

Welcome to Choices! Summer 2009

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Choices is the new-look magazine for parents from KITES, East Sussex County Council's family information service. We are here for all your information needs - childcare, fun things to do and where to go for help when times get tough. Don't forget we have information for families expecting a baby all the way up to young people aged 20, or 25 with additional needs. And this year we're celebrating our 10th birthday!

How you can contact us

Call us on 01323 463850

Email kites@eastsussex.gov.uk

Many parents prefer to use the internet. We also have much of our information on national websites www.childcarelink.gov.uk and www.direct.gov.uk and local websites www.eastsussex.gov.uk and www.escis.org.uk

For young people 11-25 there is information on www.essp.org.uk

Our new look...tell us what you think

We hope you enjoy the magazine. We like to know what you think. Your ideas shape the magazine. If you send in your thoughts on the form on the back page we will enter you into a draw for a £25 voucher.

Thanks to all those who gave us feedback on our last edition. The £25 vouchers went to

Mrs Wendy Mayhew from Uckfield and Mrs C Pomfret from Lewes.

What you told us

In the summer of 2008 KITES ran a survey across the county to find out about the information families need. We wanted to know what, when and how you need your information.

We had a great response with 745 families taking part. We heard from parents from all parts of the county with children of all ages. Here's some of what we learnt:

What - information about schools was very important to many families.

When – families told us the key times they wanted information was in pregnancy, after the baby is born and when facing parenting challenges.

How – families preferred to receive information via the internet, printed material and face to face with an advisor.

More information is available at www.eastsussex.gov.uk/haveyoursay under 'recent consultations', or call us for more on 01323 463850.

Choices news

Groups to develop internet safety strategy announced

Children's Minister Delyth Morgan has announced the membership of working groups to develop the UK's first Child Internet Safety Strategy. This will help parents and their children get the most from new technologies while protecting children from inappropriate or harmful material. The working groups will be looking at four areas: public information and awareness, better education, industry standards and video games.

For more information visit www.dcsf.gov.uk/ukccis

Do you Walkie Talkie?

A recent study highlighted the fact that mothers spoke twice as much to their babies when using towards-facing buggies than away-facing buggies. It also showed that mothers and infants were both likely to laugh.

The National Literacy trust has launched the 'Talk to Your Baby' campaign called 'Do you Walkie Talkie?' to encourage manufactures to make more affordable towards-facing pushchairs.

For more information go to www.literacytrust.org.uk/talktoyourbaby/pushchairs.html

Teenagers in cars

Did you know?

When a teenager reaches the age of 14, it is their own responsibility to wear a seat belt.

The facts

In 2007, 5,329 people aged 12-16 were killed or injured in cars.

You are twice as likely to die in a crash if you don't wear a seat belt.

For more information and to find out if you are Road Smart visit www.dft.gov.uk/think

Mum's the word

Having your first baby can feel like a leap into the great unknown. There is so much to learn about staying healthy and preparing for your baby. How do you get the support and information you need so that you are happy and looking forward to the birth?

Meet other mums-to-be

Meeting other mums-to-be can be a great way to make friends and share experiences. You can meet other mums-to-be at groups in your children's centre, ante-natal classes, through organisations such as the NCT (National Childbirth Trust), or online from the comfort of your armchair. Websites such as www.babycentre.co.uk offer information on pregnancy and early parenthood for new parents.

There are also a host of people there to help you before, during and after the birth. Here's a quick run down on who's who and how they help.

Stage	Who helps	How they help
Before birth	Community Midwife	Help you up until the birth. Will check on your health and well-being during the pregnancy. If this is your first baby you will meet your Health Visitor during your pregnancy to support your new role as a parent.
	GP	Provide additional support when you have any health concerns.
During birth	Midwife	Keep you and your baby safe during the delivery.
After birth	Health Visitor	Visit you at home soon after the birth to weigh your baby and check on its progress and your recovery. Be there to support you as your child grows and introduce you to resources such as your children's centre and any other services that can help your family.
	Community Nursery Nurse	Work alongside the Health Visiting Team. Support in clinics, work with parents on issues around play, behaviour, diet, toilet training etc

Children's Centres

Now is the time to find your local Children's Centre.

Children's Centres are for all families with children under five years or who are expecting.

