

# WHATS ON

## in the High Weald area

Covering Uckfield, Crowborough, Heathfield and Beyond  
October - December 2025



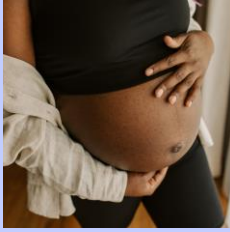
[EHighWeald@eastsussex.gov.uk](mailto:EHighWeald@eastsussex.gov.uk)



01273 336970



# Included in this guide



Pregnancy and the early years



Weekly groups for 0 - 5 years



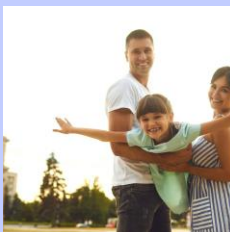
Life skills - courses



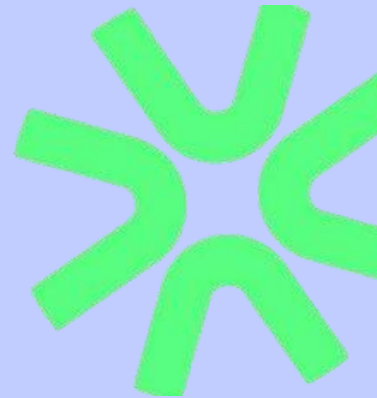
Activities for school aged children



Activities for young people



Support for parents/carers





START4LIFE



# Bump and Beyond Antenatal Classes



-  Various days and times
-  Virtual and countywide venues

- Free antenatal classes for all expectant parents living in East Sussex
- Face to face and virtual classes run by Midwives and Community Nursery Nurses
- Helping you prepare for the birth of your baby and beyond

Scan the QR Code to register your interest via our enquiries form

Or type this link into your browser  
<https://forms.office.com/r/TgtqMACn6b>



Updated 25/05/2024

For more information please call Charlotte 01424 726448  
or email [bumpandbeyond@eastsussex.gov.uk](mailto:bumpandbeyond@eastsussex.gov.uk)



Funded by  
UK Government





# 'Time For Me' support groups

Support groups for mums with babies up to 1-year in East Sussex

Thursday 18th September -  
Thursday 23rd October



If you have recently had a baby and are struggling with your mental health, it can help to talk to others. Come along to one of our free 'Time for me' postnatal groups.

Topics include:

- How our mental health can change after having a baby
- Communication
- Expectations
- Relationships
- Sleep & Nutrition

You are not alone. We can support you to feel better, build a strong bond with your baby and enjoy new family moments.

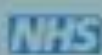
## How to access support

Contact your Health Visiting team on 01323 463204 or email [esht.hv-duty@nhs.net](mailto:esht.hv-duty@nhs.net) and they will pass on your details and one of our team will contact you.

Alternatively, visit or contact your local Family Hub, open Monday to Friday 9am - 5pm



East Sussex Healthcare



START4LIFE

Early Help 0-18





**FAMILY HUB**  
EAST SUSSEX

# Understanding your baby

## Supporting relationships and wellbeing

What this group includes:

- Understanding your and your baby's feelings
- Baby's brain development, communication and crying
- Baby's rhythms and developing healthy sleep patterns
- Understanding your baby's feeding
- Play and development
- Planning ahead- childcare and things to consider



A 6-week face to face or online group for Parent/carers with a new baby up to 6 months

**BOOK  
NOW**

To book or find out more information:


FACE TO FACE GROUP: 01323 463204

ONLINE GROUP: 01424 725800



Early Help 0-19  
Respect | Partnership | Strength

 **START4LIFE**

East Sussex Healthcare   
NHS Trust





# Baby Feeding Group

**EAST SUSSEX**

*Join us to receive support and encouragement in a warm and welcoming environment.*



## Hastings Town Family Hub

Every Monday 1pm - 2:30pm

Waterworks Road, Hastings, TN34 1RT

01424 724004



## Tilling Green Community Centre

Every Thursday 10:30am - 12pm Mason

Road, Rye, TN31 7BE 01797 229600



## Shinewater Family Hub

Every Thursday 1pm-2:30pm

Milfoil Drive, Eastbourne, BN23 8ED

01323 463244

## Newhaven Youth Centre

Every Friday 1pm-2:30pm

Denton Island, BN9 9BA

01273 517250

**Free  
drop-ins**

# Weekly Groups 0 - 5 years

The Family Hubs Early Years service provides a range of support for families with children aged pre-birth to 5 years, aiming to promote child development, well-being, and positive parenting. The service is delivered by a skilled workforce in Family Hubs and local community venues.

