



Pre-Autism Pathway

Support available to all families who live in East Sussex

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/>

East Sussex Local Offer: The East Sussex Local Offer a website and a directory for all things Special Educational Needs and Disabilities (SEND) in East Sussex. It highlights information, advice and support for Children and Young People with SEND, and for their families. It consists of an information site, that outlines how different SEND processes work, and a directory listing over 800 SEND-specific local and online services. Visit the Local Offer website for more SEND information <https://localoffer.eastsussex.gov.uk/>

Education East Sussex: Education 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 Education services as needed. Your child does not require a diagnosis or an EHCP to access these services. More information can be found here [Education East Sussex SEND Services \(eastsussex.gov.uk\)](#) Education East Sussex Facebook Page: <https://www.facebook.com/EducationEastSussex>

Universally Available Provision: this information 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](#). 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) This is assessed on need, not diagnosis.	Help with DLA Claims
Youth group sessions available through Youth Hubs	Young People East Sussex County Council
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
<p>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)</p>	<p>Sensory processing East Sussex (eastsussexchildren.nhs.uk) (then choose 'strategies to support attention')</p>
<p>Small Beginnings - a group intervention focusing on learning through play supported by Community Nursery Nurses, Early Years Practitioners and SEND Early Years Service practitioners (Age 0-starting school)</p>	<p>Referral through the East Sussex Health Visiting Service Front Door duty service.</p> <p>Tel: 01323 463204 Email: esht.hv-duty@nhs.net</p> <p>9am-4.30pm Monday to Friday</p> <p>Referral can also be made through the Early Help Team who can be accessed through your local Family Hub</p> <p>Referrals can come through any professional by using the link here Family Hubs referral to groups, courses and activities</p> <p>Early years settings can refer using the Children's portal.</p>
<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 EH.0-19parentingteam@eastsussex.gov.uk</p>

Behaviour

Description of Service	Link/Contact Information
<p>CLASS+ provide advice and support for parent/carers in managing and responding to their child's behaviours. Further information can be found on 1Space and our social media pages. (Age 5-16)</p>	<p>Phone: 01273 336887</p> <p>Email: class@eastsussex.gov.uk</p> <p>More information:</p> <ul style="list-style-type: none"> • CLASS+ - East Sussex 1Space • SEND East Sussex - Facebook • SEND East Sussex - X • SEND East Sussex - Instagram
<p>Small Beginnings - a group intervention focusing on learning through play supported by Community Nursery Nurses, Early Years Practitioners and SEND Early Years Service practitioners (Age 0-starting school)</p>	<p>Referral through the East Sussex Health Visiting Service Front Door duty service.</p> <p>Tel: 01323 463204 Email: esht.hv-duty@nhs.net</p> <p>9am-4.30pm Monday to Friday</p> <p>Referral can also be made through the Early Help Team who can be accessed through your local Family Hub</p> <p>Referrals can come through any professional by using the link here Family Hubs referral to groups, courses and activities</p> <p>Early years settings can refer using the Children's portal.</p>

Behaviour

Description of Service	Link/Contact Information
<p>Parenting 0-19 years: A range of sessions and courses delivered by the Parenting Team (Age 0-19)</p>	<p>Early Help Service referral or self-referral https://www.openforparents.org.uk</p> <p>01424 725 800 or via email at EH.0-19parentingteam@eastsussex.gov.uk</p>
<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>IROCK: Support and advice for young people in East Sussex @ IROCK (irocksussex.com)</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>
<p>Early Years 0-5 yrs developmental support and assessment through Early Years Settings and Health Visiting Service -integrated review (Age 0-starting school)</p>	<p>Referral through the East Sussex Health Visiting Service Front Door duty service.</p> <p>Tel: 01323 463204 (9am-4.30pm Monday to Friday) Email: esht.hv-duty@nhs.net</p>
<p>SEND 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)</p>	<p>Parents/carers to discuss with current Early Years Setting for referral or contact the SEND Early Years Service. Email - sendeys@eastsussex.gov.uk Phone - 01273 335270 More information - SEND Early Years' Service (SEYS) - East Sussex 1Space</p>
<p>Advice and support on meeting early years children emotional needs (Age 0-starting school)</p>	<p>Meeting children's emotional needs in the early years</p> <p>Email - sendeys@eastsussex.gov.uk</p>

