



**Brighton & Hove
City Council**

Services for children under five and their families in Brighton & Hove

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For more information about support for families

You can search our online directory for local services for families and Ofsted registered childcare.

You can also view our other factsheets that contain a wide range of local and national information about the things that matter to families.

Visit: www.familyinfobrighton.org.uk

Do you need some extra help?

You can call us to speak to a Navigator on 01273 293545. Our helpline is open Monday to Friday 9.00am-4.30pm. You can also email us with your enquiry: familyhubs@brighton-hove.gov.uk

**The information included in this factsheet was correct to the best of our knowledge at
November 2023.**

For the most up to date information, please contact the services listed directly.

Family Hubs

Family Hubs

Family Hubs are here to support your family.

Our services are for all families in Brighton & Hove with children aged from 0-19. Young people with special educational needs or disabilities (SEND) can access our services up to age 25.

There are four main Family Hubs in Brighton & Hove. Our services are also delivered from multiple other locations across the city.

Information, advice and guidance

Your family can get information, advice and guidance on topics such as:

- Childcare, childcare funding and free early learning
- Services that can support families with finances
- Local services for parents, young people and children

You can use our [online Family Service Directory](#) to search for services and childcare. You can also view our factsheets which include:

- advice for separated parents
- local support for your family
- new to living in Brighton & Hove
- financial help

Groups and workshops

You can join groups and workshops like:

- Early language and learning
- SEND support
- Parenting and parental relationships
- Physical and mental health

Some parenting groups are also available in Arabic.

One-to-one support for families

Families who face more complex challenges may be offered intensive one-to-one support. We look at the needs of the whole family and work closely with each member to help make positive changes. This support can be offered for a few weeks or up to a year.

NHS services

Midwives, health visitors and school nurses are based in Family Hubs, providing a range of services from pregnancy to age 19. You can also get support to stop smoking and help with breastfeeding and infant feeding.

Childcare and free early education

We provide childcare and free early education at the Family Hub nurseries and the Jeanne Saunders Centre for children with SEND.

Holiday Activities and Food (HAF) programme

We provide free activities and food during the Easter, Summer and Winter school holidays. This programme is for school-age children from reception to year 11 who are eligible for benefit-related free-school meals.

Youth services

We work with youth providers to offer support, activities and services for young people. We also offer opportunities for young people to have a say in the way services are run, plus specialist support for young people in care.

Employment

We can help parent/carers prepare for employment with support, training, volunteering and accessing childcare. We also offer careers advice, better-off calculations, CV writing and preparing for interviews.

You can find the main Family Hubs at:

Central – Ivory Place, Brighton BN2 9QE

East – 178 Whitehawk Rd, Whitehawk, Brighton BN2 5FL

North – Hodshrove Lane, Moulsecoomb, Brighton BN2 4SE

West – Harmsworth Crescent, Hangleton, Hove BN3 8BW

Contact Family Hubs:

Telephone: 01273 293545

Email: familyhubs@brighton-hove.gov.uk

Website: www.brighton-hove.gov.uk/family-hubs

Complete our online form if you're concerned that a child is at risk of harm.

If you need help filling in this form, you can:

- phone 01273 290400
- send an email to FrontDoorforFamilies@brighton-hove.gov.uk

For information about how we will use and store your personal details:

[Family Hubs privacy notice \(brighton-hove.gov.uk\)](http://www.brighton-hove.gov.uk/family-hubs-privacy-notice)

Midwifery Services

As soon as someone finds out that they are pregnant, they should contact their local GP or Family Hub (see page 12). They can also book in their birth using the online form on the Brighton and Sussex University Hospitals website. Midwifery Services are delivered from Family Hubs, GPs and in the community.

The first meeting with the midwife is at ten weeks and at this appointment a plan will be made for ongoing care throughout the pregnancy. This will include scheduling regular appointments and explaining what happens at each of these appointments.

A range of classes are also offered, these include sessions for first time parents and for those that are considering their birth options.

For information about all aspects of ante natal care and to book in a birth or a place at a class, visit: <https://www.bsuh.nhs.uk/maternity/your-pregnancy/antenatal-classes/>

Health Visiting Services

Health Visitors are responsible for the health and wellbeing of children aged 0-5. They are based in, or linked to local Family Hubs. Families are allocated a health visitor according to where they live, or in some cases depending on their needs.

