



Support available to all families who live in East Sussex

January 2022
Pre Autism Assessment Pathway Information

How to use this document

Education, health and care services have worked with East Sussex Parent Carer Forum to create this document. We have brought the contact information for a range of support services together in one place, for common areas of concern you may have about your child's health and wellbeing as they grow up.

We hope this document will be helpful. This is not a criteria list for any specific need or condition, but if you are thinking about an assessment to understand your child's needs accessing this free, universal support first may resolve the concerns. If it does not, please speak with your school, GP or health visitor for further advice. East Sussex Parent Carer Forum and SENDIASS are also available for advice (please see contact details on page 4).

Your child does not need a diagnosis or an Education Health and Care Plan to access the services in this document. These services are open to you before, during and after an assessment of needs.

Areas of concern, such as 'behaviour', 'sleep' and 'worrying and anxiety' are listed alphabetically in this document. You will find them all listed on the contents page (page 3 of this document).

The first entry on the contents page is called 'universal support across the areas'; this is where you will find services who can support you in several different areas. It can be found on page 4 of this document.

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Universal support across the areas:

Amaze SENDIASS advice line can listen, help clarify the issue, offer basic information and signpost to relevant services. [SENDIASS Advice Line](#) is open Monday to Friday, 9.30am to 2.30pm. Call 01273 772289.

Amaze Face2Face offers parent to parent befriending and support. [Face2Face Befriending](#)

Amazing Futures runs peer support groups for young people age 14+ [Amazing Futures](#)

East Sussex Parent Carer Forum works to ensure every parent carer in East Sussex feels that their voice, their views and their experiences matter and contribute towards developing and improving services. You can add your voice, share your views and find out more about us here <https://www.espcf.org.uk/>

ISEND: Inclusion Special Educational Needs and Disability (ISEND) services are available to support schools and settings to meet the additional needs of their pupils, so that they are meaningfully included and achieve well. If you have concerns about the progress your child is making, their attendance at school, or their wellbeing, speak with the SENCO at your child's school/setting and they can refer to an ISEND service as needed. Your child does not require a diagnosis or an EHCP to access ISEND services. More information can be found here [ISEND \(eastsussex.gov.uk\)](#) ISEND Facebook Page: <https://www.facebook.com/isendeastsussex/>

Universally Available Provision: this document sets out the provision that should be available to all children and young people so they can thrive in their setting; including maintained schools, academies, free schools, early years and Post-16 providers: [Universally Available Provision document](#). There is a section that provides guidance on the provision and strategies recommended to meet the needs of children and young people with SEND by the four areas of need as set out in the SEND Code of Practice.

Child and Adolescent Mental Health Services (CAMHS): provide children and young people's mental health services across Sussex. We help children and young people, their families and carers when someone is experiencing emotional well-being or mental health difficulties. We provide services across locations, such as GP surgeries, clinics, hospitals and schools, to support young people experiencing mental health conditions such as anxiety, depression, self-harm, eating disorders, obsessive compulsive disorder and psychosis. [Sussex CAMHS | Sussex Partnership NHS Foundation Trust](#) **Single Point of Advice Contact Details:** Telephone: **01323 464 222** Monday to Thursday 8.30am to 5pm and Friday 8.30am to 4.30pm. Email: 0-19.SPOA@eastsussex.gov.uk (contact form)

IF YOU OR YOUR CHILD ARE IN IMMEDIATE DANGER CALL THE EMERGENCY SERVICES ON 999

Accessing community	
Description of Service	Link/Contact Information
AMAZE DLA/PIP Project offers help in claiming disability benefits that can help pay for extra social activity costs (Age 0-25)	Help with DLA Claims
Youth group sessions available county wide – most targeted 12 – 16 years old. (Age 12-16)	Enquiries via Area Youth Workers Eastbourne Youth Work Provision: Tina Smith 07769164194 Hastings & Rother: Kerrie Tolley-Cloke 07874637593 Lewes District: Libby King 07769164196 Wealden District: Lee Tulley 07765026050
Fifty Things to do before you are Five. A range of low cost/no cost activities for families to do locally. Each section has specific information for children with SEND. (Age 0-5)	50 Things To Do
East Sussex Community Information Service (ESCIS) an on-line directory of information about what is available in your local area (All ages)	ESCIS Family Information

Attention and Concentration	
Description of Service	Link/Contact Information
CITES: information on Zones of Regulation and Sensory Circuits (Age 0-16 years and 16-19 years in full time education who meet our referral criteria)	Sensory processing East Sussex (eastsussexchildren.nhs.uk) (then choose 'strategies to support attention')

Attention and Concentration

Description of Service

Small Beginnings – a group intervention focusing on learning through play supported by Community Nursery Nurses, Early Years Practitioners and Early Years Inclusion, Special Educational Needs and Disability practitioners (Age 0-starting school)

Link/Contact Information

Referral through Health Visiting team:
[Health Visiting team](#)
 Eastbourne Hub: 01323 432300
 Rother Hub: 01424 723070
 Hastings Hub: 01424 726446
 High Weald Hub: 01323 464000

Referral can also be made through the Early Help Team who can be accessed at :

- [Devonshire Children's Centre, Eastbourne](#)
- [Hailsham East Children's Centre](#)
- [Shinewater Children's Centre, Eastbourne](#)
- [East Hastings Children's Centre](#)
- [Hastings Town Children's Centre](#)
- [Robsack Children's Centre, North St Leonards](#)
- [St Leonards Children's Centre](#)
- [Uckfield Children's Centre](#)
- [Lewes Children's Centre](#)
- [Peacehaven Children's Centre](#)
- [Sidley Children's Centre](#)

Or through the ISEND Early Years Service Telephone: 01273 335270 or email EYS@eastsussex.gov.uk

Parenting 0-19 years: A range of sessions and courses delivered by the Parenting Team

Early Help Service referral or self-referral [Open for Parents](#) 01424 725 800 or via email at info@openforparents.org.uk