Behaviour

Description of Service	Link/Contact Information
	Phone - 01273 335270 More information - SEND Early Years' Service (SEYS) - East Sussex 1Space
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) Accessing our Children's Integrated Therapy Service 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+ Helpline: open on Mondays from 10.00am to 1.00pm on (01273) 336887 More information: <ul style="list-style-type: none"> • CLASS+ - East Sussex 1Space • SEND East Sussex - Facebook

Communication and Language

Description of Service	Link/Contact Information
	<ul style="list-style-type: none"> • SEND East Sussex - X • SEND East Sussex - Instagram
<p>There is an Early Years Speech, Language and Communication Pathway that can signpost families to support. (Age 0-starting school)</p>	<p>Assess the prime areas of learning (EYFS) Czone (eastsussex.gov.uk)</p>
<p>There is a monitoring tool used by professionals that can be helpful for families to look at. (Age 0-starting school)</p>	<p>Monitoring Tool</p>
<p>There are Language Checkers which can help parent/carers to understand what is expected at different ages and stages of development and what will happen next.</p>	<p>escc-language-checkers.pdf</p>
<p>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)</p>	<p>Referral through the East Sussex Health Visiting Service Front Door duty service.</p> <p>Tel: 01323 463204 Email: esht.hv-duty@nhs.net</p> <p>9am-4.30pm Monday to Friday</p>
<p>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)</p>	<p>Parents/Carers to discuss with Early Years Providers (setting, preschool or childminder etc) as to resources and advice available HALO Information</p>

Communication and Language

Description of Service	Link/Contact Information
<p>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)</p>	<p>50 Things</p>
<p>SEND 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)</p>	<p>Parents/carers to discuss with current Early Years Setting for referral or contact the SEND Early Years Service. Email - sendeys@eastsussex.gov.uk Phone - 01273 335270 More information - SEND Early Years' Service (SEYS) - East Sussex 1Space</p>
<p>Family Hub groups for parents plan activities using Raising Early Attainment in Literacy (REAL) along with 50 Things to Do Before 5</p>	<p>Welcome to family hubs East Sussex County Council</p>

Difficult experiences (adversity)

Description of Service	Link/Contact Information
<p>Parenting 0-19 years: A range of sessions and courses delivered by the Parenting Team (Age 0-19)</p>	<p>Early Help Service referral or self-referral https://www.openforparents.org.uk Email: EH.0-19parentingteam@eastsussex.gov.uk Telephone: 01424 725800</p>

Difficult experiences (adversity)

Description of Service	Link/Contact Information
Family Hub parenting workshops	Parenting courses East Sussex County Council Email: EH.0-19parentingteam@eastsussex.gov.uk Telephone: 01424 725800
Boing Boing: A charity promoting resilience in childhood (All age)	Boing Boing Email: info@boingboing.org.uk
Fellowship of St Nicholas: Dragonflies Bereavement Support (Age 5-18)	Contact via website: Dragonflies Bereavement Project
<p>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)</p> <p>Virtual and face to face drop ins for parents of children 4 to 19 and for young people (Age 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 4 yr old to 19 yr olds Our website contains all referral information, signposting information and resources</p> <p>Text your school nurse 07507 332473</p>