For more information about health visiting services, visit:

www.sussexcommunity.nhs.uk/services/childrens-specialist-nursing-and-health-visiting-brighton-and-hove-children-and-families/108934

The Brighton & Hove Health Visiting Contact Point

This is a new single point of contact that is staffed by a team of health visitors, staff nurses, community nursery nurses and support staff. The team can be called, texted or emailed and are available Monday to Friday 9am to 4.30pm (excluding bank holidays). The team aim to respond to all enquiries from families the same day, but if that's not possible they guarantee a response by 4.30pm the next working day. Parents can call about all sorts of issues such as sleeping and feeding, introducing solids, toileting, adjusting to parenting, infant crying and much more. Professionals can also contact the team in the same way.

Tel: 01273 266000

Text: 07507 331 296

Email: sc-tr.bh-healthvisitors@nhs.net

Universal health visiting services

The Healthy Child Programme is delivered by health visitors and school nurses and focuses on early support and prevention. The programme is offered to all families from pregnancy onwards. All children are offered five contacts:

- Antenatal visit
- New birth review (between 10 and 14 days after the birth)
- 6-8 weeks review (includes assessment of mother's wellbeing)
- 9-12 month review
- 2 year review

Health visitors also offer a visit when a family with a child aged under 5 moves into the area. Parents can access Healthy Child Clinics and parent and baby groups at their Children's Centre.

Extra support from health visitors

Some parents and young children need additional help from their health visitor and other professionals. There are two additional levels of health visiting support that can be offered to families:

Universal Plus (UP)

This is where specific expert help is needed which might be identified through a health check. This could include managing long term health issues, and additional health needs, reassurance about a health worry, advice on sexual health and support for emotional and mental health wellbeing. The health visitor will develop a plan of care for the family which might include support around parenting, social isolation or child development.

Universal Partnership Plus (UPP)

This is where ongoing support is required by a range of local services working together to deal with issues that are more complex over a longer period. Children with a Child Protection or Child in Need Plan, as well as children looked after by the local authority (LAC) will all receive a UPP service led by a social worker. Other children will have an Early Years Strengthening Families Plan completed by their Health Visitor, who will co-ordinate support from other professionals as appropriate.

Healthy Futures Team

This is a 0-19 Specialist Public Health Nursing Service (health visiting and school nursing) based at Roundabout Children's Centre. The team supports families who are receiving a Universal Plus or Universal Partnership Plus health visiting service. They offer early assessment and intervention and promote positive parenting and reducing the impact of disadvantage on families. Families must meet certain criteria to be supported by the Team, this could include factors such as mothers who are aged under 18 at conception, families living in emergency accommodation, refugees, asylum seekers and travellers, or a parent who has been looked after by the local authority (LAC).

Useful NHS website

[Baby | Health for Under 5s \(www.healthforunder5s.co.uk \)](http://www.healthforunder5s.co.uk)

Childcare and funding



To find out about the help that you can get towards childcare costs visit www.childcarechoices.gov.uk

Finding childcare and information about funded childcare

Family Hubs have an online directory where you can search for all local Ofsted registered childcare providers. The directory also has factsheets that tell you more about free childcare for two, three and four year olds. Visit www.familyinfobrighton.org.uk

Free childcare for two year olds

Some two year olds can get 570 hours of free childcare spread across the year, or 15 hours a week during term time only. Children are able to start from the term after their second birthday and you can apply from the beginning of the term before they turn two.

To find out more and apply, visit www.brighton-hove.gov.uk/twos, or call Family Hubs on 01273 293545.

15 hours free childcare for all three and four year olds

ALL three and four year olds get 570 hours of free childcare spread across the year, or 15 hours a week during term time only from the term after their third birthday. You do not need to apply, but should speak to your chosen childcare provider to find out whether they have places and when they can offer the sessions.

30 hours free childcare for three and four year olds whose parents are working

If you are a lone parent who is working and earning at least the equivalent of 16 hours a week at the national minimum wage, or a two parent household where both parents are working as outlined above, your child could get 1140 hours of free childcare spread across the year. Children are eligible from the term after their third birthday and you **must** apply during the term before they are due to start, otherwise your child will have until the following term before they can take up their additional entitlement.