## MONDAY

### Baby Group

0 - 1 year

10am - 11am

Grove House Crowborough

### Play and Grow

0 - 5 years

1pm - 2.30pm

Uckfield Family Hub

### Stay and Play

0 - 5 years

10am - 11.30am

Heathfield Youth Hub

### SEND Stay and Play

0 - 5 years

1pm - 2.30pm

Heathfield Youth Hub

## TUESDAY

### Baby Group

0 - 1 year

1pm - 2pm

Uckfield Family Hub

### Stay and Play

0 - 5 years

10-11.30am

Ticehurst Village Hall



# Weekly Groups 0 - 5 years

## WEDNESDAY

### Out and About

0-5 years

10am - 11:30am

Selby meadow

## THURSDAY

### Baby Group

0 - 12 months

1pm - 2pm

Heathfield Youth Hub

## FRIDAY

### Discovery Tots

0 - 5 years

10am - 11.30am

Uckfield Family Hub

### Music Group

0 - 5 years

1pm - 2pm

Uckfield Family Hub

Cancellations will be posted on Facebook with as much notice as possible - Please check our page before attending



# Life skills - Courses

## TUESDAY

**Making it REAL  
Family Fun Events**

**0 - 5 years**

**10am - 11.30am**

**18th November and  
25th November**

**Uckfield Family Hub**

**Christmas Family Fun**

**0 - 5 years**

**10am - 11.30am**

**9th December**

**Uckfield Family Hub**

## WEDNESDAY

**HENRY**

**10am - 12.30pm**

**17th September**

**5th November**

**Uckfield Family Hub**

**Understanding your baby**

**12.30pm - 2.30pm**

**24th September - 15th  
October**

**Uckfield Family Hub**

**Early Words**

**1 - 2 years**

**5th November - 12th**

**10am - 11am**

**November**

**Uckfield Family Hub**



# Life skills - Courses

MINI<sup>®</sup>  
FIRST  
AID 

## THURSDAY

### Sunflowers

10am - 11.30am

6th November - 11th  
December

Uckfield Family Hub

### Understanding your baby

10am - 12pm

6th November - 11th  
December

Heathfield Youth Hub


### First Aid Workshop


10am - 12pm


9th October

Heathfield Youth Hub

Speak with a Health  
Visitor or contact your  
local family hub to book  
your place.

 [EHHighWeald@eastsussex.gov.uk](mailto:EHHighWeald@eastsussex.gov.uk)

 [www.familyhubs.eastsussex.uk](http://www.familyhubs.eastsussex.uk)

 01273  
336970




## Self Weigh Sessions

We are pleased to be able to offer an opportunity for you to self weigh your baby.

Come along to one of our baby groups where scales are available for you to Self-Weigh.

Scales are available for parents and carers with a child under 2 who have no concerns about their child's weight.

If you do have concerns, please contact your Health Visiting team on 01323 463204 and they will support you.



Grove House  
Mondays  
10am - 11am

Uckfield Family Hub  
Tuesdays  
1pm - 2pm

Heathfield Youth Hub  
Thursdays  
1pm - 2pm



**East Sussex Healthcare**  
NHS Trust

# Activities for school age children



EAST SUSSEX COMMUNITY INFORMATION SERVICE

ESCIS is a database of community information and events developed and managed by the Library and Information Service of East Sussex County Council, in association with Brighton and Hove Library Service.

It is a free resource for everyone. Free to list and free to use. To find out what is happening in your local area visit [www.escis.org.uk](http://www.escis.org.uk)



How about downloading the '50 things to do 5 - 11 years app to see a menu of fun and exciting ideas for play and learning for 5-11-year-olds in East Sussex. Try all 50 Things, learn new skills and discover your local area! 50 Things to Do | East Sussex



# Activities for families



## GROWING GROUP FOR FAMILIES



- Mondays 3–5pm
- Outside Uckfield Family Hub
- Teacher–gardener gives growing tips to get you started
- Funded group, no cost to you and no joining fee!
- Meet new friends and garden together
- Gain new skills and take veg home!