Eating

Description of Service	Link/Contact Information
<p>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)</p>	<p>Eating and drinking East Sussex (eatsussexchildren.nhs.uk)</p> <p>Sensory processing East Sussex (eatsussexchildren.nhs.uk)</p> <p>Accessing our Children's Integrated Therapy Service East Sussex (eatsussexchildren.nhs.uk)</p> <p>Therapy One Point Tel: 0300 123 2650.</p>
<p>Useful websites for parents who have sensory feeding needs only (All age)</p>	<p>Parents and Caregivers - Start Here - SOS Approach to Feeding Parent Workshop - When Children Won't Eat Free 2 hour webinar (sosapproachtofeeding.com)</p> <p>ARFID Awareness UK</p> <p>SENSORY PLAY TOOLKIT - Home (weebly.com)</p>
<p>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)</p>	<p>Referral through the East Sussex Health Visiting Service Front Door duty service.</p> <p>Tel: 01323 463204 Email: esht.hv-duty@nhs.net</p> <p>9am-4.30pm Monday to Friday</p>
<p>Useful information on baby weaning and feeding (Babies)</p>	<p>Baby Weaning & Feeding</p>

Eating

Description of Service	Link/Contact Information
<p>ESCC Healthy Active Little Ones (HALO) - Support Offer for Early Years Settings to share with parents/carers (Age 0-starting school)</p>	<p>Parents/Carers to discuss with Early Years Providers (setting, preschool or childminder etc) as to resources and advice available</p> <p>HALO Information</p>
<p>School Health Webinar giving information and advice regarding base line healthy eating and exercise (0-5)</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 ins 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>
<p>The Sussex Family Eating Disorder Service (FEDS) will support referrals and assessment for eating disorders. A referral can be made by a young person, a parent/carer, a GP, schools, paediatricians and Child and Adolescent Mental Health Services (CAMHS). (Age 0-18)</p>	<p>Sussex family eating disorder service :: Sussex Partnership NHS Foundation Trust (sussexcamhs.nhs.uk) For advice on whether a child or young person meets our criteria please call 01444 472670, Monday to Friday between 9am and 5pm.</p> <p>Email: FEDS@spft.nhs.uk or spnt.feds@nhs.net.</p>

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 East Sussex Health Visiting Service Front Door duty service.</p> <p>Tel: 01323 463204 Email: esht.hv-duty@nhs.net</p> <p>9am-4.30pm Monday to Friday</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>Level 2 Keywork team for children whose attendance has dropped below 50% for 2 terms in a row. The team takes a whole family approach. They work with parents, carers and children within the family. The intervention is voluntary.</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 for all children that meet the eligibility criteria to receive Early Years Education Entitlement.</p> <p>Information on eligibility can be found here: Early years education entitlement (EYEE) expansion-overview Czone (eastsussex.gov.uk)</p> <p>(Age 0- starting school)</p>	<p>Help with childcare costs</p> <p>Telephone: 0345 60 80 192 email: EYEE@eastsussex.gov.uk</p>

Engagement in early years setting, school or college

Description of Service	Link/Contact Information
<p>If child excluded from preschool or concerns around their inclusion within an early years setting (Age 0-starting school)</p>	<p>Contact SEND Early Years Service: Email - sendeys@eastsussex.gov.uk Phone - 01273 335270 More information - SEND Early Years' Service (SEYS) - East Sussex 1Space</p>
<p>If child excluded from a school, contact Education East Sussex for exclusions advice (Age 5-16)</p>	<p>school.exclusions@eastsussex.gov.uk 01273 481967 Exclusion from school East Sussex County Council</p>
<p>If concerned about your child's attendance or a reduced timetable, contact Education East Sussex for attendance advice. (Age 5-16)</p>	<p>Attendance Helpline (Mon to Fri 9:30am - 12:30pm) 01273 481967 Attendance Czone (eastsussex.gov.uk)</p>
<p>Parental advice and ideas on healthy attachments and emotional and wellbeing needs (Age 0-5)</p>	<p>Meeting children's emotional needs</p>