You can get information and services such as;

- advice during pregnancy and when your baby is born
- breastfeeding support
- home visiting
- family drop-ins
- parenting support
- information about your child's health needs
- help finding specialist groups and services

There are currently 28 children's centres around the county with 7 more opening soon. To

find your nearest children's centre call KITES Family information Service on 01323 463850 or go to www.eastsussex.gov.uk and look in 'find your nearest... children's centre'.

Sarah' story

Sarah is having her first baby. She works full time and is the first of her friends to start a family. She is keen to do the best for herself and the baby. She decided to try a pregnancy yoga class at her local Children's Centre. Here's how she got on....

I was 14 weeks pregnant when I met my yoga teacher, Evelyn, and two other mums-to-be in a nice room that was comfortable and private. Evelyn reassured us that no-one would be watching us. Then, before we started any exercises, we discussed our babies' due dates and how we were feeling and filled in a quick health check.

I had never done a yoga class before so everything was very new but I soon relaxed and felt calm. Evelyn taught us stretches and breathing techniques and we gave each other a gentle back massage which was bliss. Sometimes we were standing, lying or using a chair. We also got a checklist of exercises that we could carry on at home and practice throughout the pregnancy.

The class seemed to fly by. Afterwards my mind felt free of worries and my body felt refreshed and much more comfortable and I knew that I would continue with the yoga throughout my pregnancy. It was also great to meet other mums-to-be in the same position as me.

I am now 32 weeks pregnant and really look forward to my free weekly yoga session. I know it is time for me and I always leave feeling great. You don't have to go every week, but you do notice the difference if you miss a session! If you are over 14 weeks pregnant I would thoroughly recommend a pregnancy yoga class.

Yoga is one of a number of ways of keeping healthy during pregnancy

Activities such as walking, swimming, and gentle toning and stretching classes are ideal during pregnancy. Exercising in water is safe and enjoyable and is great for late pregnancy backache. The water supports your whole body and lets you feel weightless.

You might find classes in your children's centre or advertised locally or you can call KITES Family Information on 01323 463850.

Now all mums-to-be can get £190 to help stay healthy in pregnancy. Find out more on page 16.

Volunteering, what's in it for me?

What does volunteering mean to you?

These days it might not be what you expect. A scheme for 16-25 year olds, **vinvolved-eastsussex**, provides challenges and builds skills, confidence and relevant experience.

A challenge is exactly what Emily Mills (16) and her friends from Uckfield Community Technology College got when they signed up to **vinvolved** last November. Emily, who is interested in arts and photojournalism, leapt at the chance to organise a weekend away for other young volunteers to learn media skills. Their challenge was to turn a grant from Southern FM radio into a residential weekend of workshops in skills such as graphic design, web design and interviewing for 24 young volunteers.

Sound daunting? At first Emily thought so. "We felt as if we were completely in charge of everyone and running the weekend, which was quite daunting because anything could have gone wrong. I thought 'Oh my god!' but Pete was there to help and soon we could do most of it ourselves".

'Pete' is Pete Relf, Youth Volunteer Advisor for **vinvolved-eastsussex**. Emily met Pete when he spoke at her school assembly looking for volunteers. Pete said, "Some young people have clear ideas about what they'd like to do, but sometimes we are asked to find something new. We can find most things... except maybe rocket science!"

Why did Emily get involved? She told us, "You get an award if you do 50 hours of volunteering. I thought it would look good on my CV". But Emily got more than just a line on her CV ... organising accommodation, arranging workshops, budgeting and planning an agenda as well as hosting workshops in radio interview skills and web design. "The best bit was being treated as adults, feeling in charge and being told how great we are because the weekend was so fun."

The verdict? **"It was fantastic. I'd definitely volunteer again. It really inspired me!"**

How about employers?

Pete Relf, Youth Volunteer Advisor for **vinvolved-eastsussex** has no trouble finding volunteer opportunities. He sums it up with, "Employers love volunteers. Can't get enough of them! They often tell us how helpful and useful they are".

Also volunteering experience can strengthen your CV. Prospective employers value practical work experience. The mix of personal and professional skills can improve your chances of getting a job.

To find out how you can 'vinvolved' visit www.vinvolvedeastsussex.org.uk or call Pete on 01435 810050 or Kate on 01323 641185.01435 810050

Spectrum – helping autistic children join the fun

“Young people can try anything....scouts, football, fencing, drama.”

