

MID SUSSEX DISABILITY SPORTS AND ARTS JULY 2008

Mid Sussex District Council Leisure and Sustainability Services
Oaklands Road, Haywards Heath
West Sussex, RH16 1SS
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Olympos Haywards Heath Pasture Hill Road Haywards Heath West Sussex RH16 1LY Tel: 01444 457337	Olympos Burgess Hill Triangle Way Burgess Hill West Sussex RH15 8WA Tel: 01444 876000	Olympos East Grinstead Moat Road East Grinstead West Sussex RH19 3LN Tel: 01342 328616
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Pay As You Go Card for Olympos Leisure Centres. Membership Team Tel: 01444 447823.
The card, which replaces the Leisure Kite Card, gives up to 10% discount on all indoor charges for leisure activities at the Olympos sites above and Beech Hurst Gardens Tennis and Petanque Bowls. £7.50p a year. Concessionary rates apply to people under 17, people aged 60 and over, full time students and those in receipt of particular benefits, including carer's allowance.

Radar Key To open accessible toilets anywhere in the UK. Tel: 01444 458166. Reception desk at Mid Sussex District Council, Oaklands Road, Haywards Heath, West Sussex, RH16 1SS.
Proof of disability or blue badge required.

English National Bus Pass Elizabeth Lancaster Concessionary Fares Officer. Tel: 01444 477304.
Mid Sussex District Council, Oaklands Road, Haywards Heath, RH16 1SS.

Email: concessionarytravel@midsussex.gov.uk Website: www.midsussex.gov.uk Then look under A-Z Index, Concessionary fares, National Bus Passes. The English National Bus Pass allows a disabled person of fare paying age (over 5) to travel free of charge on the majority of buses in England. Also companions of disabled people who, without such companions, would be unable to use public transport. (Ask for details of the Companion Pass).

The Arts for young disabled people living in Mid Sussex

Ariel Othellos Special Needs Drama Group Saturday 8.45-9.45am. .£5 a session.
Oakmeads Community College, Station Rd, Burgess Hill, West Sussex RH15 9EA.
Nicci Tel: 01444 250407. Email: info@arieldramaplus.co.uk Website: www.arielct.co.uk
Performance at the Ariel Drama Plus Showcase at the Hawth Theatre on 15th July 2008.

Annual Varied Ability Art Exhibition. This year on 21st-27th August 2008.

Greenstede Gallery, Chequers Mead Theatre, De La Warr Rd. East Grinstead.

Co-ordinator: Cecilia Bissessur, Maidenbower Day Centre Tel: 01293 885156.

Partnerships: Mel Campbell, Burnside Day Centre; Lisa La'rouche & Viv Harris, Ernest Kleinwort.
Farney Close School. Liz Bassett, Glen Vue Day Center; Donna Hall, Mid Sussex District Council;
Martin Stean & Emily Bakowski, Hollyrood Autism Service. Fiona King, Horsham Park Haven;

Burnside Day Centre off Victoria Road, Burgess Hill, West Sussex, RH15 9LH. Martin Fletcher
Manager. Tel: 01444 232786. Email: burnside.centre@westsussex.gov.uk

110 place day care service for adults with a learning disability. Can sometimes accept people with
additional challenging behaviour, depending on level of support needed. Provides educational,
leisure and recreation activities, work skills, personal development. Band called "hydranger".

Burnstock Music and Drama Festival 21st June 2008 12-7pm. Drama group called "dramarama".

Court Meadow School Hanlye Lane, Cuckfield, West Sussex, RH17 5HN.

Miss Rachel Smith, Head teacher. Tel: 01444 454535. Email: office@courtmeadow.w-sussex.sch.uk
Joint project between Court Meadow, Warden Park School, Cuckfield and Central Sussex College
performing "signed songs". In this year's Springboard Festival (2008) in Brighton, the students won
the "hand in hand" category outright for their energetic performance of "You've got to pick a pocket
or two" from the musical "Oliver!"

Monica Cantwell Trust Adults. Tuesday, 7.15-8.45pm. Special Needs Drama Group.

Lingfield and Dormansland Community Centre, High Street, Lingfield, Surrey, RH7 6AB.

25 members and 6-10 from West Sussex. Annual Pantomime. Mr Gerry Loney, Trust Manager,
Tel: 01342 833297. Cavendish House, Saxbys Lane, Lingfield, Surrey, RH7 6DN.

Millstone Studio Small craft studio offering various activities for adults with learning difficulties.

Group size does not exceed six clients. Teaching of skills in a variety of crafts, art, computers, basic
cookery, life skills, simple gardening and photography. Jane Russell and Sean Sims, Co-ordinators
Tel: 01273 831400. Email: millstone_studio@tiscali.co.uk Website: www.millstonestudio.co.uk
Cobbs Mill Stables, Mill Lane, Sayers Common, Hurstpierpoint, West Sussex BN6 9HN.