Behaviour	
Description of Service	Link/Contact Information
<p>CLASS+ provide advice and support for parent in managing and responding to their child's behaviours. Further information can be found on our Facebook page. (Age 5-16)</p>	<p>CLASS+ Facebook</p> <p>Phone: 01273 336887</p> <p>Email: class@eastsussex.gov.uk</p>
<p>Small Beginnings – a group intervention focusing on learning through play supported by Community Nursery Nurses, Early Years Practitioners and Early Years Inclusion, Special Educational Needs and Disability practitioners (Age 0-starting school)</p>	<p>Referral through Health Visiting team, Early Help Community Team or ISEND Early Years Team</p> <p>Health Visiting team</p> <p>Eastbourne Hub: 01323 432300 Rother Hub: 01424 723070 Hastings Hub: 01424 726446 High Weald Hub: 01323 464000</p> <p>Referral can also be made through the Early Help Team who can be accessed at:</p> <ul style="list-style-type: none"> • Devonshire Children's Centre, Eastbourne • Hailsham East Children's Centre • Shinewater Children's Centre, Eastbourne • East Hastings Children's Centre • Hastings Town Children's Centre • Robsack Children's Centre, North St Leonards • St Leonards Children's Centre • Uckfield Children's Centre • Lewes Children's Centre • Peacehaven Children's Centre • Sidley Children's Centre <p>ISEND Early Years Service Telephone: 01273 335270 or email EYS@eastsussex.gov.uk</p>

Behaviour	
Description of Service	Link/Contact Information
Parenting 0-19 years: A range of sessions and courses delivered by the Parenting Team (Age 0-19)	Early Help Service referral or self-referral https://www.openforparents.org.uk 01424 725 800 or via email at info@openforparents.org.uk
I-Rock drop in. i-Rock can offer young people advice and support on emotional and mental wellbeing, jobs, education and housing. There is a virtual drop in service available 11am – 6pm Monday to Friday – available via video. (Age 14-25)	Single Point of Advice (SPoA) Single Point of Advice (SPoA) Contact Details: Telephone: 01323 464 222 Monday to Thursday 8.30am to 5pm and Friday 8.30am to 4.30pm. Email: 0-19.SPOA@eastsussex.gov.uk (contact form)
Early Years 0-5 yrs developmental support and assessment through Early Years Settings and Health Visiting Service -integrated review (Age 0-starting school)	Referral through the Health Visiting team Eastbourne Hub: 01323 432300 Rother Hub: 01424 723070 Hastings Hub: 01424 726446 High Weald Hub: 01323 464000
ISEND Early Years Service can offer ideas, advice, signposting and specific assessment to support emotional, social and mental health needs in children aged (Age 0-starting school)	Parents/carers to discuss with current Early Years Setting for referral or contact the Early Years Service. Email: eyes@eastsussex.gov.uk 01273 335270
Advice and support on meeting early years children emotional needs (Age 0-starting school)	Meeting children's emotional needs in the early years Email: eyes@eastsussex.gov.uk 01273 335270

Behaviour	
Description of Service	Link/Contact Information
School Health help parents understand their child's emotional health and wellbeing in order to support child welfare and promote change (Age 4-19)	East Sussex Children 4 yr old to 19 yr olds Our website contains all referral information, signposting information and resources

Communication and Language	
Description of Service	Link/Contact Information
CITES: advice and information on how to support language and communication (Age 0-16 years and 16-19 years in full time education who meet our referral criteria)	Language East Sussex (eastsussexchildren.nhs.uk) Make a referral to CITES East Sussex (eastsussexchildren.nhs.uk) Telephone: Therapy One Point 0300 123 2650.
CLASS+ supports parents/carers of children and young people between the ages of 5-16 who may have social communication difficulties. Advice is given on home-based concerns. Parents can also get in touch with CLASS+ via their advice line. (Age 5-16)	CLASS+ Facebook CLASS+ Helpline: open on Mondays from 10.00am to 1.00pm on (01273) 336887
There is an Early Years Speech, Language and Communication Pathway that can signpost families to support. (Age 0-starting school)	EYS Information for preschools
There is a monitoring tool used by professionals that can be helpful for families to look at. (Age 0-starting school)	Monitoring Tool

Communication and Language	
Description of Service	Link/Contact Information
There are speech and language leaflets for families and home learning ideas. (Age 0-starting school)	EYS Information for Parents
There is a team of Early Communication Support Workers within the Health Visiting service who can support families with children who have impoverished language through a range of interventions: Toddler Talks; Language through Play and Bookstart Corner. (Age 0-starting school)	Referral through the Health Visiting team Eastbourne Hub: 01323 432300 Rother Hub: 01424 723070 Hastings Hub: 01424 726446 High Weald Hub: 01323 464000
The Healthy Active Little Ones (HALO) team support practitioners in settings with speech, language and communication development who can pass messages on to families. There are resources for parents on the website. (Age 0-starting school)	Parents/Carers to discuss with Early Years Providers (setting, preschool or childminder etc) as to resources and advice available HALO Information
Fifty Things to do before you are Five. A range of low cost/no cost activities for families to do locally. Each section has specific information for children with SEND (All ages)	50 Things
ISEND Early Years Service can offer advice, intervention, signposting or assessment if there are concerns about an aspect of a child's development that cannot be met by an early years setting by themselves. (Age 0-starting school)	Parents/carers to discuss with current Early Years Setting for referral or contact the Early Years Service. Email: eyes@eastsussex.gov.uk 01273 335270

Difficult experiences (adversity)	
Description of Service	Link/Contact Information
Parenting 0-19 years: A range of sessions and courses delivered by the Parenting Team (Age 0-19)	Early Help Service referral or self-referral https://www.openforparents.org.uk Email: info@openforparents.org.uk Telephone: 01424 725800
Boing Boing: A charity promoting resilience in childhood (All age)	Boing Boing info@boingboing.org.uk
Fellowship of St Nicholas: Dragonflies Bereavement Support (Age 5-18)	Contact via website: Dragonflies Bereavement Project
School Health 1:2:1 work for older children to help them develop skills to increase self-care, coping mechanisms, self-esteem and resilience and this in terms supports positive mental & physical health & behaviour change (Age 11 to 19) Virtual and face to face drop in's for parents of children 4 to 19 and for young people (Age 11 to 19) Text your school nurse is a local service– If you need to speak to someone now, text our confidential text messaging service for parents and carers of children aged five to 19 years and also young people aged from 11 to 19 years.	East Sussex Children 4 yr old to 19 yr olds Our website contains all referral information, signposting information and resources Text your school nurse 07507 332473