East Sussex has 600 -1000 young people (0-20 years) with autism (source: East Sussex County Council). Having autism can make it difficult for youngsters to interact, communicate and join in. To offer the support that families wanted, Spectrum was set up in October 2008 to help young people with autism try new sports and activities. Since then the team of four have worked with over 60 families across the county helping many join in the fun.

Pete Comper, Spectrum Manager, told us how it all works. “In all it takes 10-15 weeks. First we talk to the young person about their needs and interests. Then we find a club, talk to their staff and if they need it, we offer free training to help them understand autism, the young person’s needs and how they can help. Then the mentor goes along with the young person for up to 10 weeks to help them settle in”.

What clubs are on offer? Pete said, “The young people can try anything. At the moment our mentors are attending clubs such as scouts, football, fencing, drama and youth clubs. They go to daytime, evening or weekend meetings. Fortunately the mentors are all active and in their early 20s, which helps them connect with the young people and keep up the pace!”

But what do the young people and their families think? One parent from Hastings said, “Spectrum is a very helpful service because [my child’s] needs have been explained to the youth club, normally I have to give the explanation. The staff are extremely pleasant and friendly and obviously understand young people”.

Another parent in Ashburnham said, “Jodie and Pete are very personable and easy to talk to. We appreciate the time taken to try and find activities for Stephen (who has never been to any after school things before)”.

But it’s not just parents who are pleased. An 18 year old male from Ashburnham said, “This is a great service and I think it really befits people with similar special needs to me” and a 14 year old from Bexhill said, “Spectrum is very good and has found a very fantastic club for me”.

To get more information – call Spectrum on 01323 762024 or email spectrum@eastsussex.gov.uk

Schools out, time to play

Holiday playschemes let the kids have fun and burn off energy and you know they are safe and having a good time.

Schemes run by qualified playworkers give children the freedom and control to choose when, how and where to play whilst providing support, space and resources for them to do this.

How does it work?

Some playschemes combine a mixture of planned activities with more spontaneous free play. They give children the chance to make friends, pursue their own interests and ideas and build confidence as they try new things. Most of all they are fun!

Jake (9) and his sister Leah (5) from Eastbourne agree. Jake said, "I go every holiday. It's great because I get to do all the sports I can't do at school. I like dodgeball and tag rugby". Leah added, "I like trampolining the best".

Schemes are held in schools, centres and some nurseries. They are usually for school children up to 12 years old, although some will take older children. Your child can go for individual sessions or full days and schemes are open for all or some of the school holidays.

Mum, Antonia Figgins from Eastbourne said, "My kids get a lot out of going to the club. They try all sorts of activities and they make new friends from different schools, which is good for their confidence. The scheme is well set-up and both my kids really look forward to it".

What will it cost?

You can expect to pay between £2.50 and £5 per hour. If you use Ofsted registered childcare, or school-based activities covered under the school's inspection, you may be eligible to claim the childcare element of Working Tax Credit.

When do I need to arrange my child's place?

Many schemes require booking from two to six weeks in advance to avoid disappointment! There may be activities on offer at your child's school or call KITES on 01323 463850 for listings for your area.

"My kids get a lot out of going to the club" Antonia, mum.

Note: clubs running outside school hours must register with Ofsted and have regular inspections if they look after children under eight, run for more than two hours a day and for more than five days a year.

Nothing beats a day at the beach...

It can be an inexpensive, fun day for all the family. It's a great place to enjoy a picnic or for young friends to hang out together. You don't have to wait for a sunny day – have you visited the beach on a wet day? With waterproofs and boots you can still have fun!

The beach provides a great opportunity to explore nature, learn and play imaginative games. All you need is a bucket and spade and some imagination and your children have all they need to create a world of adventure.

You could also take extra items to add to the fun: plastic cars, diggers, and lorries to make a road or map in the sand. Miniature plastic figures bring your sandcastles to life. You could bring paper, pencils and crayons to draw a picture of what the children see or a magnifying glass and containers for catching and examining!

All time favourites:

1. Fill your bucket with water and see what sinks and floats.
2. Make a pebble trail on the sand or play hopscotch.
3. Explore the rock pools; you do not have to have a net.
4. Build sand castles; who can build the tallest, most decorative, last one standing when the tide comes in?
5. Dig a water course. Then as the tide comes in see how quickly it fills up.
6. Make a pebble or sand sculpture.
7. Write letters of the alphabet in the sand or use pebbles.
8. Make a target on the sand then see if you can hit a bullseye.
9. Make a piece of art using driftwood, stones and whatever else you can find.

