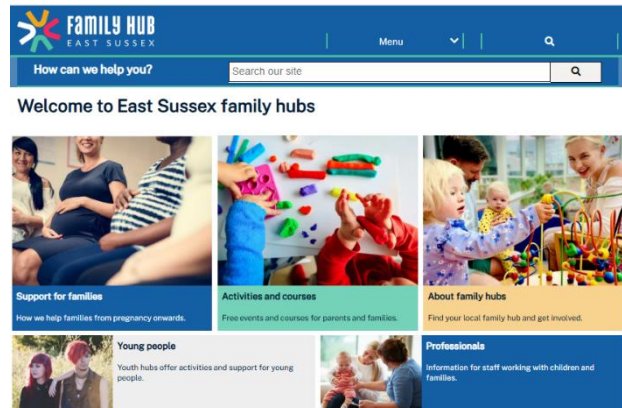




Who we are:

- [Family hubs](#) provide free services for families with children aged 0 to 19 (or up to 25 with special educational needs or a disability).
- While most activities focus on ages 0-5, we also offer holiday activities for 5-11s. Youth Hubs support people aged 11 to 19 (or up to 25 with special educational needs or a disability).
- Families can explore courses, activities, and groups on the [East Sussex Family Hubs website](#).



Activities, courses, and groups include:

- For new parents and babies: antenatal courses, baby care courses and sessions - feeding, crying, and sleeping, as well as mental health support (counselling, 'Time for Me' group with a creche).
- For young children (0 to 5): Stay-and-play sessions, language development courses (Babbling babies, Early words, Parent and child Signing).
- For children (5 to 11): Holiday clubs,
- Additional needs: Stay-and-play courses, parenting courses and webinars, and the above-mentioned language development courses.
- Youth hubs (11 to 19): Teen groups, music, cooking, LGBTQ+ groups.
- For all ages: Sensory rooms (Hastings, Hailsham, Sidley)
- For parents and carers: include DWP work and finance advice drop-ins, volunteering opportunities, health exercise and nutrition courses, and first aid courses.
- Parenting online courses and webinars: Topics include neurodiversity, stress, digital safety, and co-parenting.
- Families with complex needs: Key worker support for six months to create an action plan for lasting positive change.

Family Advice Phone Line

01323 46 46 55

- Open weekdays: 9 am - 5 pm (Fridays: 9 am - 4 pm)
- Supports families (not professionals) by offering advice on emotional well-being, SEND support, financial/housing/employment challenges, parenting, and local activities for children of all ages.