

## What is a Children's Centre?

A Children's Centre brings together a range of services for children under 5 and their families in a family-friendly building. Children's Centres across Kent and Swale are part of the Government's commitment to:

- Give every child the best start in life
- Give parents better opportunities
- Provide affordable quality childcare
- Build stronger and safer communities

Young children and their families are at the heart of everything making it easier for families to access services for themselves and their children. This helps more families benefit in the crucial early years of their children's lives.

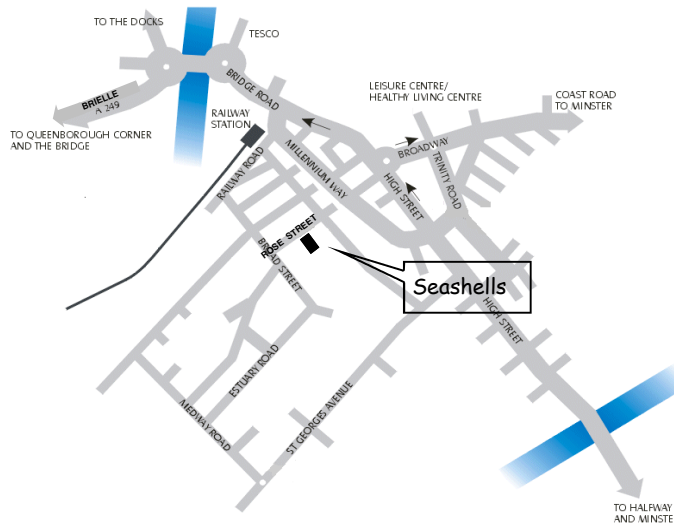
For more information call  
01795 889233 or visit  
[www.kenttrustweb.org.uk/chc/chc\\_seashells\\_home.cfm](http://www.kenttrustweb.org.uk/chc/chc_seashells_home.cfm)

### Directions to Seashells

**From the M20:** Leave at junction 7 following signs to Sittingbourne/Sheerness onto A249.

**From the M2:** Leave at junction 5 and follow signs to Sittingbourne/Sheerness on A249.

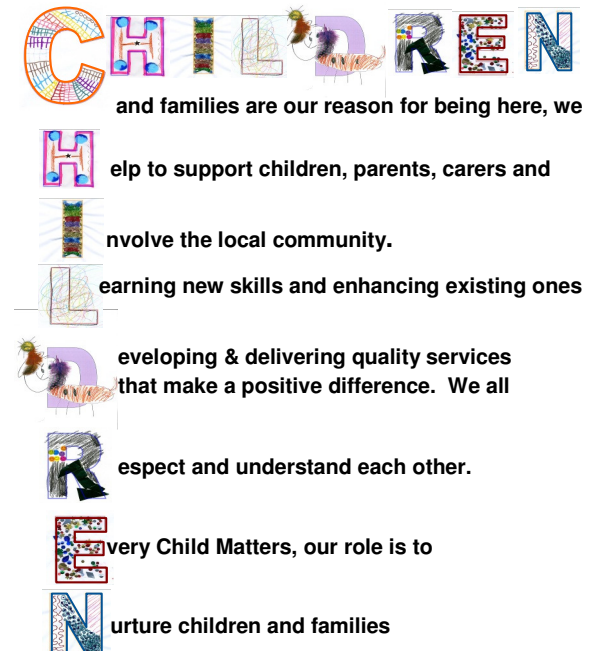
**From A249:** Continue on the A249 over the Sheppey Crossing. Follow signs to Sheerness/Sheerness Docks. Pass the Steelworks on your right, and at the Docks roundabout, take the second exit over the small bridge. At the Tesco's roundabout take the second exit following signs to the town centre. At the traffic lights (train station should be on your right) turn right into Railway Road. Take first left into Pepys Avenue, then fourth right into Rose St. 'Seashells' is on the left before Rose St. Primary School.



Seashells  
Rose Street, Sheerness  
Kent ME12 1AW  
Tel 01795 889233  
Fax 01795 889238

Children and Families Ltd  
Company No: 4615904

### A Sure Start Children's Centre



# What services are provided?



## Sheppey Family Support Project

Funded by KCC Social Services, this project works with families of children up to 18 years old on the Isle of Sheppey. Our Family Support Workers build on families existing strengths, and offer a range of groups and individual support, both in the family home and at Seashells. Call in or contact us on **01795 662822**.

## Young Persons Project

YPP is a team of qualified counsellors who are experienced in working with children and young people, support for parents and children who have emotional problems.

The Service is available on the Isle of Sheppey and in Sittingbourne and is accessed through a written referral from any professional who knows the young person.

As well as individual counselling, YPP provides group therapy for young people, support for parents and families and a parenting program that helps parents to understand the emotions behind their child's behaviour.

**Young Persons Project: 01795 889230**

## **Sheerness Neighbourhood Nursery** **01795 663311**



This Ofsted registered 60-place day Nursery offers high quality childcare in a caring and stimulating environment where children can develop their full potential, through well planned activities, while enjoying all the care and protection you would wish for them.

- Open from 7.30am to 6pm for babies and pre-school children
- Breakfast club 7.30-9am
- Dolphin After-School Club for 4-12 year olds, 3.30pm-6pm Term Time only
- Dolphin Extra Holiday Play scheme for 4-12 year olds from 8am-6pm all school holidays and some teacher training days

Our premises were designed and built with security very much in mind, both in the day rooms and outside in the enclosed garden and play area.

- Staffed by a highly motivated and qualified team.
- Caring and stimulating environment.
- A range of creative, educational, imaginative, physical and environmental activities both in the playrooms and outside.
- We offer flexibility in the pattern of nursery attendance you can arrange for your child.
- Our experienced kitchen staff understand the importance of nutrition, food handling and hygiene and prepare appetising meals for the children.



INVESTOR IN PEOPLE



The multi agency staff at Seashells works in partnership with parents and other local groups and agencies to offer a wide range of services.

These services are **FREE** to all expectant parents/carers of pre-school children and their families in Sheerness:

- Midwifery services
- Baby clinic
- Speech and language support
- Support with breastfeeding
- Parenting support and groups
- Oral health
- Baby massage
- Home visiting service
- Help and advice about getting a job or training
- Support and groups for Dads
- Teenage parents support
- Play and activity-based sessions for children
- Opportunities to volunteer and get involved
- Money, training and employment advice

We are based at Seashells and offer home visits and group activities every day of the week.

Register your family to receive a **FREE** newsletter every month.

For More information visit our website:

[www.kenttrustweb.org.uk/chc/chc\\_seashells\\_home.cfm](http://www.kenttrustweb.org.uk/chc/chc_seashells_home.cfm)

**01795 889233**



**Eastern and Coastal Kent  
Community Services**

**Children & Families Universal Services**

**Health Visitors 01795 889231**

Your health visiting service offers support, guidance and information on a wide range of parenting and health issues.. We offer a home visiting service, routine developmental assessments and hold regular clinics. This is an opportunity to assess health needs and to identify with you any further support that is needed.

We work closely with other members of the Primary Health Care Team, i.e. doctors, midwives, speech therapists, and will discuss with you any details to be shared with other professionals should the need for referral be identified. Please do not hesitate to contact your health visitor whenever you feel we may be able to help.

## **Breastfeeding**

All Seashells staff strongly support breastfeeding as the best choice for feeding babies. Midwives, Health Visitors, a Lactation Consultant and Mother to Mother Breastfeeding Supporters are all available to help with feeding issues.