Eating	
Description of Service	Link/Contact Information
Children's Integrated Therapy & Equipment Service (CITES): advice and information on eating and drinking difficulties and sensory strategies (Age 0-16 years and 16-19 years in full time education who meet our referral criteria)	Eating and drinking East Sussex (eatsussexchildren.nhs.uk) Sensory processing East Sussex (eatsussexchildren.nhs.uk) Make a referral to CITES East Sussex (eatsussexchildren.nhs.uk) Therapy One Point Tel: 0300 123 2650.
Useful websites for parents who have sensory feeding needs only (All age)	Parents and Caregivers - Start Here - SOS Approach to Feeding Parent Workshop - When Children Won't Eat Free 2 hour webinar (sosapproachtofeeding.com) ARFID Awareness UK New, free sensory play toolkit for professionals and parents from leading ARFID researchers. (arfidawarenessuk.org) SENSORY PLAY TOOLKIT - Home (weebly.com)
Health, Exercise and Nutrition for the Really Young (HENRY) an intervention facilitated by Community Nursery Nurses for parents focusing on healthy eating, exercise and parenting (Age 0-starting school)	Referral through the Health Visiting team Eastbourne Hub: 01323 432300 Rother Hub: 01424 723070 Hastings Hub: 01424 726446 High Weald Hub: 01323 464000
Useful information on baby weaning and feeding (Babies)	Baby Weaning & Feeding

Eating	
Description of Service	Link/Contact Information
ESCC Healthy Active Little Ones (HALO) - Support Offer for Early Years Settings to share with parents/carers (Age 0-starting school)	Parents/Carers to discuss with Early Years Providers (setting, preschool or childminder etc) as to resources and advice available HALO
School Health Webinar giving information and advice regarding base line healthy eating and exercise (0-5) 1:2:1 work for older children (11 to 19) to help them develop skills to increase self-care, coping mechanisms, self-esteem and resilience and this in terms supports positive mental & physical health. Virtual and face to face drop in's for parents of children 4 to 19 and for young people 11 to 19 Text your school nurse is a local service– If you need to speak to someone now, text our confidential text messaging service for parents and carers of children aged five to 19 years and also young people aged from 11 to 19 years.	East Sussex Children Our website contains all referral information, signposting information and resources Parents - East Sussex (eastsussexchildren.nhs.uk) Text your school nurse: 07507 332473
The Sussex Partnership Trust Family Eating Disorder Service (FEDS) service will support referrals and assessment for eating disorders. A referral can be made by a young person, a parent/carers, a GP, schools, paediatricians and Child and Adolescent Mental Health Services (CAMHS). (Age 0-18)	Family Eating Disorder Service For advice on whether a child or young person meets our criteria please call 01444 472670, Monday to Friday between 9am and 5pm. email to FEDS@sussexpartnership.nhs.uk or spnt.feds@nhs.net .

Engagement in early years setting, school or college

Description of Service	Link/Contact Information
<p>Health Visiting: Information and signposting to Early Years settings at 1yr and 27mth Healthy Child Programme reviews. Integrated progress review with Early Years setting between 24 and 36 months can highlight a child's developmental needs. (Age 0-starting school)</p>	<p>Referral through the Health Visiting team</p> <p>Eastbourne Hub: 01323 432300 Rother Hub: 01424 723070 Hastings Hub: 01424 726446 High Weald Hub: 01323 46400</p>
<p>Early Help Keywork</p> <p>A Keyworker can help families and young people to overcome difficulties and make positive changes.</p> <p>A Keyworker will listen, help identify your strengths and difficulties, work with you to develop a plan to help you make change offering support and advice on a range of issues. Keywork support is available to families that are identified as level 3 on the Continuum of Need – referrals come to Early Help Keywork from SPOA. A direct referral cannot be made for Level 3 keywork support. (Age 0-18)</p>	<p>For general enquiries and to discuss a referral;</p> <p>Tel: 01323 464222 (Monday to Thursday 8.30am - 5pm, Friday 8.30am - 4.30pm) Email: 0-19.SPOA@eastsussex.gov.uk</p> <p>SPOA Continuum of Need</p>
<p>Help with childcare costs (All children who meet the eligibility criteria are able to take up the funding entitlement in the funding period following their 2nd or 3rd birthday until they reach statutory school age (which is the funding period after their 5th birthday). (Age 0-starting school)</p>	<p>Help with childcare costs</p> <p>Telephone: 0345 60 80 192 email: EYEE@eastsussex.gov.uk</p>
<p>If child excluded from preschool or concerns around their inclusion within an early years setting (Age 0-starting school)</p>	<p>Contact ISEND Early Years Service EYS@eastsussex.gov.uk 01273 335270</p>
<p>If child excluded from a school, contact ISEND Education Support Behaviour and Attendance Service (Age 5-16)</p>	<p>Education Support, Behaviour & Attendance Service esbas@eastsussex.gov.uk 01273 481967</p>

Engagement in early years setting, school or college

Description of Service	Link/Contact Information
If concerned about your child’s attendance or a reduced timetable, contact ISEND Education Support Behaviour and Attendance Service. (Age 5-16)	Education Support, Behaviour & Attendance Service esbas@eastsussex.gov.uk 01273 481967
Parental advice and ideas on healthy attachments and emotional and wellbeing needs (Age 0-5)	Meeting children’s emotional needs

