

Finding out more about early help

www.eastsussex.gov.uk/earlyhelp



Giving families a healthier start

From pregnancy
to adulthood



What is the early help service?

Support for you and your family from pregnancy through to your child becoming a young adult.

In East Sussex there are services designed to help - from before your baby is born, until a child becomes a young adult.

These include a range of services, such as health visiting, keywork, community and youth groups to more specialist support. Let's explore these more.





Health visiting team

The Health Visiting Team (which includes Health Visitors, Staff Nurses and Community Nursery Nurses) provides all families with five developmental reviews from pregnancy to when your child is 2 ½ years old as well as extra support when needed. This is called the Healthy Child Programme. The Team will talk with you about you and your partners own health and wellbeing as well as your child's health and development needs. They can provide direct support to you as well as accessing a wide range of service from the rest of the Early Help team.

Five developmental health reviews



1. Antenatal Visit:

An opportunity for you and your partner to meet a member of your Health Visiting team, find out more about what the service offers and discuss preparations for your baby's arrival and becoming parents.

2. New baby review (7 to 14 days after birth)

A new baby review provides an ideal time to find out more about how to keep your baby safe and healthy including advice on attachment, feeding, immunisations, safe sleep and the general health and wellbeing of you and your family.

3. 6 to 8 week review

The team will review your baby's growth and development and offer health promotion advice including details of immunisations and safe sleep. Plus an opportunity to talk about your emotional wellbeing since the birth of your baby and how to feel confident in caring for your baby now and over the next few months.

4. 9 to 12 month developmental review

This review is an opportunity to discuss your baby's development, using an Ages and Stages questionnaire. This review will include language, play, home safety, diet, oral health, sleep and behaviour information and provide an opportunity to discuss any concerns you or your family may have.

5. 2 to 2½ year developmental review

The review will cover general development of your child using the Ages and Stages questionnaire, including speech, behaviour, hearing and vision, sleep, going to the dentist, keeping your child safe, vaccinations, as well as identifying any support you and your family may need. If your child is attending an early years setting, such as a nursery or childminder, this review will be shared with their setting, so you, the Health Visiting Team and the setting can understand your child's needs and provide appropriate support if needed.

Services for families

Early Help Keyworkers

A Keyworker can help families and young people to overcome difficulties and make positive changes.

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.

Early Communication Support Workers

Our specialist team can help you have a better understanding of how you can support your child's speech, language and communication development.

Early Years Practitioners

Our team support your child's development, offering a safe environment for your child to play, explore and interact with others. Our practitioners will share ideas for home learning and play ideas.

Crèche facilities can enable you to attend courses and activities offered to you.



Drop-in to a local child health clinic for support and advice on a range of general health issues, such as feeding, healthy eating and post-natal depression.

Infant Feeding support

East Sussex Breastfeeding Peer Supporters are volunteers who have trained to offer feeding support to families.

Fun activities for your child

Volunteers run a variety of groups for babies and young children under five, such as messy play and music groups. Going to a group is an ideal opportunity for parents to meet and for your baby to enjoy playing with other young children.

Support Groups and courses

We all need a little extra help now and again and the Early Help Service offers groups and courses in a number of topics. We offer bump and beyond course during pregnancy, courses and workshops to support the challenges of being a parent for children of all ages from 0 to teenage years, courses on healthy eating, home safety, support for your mental health and much much more.



Support for young people

Inclusive sessions and activities for young people

Our youth work team offer a range of supportive sessions for young people, including:

- LGBTQ+,
- young women and men
- young people with mild to moderate learning and physical difficulties.

These sessions are designed to build confidence and encourage self-development and may include topics such as awareness around health, exploitation, and personal safety.



Help with emotional wellbeing

Support from trained mental health and social care staff is provided by the i-Rock service both online and at centres in Newhaven, Eastbourne and Hastings.

i-Rock has been set up to help young people who may be struggling with:

- anxiety
- low self-esteem
- identity issues
- life limiting trauma
- self-harming behaviour
- suicidal thoughts

The team helps young people get the right, long term help.

Although many young people feel strongly that they do not want parents and carers involved, they often feel differently once support begins.

Help with your personal development and employability

Develop your skills

Family Learning courses offer a valuable opportunity to gain new skills and support your children's learning, including courses where families can learn together. All our courses are positive, fun and free.

Train as a volunteer

If you would like to become a volunteer talk to our volunteer coordinators. Gaining further skills, training and confidence can be a step towards employment. After completing our volunteer course and gaining an accredited qualification, you could support the early help team in a variety of roles.



Keeping you and your family safe - how we use your information

We understand that family life can sometimes be hard and there may be times when parents and/or young people need the support of others. As professionals working with children, young people and families, we have a duty to safeguard and protect the welfare of every child and young person. So, if we have any concerns about you and/or your children we will talk to you about these, offer support and tell you what the next steps will be.

Information you give us about you and/or your family will always be stored securely on NHS and ESCC databases and will only be kept for as long as we need it or in line with our current retention policy. To ensure your family receive the right support we sometimes need to talk to and share some information about you and your family with other professionals.

We may also ask them to share information with us. This helps us understand what support you and your family may need.

By professionals we mean other services that may have been involved with your family or may provide advice and support in the future.



Privacy

Sometimes we also share or ask for information to help improve our services. Information shared internally to improve our service would be anonymised. Any personal details you provide, such as your name, address and NHS number can only be accessed by staff who need it in order to carry out their role (for instance to arrange for a home visit or book you onto a course). Only authorised staff can access these details after completing training on the proper use of your data and confidentiality.

For more information about your data, your rights and how to complain, please visit the following website:

www.eastsussex.gov.uk/privacy/earlyhelp