Flexibility

Description of Service	Link/Contact Information
<p>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)</p>	<p>CLASS+ Helpline: open on Mondays from 10.00am to 1.00pm on (01273) 336887</p> <p>More information:</p> <ul style="list-style-type: none"> • CLASS+ - East Sussex 1Space • SEND East Sussex - Facebook • SEND East Sussex - X • SEND East Sussex - Instagram
<p>Getting Ready for School - Family Learning; a course to support families with their child's transition to school (Age 0-starting school)</p>	<p>These courses can be accessed through the Early Help Community offer through your local Family Hub</p>
<p>SEND Early Years Transition to School Advice and guidance for children with special educational needs (Age 0-starting school)</p>	<p>Parents/carers to discuss with current Early Years Setting for referral or contact the SEND Early Years Service.</p> <p>Email - sendeys@eastsussex.gov.uk Phone - 01273 335270 More information - SEND Early Years' Service (SEYS) - East Sussex 1Space</p>
<p>Advice, resources and links available from East Sussex Early Years Team, SEND Early Years and Health for parents and carers (Age 0-starting school)</p>	<p>Email - sendeys@eastsussex.gov.uk Phone - 01273 335270 More information - SEND Early Years' Service (SEYS) - East Sussex 1Space</p>

Flexibility

Description of Service	Link/Contact Information
<p>CUES Workshops (Coping with Uncertainty in Everyday Situations) - a training course for parent/carers to support their children with feelings of anxiety they are experiencing</p>	<p>Look out for courses being advertised through Family Hubs and the SEND East Sussex Facebook page.</p>

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>IROCK: Support and advice for young people in East Sussex @ IROCK (irocksussex.com)</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>
<p>LGBTQ youth group</p>	<p>Enquiries via your local Youth Hub: Young People East Sussex County Council</p>

Gender Identity

Description of Service	Link/Contact Information
<p>School Health Webinar introducing strategies for parents who parent anxious/worried children</p> <p>1-1 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>
<p>Allsorts Youth Project offer youth groups, individual and family support for children and young people under 26 who are LGBT+ or exploring their gender identity and/or sexual orientation.</p>	<p>Allsorts Youth Project</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>Referral through the East Sussex Health Visiting Service Front Door duty service.</p> <p>Tel: 01323 463204 Email: esht.hv-duty@nhs.net</p> <p>9am-4.30pm Monday to Friday</p>
<p>Advice, resources and links available from Early Years Team, SEND Early Years and Health for parents and carers (Age 0 - starting school)</p>	<p>SEND Early Years Service Czone (eastsussex.gov.uk)</p>
<p>SEND 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)</p>	<p>Parents/carers to discuss with current Early Years Setting for referral or contact the SEND Early Years Service. Email - sendeys@eastsussex.gov.uk Phone - 01273 335270 More information - SEND Early Years' Service (SEYS) - East Sussex 1Space</p>
<p>SEND Early Years Service can act as the lead professional service, if required, for children with complex SEND and medical needs, coordinating the sharing of information between professionals involved. This provides support to parents of 0-4yrs children who have multiple health professionals involved with their care. (Age 0 - starting school)</p>	<p>Parents/carers to discuss with current Early Years Setting for referral or contact the SEND Early Years Service. Email - sendeys@eastsussex.gov.uk Phone - 01273 335270 More information - SEND Early Years' Service (SEYS) - East Sussex 1Space</p>

Health Conditions

Description of Service	Link/Contact Information
<p>School Health Individual Health Care Plans - liaison between, school, parents and any other healthcare provider working with child in order to draw up a plan with the ambition of helping schools meet Child's 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)</p>	<p>East Sussex Children Our website contains all referral information, signposting information and resources</p>
<p>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)</p>	<p>East Sussex Children Make a referral to CITES East Sussex (eastsussexchildren.nhs.uk)</p>

Learning Difficulties

Description of Service	Link/Contact Information
<p>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)</p>	<p>East Sussex Children Accessing our Children's Integrated Therapy Service East Sussex (eastsussexchildren.nhs.uk)</p>

