



WELLSPRING -WEST SUSSEX-

Registered Charity Number 1100226

Issue no.1- 2006



Arts and Entertainment



**WELLSPRING
WEST SUSSEX**
- A regular newsletter
for children and
young people with
disabilities, and their
parents and carers
across West Sussex

Hello and welcome to the first Wellspring edition of 2006! This edition is all about Arts and Entertainment, so look inside to find out what's going on and how you can get involved. I hope you like the colours this time!

On pages 2 and 3 you can find out more about Freedom Through Fun and the **FREE** workshops featured in the last issue. These are available to any group working with disabled children or young people.



Page 4 is about Art and Music Therapy and has details of national groups. Find out about the work of the National Disability Arts Forum on page 5. Pallant House Gallery in Chichester is soon to be re-opened with better wheelchair access. Page 6 has details of this, and information about the Orpheus Centre in Surrey where you can get involved in music courses.

Read about my experiences of the Arts, about my sister's card business and Katherine's trips to the cinema and theatre on pages 8 and 9. Take a look at Kyran's pages on 10 and 11.



DATE FOR YOUR DIARY: This year's **Cobnor Family Fun Weekend** will be on the **10th and 11th June**. There will be more details in the next issue.

Lizzie Baily

lizzie@wellspringwestsussex.org.uk

THANK YOU to the quiz team that takes part in the weekly Sunday evening quiz at Ye Olde House at Home in Broadwater, Worthing for their generous donation of £70 from their winnings. Let's hope you keep on winning! Thank you to Carol and Steve, Debbie and Steve, Sue and Geoff.

Thank you to the Adur East Lions Club, Argyll Children's Fund and the Local Network Fund for their help with funding towards this edition.

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Contact ICIS for information on services offering care, support or advice in West Sussex.

Telephone: **0800 859929**

e-mail: enquiries@icis-info4life.org.uk

www.icis-info4life.org.uk



COME WITH CHRIS & 'FREEDOM THROUGH FUN' TO A WORLD OF IMAGINATION, PLAY AND FUN



Chris North

Chris North formed his company 'Freedom Through Fun' in November 2004. His experience includes twenty years as a teacher in both primary and special needs education and thirteen years as a specialist Social Worker including both Child Health and Child Disability Teams. He gained a drama qualification in 1993 (Associate of the Drama Board - Education). He has worked both as a professional clown for the last ten years (Bungle the Clown) and is a member of Clowns International and Equity.

Chris puts energy and thought into every Workshop or event. He caters for a wide range of ages and requirements. Chris uses the following vehicles for his work:

- Drama Workshops
- Basic Circus Skills Workshops
- Percussion circles
- Storytelling
- Clowning around/slapstick/Clown Shows
- Magic
- Puppets
- Songs
- Games



Chris as 'Bungle the Clown'

WELLSPRING has been funded by the **LOCAL NETWORK FUND** to enable Chris to provide **FREE** to Wellspring readers, the following in 2006:

- 50 one hour Workshops and 12 half day Workshops.
- The Workshops content can be one focus (i.e. Drama) or a combination of activities, as required by your group.
- Any organisation working with disabled children and young people can apply.

DON'T DELAY, FIND OUT MORE TODAY - YOU MIGHT BE SURPRISED AT WHAT 'FREEDOM THROUGH FUN' OFFERS...

WHAT ARE THE BENEFITS OF WHAT'S ON OFFER?

The resources Chris provides are specifically tailored to meet the needs of the group. If the Workshop is for visually impaired children and young people, the emphasis would be more on the use of sound, music, percussion, rhythm and touch. On other occasions, Chris has been asked to work to themes including 'Super Heroes', seasons of the year and slapstick comedy. However, there are key benefits to participants which exist in all that is offered, regardless of the theme or focus. These benefits include the development of:

- Communication.
- Concentration.
- Social skills.
- Movement.
- Confidence.
- Awareness and observation.
- The use of the senses.
- Imagination.
- Memory.
- Self esteem.
- Humour.

WOULD YOU LIKE A WORKSHOP FOR YOUR GROUP OR CLASS?