To see the plot: Andi 07762 209827 or [info@wegrow.org.uk](mailto:info@wegrow.org.uk)

**[WWW.WEGROW.ORG.UK](http://WWW.WEGROW.ORG.UK)**





**WEBINAR**

## **Becoming a Positive Parent**

**This online session is here to help parents and carers of children aged 2 to 10.**

**In this session you'll learn 5 simple strategies for calmer family life.**

**Monday 6th October**

**10-12pm**

**Wednesday 12th November**

**6:30pm-8:30pm**

**Thursday 4th December**

**12:30-2:30pm**

## **Triggers, Tantrums and Teaching Moments**

**This online session is here to help parents and carers of children aged 2 to 10.**

**Learn what drives behaviour and better ways to respond.**

**Thursday 9th October**

**10-12pm**

**Tuesday 4th November**

**10-12pm**

**Wednesday 3rd December**

**12:30-2:30pm**





## WEBINAR

### **Managing Anxiety and Avoidance in Children**

This online session is here to help parents and carers of children aged 2 to 10.

This session explores what anxiety is, how the body reacts to it and how to help your child think in a more realistic way.

**Tuesday 14th October**

**12:30-2:30pm**

**Thursday 6th November**

**10-12pm**

**Tuesday 9th December**

**10-12pm**

### **Learning about Neurodivergent Children**

This online session is here to help parents and carers of children aged 2 to 19.

Learn practical strategies that can make a difference to your child's needs.

**Wednesday 8th October**

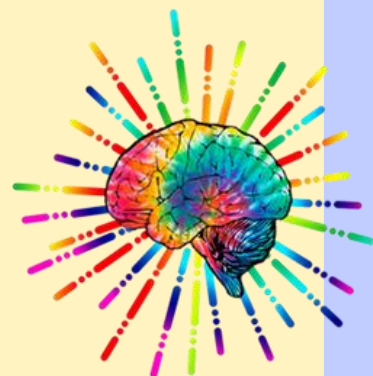
**12:30-2:30pm**

**Tuesday 11th November**

**10-12pm**

**Wednesday 10th December**

**12:30-2:30pm**





## WEBINAR

### **Understanding Teen Behaviour**

This online session is here to help parents and carers of teenagers aged 10 to 19.

In this session we look at how our teenagers brains change and develop and how that has a huge impact on their behaviour.

**Wednesday 5th November**

**6:30-8:30pm**

### **Responding to Teen emotions**

This online session is here to help parents and carers of teenagers aged 10 to 19.

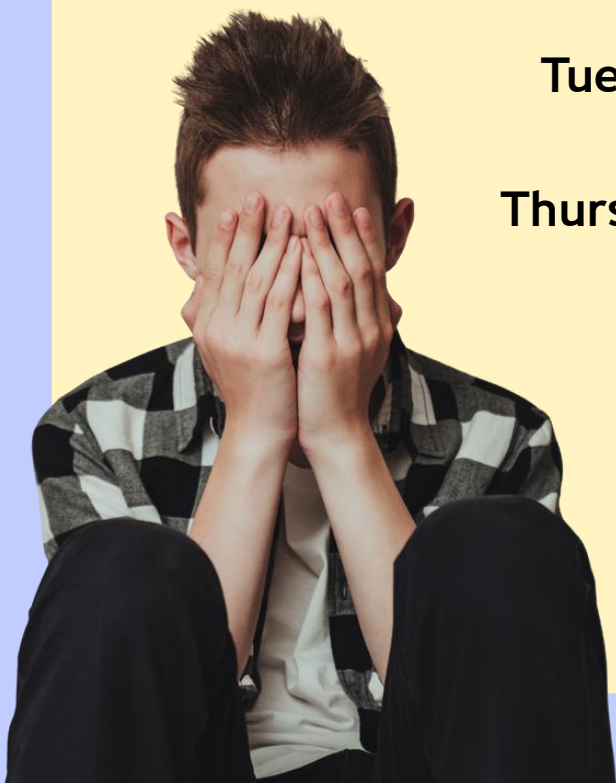
In this session we look at different ways to connect with your teens, and how using kindness, praise, and rewards can help.

**Tuesday 21st October**

**10-12pm**

**Thursday 11th December**

**12:30-2:30pm**





## WEBINAR

### **Online safety in a digital world**

This online session is here to help parents and carers of children and teenagers aged 2 to 19.

Learn how to discuss online safety with your child or teen and how to keep their devices and activity safe.

A pre-recorded version will be available soon to watch anytime.

Please contact us to be added to the waitlist.

### **Everyday ways to Play**

This online session is here to help parents and carers of children aged 2 to 10.

Learn why play is important and quick easy ways to make every day more playful.

A pre-recorded version will be available soon to watch anytime.

Please contact us to be added to the waitlist.