Learning Difficulties

Description of Service	Link/Contact Information
<p>Early Years Foundation Stage interventions- for under twos / over twos - play focused sessions looking at learning and development care. (Age 0-starting school)</p>	<p>Referral through the East Sussex Health Visiting Service Front Door duty service.</p> <p>Tel: 01323 463204 Email: esht.hv-duty@nhs.net</p> <p>9am-4.30pm Monday to Friday</p>
<p>Small Beginnings - a group intervention focusing on learning through play supported by Community Nursery Nurses, Early Years Practitioners and SEND Early Years Service practitioners (Age 0-starting school)</p>	<p>Referral through the East Sussex Health Visiting Service Front Door duty service.</p> <p>Tel: 01323 463204 Email: esht.hv-duty@nhs.net</p> <p>9am-4.30pm Monday to Friday</p> <p>Referral can also be made through the Early Help Team who can be accessed through your local Family Hub</p> <p>Referrals can come through any professional by using the link here Family Hubs referral to groups, courses and activities</p> <p>Early years settings can refer using the Children's portal.</p>
<p>SEN Youth groups available through Youth Hubs</p>	<p>Young People East Sussex County Council</p>
<p>Early Years Foundation Stage (EYFS) interventions - for under twos / over twos - play focused sessions looking at learning and development</p>	<p>What to expect, when? - Foundation Years</p>

Learning Difficulties

Description of Service	Link/Contact Information
(Age 0-starting school)	
SEND 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 SEND Early Years Service. Email - sendeys@eastsussex.gov.uk Phone - 01273 335270 More information - SEND Early Years' Service (SEYS) - East Sussex 1Space

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 EH.0-19parentingteam@eastsussex.gov.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)	IROCK: Support and advice for young people in East Sussex @ IROCK (irocksussex.com) 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
<p>Early Years 0-5 yrs developmental support and assessment through Early Years Settings and Health Visiting Service -integrated review (Age 0-starting school)</p>	<p>Referral through the East Sussex Health Visiting Service Front Door duty service.</p> <p>Tel: 01323 463204 Email: esht.hv-duty@nhs.net</p> <p>9am-4.30pm Monday to Friday</p>
<p>Advice, resources and links available from Early Years Improvement Team, SEND Early Years and Health Services (Age 0-starting school)</p>	<p>Meeting children's emotional needs in the early years</p>
<p>SEND Early Years Service can offer ideas, advice, signposting and assessment to support emotional, social and mental health needs in children (Age 0-starting school)</p>	<p>Parents/carers to discuss with current Early Years Setting for referral or contact the SEND Early Years Service. Email - sendeys@eastsussex.gov.uk Phone - 01273 335270 More information - SEND Early Years' Service (SEYS) - East Sussex 1Space</p>
<p>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)</p>	<p>East Sussex Children Our website contains all referral information, signposting information and resources</p>

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
<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>IROCK: Support and advice for young people in East Sussex @ IROCK (irocksussex.com)</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>
Early Years 0-5 yrs developmental support and assessment through Early Years Settings and Health Visiting Service -integrated review (Age 0-starting school)	<p>Referral through the East Sussex Health Visiting Service Front Door duty service.</p> <p>Tel: 01323 463204 Email: esht.hv-duty@nhs.net</p> <p>9am-4.30pm Monday to Friday</p>
Advice and resources available from SNED Early Years Service and Health Services (Age 0-starting school)	<p>Hungry Little Minds</p> <p>Parents/carers can contact the SEND Early Years Service to request advice and resources: sendeys@eastsussex.gov.uk 01273 335270 SEND Early Years' Service (SEYS) - East Sussex 1Space</p>

Mood and Enjoyment

Description of Service	Link/Contact Information
<p>SEND 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)</p>	<p>Parents/carers to discuss with current Early Years Setting for referral or contact the SEND Early Years Service. Email - sendeys@eastsussex.gov.uk Phone - 01273 335270 More information - SEND Early Years' Service (SEYS) - East Sussex 1Space</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>
<p>Mental health and emotional wellbeing support</p>	<p>1Space has a category for children and young people's mental health support. This includes support for the wider family and carers too. There are over 140 services, either local to East Sussex, or available to access from anywhere in the UK online. Services include support for anxiety, depression and low mood. Mental Health and Emotional Wellbeing - East Sussex 1Space</p>