For more details on the workshops contact
Chris North on 01243 774392 or 07952 977567.

E-Mail; chris@fun61418.wanadoo.co.uk

or write to him; 41 Winden Avenue, Chichester, West Sussex, PO19 7UZ



*Bungle and Lizzie at
Cobnor weekend
June 2004*

Previous clients include: PACSO, Blatchington Court Trust, 'LOOK' West Sussex, Sure Start, Havant, The Snowdrop Trust, Family Support Teams (Social Services), Child Development Centre, Springboard Worthing, Women's Aid, Cobnor Family Fun Weekend, Drama/Circus Skills Workshops & clowning in schools etc.

FINAL STATEMENT

Chris believes in the importance of thorough preparation before his Workshops or Shows; energy and enthusiasm during them; respect for each individual's contribution; opportunities for participants to gain skills and confidence; to weave a thread of fun through everything!

Art and Music Therapy

Art Therapy

This is use of art materials for self-expression and reflection in the presence of a trained art therapist. The relationship between the therapist and the client is of central importance, but art therapy differs from other psychological therapies in that it is a three way process between the client, the therapist and the image or artefact. Thus it offers the opportunity for expression and communication and can be particularly helpful to people who find it hard to express their thoughts and feelings verbally.



Disability Arts Development Agency

This website has a unique database of Deaf and Disabled artists living and working in the South East.

www.dada-south.org.uk

Mouth Foot Painting Artists Gallery

The MFPA Gallery in Selbourne, Hampshire, is the first UK gallery dedicated solely to the work of disabled artists. It is run by Tom Yendell, an artist who himself paints with his mouth and feet, and can often be seen working there in the gallery. The gallery has changing exhibitions year round, with original limited edition prints and other paintings done by the artists. Special mouth sticks or 'mouth pieces', which hold most paintbrushes and pencils, are also available.

If you are interested in becoming a member or student of the MFPA contact:

Rebecca Jones or Julia Vockrodt

VP Ltd., 121 Oxford Gardens, London W10 6NE

Tel: **0208 964 0260**

Fax: **0208 964 0277**

Email: vp@vp-pr.com

Website: www.amfpa.com



Music Therapy

Music therapy is special in its use of music to encourage communication and expression by playing an instrument, singing or listening, usually in improvised music. The music therapist does not teach the client to play an instrument; the instruments offered can all be played intuitively.

Jesse's Fund

Jessie's Fund is a UK charity dedicated to helping seriously ill and disabled children by using music as a form of communication. A major part of the work is with children in hospices nationwide, providing a wide range of musical instruments and giving the children access to creative music-making and music therapy.

We also work in other settings, including hospitals, schools for children with special needs, and other centres for children.

10 Bootham Terrace, York, YO30 7DH

Tel/fax **01904 658189**

Email: info@jessiesfund.org.uk

www.jessiesfund.org.uk

British Society for Music Therapy

The ability to appreciate and respond to music is an inborn quality in human beings. This ability usually remains unimpaired by disability, injury or illness, and is not dependent on music training. For people who find verbal communication difficult, music therapy may offer a safe, secure space for the release of feelings. Music-making forms the basis for communication in the relationship between therapist and client.

61 Church Hill Road, East Barnet, Hertfordshire, EN4 8SY

Telephone: **020 8441 6226**

www.bsmt.org

The Association of Professional Music Therapists (APMT)

The organisation in the UK for qualified music therapists.

Administrator: Mrs Louise Karena

61 Church Hill Road, East Barnet, Hertfordshire EN4 8SY

Email: APMToffice@aol.com www.apmt.org

National Disability Arts Forum

Phone: **0191 261 1628**
email: **ndaf@ndaf.org**
website: **www.ndaf.org**

The National Disability Arts Forum aims to create equality of opportunity for disabled people in all aspects of the arts.

It does this by

- supporting the development of Disability Arts Agencies, both regional and local, throughout the UK;
- maintaining and developing a network through which these Agencies can support and assist each others development;
- establishing favourable conditions within which disabled people can explore and express the condition of disability through the arts;
- promoting the value of art by disabled people.

as well as

- promoting and supporting examples of good and or innovative practice that encourages the participation of disabled people in the arts;
- assisting organisations in developing good and or innovative practice that encourages the participation of disabled people in the arts.

