

## Support and advice for young people and parents throughout August

### Wellbeing Centre drop-ins for young people and parents

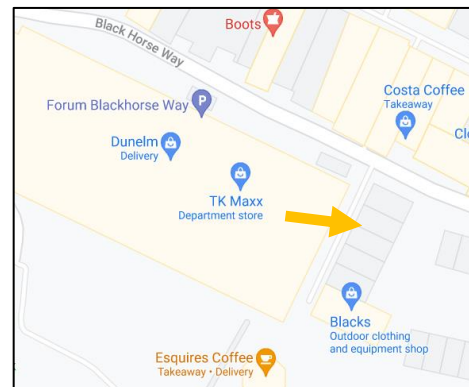
Pop along to the new Wellbeing Centre in Horsham Town Centre (in the walkway between Black Horse Way and the Forum) between 10am-4pm, from **Monday 2 - Friday 6 August**.

There will be advice and information for young people (in years 7-11), and their parents, on a variety of subjects.

PLUS there will be free stress-buster give-aways!

Horsham District Council staff will be there all week with the following specialist staff on these days:

Date	Wellbeing Centre open	Specialist support staff available
Monday 2 August	10am-4pm	Family Support Worker (1pm-4pm)
Tuesday 3 August	10am-4pm	Sexual Health Outreach (1pm-4pm)
Wednesday 4 August	10am-4pm	Sexual Health Outreach (10am-1pm) Family Support Worker (1pm-4pm)
Thursday 5 August	10am-4pm	Allsorts (11am-3pm)
Friday 6 August	10am-4pm	Sexual Health Outreach (1pm-4pm)



### Supporting your child's mental health over the summer

Join West Sussex Mind and other parents for an informal session to discuss the challenges to young people's mental health, gain confidence in having conversations about how they are feeling and thinking, and gain some tools to help your young person with any emotional difficulties.

28 July, 7pm-8.30pm Virtual event	<a href="https://www.eventbrite.co.uk/e/supporting-your-childs-mental-health-over-the-summer-virtual-event-tickets-163354239929">https://www.eventbrite.co.uk/e/supporting-your-childs-mental-health-over-the-summer-virtual-event-tickets-163354239929</a>
29 July, 7pm- 8.30pm Virtual event	<a href="https://www.eventbrite.co.uk/e/supporting-your-childs-mental-health-over-the-summer-virtual-event-tickets-163357072401">https://www.eventbrite.co.uk/e/supporting-your-childs-mental-health-over-the-summer-virtual-event-tickets-163357072401</a>
4 August, 7pm-8.30pm Face-to-face event	<a href="http://www.eventbrite.co.uk/e/supporting-your-childs-mental-health-over-the-summer-face-to-face-event-tickets-163359238881">www.eventbrite.co.uk/e/supporting-your-childs-mental-health-over-the-summer-face-to-face-event-tickets-163359238881</a>

## Youth Work Sessions in Horsham

Sessions will be delivered by Horsham 4TheYouth and Southwater Youth Project.

Days	Time	Location
Mondays	2pm-4pm	Horsham Skate-park (mobile community hub)
Tuesdays	2pm-4pm 6pm-8pm	Bennetts Field (mobile community hub) The Needles (mobile community hub)
Wednesday	2pm-5pm	Horsham United Reformed Church (45 Springfield Road)
Thursday	2pm-4pm	Broadbridge Heath Skate-park (mobile community hub)
Friday	2pm-5pm	Horsham United Reformed Church (45 Springfield Road)

## Neighbourhood Wardens 'Talking Tents'

Come along and talk to the Neighbourhood Wardens who will be able to signpost you to specific services. Look out for the branded gazebos. PLUS free stress-buster give-aways! Youth workers from Sussex Clubs for Young People will also be at some sessions.

Warden Scheme	Days	Time	Location
Ashington	Fridays	6.30pm-8.30pm	Recreation Ground / Youth Club
Billingshurst	Friday 30 July Tuesday 3 August Thursday 12 August  Monday 23 August  Tuesday 31 August	5pm-7pm 11am-1pm 6pm-8pm  6pm-8pm  1pm-3pm	Jengers Mead Billingshurst Train Station Lower Station Rec near skate park (with Sussex Clubs) Station Road Gardens (with Sussex Clubs) Jubilee Field
Horsham Town	Tuesdays	3pm-5pm (on 31 August will be 10am-12)	Horsham Park by the Bowling Alley
Pulborough	Tuesdays (not 17 <sup>th</sup> )	2pm-5pm	Pulborough Recreation Ground (with Sussex Clubs for Young People)
Southwater	Wednesdays	1.30pm-3.30pm	Cedar Drive play area
Steyning, Bramber & Upper Beeding	Tuesday 27 July Tuesday 3 August Tuesday 10 August Tuesday 17 August Tuesday 24 August Tuesday 31 August	11am - 1pm 11am - 1pm 11am - 1pm 11am - 1pm 11am - 1pm 11am - 1pm	Memorial Playing Field, Steyning Upper Beeding Recreation Ground Small Dole Recreation Ground Bramber Castle Grounds Cuthman's Field, Steyning Upper Beeding Recreation Ground
Storrington	Tuesdays	11am to 1pm	Leisure Centre Recreation Ground