Of course it is obligatory to eat fish and chips – rain or no rain - on the beach!

Bring the beach indoors

Why don't you collect a few souvenirs to take home? Then when you are home on a wet afternoon you could use them to make something to remember your time at the beach.

Paint a pebble; you can make it into an insect by sticking on paper legs and eyes.

Why not decorate a pot or box with small pebbles and shells.

If you have taken some photographs make a storybook, holiday diary or scrap book. You can use them to talk to your child about their day and what they remember.

Some safety tips:

- Always stay with your children near water.
- In the water hold your child at arm's length. Stand with the deeper water behind you and your child in front of you.
- Teach children never to swim alone or to push or jump on others around water.
- Keep an eye on the tides and currents especially if you are looking in rock pools – don't get cut off by the sea!
- Inflatables in the sea are risky, supervise young children.
- Tell older children to always keep you in view.
-

If it's sunny remember the sun lotion, sun hats, sunglasses and a bottle of water and avoid the midday sun!

Pick and mix salad

Brighten up your picnics or pack lunches!

This is not just tasty but encourages children to enjoy eating fresh vegetables and fruits.

Cut up a selection of vegetables into bite-size chunks and let the children design their own lunch, so there are no grumbles at lunch time!

You could try cherry or plum tomatoes, cucumber, peppers, carrots, celery and then why not add grapes, cheese and raisins?

You can also do a fruit pick and mix with apple, banana, grapes, oranges, pineapple, mango, etc.

It is a great way to introduce children to new foods.

Fun in the kitchen

Quick Pizza

This quick scone-mix base with tasty toppings is easy, creative and fun.

You will need:-

200g self raising flour
50g margarine
150 ml milk
pinch of salt (optional)
1 large onion sliced
3 large tomatoes sliced
pizza sauce or tomato puree
dried mixed herbs
150g grated cheese

Ideas for toppings:

bacon, ham and or cooked chicken pieces
sliced peppers, sweet corn, mushrooms
pineapple pieces

To make base:

Sift flour and salt into a bowl and rub margarine in to make breadcrumbs.
Add milk and mix to a soft dough.
Turn onto a floured board and knead until smooth.
Roll out 1 large or 4 small circles 1.5cm thick. Place on a greased baking tray.

To finish the pizza:

Fry onions in a little oil until soft.
Spread pizza sauce or tomato puree on the base then add sliced tomatoes.
Top with onions, herbs, grated cheese and toppings. Your chance to be creative!
Bake in oven at 220c/425f, Gas mark 7 for 20-25 minutes until cooked and golden.

Serve with jacket potato and salad.

Starting school is a big step

By now you'll know which school your child will be attending. Both you and your child may have mixed feelings about the move. You want your child to settle and enjoy school but how can you help?

We spoke to Mrs Tracy Robinson, Headteacher of Whitehill Infant School, to find out more. Mrs Robinson said, "We try to encourage children to be as independent as possible at all times. Children do feel very proud when they hang their own coat on their peg or put their lunch box and book bag in the right place, so please try not to do everything for them".

You can help your child develop the skills they need to be independent such as playing with other children, looking after their possessions, dressing – get them practising putting on their uniform. It is also helpful if your child can:

- Use the toilet by themselves
- Wash and dry their hands by themselves
- Blow their nose!
- Ask for help if they cannot manage something

Mrs Robinson noted that all children are unique and progress through their early development at their own pace adding, "If they cannot manage something now, look forward to how proud they will be when they can!"

Parentline Plus, a national charity working with parents, offers advice on helping your child start school on their 24 hour freephone helpline, website and in leaflets. Their advice includes:

- Finding out what happens on the first day of school and talking this through with your child so they know what to expect.
- Getting storybooks from library about starting school and reading them to your child.
- In the week before they start school, getting your child used to the times they will need to get up in morning and go to bed.

For more information call Parentlineplus on 0808-800-2222 (freephone 24 hours) or visit www.parentlineplus.org.uk

Working parents?

Do you need before and after school care? Call KITES family information service on 01323 463850.

Moving up in school can be challenging too

If your child is starting secondary school in September 2009 they may still have concerns. Starting secondary school presents new challenges for your child.