Offending Behaviour

Description of Service	Link/Contact Information
The Youth Justice Service supports children and young people in trouble with the law.	Under 18s in trouble with the law East Sussex County Council Tel: 01323 463760

Parent/carer support

Description of Service	Link/Contact Information
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+ Helpline: open on Mondays from 10.00am to 1.00pm on (01273) 336887 More information: <ul style="list-style-type: none"> • CLASS+ - East Sussex 1Space • SEND East Sussex - Facebook • SEND East Sussex - X • SEND East Sussex - Instagram
Holding Space offer a safe, non- judgemental space where you can connect with others on a similar journey; chat, share and be supported along your journey. It consists of a team of parents with lived experience who can offer support.	Holding Space: Family Mental Health Support in East Sussex
WRAP support for parent/carers to maintain their own wellbeing. They offer 6 week courses to support you with your wellbeing.	About WRAP Coastal Wellbeing

Parent/carer support

Description of Service	Link/Contact Information
'Down-to-earth parenting advice you can trust' from Action for Children	Parent Talk - Support for Parents from Action For Children

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+ Helpline: open on Mondays from 10.00am to 1.00pm on (01273) 336887 More information: <ul style="list-style-type: none"> • CLASS+ - East Sussex 1Space • SEND East Sussex - Facebook • SEND East Sussex - X • SEND East Sussex - Instagram
There is an Early Years Personal, Social and Emotional Development Pathway that can signpost families to support (Age 0-starting school)	PSED Pathway
I-Rock drop in. i-Rock can offer young people advice and support on emotional and mental wellbeing, jobs, education and housing.	IROCK: Support and advice for young people in East Sussex @ IROCK (irocksussex.com)
There is a virtual drop-in service available 11am - 6pm Monday to Friday - available via video. (Age 14-25)	Single Point of Advice (SPoA)

Personal, social and emotional development

Description of Service	Link/Contact Information
	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, SEND Early Years and Health for parents and carers (Age 0-starting school)	What to expect, when? - Foundation Years
Advice and support on meeting early years children emotional needs (Age 0-starting school)	Meeting emotional needs in the early years
SEND 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)	Parents/carers to discuss with current Early Years Setting for referral or contact the SEND Early Years Service. Email - sendeys@eastsussex.gov.uk Phone - 01273 335270 More information - SEND Early Years' Service (SEYS) - East Sussex 1Space
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	East Sussex Children Our website contains all referral information, signposting information and resources

Personal, social and emotional development

Description of Service	Link/Contact Information
<p>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>

Physical Development

Description of Service	Link/Contact Information
<p>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)</p>	<p>Motor skills East Sussex (eastsussexchildren.nhs.uk)</p> <p>Accessing our Children's Integrated Therapy Service East Sussex (eastsussexchildren.nhs.uk)</p> <p>Telephone: Therapy One Point 0300 123 2650</p>
<p>There is an Early Years Physical Development Pathway which signposts families to support (Age 0-starting school)</p>	<p>Early Years PD Pathway</p> <p>Parents/carers to discuss with current Early Years Setting for referral or contact the SEND Early Years Service. Email: sendeys@eastsussex.gov.uk 01273 335270 SEND Early Years' Service (SEYS) - East Sussex 1Space</p>

Physical Development

Description of Service	Link/Contact Information
There is a monitoring tool used by professionals that can be helpful for families to look at. (Age 0-starting school)	Professional Monitoring Tool
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 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 to Do East Sussex
SEND 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 SEND Early Years Service. Email - sendeys@eastsussex.gov.uk Phone - 01273 335270 More information - SEND Early Years' Service (SEYS) - East Sussex 1Space

Problem solving and managing stress

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 EH.0-19parentingteam@eastsussex.gov.uk