Flexibility

Description of Service	Link/Contact Information
CLASS+ supports parents/carers of children and young people to develop routines in the home environment and support their children with transitions and managing change. (Age 5-16)	CLASS+ Facebook CLASS+ Helpline: open on Mondays from 10.00am to 1.00pm on (01273) 336887
Getting Ready for School – Family Learning; a course to support families with their child’s transition to school (Age 0-starting school)	These courses can be accessed through the Early Help Community offer your local Children’s Centres
ISEND Early Years Transition to School Advice and guidance for children with special educational needs (Age 0-starting school)	Parents/carers to discuss with current Early Years Setting for referral or contact the Early Years Service. Email: eyes@eastsussex.gov.uk 01273 335270

Flexibility	
Description of Service	Link/Contact Information
Advice, resources and links available from Early Years Improvement Team, ISEND Early Years and Health for parents and carers (Age 0-starting school)	Information for Parents Early Years Improvement Team Facebook Email: eyes@eastsussex.gov.uk 01273 335270

Gender Identity	
Description of Service	Link/Contact Information
<p>I-Rock drop in. i-Rock can offer young people advice and support on emotional and mental wellbeing, jobs, education and housing.</p> <p>There is a virtual drop in service available 11am – 6pm Monday to Friday – available via video. (Age 14-25)</p>	<p>Single Point of Advice (SPoA) Single Point of Advice (SPoA) Contact Details: Telephone: 01323 464 222 Monday to Thursday 8.30am to 5pm and Friday 8.30am to 4.30pm. Email: 0-19.SPOA@eastsussex.gov.uk (contact form)</p>
LGBTQ youth group (contact youth worker in your area for age range)	<p>Enquiries via Area Youth Workers: email: somepeople@eastsussex.gov.uk</p> <p>Area Youth Workers:</p> <p>Eastbourne Youth Work Provision: Tina Smith 07769164194 Hastings & Rother: Kerrie Tolley-Cloke 07874637593 Lewes District: Libby King 07769164196 Wealden District: Lee Tulley 07765026050</p>
School Health Webinar introducing strategies for parents who parent anxious/worried children	<p>East Sussex Children Our website contains all referral information, signposting information and resources</p>

Gender Identity	
Description of Service	Link/Contact Information
<p>1:2:1 work for older children (11 to 19) to help them develop skills to increase self-care, coping mechanisms, self-esteem and resilience and this in terms supports positive mental & physical health.</p> <p>Virtual and face to face drop in's for parents of children 4 to 19 and for young people 11 to 19</p> <p>Text your school nurse is a local service– If you need to speak to someone now, text our confidential text messaging service for parents and carers of children aged five to 19 years and also young people aged from 11 to 19 years.</p>	<p>Parents - East Sussex (eastsussexchildren.nhs.uk)</p> <p>Text your school nurse: 07507 332473</p>

Health Conditions	
Description of Service	Link/Contact Information
<p>Healthy Child Programme – reviews using Ages and Stages questionnaires (Age 0-starting school)</p>	<p>Universal visits from health visiting team</p> <p>Referral through the Health Visiting team</p> <p>Eastbourne Hub: 01323 432300 Rother Hub: 01424 723070 Hastings Hub: 01424 726446 High Weald Hub: 01323 464000</p>
<p>Advice, resources and links available from Early Years Improvement Team, ISEND Early Years and Health for parents and carers (Age 0-starting school)</p>	<p>EYS Information for Parents</p>

Health Conditions	
Description of Service	Link/Contact Information
ISEND Early Years Service can offer advice, intervention, signposting or assessment if there are concerns about an aspect of a child's development that cannot be met by an early years setting by themselves. In addition, they provide close working with Health services and may provide an early years setting with additional funding to support a child's medical need (Early Years Inclusion Support Fund) (Age 0-starting school)	Parents/carers to discuss with current Early Years Setting for referral or contact the Early Years Service. Email: eyes@eastsussex.gov.uk 01273 335270
ISEND Early Years Service provide an Early Link Service based on an early support ethos. This provides support to parents of 0-4yrs children who have multiple health professionals involved with their care. (Age 0-starting school)	Parents/carers to discuss with current Early Years Setting for referral or contact the Early Years Service. Email: eyes@eastsussex.gov.uk 01273 335270
School Health Individual Health Care Plans – liaison between, school, parents and any other health care provider working with child in order to draw up a plan with the ambition of helping schools meet Childs needs and encouraging child to access education. This leads to an agreement between the school and the parent and child. School Health have no enforcement role (Age 4-19)	East Sussex Children Our website contains all referral information, signposting information and resources
CITES: advice and information on a wide range of developmental conditions (Age 0-16 years and 16-19 years in full time education who meet our referral criteria)	East Sussex Children Make a referral to CITES East Sussex (eastsussexchildren.nhs.uk)

Health Conditions	
Description of Service	Link/Contact Information

Learning Difficulties	
Description of Service	Link/Contact Information
CITES: advice and information on a wide range of developmental conditions (Aged 0-16 years and 16-19 years in full time education who meet our referral criteria)	East Sussex Children Make a referral to CITES East Sussex (eastsussexchildren.nhs.uk)
Early Years Foundation Stage interventions- for under twos / over twos – play focused sessions looking at learning and development care. (Age 0-starting school)	Referral through the Health Visiting team Eastbourne Hub: 01323 432300 Rother Hub: 01424 723070 Hastings Hub: 01424 726446 High Weald Hub: 01323 464000
Small Beginnings – a group intervention focusing on learning through play supported by Community Nursery Nurses, Early Years Practitioners and Early Years Inclusion, Special Educational Needs and Disability practitioners (Age 0-starting school)	Referral through Health Visiting team, Early Help Community Team or ISEND Early Years Team Health Visiting team

