



Supporting and working with community groups and clubs to promote a deeper understanding of local health and care needs and experiences

Spotlight on Time 4 Children

Time 4 Children is a small charity based in Haywards Heath. Their aim is to increase the emotional well-being, self-confidence and self-esteem of emotionally vulnerable children of primary school age who live in Mid Sussex.



They provide:

- A listening ear
- One-to-one sessions offering emotional listening and support where children can explore their worries, fears, anxieties or experiences with trained volunteer practitioners
 - Sessions are for 50 to 60 minutes once a week
 - Most children need between 15 and 20 sessions
 - Sessions are provided to children in safe areas at school
- Services are free

They would normally expect to support around 45 - 48 children a year. However, whilst schools have been closed, their volunteer practitioners have not been able to support children and this is an area of concern. In September, before children on the waiting listed can be supported they will resume with children who had started receiving support before lock-down. 35 children are waiting and since schools partially re-opened, a further 12 referrals have come through. They expect that come September to be inundated with referrals.

They aim to run a 12 week volunteer training course every year. The most recent course finished in February. As no fundraising events have taken place because of coronavirus, the next training course cannot be planned for this year. At this point in time they have 16 volunteer practitioners and any fundraising, or donations received, will be used directly to keep the service to children going as schools return fully in September.

The service is run on a very tight and small budget in comparison to other services. They do not receive any government or statutory funds. All funds to keep the service up and running are from donations, fund raising events and small grants.

This support makes real differences to young children's emotional wellbeing, helping to prevent children from developing established mental problems. Without Time 4 Children a huge number of children would not get the support they need.

All that we do would not be possible without vital fundraising by staff, volunteers, from local sponsors and the general public to whom they are immensely grateful.

For more information on Time 4 Children:

Website: www.time4children.org.uk

Email at: office@time4children.org.uk

All of the insight we collect from people across West Sussex is collated and anonymised and forms part of the evidence that Healthwatch gather to identify common themes around what works and what could be improved for local people. **This insight is used to influence service development and can feed into:**

- West Sussex Health and Wellbeing Board
- HASC - Health and Adult Social Care Select Committee
- WSCC Joint Strategic Needs Assessment
- Safeguarding Adult Board
- Sussex Health and Care Partnership workstreams (the NHS Integrated Care System for Sussex).

Healthwatch West Sussex also share reports with the Care Quality Commission (who are responsible for the registration and inspection of services which deliver regulated activities) and to Healthwatch England to form part of the national picture used to influence national developments, such as the NHS Long Term forward plan.



Not only do we collect the experiences of local people, but we can also provide free information and guidance just call: **0300 012 0122**. Email helpdesk@healthwatchwestsussex.co.uk, Website www.healthwatchwestsussex.co.uk.

healthwatch
West Sussex

You can also follow our social media channels:

Facebook [@healthwatchwestsussex](https://www.facebook.com/healthwatchwestsussex) Twitter [@healthwatchws](https://twitter.com/healthwatchws)

If you are setting up or would like to share news of a similar project we would be interested to hear from you. Please contact Cheryl Berry, Community Partnership Lead, email: cheryl.berry@healthwatchwestsussex.co.uk