Problem solving and managing stress

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>

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+ Helpline: open on Mondays from 10.00am to 1.00pm on (01273) 336887</p> <p>More information:</p> <ul style="list-style-type: none"> • CLASS+ - East Sussex 1Space • SEND East Sussex - Facebook • SEND East Sussex - X

Relationships

Description of Service	Link/Contact Information
	<ul style="list-style-type: none"> • SEND East Sussex - Instagram
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 EH.0-19parentingteam@eastsussex.gov.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)	IROCK: Support and advice for young people in East Sussex @ IROCK (irocksussex.com) 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
<p>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)</p>	<p>Adaptations East Sussex (eastsussexchildren.nhs.uk)</p>
<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 EH.0-19parentingteam@eastsussex.gov.uk</p>
<p>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)</p>	<p>Parents/Carers to discuss with Early Years Providers (setting, preschool or childminder etc) as to resources and advice available HALO Information</p>
<p>Health visitor visits (Age 0-starting school)</p>	<p>Referral through the East Sussex Health Visiting Service Front Door duty service. Tel: 01323 463204 (9am-4.30pm Monday to Friday) Email: esht.hv-duty@nhs.net</p>
<p>Youth group sessions available through Youth Hubs</p>	<p>Young People East Sussex County Council</p>
<p>Information and advice for parents/carers from the Accident Prevention Trust (All ages)</p>	<p>Child Accident Prevention Trust (capt.org.uk)</p>

Safety

Description of Service	Link/Contact Information
<p>Supporting with alternative coping strategies around thoughts of self-harm or intermittent self-harm. Basic harm reduction techniques.</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 and promote behaviour change.</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>Young people East Sussex (eastsussexchildren.nhs.uk) Our website contains all referral information, signposting information and resources</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>

Sensory Responses

Description of Service	Link/Contact Information
<p>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)</p>	<p>Help with DLA Claims</p>

Sensory Responses

Description of Service	Link/Contact Information
<p>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)</p>	<p>Sensory processing East Sussex (eastsussexchildren.nhs.uk)</p> <p>Accessing our Children's Integrated Therapy Service East Sussex (eastsussexchildren.nhs.uk)</p> <p>Therapy One Point Tel: 0300 123 2650.</p>
<p>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 1Space and our social media pages.</p> <p>CLASS+ offer parents an advice line (Age 5-16)</p>	<p>CLASS+ Helpline: open on Mondays from 10.00am to 1.00pm on (01273) 336887</p> <p>More information:</p> <ul style="list-style-type: none"> • CLASS+ - East Sussex 1Space • SEND East Sussex - Facebook • SEND East Sussex - X • SEND East Sussex - Instagram
<p>Small Beginnings - a group intervention focusing on learning through play supported by Community Nursery Nurses, Early Years Practitioners and SEND Early Years Service practitioners (Age 0-starting school)</p>	<p>Referral through the East Sussex Health Visiting Service Front Door duty service.</p> <p>Tel: 01323 463204 Email: esht.hv-duty@nhs.net 9am-4.30pm Monday to Friday</p> <p>Referral can also be made through the Early Help Team who can be accessed through your local Family Hub</p> <p>Referrals can come through any professional by using the link here Family Hubs referral to groups, courses and activities Early years settings can refer using the Children's portal.</p>

Sensory Responses

Description of Service	Link/Contact Information
<p>SEND 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 SEND Early Years Service. Email - sendeys@eastsussex.gov.uk Phone - 01273 335270 More information - SEND Early Years' Service (SEYS) - East Sussex 1Space</p>

Sexual and Sexualised Behaviour

Description of Service	Link/Contact Information
<p>The NSPCC website has a lot of useful resources around sexual behaviour in children and young people. (All ages)</p>	<p>NSPCC Children's Charity The NSPCC Helpline email: help@nspcc.org.uk. Tel: 0808 800 5000</p>
<p>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.</p>	<p>Harmful sexual behaviour Czone (eastsussex.gov.uk) Single Point of Advice(SPoA) Telephone: 01323 464 222 Monday to Thursday 8.30am to 5pm and Friday 8.30am to 4.30pm.</p>
<p>Parents Protect - website to help parents and carers protect children from sexual abuse and exploitation (All ages)</p>	<p>Parents Protect</p>