Learning Difficulties	
Description of Service	Link/Contact Information
	<p>Eastbourne Hub: 01323 432300 Rother Hub: 01424 723070 Hastings Hub: 01424 726446 High Weald Hub: 01323 464000</p> <p>Referral can also be made through the Early Help Team who can be accessed at:</p> <ul style="list-style-type: none"> • Devonshire Children's Centre, Eastbourne • Hailsham East Children's Centre • Shinewater Children's Centre, Eastbourne • East Hastings Children's Centre • Hastings Town Children's Centre • Robsack Children's Centre, North St Leonards • St Leonards Children's Centre • Uckfield Children's Centre • Lewes Children's Centre • Peacehaven Children's Centre • Sidley Children's Centre <p>Or referral through ISEND Early Years Service Telephone: 01273 335270 or email EYS@eastsussex.gov.uk</p>
<p>SEN Youth groups available in Heathfield, Eastbourne, Peacehaven & Hastings (contact youth worker for your area for specific age range)</p>	<p>Area Youth Workers:</p> <p>Eastbourne Youth Work Provision: Tina Smith 07769164194 Hastings & Rother: Kerrie Tolley-Cloke 07874637593 Lewes District: Libby King 07769164196 Wealden District: Lee Tulley 07765026050</p>

Learning Difficulties	
Description of Service	Link/Contact Information
Early Years Foundation Stage (EYFS) interventions- for under twos / over twos – play focused sessions looking at learning and development (Age 0-starting school)	EYS Information for Parents What to Expect When
ISEND Early Years Service can offer advice, intervention, signposting or assessment if there are concerns about an aspect of a child’s development that cannot be met by an early years setting by themselves (Age 0-starting school)	Parents/carers to discuss with current Early Years Setting for referral or contact the Early Years Service. Email: eyes@eastsussex.gov.uk 01273 335270

Managing Impulses	
Description of Service	Link/Contact Information
Parenting 0-19 years: A range of sessions and courses delivered by the Parenting Team	Early Help Service referral or self-referral Open for Parents 01424 725 800 or via email at info@openforparents.org.uk
I-Rock drop in. i-Rock can offer young people advice and support on emotional and mental wellbeing, jobs, education and housing. There is a virtual drop in service available 11am – 6pm Monday to Friday – available via video. (Age 14-25)	Single Point of Advice (SPoA) Single Point of Advice (SPoA) Contact Details: Telephone: 01323 464 222 Monday to Thursday 8.30am to 5pm and Friday 8.30am to 4.30pm. Email: 0-19.SPOA@eastsussex.gov.uk (contact form)

Managing Impulses	
Description of Service	Link/Contact Information
Early Years 0-5 yrs developmental support and assessment through Early Years Settings and Health Visiting Service -integrated review (Age 0-starting school)	Referral through the Health Visiting team Eastbourne Hub: 01323 432300 Rother Hub: 01424 723070 Hastings Hub: 01424 726446 High Weald Hub: 01323 464000
Advice, resources and links available from Early Years Improvement Team, ISEND Early Years and Health Services (Age 0-starting school)	Meeting children's emotional needs in the early years
ISEND Early Years Service can offer ideas, advice, signposting and assessment to support emotional, social and mental health needs in children (Age 0-starting school)	Parents/carers to discuss with current Early Years Setting for referral or contact the Early Years Service. Email: eyes@eastsussex.gov.uk 01273 335270
School Health Support for 11 to 19 year olds regarding making healthy life style choices (substance misuse, relationships, emotional health and wellbeing, healthy eating, exercise & sleep) (Age 11-19)	East Sussex Children Our website contains all referral information, signposting information and resources

Mood and Enjoyment	
Description of Service	Link/Contact Information
Parenting 0-19 years: A range of sessions and courses delivered by the Parenting Team.	Early Help Service referral or self-referral https://www.openforparents.org.uk
I-Rock drop in. i-Rock can offer young people advice and support on emotional and mental wellbeing, jobs, education and housing. There is a virtual drop in service available 11am – 6pm Monday to Friday – available via video. (Age 14-25)	Single Point of Advice (SPoA) Single Point of Advice (SPoA) Contact Details: Telephone: 01323 464 222 Monday to Thursday 8.30am to 5pm and Friday 8.30am to 4.30pm. Email: 0-19.SPOA@eastsussex.gov.uk (contact form)
Early Years 0-5 yrs developmental support and assessment through Early Years Settings and Health Visiting Service -integrated review (Age 0-starting school)	Parents refer through Health Visitor Service or discuss with current early years setting Referral through the Health Visiting team Eastbourne Hub: 01323 432300 Rother Hub: 01424 723070 Hastings Hub: 01424 726446 High Weald Hub: 01323 464000
Advice, resources and links available from Early Years Improvement Team, ISEND Early Years and Health Services (Age 0-starting school)	Information for Parents Hungry Little Minds
ISEND Early Years Service can offer ideas, advice, signposting and assessment to support emotional, social and mental health needs in children aged 0-school age (Age 0-starting school)	Parents/carers to discuss with current Early Years Setting for referral or contact the Early Years Service. EYS@eastsussex.gov.uk 01273 335270

Mood and Enjoyment	
Description of Service	Link/Contact Information
<p>School Health Webinar introducing strategies for parents who parent anxious/worried children</p> <p>1:2:1 work for older children (11 to 19) to help them develop skills to increase self-care, coping mechanisms, self-esteem and resilience and this in terms supports positive mental & physical health.</p> <p>Virtual and face to face drop in's for parents of children 4 to 19 and for young people 11 to 19</p> <p>Text your school nurse is a local service– If you need to speak to someone now, text our confidential text messaging service for parents and carers of children aged five to 19 years and also young people aged from 11 to 19 years.</p>	<p>East Sussex Children Our website contains all referral information, signposting information and resources</p> <p>Parents - East Sussex (eastsussexchildren.nhs.uk)</p> <p>Text your school nurse: 07507 332473</p>

Offending Behaviour	
Description of Service	Link/Contact Information
<p>Know Knives mentoring available for young people at risk of exploitation or involved or suspected of being involved of carrying weapons.</p> <p>Age: Mentoring referrals are 10-17 years</p>	<p>Refer via email: kNOwknives@eastsussex.gov.uk</p>