EtCetera

The Forum publishes a weekly electronic newsletter called EtCetera. This provides subscribers (currently numbering just below 2000) with free timely information, on a range of topics from new trusts to training opportunities, arts events to government policy and job opportunities to tv / radio listings.

To subscribe send an email to **admin@ndaf.org**.

Arts Access UK

In order to support arts organisations that have become more accessible and to encourage disabled people to participate more in the arts, the Forum has established Arts Access UK, a free online access information to arts and cultural venues throughout the country.

At <http://artsaccessuk.org>



Cathedral Deanery – Stars of Mary

Dates and venues of special Deanery Masses for 2006
All Masses start at 3pm

- | | |
|-------------------|-----------------------------------------------------------------------|
| 19 March 2006: | Our Lady of England Priory, School Lane, Storrington |
| 23 April 2006: | The Sacred Heart, Angel Street, Petworth |
| 21 May 2006: | St Gabriel, 18 East Street, Billingshurst |
| 16 July 2006: | The Divine Motherhood and St Francis of Assisi, Bepton Road, Midhurst |
| 13 August 2006: | Our Lady of Mount Carmel and St Richard, 12 Church Road, Selsey |
| 17 Sept 2006: | Our Lady of Sorrows, Clarence Road, Bognor Regis |
| 15 October 2006: | Convent of the Poor Clares, Cross Bush, Arundel |
| 19 Nov 2006: | Sisters of Mercy, The Convent, Petersfield Road, Midhurst |
| 10 December 2006: | Our Lady of Sorrows, Clarence Road, Bognor Regis |

For help with transport please contact Sue Botes 01243 814457



Pallant House Gallery

Pallant House Gallery in Chichester is opening in the spring after works to make the gallery more accessible.

website: www.pallant.org.uk It will offer a welcoming and accessible new entrance at pavement level; more and improved display space for the collections and temporary exhibitions; fully accessible public facilities on the ground floor including a Shop, Café, Learning Space and Reading Room; a room designed for the works on paper collection; and a beautiful garden.

Partnerships for Art Buddy Scheme

Partnerships for Art aims to help people to access the arts who have difficulties in accessing it themselves due to disability, illness, injury or other reasons. The people who need support are called partners and they are paired up with a buddy. The buddy could be someone who is a practising artist or someone who has an interest in the arts. The buddy and

partner meet up on a regular basis and may visit exhibitions, studios, take part in community art events or go to art classes. They often use Pallant House Gallery as a meeting place. To find out more please contact our Education and Outreach Officer Marc Steene on **01243 774557** email: m.steene@pallant.org.uk

STARBURST ARTS

Starburst Arts is a new arts centre based at The Wrenford Centre, a WSCC Social and Caring Services day service Chichester. It opened in September 2003 and over the past year have been developing and implementing an exciting programme of integrated workshops and courses. The idea for the arts centre was conceived by staff and service users at The Wrenford Centre, who recognised the importance of the arts in the lives of people attending the centre and developed in partnership with Pallant House Gallery.

Orpheus Centre

Orpheus is an inclusive performing arts centre in Godstone, Surrey; we aim to provide opportunities for personal development through the performing arts and other learning experiences for young disabled adults with a physical impairment and/or learning need; so that they can make informed choices about the future and gain the skills to live more independently in the community.

Are you a young disabled person looking for a new challenge? Then check out our **apprenticeship**

scheme designed to develop life skills and performing arts skills. Are you interested in performing arts? Do you have a skill or enthusiasm that you can pass on? Can you spare a week or a long weekend of your time? The Orpheus **enabler scheme** is



aimed at encouraging disabled and non-disabled people to work together creatively. Enablers are volunteers who attend our short courses, free of charge in order to learn new skills and facilitate disabled people to participate in the performing

arts by supporting students and apprentices in artistic sessions and during break times. Enablers will have the chance to work with professional tutors and our talented group of apprentices and students. In return of free accommodation, meals and full participation in all the workshops, sessions and performances.