- From being the oldest in the school they will be the youngest.
- They may travel further, maybe using public transport for the first time.
- They have a different teacher for each subject and move from class to class and they will need to be organised to have the books, etc for each lesson.

How you can help your child prepare for their first day

It can help to talk to your child about their worries. Help take away first day nerves by ensuring your child has had the chance to visit the school they will go to. Be sure your child has the uniform and equipment they need and knows how to make their journey to school and how long it will take. If travelling by public transport it's worth doing a dummy run to build their confidence.

Starting secondary in 2010

If your child is in Year 6 now, the applications process starts in September 2009, when you will receive a booklet about applying for schools (www.eastsussex.gov.uk). You have until 14th November 2009 to submit your preferences. Then the School Admissions team go through the applications and send out your offer in spring 2010.

What you could do now:

- Get ready to visit schools. Most will have open days in the autumn.
- Look at the school prospectus, Ofsted reports and performance data and the schools' own websites.
- Think about what's important to you and your child, and transport issues.

If your child has Special Educational Needs...

If your child has a statement, use the annual review to focus on the support they will need at secondary school. This will help you to decide what schools to put on your preference form. Speak to the Special Educational Needs Co-ordinators (SENCO) at the secondary schools.

Did you know...

If you are a low income family, you may now be able to get help with transport to any of your three nearest schools, as long as they are over two miles but less than six miles from home.

Need help?

If you need help with putting a preference call the Parent Link/Choice Advice helpline on 01273 481172 or Text 07797 870320. You can also contact us via the Parent Link website www.parentlinksussex.org.uk

Money Matters

New Health in Pregnancy Grant

The government has just introduced a one-off payment of £190 to help mums-to-be during the important last months of pregnancy.

Once you reach your 25th week, ask your midwife or doctor for a claim form at your next appointment. Together you complete the form. The grant is paid into your bank for you to spend as you wish.

To qualify you must:

- be due on or after 6th April 2009 and
- have a valid National Insurance number

For more information go to www.direct.gov.uk/money4mum2be or call 0845 366 7885.

It is not too late to apply after the birth. Claim in the same way. Your claim form will show your due date was on or after 6th April 2009.

New free childcare when training or learning

You may be eligible for up to £175 per week per child to pay your childcare (and transport) costs if you;

- are out of work and
- are the parent / main carer of a child under 14 years (or 18 with special needs) and
- are aged 20 years old or over when you apply and
- have a partner who is working for 16 hours or more per week, and have a household income of £20,000 or less in the previous tax year and
- are studying for a LSC (Learning and Skills Council) funded course (at Level 3 or below) at an LSC funded provider which is recognized as leading to employment.

For further information on Free Childcare for Training and Learning for Work, call the LSC helpline number on 0800 121 8989 or visit www.lsc.gov.uk/providers/moneytolearn/childcaretraininglearning/FAQs/

For other financial help available to families contact KITES family information for a copy of our fact sheet on 01323 463850 or email: Kites@eastsussex.gov.uk.

More free early education for toddlers

All three and four year olds are already entitled to free early education. This is known as the Early Years Education Entitlement (EYEE) and children currently receive 12 ½ hours a week (up to 38 weeks a year).

From September 2010, in East Sussex there will be an increase from 12 ½ hours to 15 hours a week. The new increase will be introduced in stages beginning in September 2009, and by September 2010 all three and four year olds will receive 15 hours a week.

Your child receives EYEE from the term after they are three. EYEE is offered by most pre-schools, playgroups and nurseries, some registered childminders, Local Education Authority schools and some nursery classes attached to independent schools.

For more information on how to get EYEE call KITES Family Information on 01323 463850, speak to your EYEE provider or ring the EYEE Officers at Early Years Childcare and Extended Schools Service on 01323 747412 or 747425.

Don't forget your tax credits

Tax credits help families with children and working parents on low income. Child benefit is not affected.

Child Tax Credit helps to support families with children.

- 9 out of 10 families qualify for Child Tax Credit.
- you don't have to be a parent – anyone who is mainly responsible for a child can claim.
- you can claim Child Tax Credit even if you are not working.
- the amount you receive depends on things like the number of children you care for, if any child or young person has a disability and your income.
-

Working Tax Credit helps workers who are employed or self-employed on a low income. You can claim even if you do not have any children.