Personal, social and emotional development	
Description of Service	Link/Contact Information
CLASS+ offer parents an advice line for guidance around supporting children's personal, social, and emotional development. Parents can also get in touch with CLASS+ via their advice line. (Age 5-16)	CLASS+ Facebook CLASS+ Helpline: open on Mondays from 10.00am to 1.00pm on (01273) 336887
There is an Early Years Personal, Social and Emotional Development Pathway that can signpost families to support (Age 0-starting school)	PSED Pathway
Parent Resources (All ages)	Information for Parents
I-Rock drop in. i-Rock can offer young people advice and support on emotional and mental wellbeing, jobs, education and housing. There is a virtual drop in service available 11am – 6pm Monday to Friday – available via video. (Age 14-25)	Single Point of Advice (SPoA) Single Point of Advice (SPoA) Contact Details: Telephone: 01323 464 222 Monday to Thursday 8.30am to 5pm and Friday 8.30am to 4.30pm. Email: 0-19.SPOA@eastsussex.gov.uk (contact form)
The Healthy Active Little Ones (HALO) team support practitioners in settings about emotional wellbeing who can pass messages on to families. They have resources on czone. (Age 0-starting school)	Parents/Carers to discuss with Early Years Providers (setting, preschool or childminder etc) as to resources and advice available HALO Information
Advice, resources and links available from Early Years Improvement Team, ISEND Early Years and Health for parents and carers (Age 0-starting school)	Early Years Information for Parents What to Expect When
Advice and support on meeting early years children emotional needs (Age 0-starting school)	Meeting emotional needs in the early years

Personal, social and emotional development

Description of Service

ISEND Early Years Service can offer advice, intervention and assessment if there are concerns about an aspect of a child's development that cannot be met by an early years setting by themselves. Specific advice sheets available on social communication and wellbeing
(Age 0-starting school)

Link/Contact Information

Parents/carers to discuss with current Early Years Setting for referral or contact the Early Years Service.
[Email: eyes@eastsussex.gov.uk](mailto:eyes@eastsussex.gov.uk)
01273 335270

School Health Webinar introducing strategies for parents who parent anxious/worried children

1:2:1 work for older children (11 to 19) to help them develop skills to increase self-care, coping mechanisms, self-esteem and resilience and this in terms supports positive mental & physical health.

Virtual and face to face drop in's for parents of children 4 to 19 and for young people 11 to 19

Text your school nurse is a local service– If you need to speak to someone now, text our confidential text messaging service for parents and carers of children aged five to 19 years and also young people aged from 11 to 19 years.

[East Sussex Children](#)

Our website contains all referral information, signposting information and resources

[Parents - East Sussex \(eastsussexchildren.nhs.uk\)](http://eastsussexchildren.nhs.uk)

Text your school nurse: 07507 332473

Physical Development

Description of Service

CITES: advice and information on how to develop motor skills
(Age 0-16 years and 16-19 years in full time education who meet our referral criteria)

Link/Contact Information

[Motor skills | East Sussex \(eastsussexchildren.nhs.uk\)](#)

[Make a referral to CITES | East Sussex \(eastsussexchildren.nhs.uk\)](#)

Physical Development	
Description of Service	Link/Contact Information
There is an Early Years Physical Development Pathway which signposts families to support (Age 0-starting school)	Early Years PD Pathway Parents/carers to discuss with current Early Years Setting for referral or contact the Early Years Service. <u>Email:</u> eyes@eastsussex.gov.uk 01273 335270
There is a monitoring tool used by professionals that can be helpful for families to look at. (Age 0-starting school)	Professional Monitoring Tool
There are on-line parent resources (Age 0-starting school)	Early Years Parent Resources
The Healthy Active Little Ones (HALO) team support practitioners in settings with physical development who can pass messages on to families. They have resources on Czone (Age 0-starting school)	Parents/Carers to discuss with Early Years Providers (setting, preschool or childminder etc) as to resources and advice available HALO
Fifty Things to do before you are Five. A range of low cost/no cost activities for families to do locally. Each section has specific information for children with SEND (All ages)	50 Things
ISEND Early Years Service can offer advice, intervention, signposting or assessment if there are concerns about an aspect of a child's development that cannot be met by an early years setting by themselves. (Age 0-starting school)	Parents/carers to discuss with current Early Years Setting for referral or contact the Early Years Service. <u>Email:</u> eyes@eastsussex.gov.uk 01273 335270

Problem solving and managing stress

Description of Service	Link/Contact Information
<p>Parenting 0-19 years: A range of sessions and courses delivered by the Parenting Team</p>	<p>Early Help Service referral or self-referral Open for Parents 01424 725 800 or via email at info@openforparents.org.uk</p>
<p>School Health Webinar introducing strategies for parents who parent anxious/worried children</p> <p>1:2:1 work for older children (11 to 19) to help them develop skills to increase self-care, coping mechanisms, self-esteem and resilience and this in terms supports positive mental & physical health.</p> <p>Virtual and face to face drop in's for parents of children 4 to 19 and for young people 11 to 19</p> <p>Text your school nurse is a local service– If you need to speak to someone now, text our confidential text messaging service for parents and carers of children aged five to 19 years and also young people aged from 11 to 19 years.</p>	<p>East Sussex Children Our website contains all referral information, signposting information and resources</p> <p>Parents - East Sussex (eastsussexchildren.nhs.uk)</p> <p>Text your school nurse: 07507 332473</p>

Relationships

Description of Service	Link/Contact Information
<p>CLASS+ supports parents/carers of children and young people between the ages of 5-16 around relationship with a focus on the home environment and family dynamics. (Age 5-16)</p>	<p>CLASS+ Facebook</p> <p>CLASS+ Helpline: open on Mondays from 10.00am to 1.00pm on (01273) 336887</p>