To find out more information about the Orpheus Centre, the schemes mentioned above, and details of all of available courses visit www.orpheus.org.uk or phone **01883 744 664**.

What's On Nationwide

Theatre

The Royal Shakespeare Company (RSC) has regular audio-described and captioned performances. To find out more, tel: **01789 272227**, www.rsc.org.uk

Impact theatre company, based in Ealing, London, is run by and for adults with learning difficulties. The company, in conjunction with the Impact Outreach Network, offers a range of activities, classes and workshops, including filmmaking, drama, music and performance.

Tel: **020 8575 9911**

email: impact-theatre@btconnect.com



Vocaleyes provides audio description of arts performances and events around the UK. For details of upcoming audio-described shows, and to subscribe to the newsletter, see www.vocaleyes.co.uk, or tel: **020 7375 1043**.

Exhibitions

BlindArt promotes visually impaired artists to showcase their work through competitions and exhibitions, increasing the representation of visually impaired people in the arts.

Tel: **020 7245 9977**, www.blindart.net

The Victoria and Albert museum has regular events for disabled visitors, including talks, handling sessions and workshops.

Tel: **020 7942 2211**,

minicom: **020 7942 2002**,

email: disability@vam.ac.uk

website: www.vam.ac.uk

The National Gallery has regular free sessions for disabled visitors, including descriptions, interpretations and discussions of paintings in the gallery. Tel: **020 7747 5891** www.nationalgallery.org.uk

Tate Modern has regular BSL-interpreted talks of exhibitions. Free, no bookings taken. Tel: **020 7887 8888**, minicom: **020 7887 8687** www.tate.org.uk

Music

The Guildhall School of Music and Drama in London runs Guildhall Connect, a programme aimed at increasing access to music for young people, including disabled people. A variety of musical styles are covered, from classical to pop. Projects are run in schools and centres. To find out more, tel: **020 7628 2571** www.gsmd.ac.uk/connect

The Drake Music Project aims to make music more accessible through using specialist and adapted music technology, and is working on music composition software for primary school children. There are courses, workshops and performances. Currently Drake is running workshops for disabled children in association with Lloyds TSB. Their website has also been revamped, and now includes a music jukebox. Tel: **020 8692 9391**

www.drakemusicproject.org



Training opportunities and courses

Share Music provides music, dance and theatre courses, including residential weeks. Tel: **020 7247 7855**, www.sharemusic.org.uk

Art Shape has a range of art courses throughout the country, including photography, painting and music. Art Shape's On the Next Level is a two-year regional visual arts project, which will culminate in a touring exhibition in 2006. Tel: **01452 307684** www.artshape.co.uk

Info taken from www.disabilitynow.org.uk

Lizzie and The Arts

Through my childhood and teenage years I had experiences of all areas of the Arts.

Drama

While I was at my first school, I took part in all my class assemblies and plays. In most of the plays I was in, I had the part of a narrator. I sometimes felt annoyed about this, as I felt that the only reason I was a narrator was because it was a static part, where my wheelchair didn't have to be pushed on and off the stage. My sister took part in school plays too, and whilst at secondary school she was in the chorus of 'Fiddler on the Roof' and had a main part in 'Ratz' which was a musical of the story of the Pied Piper. I went to watch her in her plays and looked forward to doing the same things. At junior school, I had speech and drama lessons with some of the other girls. In these classes we would act small plays together and I had the opportunity to see that I could do other parts. In my last year of junior school the school did 'The Evacuees' and although I was (again!) a narrator, I loved the whole experience of acting and being involved in the rehearsals and then the 3 nights of the show. While I was at secondary school I took part in a poetry competition at the Central School of Speech and Drama in London and I won a medal for reciting two poems. Drama was always one of my favourite lessons throughout school, and I was quite sad that I was unable to fit it into my timetable for GCSE.