You may receive extra if:

- you are a parent or carer
- you have childcare costs
- you have a disability

You may be eligible for the childcare element even if you are not eligible for the Working Tax Credit.

Need more information or a claim pack?

Visit the website: www.hmrc.gov.uk and click on tax credits

phone: 0845 300 3900

text phone: 0845 300 3909

If your circumstances change so could your entitlement. You need to inform HMRC of any changes.

Get your boots on!

East Sussex is a magnet for walkers, especially now the South Downs area has national park status.

People travel a long way to enjoy our areas of outstanding natural beauty, downlands, coast and woodlands. But we don't have to...it's all on our doorstep. In these cash-strapped times why not discover the joys of the ultimate free entertainment.

A walk in the countryside gives your wallet a rest and is good for you and your children. Walking can help you build stamina, energy and even improve your life expectancy. That's because walkers have less incidence of cancer, heart disease, stroke, diabetes and other killer diseases (source: Groundreport.com). Walking also helps your child to build a healthy heart and develop strong muscles and bones. It's also a chance for them to learn about plants and wildlife.

If you are not sure where to go or want to explore somewhere new here are a few ideas:

- Arlington reservoir, Berwick near Polegate
- Ashdown Forest also you can visit the Forest Centre or
- Poohsticks Bridge / Pooh Corner, Hartfield
- Beachy Head, near Eastbourne
- Boothland Wood, South of Uckfield
- Camber Castle & Rye Harbour Nature Reserve
- Chailey Common
- Ditchling Common
- Forest Way Country Park, Groombridge *
- Friston Forest, Friston, Eastbourne
- Hastings Country Park
- Newhaven river walk
- Seven Sisters Country Park, Cuckmere Valley *
- Shinewater Park, Langney, Eastbourne *
- The Cuckoo trail, Polegate, Horam, Heathfield *

*These are great for cycling as well.

For more information

The Walking in Sussex website gives you more than 100 free routes with interesting facts about the area www.walkinginsussex.co.uk.

www.eastsussex.gov.uk and search for 'walks'

The tourist information centre has walk leaflets. For your nearest centre you can ring KITES family information or look in the phone book.

Don't forget the countryside code

Use the Countryside Code to respect, protect, and enjoy the countryside.

- Be safe, plan ahead and follow any signs
- Leave gates and property as you find them
- Protect plants and animals and take your litter home
- Keep dogs under control
- Consider other people

Inclusion matters

On 6th February parents queued to enter Uckfield Civic Hall for the Including You Conference and Information Day for families and professionals caring for disabled children and young people. Once inside they could hear results of consultation with families and meet staff from forty different organisations.

The free event was set up by Parentlink, the county council service providing information, advice and support to parents of children with special educational needs and Including You, a parent-led consultancy. Viv Oliver, Parent Partnership Officer said, "We had listened to parents say they wanted more information and clearly they meant it!"

Viv talked about the short breaks consultation and Alison Borland (Head of Children's Disability Team) about the plan created as a result. There was also the chance to join a Virtual Parents Forum. Parents gave lots of feedback. One parent wrote, 'It was a truly well organised and valuable day for parents, providing a wealth of information'. The organisers are planning another day and look forward to seeing you there.

For more information, call Parentlink on 01273 481172 or visit www.parentlinksussex.org.uk

KITES £50 Draw

What do you think of the magazine?

Tell us your thoughts and you could win one of two £25 vouchers (and shape the next edition).

Fill in this form (photocopies will be accepted) and include your contact details for a chance to win a voucher. Post it back to KITES, (see address below, no stamp is needed) for the draw on 31 August 2009.

1. Where did you get your copy? (please tick)

Health Visitor, Council, Library, Children's Centre, Jobcentre,
other (please state)

2. Which bits did you like best? (please tick)

News, schools, things to do, childcare, money matters, special needs, pregnancy, other
(please state).....

3. What would you like to see in future editions?

4. Where would you like to pick up a copy of the magazine?

Your name

Email address

Telephone

Address

Postcode

Send your entry (no stamp needed) to:

KITES Prize draw, Family Information Service

East Sussex County Council

FREEPOST SEA8322

Eastbourne

BN21 4BR

Choices, the KITES magazine, is also available on the East Sussex County Council website at www.eastsussex.gov.uk/childcare Follow the KITES magazine link at the top of the page.