# Groups

## **Teen Life 10+**

Want to navigate adolescence with your autistic teen?

This online group is here to help parents and carers of young autistic people aged 10-16.

Learn to make sense of your autistic teens behaviour and needs, with practical tools and ideas to help

**Tuesday 4th November - 16th December**  
**(8 virtual Sessions)**  
**12:30-2:30pm**

## **Supporting parents of teens 10+**

This group is here to help parents and carers of teenagers aged 10 to 19.

Learn strategies for tricky teen moments—the closest thing to a manual for raising teens. Understand the teenage brain, why emotions run high, and gain practical tools.

**Wednesday 5th November - 17th December**  
**(7 Sessions)**  
**10-12pm**

**Sidley Family Hub**





# Groups

## **Parenting children with Anxiety**

This virtual group is here to help parents and carers of children aged 4+ who feel very anxious.

Learn strategies to support your child's emotional resilience. A more in depth look at anxiety and how it affects young people. Helping them to feel stronger and braver, tackling fears and worries together.

**Wednesday 5th November - 17th December  
(7 Sessions)  
10-12pm**

## **Harmony at Home**

This virtual group is to support parents and carers in couples.

Learn how to improve teamwork, reduce conflict and put your children at the heart of your communication.

**Thursday 6th November - 27th November  
(4 Sessions)  
10-12pm**





# Groups

## **Calmer Co parenting**

This is for Parents and carers who are separated or divorced

Your former partner and other family members can complete the programme too.

Learn how to create structure, boundaries and respect across two homes. Because children thrive when adults communicate effectively.

**This is an online program you can do at your own speed with a parenting practitioner to support as you work through the content.**



The parenting team are available to chat to parents and carers at our drop in sessions at  
**Uckfield Family Hub**  
**on the Second Friday of the month, 10-12pm**

To book onto any of the free webinars and groups, please email your name, the title & dates of the group you wish to attend to:

**[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)**  
or call 01424 725800 to discuss options

# Activities for young people

## HEATHFIELD YOUTH HUB

*Free sessions for young people from September 2025*

### WEDNESDAYS

**Juniors Group 5:30-7:30pm**  
Open youth session for 10-13yrs

### THURSDAYS

**Funky Teens Group  
5:30-7:30pm**  
A referral-based session for  
13-19yrs with mild to  
moderate disabilities  
Email us for more info



### FRIDAYS

**Sports Juniors Youth  
Group 4:00-6:00pm**  
Open youth session for  
young people aged 10-  
13yrs

**LGBTQ+ Youth Group**  
A safe and supportive  
space for LGBTQ+ young  
people aged 11-19 Email  
for timings

**Friday Night Project  
(Seniors) 7:00-9:00pm**  
Open youth session for  
young people aged 13-17

- Opportunities to volunteer and become a young leader
- Free Activities and Food days during school holidays

Call: 01273 336 930 Email: [EHYouthHubs@eastsussex.gov.uk](mailto:EHYouthHubs@eastsussex.gov.uk)

# Activities for young people



# AMAZING FUTURES

## HEATHFIELD GROUP

EVERY OTHER MONDAY | 4:15PM - 6:15PM



Heathfield Youth Hub, High Street TN21 0UP

Our youth groups are for young people aged 14 to 25 with SEND or additional needs of any kind. While we cannot provide one-on-one support in our youth groups, we happily welcome young people to bring their own support workers to join us!

We offer a space to be unapologetically you. Have fun, make new friends, and try different games & activities

for more information contact the team at [AFEastsussex@amazesussex.org.uk](mailto:AFEastsussex@amazesussex.org.uk)

# Future Options Advisors

**Do you want to go back to work or have questions about your finances?**

**Come to one of our drop-in sessions - no need to book!**

**You can talk to Future Options Advisors about:**

- **How moving into work affects your finances**
- **Put you in touch with valuable initiatives like the national career service.**
- **Childcare choices**
- **How childcare and Universal Credit work together**
- **Volunteering**
- **Training options**

**Contact your local family hub to find out when the Advisors are attending.**



# Where to find us



**Uckfield Family Hub**  
1 Manor Close, Uckfield, East Sussex  
TN22 1DL



**Heathfield Youth Hub**  
High Street, Heathfield, East Sussex  
TN21 0UP



**Crowborough Grove House**  
The Grove  
Crowborough East Sussex, TN6 1NY



**Selby Meadow**  
Uckfield, East Sussex, TN22 5E



Find us on  
Facebook