



**Children's Services in East Sussex, West Sussex
and the London Borough of Bexley**

Here at Aspens, we help children, young people and adults with a range of disabilities, those on the autism spectrum, and/or those with complex needs. Through the provision of highly personalised support, we aspire to enable people to learn new skills, live life to the full and contribute to society however possible.

We support over 700 children and adults to develop the skills they need to live as independently as possible. We help people to realise their potential, fulfil their ambitions and achieve greater independence.

Aspens provide the following services across Kent, Sussex and London;

- Children and Adult Services
- Family Support
- Community Outreach
- Supported Living
- Residential Care
- Short Break Services
- Day Services

Our dedicated teams offer personalised services focused on individual needs as well as offering guidance and advice to empower families, carers and other professionals to confidently look after those who benefit from our services.

For referrals in to our Children's Services, please contact;

childrenreferrals@aspens.org.uk

East Sussex

01424 773 366 ext. 114

West Sussex

01243 214 120

Bexley

02083 037 995

For any other enquiries, please contact;

enquiries@aspens.org.uk

01892 822168

Aspens Charities offers a wide range of services to provide support to children, young people and their families through our contracts with East Sussex, West Sussex and the London Borough of Bexley.

Our team work closely with families, carers and other social services involved in a child's care to build a package of support that is right for every individual and help every step of the journey.

Through active support from our trained staff, Children Services aim to broaden their opportunities in a safe and nurturing way.

We encourage them by celebrating their achievements, children and young people are most likely to engage in new activities and develop the skills required to become more independent, gain social awareness and feel part of the local community.

Our East Sussex and West Sussex services include social youth groups, after-school clubs, Saturday clubs, community-based holiday activities as well as residential holidays for children and young people with autism and learning disabilities aged 5yrs to 25yrs.

East Sussex Children's Services

Lewes Young Adults (16-25 yrs.)

Tuesdays – Term Time only – 6pm-8pm

Collection/drop off point: Nutty Wizard Café, South Street, BN7 2BP

- This young people's community based group provides a range of fun activities while focuses on improving social and communication skills, building confidence, independence and self-esteem, making new friends and having fun.

Hastings Young Adults Group (16-25 yrs.)

Wednesdays – Term Time only– 7pm-9pm

Roebuck Centre, Roebuck Street, Hastings, East Sussex, TN34 3BB

- The group focuses on improving social and communication skills, building confidence and self-esteem, making new friends and having fun, all in a relaxed and informal setting

Hastings Teenz (11-15 yrs.)

Wednesdays –Term Time – 5pm-7pm

Roebuck Centre, Roebuck Street, Hastings, East Sussex, TN34 3BB

- This young people's group provides a range of structured and fun activities including music, drama, cookery, art, physical and interactive games. The group focuses on improving social and communication skills, building confidence, independence and self-esteem, making new friends and having fun, all in a relaxed and informal setting.

Battle (5-10 yrs.)

1st Saturday of each month-All Year – 9.30am-12.30pm

Sussex House, Tills Courtyard, High Street, Battle, East Sussex, TN33 0AE

- This young children's group provides a range of structured and fun activities including music, drama, cookery, art, physical and interactive games. The group focuses on improving social and communication skills, building confidence and self-esteem, making new friends and having fun, all in a relaxed and informal setting.

Battle (9-14 yrs.)

2nd Saturday of each month- All Year – 9.30am-12.30pm

Sussex House, Tills Courtyard, High Street, Battle, East Sussex, TN33 0AE

- This young person's group provides a range of structured and fun activities including music, drama, cookery, art, physical and interactive games. The group focuses on improving social and communication skills, building confidence and self-esteem, making new friends and having fun, all in a relaxed and informal setting.

Holiday Activities Programme

(10-25yrs/ Community activities – Age dependent on activity)

Easter, Summer, February, May, October Half Terms

Cost of East Sussex Services

Lewes Young Adults – Community based activities	16-25 years	Varying costs per activity
Hastings Young Adults	16-25 years	£7.00 per Session
Hastings Teenz	11-15 years	£7.00 per Session
Battle	5-10 years	£10.00 per Session
Battle	9-14 years	£10.00 per Session
Holiday Activities Programme	10-25 years	Age dependent on activity suitability Varying costs per activity

West Sussex Children's Services

We offer support to children and young people who:

- Have complex needs
- Who are/are not attending school or college
- Who are unable to access group-based activities due to social anxiety, challenging behaviour etc
- Whose mental health and well-being is likely to be affected as they are socially isolated, as they are unable to leave their bedroom/home
- Who have previously been unable to access any Short Breaks provision or whose needs have changed so that it is no longer possible for them to access suitable breaks

Children and young person groups

We run various young peoples' groups in Crawley, East Grinstead, Felpham, Middleton and Worthing.