For more information and to apply visit www.childcarechoices.gov.uk

Starting School

Full information about when to apply for a school place, open days, catchment areas and how to apply are available at <https://www.brighton-hove.gov.uk/schools-and-learning/apply-school>

You can also call the School Admissions Team on 01273 293653.

When should my child start school?

Children are allowed to start full-time in September or defer admission until they reach compulsory school age (or until the start of the summer term if this is earlier) Your child can also attend part-time initially, but you will need to discuss this with the school at which your child has been offered a place.

DATE OF BIRTH between	5th birthday between	Applications for your child's school place open	Applications for your child's school place close*	School place provided (attend full or part time or defer)
1 SEPT 2018 – 31 AUG 2019	1 SEPT 2023 – 31 AUG 2024	September 2022	January 2023	SEPTEMBER 2023
1 SEPT 2019 – 31 AUG 2020	1 SEPT 2024 – 31 AUG 2025	September 2023	January 2024	SEPTEMBER 2024
1 SEPT 2020 – 31 AUG 2021	1 SEPT 2025 – 31 AUG 2026	September 2024	January 2025	SEPTEMBER 2025

* Deadline for applications is mid-January each year; check the Brighton & Hove City Council website for details.

Your allocated school will tell you the starting date:

Please use the table below to see what options are available to you

Child's birthday	Options
1 September – 31 December (autumn born)	Child can attend full or part-time from September or defer admission until January.
1 January – 31 March (spring born)	Child can attend full or part-time from September or defer admission until January or start of summer term.
1 April – 31 August (summer born)	Child can attend full or part-time from September or defer admission until January or start of summer term.

Services for children with Special Educational Needs and Disabilities (SEND)

Local Offer

Brighton & Hove's Local Offer brings together information about the help and support available locally for children with SEND and their families. It covers health, education, social care, leisure and more. Visit www.brighton-hove.gov.uk/localoffer

Amaze

Amaze is a local charity that works with families with children with SEND. They can offer:

- Information and advice on all aspects of SEND via their telephone helpline and website
- Advice on disability benefits
- A befriending service
- Groups and activities
- The Compass card which offers free and discounted activities

Tel: 01273 772289

www.amazesussex.org.uk

Children's Disability Service

If you have concerns about your child, you should first speak to your health visitor or childcare setting, they may be able to reassure you, or help you to access support in the community. If it is felt that further investigation is required, your health visitor will make an assessment of your child and refer to the Children's Disability Service if appropriate. Once the referral is received, it will be discussed at a team meeting made up of a range of professionals who will decide on how the service might be able to help. This might include assessment, diagnosis, investigation and treatment and early intervention.

For more information, visit: <https://www.brighton-hove.gov.uk/special-educational-needs-and-disabilities/assessment-childrens-disability-service>

or call: 01273 265780

SEND support in mainstream early years childcare settings

All early years settings have a Special Educational Needs Co-ordinator (SENCO) and a SEND policy. The SENCO can make referrals to BHISS (see below).

Brighton & Hove Inclusion Service (BHISS)

BHISS works with early years and childcare providers to offer support to children aged 0-5 with SEND. They can carry out assessments to identify additional needs and help make changes to the way your child is taught so they learn in the way that is best for them. BHISS can work with children individually or in groups and helps coordinate requests for an Education, Health and Care plan (EHC plan). They can also train staff in the childcare setting and co-ordinate additional support funding for the setting. The team also works directly with parents and families to help children to achieve their full potential.

To access support from BHISS, you should speak to the Special Educational Needs Coordinator (SENCO) at your child's childcare setting in the first instance.

For more information, call 01273 293481

www.brighton-hove.gov.uk/bhiss

continued overleaf....

Specialist nursery for children with SEND

Brighton & Hove has a specialist nursery – the Jeanne Saunders Centre in Hove. Children are offered a place at this nursery through a referral process, coordinated by BHISS.

The nursery takes children in the year before they start school for three days of the week (Wednesday and Thursday 9.30am – 3.30pm and Friday 9.30am – 12.30, term time only). Children can take their entitlement to 15 hours free childcare at Jeanne Saunders; children of working parents who are entitled to 30 hours free childcare can take 15 hours at Jeanne Saunders and 15 hours at a mainstream nursery, with additional support where this is needed.

