

# Introducing the SAYPH Hub

*Supporting Adolescent and  
Young Persons Health*



## What we can offer:

- On-going support for young people
- Adult befriending service
- Peer-to-peer support
- Video games and activities
- Refreshments-including pizzas and make your own smoothies
- A safe space for young people aged 11-16

For more information please contact the Children and Young  
Persons Care Coordinators at:

[sxicb.childrenandyoungpeople-bexhillpcn@nhs.net](mailto:sxicb.childrenandyoungpeople-bexhillpcn@nhs.net)  
01424 231480

## OPEN DAY!!!!

**WEDNESDAY OCTOBER 26TH - 12-4PM**

**THEN EVERY THURSDAY 3PM-5PM**

@ Sidley Childrens Centre, Bexhill