Relationships	
Description of Service	Link/Contact Information
Parenting 0-19 years: A range of sessions and courses delivered by the Parenting Team (Age 0-19)	Early Help Service referral or self-referral Open for Parents 01424 725 800 or via email at info@openforparents.org.uk
I-Rock drop in. i-Rock can offer young people advice and support on emotional and mental wellbeing, jobs, education and housing. There is a virtual drop in service available 11am – 6pm Monday to Friday – available via video. (Age 14-25)	Single Point of Advice (SPoA) Single Point of Advice (SPoA) Contact Details: Telephone: 01323 464 222 Monday to Thursday 8.30am to 5pm and Friday 8.30am to 4.30pm. Email: 0-19.SPOA@eastsussex.gov.uk (contact form)

Safety	
Description of Service	Link/Contact Information
CITES: You can access an Adaptations Occupational Therapy assessment if there are concerns around safety in the home which may meet Disabled Facilities Grant (DFG) criteria (Age 0-16 years and 16-19 years in full time education who meet our referral criteria)	Adaptations East Sussex (eastsussexchildren.nhs.uk)
Parenting 0-19 years: A range of sessions and courses delivered by the Parenting Team	Early Help Service referral or self-referral Open for Parents 01424 725 800 or via email at info@openforparents.org.uk
The Healthy Active Little Ones (HALO) team support practitioners in settings with accident prevention messages which they can pass on to families. They have resources on czone. (Age 0-starting school)	Parents/Carers to discuss with Early Years Providers (setting, preschool or childminder etc) as to resources and advice available HALO

Safety	
Description of Service	Link/Contact Information
Health visitor visits (Age 0-starting school)	Referral through the Health Visiting team Eastbourne Hub: 01323 432300 Rother Hub: 01424 723070 Hastings Hub: 01424 726446 High Weald Hub: 01323 464000
Keyword youth groups county wide – most targeted 12 – 16 years old. Contact your local area for specific group information. (Age 12-16)	Area Youth Workers: Eastbourne Youth Work Provision: Tina Smith 07769164194 Hastings & Rother: Kerrie Tolley-Cloke 07874637593 Lewes District: Libby King 07769164196 Wealden District: Lee Tulley 07765026050
Information and advice for parents/carers from the Accident Prevention Trust (All ages)	Child Accident Prevention Trust (capt.org.uk)
Supporting with alternative coping strategies around thoughts of self-harm or intermittent self-harm. Basic harm reduction techniques. School Health Webinar introducing strategies for parents who parent anxious/worried children 1:2:1 work for older children (11 to 19) to help them develop skills to increase self-care, coping mechanisms, self-esteem and resilience and this in terms supports positive mental & physical health and promote behaviour change. Virtual and face to face drop in's for parents of children 4 to 19 and for young people 11 to 19	East Sussex Children Our website contains all referral information, signposting information and resources Parents - East Sussex (eastsussexchildren.nhs.uk)

Safety	
Description of Service	Link/Contact Information
Text your school nurse is a local service– If you need to speak to someone now, text our confidential text messaging service for parents and carers of children aged five to 19 years and also young people aged from 11 to 19 years.	Text your school nurse: 07507 332473

Sensory Responses	
Description of Service	Link/Contact Information
The Amaze DLA/PIP Project offers help in claiming disability benefits that can help pay for items that ease or don't trigger sensory issues (Age 0-25)	Help with DLA Claims
CITES: advice and information on how to enable children to regulate their alertness to a 'just right' level. (Aged 0-16 years and 16-19 years in full time education who meet our referral criteria)	Sensory processing East Sussex (eastsussexchildren.nhs.uk) Make a referral to CITES East Sussex (eastsussexchildren.nhs.uk) Therapy One Point Tel: 0300 123 2650.
CLASS+ provide advice and support to parents for children who may be experiencing sensory difficulties. CLASS+ offer parent 'Coffee Mornings' where specific guidance and advice are given around sensory difficulties. Further information can be found on our Facebook page. CLASS+ have created a Sensory & Regulation 'top-tips' video including advice on 'calming down', eating, showering/bathing and more on the CLASS+ Facebook page CLASS+ offer parents an advice line (Age 5-16)	CLASS+ Facebook CLASS+ Top Tips CLASS+ Helpline: open on Mondays from 10.00am to 1.00pm on (01273) 336887

Sensory Responses

Description of Service	Link/Contact Information
<p>Small Beginnings – a group intervention focusing on learning through play supported by Community Nursery Nurses, Early Years Practitioners and Early Years Inclusion, Special Educational Needs and Disability practitioners (Age 0-starting school)</p>	<p>Referral through Health Visiting team Health Visiting team</p> <p>Eastbourne Hub: 01323 432300 Rother Hub: 01424 723070 Hastings Hub: 01424 726446 High Weald Hub: 01323 464000</p> <p>Referral can also be made through the Early Help Team who can be accessed at :</p> <p>Devonshire Children's Centre, Eastbourne Hailsham East Children's Centre Shinewater Children's Centre, Eastbourne East Hastings Children's Centre Hastings Town Children's Centre Robsack Children's Centre, North St Leonards St Leonards Children's Centre Uckfield Children's Centre Lewes Children's Centre Peacehaven Children's Centre Sidley Children's Centre</p> <p>Referral can also be made through the ISEND Early Years Service Telephone: 01273 335270 or email EYS@eastsussex.gov.uk</p>
<p>ISEND Early Years Service can offer ideas, advice, signposting and specific assessment to support sensory needs (Age 0-starting school)</p>	<p>Parents/carers to discuss with current Early Years Setting for referral or contact the Early Years Service. Email: eyes@eastsussex.gov.uk 01273 335270</p>

Sexual and Sexualised Behaviour	
Description of Service	Link/Contact Information
The NSPCC website has a lot of useful resources around sexual behaviour in children and young people. (All ages)	NSPCC Children's Charity The NSPCC Helpline email: help@nspcc.org.uk . Tel: 0808 800 5000
The SWIFT Specialist Family Service in East Sussex offers help for families who need support dealing with drug or alcohol abuse, mental health, learning disabilities, domestic abuse, sexual risk or parenting. (AGE Confirmation Awaited)	Harmful Sexual Behaviours Single Point of Advice(SPoA) Telephone: 01323 464 222 Monday to Thursday 8.30am to 5pm and Friday 8.30am to 4.30pm.
Parents Protect – website to help parents and carers protect children from sexual abuse and exploitation (All ages)	Parents Protect
School Health Support with sexual health, puberty, relationships and support with Emotional Health and Wellbeing around these issues. (Age 0-19)	East Sussex Children Our website contains all referral information, signposting information and resources