For more information, call 01273 294944, 8.30am – 3.30pm term time only.

Activities for children with SEND

Sweet Peas Parent and Toddler Group

Sweet Peas is a pre-school play group for children with SEND and their families.

For more information, call Kerry on 07875 377961. This group is not currently running but can be a contact for parents of pre-school children, who have questions.

T21 under 5's

A group for pre-school children with Down's Syndrome and their families.

For more information, call Pippa Hodge 07930 418298.

Activities for Deaf Children

Springboard Pre-school group

- second Saturday of every month
- 10:30am to 11:45am - pre-school age only, siblings welcome
- British Sign Language (BSL) Club 12pm to 1:30pm - school age, siblings welcome
- Talking Hands Coffee Shop and Studio, Hassocks

Families get-together

- third Saturday of every month
- all ages and siblings welcome
- different activity every month
- email Caroline.J.Palmer@brighton-hove.gov.uk

Services for Black and Minority Ethnic Children (BAME)

Ethnic Minority Achievement Service (EMAS)

EMAS supports children in their early years childcare setting who have English as an additional language. Support is available for all two, three and four year olds who have a funded place. Talk to your childcare provider or call EMAS to find out more.

EMAS training courses

EMAS also runs positive parenting courses (Triple P) in Arabic, Chinese, Polish and Pashtu and the family SEAL (Social Emotional Aspects of Learning) programme in Russian,

Call: 01273 292521 [Ethnic Minority Achievement Service - EMAS](#)

Black and Minority Ethnic Services Directory

Brighton & Hove Sanctuary on Sea produces a comprehensive directory of resources for anyone from a black and minority ethnic background.

Visit: www.brighton-and-hove.cityofsanctuary.org

Activities

Kids In Brighton

Website that include listings for baby massage, baby yoga, mum and baby yoga, dance, gymnastics, music, plus arts and crafts for the under 5s. Clubs come and go. Check groups are still running before turning up. http://www.kidsinbrighton.co.uk/pre_school/activities_and_classes.html

Parent and Toddler Groups

Parent and toddler groups are usually run in community venues and are a great way for parents and children to meet others and socialise. They are often free or ask for a small contribution towards costs. Visit: <http://www.familyinfobrighton.org.uk/>

Early Childhood Project

Everyone is welcome to borrow toys, books and resources from the project's toy library. The Early Childhood project also offers support around diversity and bereavement. Call for up to date information about accessing the toy library.

Tel: 01273 294105

Visit www.ecpuk.org

Activities at the city's libraries

There are a wide range of free activities offered at libraries that parents/carers and their under 5's can attend including Baby Boogie, and a Baby Boogie just for dads, stories, play, art and singing and more.

For full details visit:

www.brighton-hove.gov.uk/libraries-leisure-arts/libraries/events-children-and-families-our-libraries

or drop into your local library to find out more.

Bookstart

Every family is entitled to a Bookstart Baby pack which includes free books that you can keep. These are usually available from your Health Visitor or Children's Centre, but if you haven't received yours, pop into your local library. www.brighton-hove.gov.uk/libraries-leisure-and-arts/libraries

Other support

Front Door for Families

The Front Door for Families is made up of professionals with different areas of expertise, who work together to assess, decide and co-ordinate how best to support children, young people and their families where there are concerns.

If you are worried about a child, young person, or a family, you can make an online referral at www.brighton-hove.gov.uk/frontdoorforfamilies, a decision will be made within 24 hours about what action should be taken next.

Call: 01273 290400 Email: frontdoorforfamilies@brighton-hove.gov.uk

[Front Door for families referral form](#)

If you think a child or young person is in immediate danger, call 999.

Pelican Parcels

Pelican Parcels is a local charity offering free, good quality baby supplies and equipment, toys, books and clothing to local families in need. The service is by professional referral only, such as a health visitor or social worker. www.pelicanparcels.org.uk

LGBTQ – Rainbow Families

Rainbow Families is an informal social group for lesbian, gay, bisexual, transgender and questioning parents. Their activities include under 5's meet ups, soft play, lone parent meet ups and parent only get togethers. www.rainbowfamilies.org.uk