Music

From the age of six until fourteen I had piano lessons and I had five different teachers. Playing the piano was a great way for me to keep my hands and fingers moving as well as enjoying the tunes. I didn't enjoy the lessons so much when I had a teacher who made me practise every night and then talked behind me to my helper while I was playing! The pieces that I learned to play the best were 'The Bare Necessities' and 'Walking in

the Air'. One of my other piano teachers organised little concerts for her pupils to show the parents at the end of each term. I really liked having the opportunity to play with other instruments and to have the chance to be in a sort of mini orchestra! I always wanted to try to play the piccolo, but never fulfilled that ambition! At secondary school, I was a member of the choir for a couple of years, and enjoyed singing in various school concerts and services.

Ballet

I started ballet lessons when I was 6 years old. I loved the music and doing all the movements that I could. My mother would hold me up for the static dances, and for the moving ones, she or one of my friends would push me round the room while I moved my arms and feet. I had to give up my ballet when I was 12 as I was getting too tall and

heavy to hold up, and I found it too difficult to sit without my body brace on.

Art and Design

I have always loved drawing, painting, collage making, and any type of art. I studied Art through to A level and continue my interest now through drawing on the computer, using my digital photographs to create collages and doing fabric printing. I am involved with the Buddy Scheme at Pallant House and hope to get linked to a volunteer in the near future.

I would encourage all readers to get involved in any type of Art, Drama, Music or Dance available. It was a great way for me to express myself and I loved all the activities that I was involved in. As a family we have always enjoyed trips to various types of plays, concerts, shows and performances as well as visiting exhibitions at museums and art galleries. Having experienced various aspects of the Arts while I was growing up has helped me to appreciate the hard work and practice that goes into a production as well as the fun and satisfaction.



Lizzie and friends doing a play in the garden

Lizzie Bailly

lizzie@wellspringwestsussex.org.uk

Anda Cards

Hello! My name is Alexandra Baily and I'm the older sister of Lizzie the Editor. Like Lizzie I have Congenital Muscular Dystrophy. When I was a little girl, I only wanted to become an artist, or 'a circus lady', but I didn't like physio enough for that!

After doing Art GCSE and A level at school, I decided that I wanted to continue studying this subject. I have been at Chichester College for the last six years and have completed an Art Access course, an Art Foundation course, and a National Diploma in Graphic Design. This year I am following the Fashion and Textiles course. During my time at college, I set up 'Anda Cards' (Anda is my family nickname) to sell my designs. Each year I produce eight new cards and I now have 58 designs. 33 of these are 'Round the Year' cards and the other 25 are Christmas and Winter pictures.

Since I have had to lean on my right arm for support, I have learnt to paint using my left



hand. Each picture takes me a long time to produce as I need to have regular breaks, and also need someone to hold my wrist while I am painting. I paint using watercolour, acrylic and on silk as well as using my computer art program to help with the different stages of some of the designs.

I sell my cards at a few local farm shops, but mostly from home to family, friends and their friends. We send packages of cards to anyone living further away and I am always looking for new customers and outlets for my cards.

All the designs can be seen on

my website:

<http://groups.msn.com/andacards>

and ordered by emailing me:

andab@messages.co.uk. If you would like to see the cards, we can send a sample pack with order forms. Please phone **01243 641470**. The cards can be packed in any quantity of any design. I am happy to supply them to groups wishing to sell them on for fundraising at sales or fairs.

Katherine's Experiences

Katherine Paton is 24 years old and lives at Fennes, run by Living Options in Bracklesham Bay.

I like to go to the cinema as often I can. And theatre as well if there is the opportunity to go to any theatre.

The Cineworld Cinema in Chichester has some average access if we want to go there. There is an 8 person lift for upstairs, as the disabled toilet is bigger than the one downstairs. The cinemas have got 3 spaces for wheelchair user, but if we are 5 residents going there it is impossible; we get crushed up trying to sit next each other. I think



that the cinema have to consider building more disabled spaces for disabled people and a bigger lift in there.

