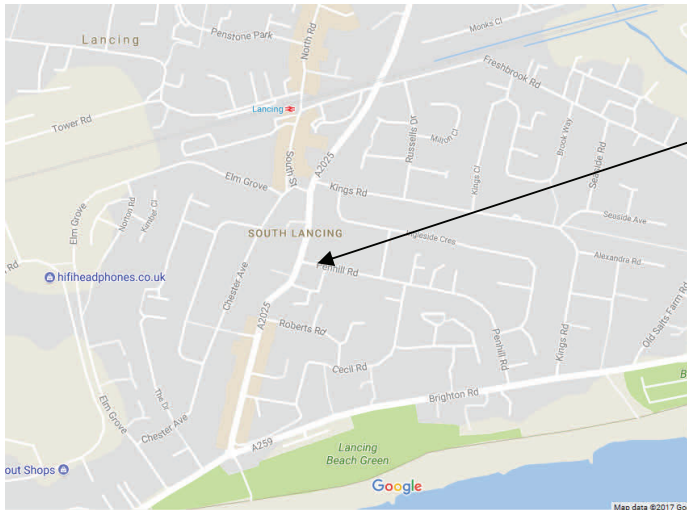
**The Manor Practice
Southwick Street
Southwick
BN42 4TA**

Adur Find It Out Centre

01903 763639

You can also phone or text: 07545 200677

<https://www.westsussex.gov.uk/education-children-and-families/your-space/life/finditout-centres/>



**Adur Find It Out Centre
Penhill Road
Lancing
BN15 8HA**

Summary of Telephone Numbers

Boundstone Children & Family Centre	01903 276850
Kingston Buci Children & Family Centre	01273 467998
Lancing Children & Family Centre	01903 276898
Stepping Stones Children & Family Centre	01273 467980
Adur Find It Out Centre	01903 763639