Sexual and Sexualised Behaviour

Description of Service	Link/Contact Information
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 East Sussex Health Visiting Service Front Door duty service. Tel: 01323 463204 Email: esht.hv-duty@nhs.net 9am-4.30pm Monday to Friday
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 EH.0-19parentingteam@eastsussex.gov.uk

Sleep

Description of Service	Link/Contact Information
<p>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.</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 & behaviour change</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>
<p>You can get help and advice from a GP. (All ages)</p>	<p>Sleeping East Sussex (eastsussexchildren.nhs.uk)</p>
<p>The sleepstation website also provides a range of useful articles and resources designed to aid sleep. (All ages)</p>	<p>sleepstation website</p>
<p>The Sleep Charity website provides useful information.</p>	<p>Children - The Sleep Charity</p>

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 East Sussex Health Visiting Service Front Door duty service. Tel: 01323 463204 Email: esht.hv-duty@nhs.net 9am-4.30pm Monday to Friday
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 EH.0-19parentingteam@eastsussex.gov.uk
NHS information for parent/carers on potty training (All ages)	Baby Development How to Potty Train

Using the toilet and personal hygiene

Description of Service	Link/Contact Information
<p>Children and Young Peoples Bladder and Bowel Service (All ages)</p>	<p>Pre-referral route through initial discussion with GP, specialist service currently involved or Health Visitor who can refer to the Bladder and Bowel Service</p> <p>Bladder and bowel East Sussex</p> <p>Text your School Nurse 07507332473</p>
<p>SEND 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)</p>	<p>Parents/carers to discuss with current Early Years Setting for referral or contact the Early Years Service. Email - sendeys@eastsussex.gov.uk Phone - 01273 335270 More information - SEND Early Years' Service (SEYS) - East Sussex 1Space</p>

Worrying and anxiety

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 https://www.openforparents.org.uk</p>
<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>IROCK: Support and advice for young people in East Sussex @ IROCK (irocksussex.com)</p> <p>Single Point of Advice (SPoA)</p>

Worrying and anxiety

Description of Service	Link/Contact Information
<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) 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>
<p>Early Years developmental support and assessment through Early Years Settings and Health Visiting Service -integrated review (Age 0-starting school)</p>	<p>Parents refer through Health Visitor Service or discuss with current early years setting</p> <p>Integrated Profess Review Leaflet</p> <p>Referral through the East Sussex Health Visiting Service Front Door duty service.</p> <p>Tel: 01323 463204 Email: esht.hv-duty@nhs.net</p> <p>9am-4.30pm Monday to Friday</p>
<p>Advice and resources available from Health for parents and carers (Age 0-starting school)</p>	<p>Hungry Little Minds</p>
<p>SEND 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>	<p>Parents/carers to discuss with current Early Years Setting for referral or contact the SEND Early Years Service. sendeys@eastsussex.gov.uk 01273 335270 SEND Early Years' Service (SEYS) - East Sussex 1Space</p>

Worrying and anxiety

Description of Service	Link/Contact Information
<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>
<p>Mental Health support for young people</p>	<p>Mental health support for young people East Sussex County Council</p> <p>The Mix - National support for young people under 25, with an online community and a helpline, free counselling services and other support.</p> <p>Website: The Mix Helpline: 0808 8084994 (Mon-Fri 4pm-11pm, freephone)</p>
<p>Mental health and emotional wellbeing support</p>	<p>1Space has a category for children and young people's mental health support. This includes support for the wider family and carers too. There are over 140 services, either local to East Sussex, or available to access from anywhere in the UK online. Services include support for anxiety, depression and low mood.</p> <ul style="list-style-type: none"> • Mental Health and Emotional Wellbeing - East Sussex 1Space