I was impressed when I saw The Nuffield Theatre in Southampton because it has brilliant access and its disabled parking is front of the theatre entrance, the café had a chair lift to get to the bottom part of the café where we could have our drinks and food. The theatre had loads of spaces for wheelchair users in different parts of the theatre. Also it has a lot of clean disabled toilets! We went there 2 weeks ago to see 'Wizard of Oz' and it was very fun! I would recommend anybody who likes theatre to there for any theatre stuff. I think that The Nuffield Theatre had BRILLIANT ACCESS!

Katherine Paton



KYRAN'S HOT STUFF

I'm Not a Procrastinator! I'm a ...
Ah I'll tell you later.

What's Hot:
☺



What's Not:
☹

KY-MAN

K-Man's Wicked Animals #4 Llama

Llamas belong to the Camel family animal type. They originated in the plains of North America about 10 Million years ago and are among the world's oldest domesticated pets. In Peru, Llamas were often kept and also sacrificed to the Gods. (Poor Llamas ☹) The average life span for a Llama is 15 – 29 Years and the average weight is 200 – 450 Pounds. Llamas can be solid colours, spotted or marked really peculiarly with wool colours ranging from white, black, different greys, beige, brown and red. Llamas rock! ☺



Hey,
Welcome to the Latest Issue of Kyran's Hot Stuff.
Its got some wicked art since that's what Wellspring is all about this issue. You'll be able to have a look at some stuff I've made in Photoshop, Take a peek at some strange animals, check out what's hot and what's not – and have some fun!!

KiZ

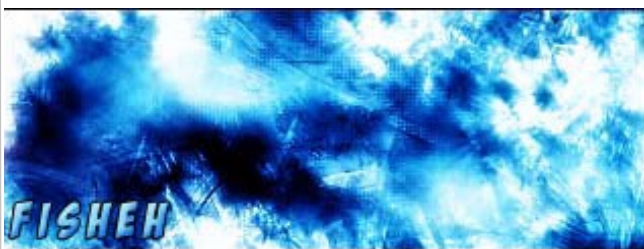
K



K-Man's Wicked Animals #4



If you want to contact me by email:
Kyran@wellspringwestsussex.org.uk or by post to the address on the back page.





Please write to us at:

Wellspring West Sussex,
c/o 26 Goldsmith Road,
Worthing
West Sussex
BN14 8ER

info@wellspringwestsussex.org.uk



Contact ICIS for information on services offering care, support or advice in West Sussex.
Telephone: **0800 859929**
e-mail: enquiries@icis-info4life.org.uk
www.icis-info4life.org.uk

Wellspring West Sussex is a registered charity set up to provide information, dialogue and discussion with and for children and young people with disabilities, and their parents and carers across West Sussex.

It produces a quarterly newsletter—**Wellspring: West Sussex** which has a circulation of approximately 2700 copies. During the year it organises or supports a number of activities for young people with disabilities, and their families. The organisation is managed by a committee of volunteers, parents and carers, young people and representatives from the voluntary and statutory sectors.

It is funded by grants from various sources including statutory agencies.

The information here is for your guidance and is not a recommendation by Wellspring West Sussex. Comments expressed within Wellspring West Sussex do not necessarily reflect those of the committee or the funding agencies.

The next edition (Issue 2) will be **Behaviour Management/Cobnor** If you would like to contribute any articles or letters to this edition, please send or e-mail to the above addresses by **27th March 2006**.

There will also be another **Young People's edition** of Wellspring out in March/April. If you would like to contribute any articles or letters to this edition please send or e-mail to the above addresses by **13th March 2006**.

WELLSPRING ONLINE!

Don't forget to check out the Wellspring website and leave a message or comment on the message board!

www.wellspringwestsussex.org.uk

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WELLSPRING—A newsletter for you?

If you wish to receive a regular copy of the newsletter but are not on our mailing list yet, please fill in your name and address below, cut out this portion of **Wellspring** and post to our address shown below (or e-mail details to the address above)

Your Name

Your Address

Send to: **The Editor, Wellspring, c/o 26 Goldsmith Road, Worthing, West Sussex BN14 8ER**

NB. The names of readers are kept on an electronic database. This database is used only for the newsletter 'Wellspring'

*Please let us know if you change your address or if you are receiving more than one copy of Wellspring