Sleep	
Description of Service	Link/Contact Information
Community Nursery Nurses can offer a sleep workshop / 1:1 sleep support (Early Help Intervention Directory) (Age 0-starting school)	Referral through the Health Visiting team Eastbourne Hub: 01323 432300 Rother Hub: 01424 723070 Hastings Hub: 01424 726446 High Weald Hub: 01323 464000
Parenting 0-19 years: A range of sessions and courses delivered by the Parenting Team	Early Help Service referral or self-referral https://www.openforparents.org.uk 01424 725 800 or via email at info@openforparents.org.uk
School Health Webinar introducing strategies for parents who parent children with sleep difficulties. Engagement with this offer is a requirement if seeking a referral to hospital specialist. 1:2:1 work for older children (11 to 19) to help them develop skills to increase self-care, coping mechanisms, self-esteem and resilience and this in terms supports positive mental & physical health & behaviour change Virtual and face to face drop in's for parents of children 4 to 19 and for young people 11 to 19 Text your school nurse is a local service– If you need to speak to someone now, text our confidential text messaging service for parents and carers of children aged five to 19 years and also young people aged from 11 to 19 years.	East Sussex Children Our website contains all referral information, signposting information and resources Parents - East Sussex (eastsussexchildren.nhs.uk) Text your school nurse: 07507 332473
You can get help and advice from a GP. (All ages)	Sleeping East Sussex (eastsussexchildren.nhs.uk)

Sleep	
Description of Service	Link/Contact Information
The sleepstation website also provides a range of useful articles and resources designed to aid sleep. (All ages)	sleepstation website

Using the toilet and personal hygiene	
Description of Service	Link/Contact Information
DLA/PIP Project offers help in claiming disability benefits that can help pay for extra laundry costs etc (All ages)	Help with DLA Claims Email sendiass@amazesussex.org.uk or phone (01273 772289). <i>All calls go straight to voicemail at the moment, so please leave your contact details. We are currently replying to calls on the same day.</i>
Community Nursery Nurses can offer 1:1 Toilet Training support for under 5s (Age 0-starting school)	Referral through the Health Visiting team Eastbourne Hub: 01323 432300 Rother Hub: 01424 723070 Hastings Hub: 01424 726446 High Weald Hub: 01323 464000
ERIC – The Children’s Bowel and Bladder Charity offer advice on their website (All ages)	ERIC Free helpline: 0808 169 9949
Parenting 0-19 years: A range of sessions and courses delivered by the Parenting Team	Early Help Service referral or self-referral Open for Parents 01424 725 800 or via email at info@openforparents.org.uk

Using the toilet and personal hygiene	
Description of Service	Link/Contact Information
NHS information for parent/carers on potty training (All ages)	Baby Development How to Potty Train
Children and Young Peoples Bladder and Bowel Service (All ages)	Pre referral route through initial discussion with GP, specialist service currently involved or Health Visitor who can refer to the Bladder and Bowel Service Bladder and bowel East Sussex Text your School Nurse 07507332473
ISEND Early Years Service can offer advice, intervention, signposting or assessment if there are concerns about an aspect of a child's development that cannot be met by an early years setting by themselves (Age 0-starting school)	Parents/carers to discuss with current Early Years Setting for referral or contact the Early Years Service. Email: eyes@eastsussex.gov.uk 01273 335270

Worrying and anxiety	
Description of Service	Link/Contact Information
Parenting 0-19 years: A range of sessions and courses delivered by the Parenting Team.	Early Help Service referral or self-referral https://www.openforparents.org.uk
I-Rock drop in. i-Rock can offer young people advice and support on emotional and mental wellbeing, jobs, education and housing. There is a virtual drop in service available 11am – 6pm Monday to Friday – available via video. (Age 14-25)	Single Point of Advice (SPoA) Single Point of Advice (SPoA) Contact Details: Telephone: 01323 464 222 Monday to Thursday 8.30am to 5pm and Friday 8.30am to 4.30pm. Email: 0-19.SPOA@eastsussex.gov.uk (contact form)

Worrying and anxiety	
Description of Service	Link/Contact Information
Early Years developmental support and assessment through Early Years Settings and Health Visiting Service -integrated review (Age 0-starting school)	<p>Parents refer through Health Visitor Service or discuss with current early years setting Integrated Profess Review Leaflet</p> <p>Referral through the Health Visiting team</p> <p>Eastbourne Hub: 01323 432300 Rother Hub: 01424 723070 Hastings Hub: 01424 726446 High Weald Hub: 01323 464000</p>
Advice, resources and links available from Early Years Improvement Team, ISEND Early Years and Health for parents and carers (Age 0-starting school)	<p>Information for Parents Hungry Little Minds</p>
ISEND Early Years Service can offer ideas, advice, signposting and assessment to support emotional, social and mental health needs in children aged (Age 0-starting school)	<p>Parents/carers to discuss with current Early Years Setting for referral or contact the Early Years Service. EYS@eastsussex.gov.uk 01273 335270</p>
<p>School Health Webinar introducing strategies for parents who parent anxious/worried children</p> <p>Virtual and face to face drop in's for parents of children 4 to 19 and for young people 11 to 19</p> <p>1:2:1 work for older children (11 to 19) to help them develop skills to increase self-care, coping mechanisms, self-esteem and resilience and this in terms supports positive mental health.</p> <p>Text your school nurse is a local service– If you need to speak to someone now, text our confidential text messaging service for parents and carers of children aged five to 19 years and also young people aged from 11 to 19 years.</p>	<p>East Sussex Children Our website contains all referral information, signposting information and resources</p> <p>Parents - East Sussex (eastsussexchildren.nhs.uk)</p> <p>Text your school nurse: 07507 332473</p>