Our groups are fun, friendly, safe places where all our young people can spend time together and enjoy each other's company.

Middleton After School Club – 8-10yrs

Wednesdays – Term Time only – 4.15-6.15pm

Worthing after School Club – 8-10yrs

Mondays – Term Time only – 3.30-5.30pm

Worthing Young People's Group – 11-18yrs

Term Time only – 6.00-8.00pm

Worthing Young Adults Group – 16-25yrs

Tuesdays -Term Time only – 4.30-6.30pm

Felpham Saturday Club – 8-10yrs

1st Saturday of each month- 9.30am - 12.00pm

Felpham Saturday Club – 11-18yrs

1st Saturday of each month-12.30 - 3.00pm

Crawley Space Club – 8-10yrs

2nd Saturday of each month– 9.30am - 12.30pm

Crawley Space Club – 11-18yrs

2nd Saturday of each month -12.30-3.00pm

East Grinstead Girls Group – 11-18yrs

Wednesdays – Term Time only – 4.30pm-6.30pm

Littlehampton Siblings Group – 8yrs+

Every 4 weeks on Thursdays – Term Time only – 6pm-8pm

- The group provides young people with the opportunity to meet with other young people who have brothers/sisters with additional needs; to discuss how life is for them and to make friendships whilst having fun.

Haywards Heath Siblings – 8yrs+

Fridays every 4 weeks – 4.30pm-6.30pm (please contact us to confirm future dates)

- The group provides young people with the opportunity to meet with other young people who have brothers/sisters with additional needs; to discuss how life is for them and to make friendships whilst having fun.

1:1 'Buddy Scheme' Support

- Support to enable and encourage young people to access activities in the community and enjoy doing things of interest to them.

Youth Engagement Support

- A combined service that offers a bridge between our 1:1 Buddy Scheme Support and our Specialist Support Service.
Support is provided to the child/young person and their family to help identify strategies that the Support Worker will then embed within the support they provide to the child/young person.

LODGE HILL FAMILY DAYS

Twice yearly

- Fun days for the whole family – details, dates and costings to be emailed out to our parents and advertised on our Facebook page.

Cost of West Sussex Services

Groups	£3.50 per hour Subsidised cost to parents through West Sussex Short Breaks Tender
Siblings groups	£7.50 per session
1:1 Buddy Scheme	£17.33 per hour plus mileage at 45p per mile and expenses
Youth Engagement Support	£50 per hour (includes mileage and expenses)
Lodge Hill Family days	Cost to be advised

**Please note that following a referral to the West Sussex Children & Young People's Service, an acknowledgement letter will be sent out to the parent/carer. The child/young person's name will then be added to our waiting list. Waiting times vary and are dependent upon support worker/group space availability.

Bexley Children's Services

Sidcup After School Club – 5-17yrs

Wednesday, Thursday, Friday – Term Time only – 3pm-6pm

Sidcup Saturday Club – 5-17yrs

Saturday –runs 48 weeks of the year

Sessions are;

- Half day -9.30am-12.30am or 1pm-4pm
- Full day -9.30am-4pm

Cost of Bexley Services

Sidcup After School Club	£7.00
Sidcup Saturday Club	£7.50 half-day Session £15.00 all day Session
Outreach 1-1 support sessions	£15.00 per hour

Falconwood Children’s Residential Respite

Ofsted Registered

33-47 The Green, Welling, DA16 2PA

Our 9 bedded residential respite short break service based in Falconwood offers overnight breaks to children and young people with learning disabilities, autism or mental health needs aged between 5-17 years.

Children and young people access Falconwood via a referral from the London Borough of Bexley Children’s Team.

Following a social work assessment the case is taken to panel where an appropriate short break is identified for the child.

Falconwood supports children and young persons to socialise with their peers and make new friends, as their confidence builds we offer opportunities which will broaden their horizons, build on existing skills and nurture their emerging skills enhancing their independence.

We also offer social and fun youth groups such as after-school clubs and Saturday clubs for children and young people aged 5yrs to 17yrs.