Playing with Clay Pottery workshops and parties for anyone over 4. Modelling, using potter's
wheel, making and decorating pottery. Adults and children's classes held weekly in term and during
holidays. No access facilities at main workshop but classes can be booked at suitable venues in West
or East Sussex. Jane Skelton is a trained teacher and authorised to work with children and groups
with special needs. Jane Skelton, 01273 844679. Email: janeyskelton@aol.com

Skelton Workshops, Blabers Mead, Streat Lane, Streat, Hassocks, West Sussex, BN6 8RR.

Shine Theatre Group Lodge Cottage, South Avenue, Hurstpierpoint, West Sussex, BN6 9QB.

Mel Upton, Director. Tel: 01273 832855. Email: mel@upton23.freereserve.co.uk

Website: www.shinetheatregroup.co.uk

Inclusive theatre group. Pupils participate in dance, drama, singing and performance. Weekly lessons
are held after school hours and various productions are put on throughout the year. Cater for people
throughout West Sussex with disabilities as well as the able bodied and socially disadvantaged.

Signposts C/O Burnside Day Centre off Victoria Rd, Burgess Hill West Sussex RH15 9LH.

Will Geffin. Tel: 01444 241831. Email: info@signpostsmidsussex.org.uk The information centre
and meeting place for children and adults with learning difficulties, their families, carers and friends.
Activities include classes in arts and crafts, drama and music. Call for a free programme.

Sports Clubs for Disabled young People in Mid Sussex

Access All Sports Age 9-16 years, wednesday 5-6.30pm. Sports for young People with a disability. East Grinstead Sports Club, Saint Hill Road East Grinstead West Sussex RH19 4JU.

Imberhorne Sports Leaders working in partnership with Outset Youth Action.

School Sports Coordinator, Steve Hill Tel: 01342 321185.

Outset Youth Action, Caroline Halpin. Tel: 07779 223421. Email: carolinehalpin@talktalk.net

Football Schemes

- **Burnside Day Centre and St Paul's College Burgess Hill,**

Joint Project: St Paul's College host football tournaments for users of Burnside & St Paul's students gain experience of coaching for their Duke of Edinburgh award. St Paul's fundraise for Burnside.

Martin Fletcher, Manager, Burnside Day Centre. Tel: 01444 232786.

Email: burnside.centre@westsussex.gov.uk

- **Motor Skills Football Course** Aged 8-14. Tuesday 5-6 pm. St Paul's College, Triangle Way Burgess Hill. Scott Harrison, Football Development Officer, details above. Joint funded by Brighton and Hove Albion, Mid Sussex District Council, PCT and Downlands and the Football Foundation

- **Seagulls Specials Mid Sussex Marvels** Aged 5-16 with special needs. Alternate Saturdays 10.15-11.45am. Oakmeads Community College, Station Road, Burgess Hill, West Sussex RH15 9EA The Seagulls Specials is a football club run by Brighton and Hove Albion Football Club.

Teresa Sanders and Nikki Richardson, Disability Development Football Managers.

Tel: 01273 648171 Mobile: 07919 051 848 or 0780 390 2044. Email: teresa.sanders@bhafc.co.uk

or Email: tjsanders8@hotmail.com Website: www.seagulls-specials.org.uk

Les Bonnes Boules de Handcross Handcross Recreation Ground, High Street, Handcross.

Alan Spencer, Chairman Tel: 01444 461341 Email: handcross-petanque@sibbring.com

Petanque club open to anyone over eight years, including people with disabilities.

Riding for the Disabled

- **Burstow Park Riding and Carriage driving for the Disabled** Adult and children sessions.

Open Monday to Thursday. Mrs E McLaren, Chairman. Tel: 01342 325197.

Burstow Park Riding and Livery Centre, Antlands Lane, Burstow, Horley RH6 9TF.

Pupils of Step by Step School in Sharpthorne for children with Autism ride at Burstow.

- **Riding for the Disabled - Court Meadow School Group** at Ditchling Common Stud.

Mrs C Hawkins. Email: mail@courtmeadow-rda.org.uk Website: www.courtmeadow/rda.co.uk

Riding as therapy for pupils with severe learning difficulties and special needs at Court

Meadow School. External competition at various levels for dressage and gymkhana. Weekly

riding sessions during term time. Christmas gymkhana and an annual day camp.

This RDA group won the Queens Award for Voluntary Service a few years ago.

Smart Clubs Age 8-16, Thursday 5.15-6.45pm. Over 16 years, Saturday 1.30-3.30pm.

Olympos Burgess Hill Triangle Way, Burgess Hill, RH15 8WA. Simon Adby. Tel: 0787 0973140.

Website: www.olymposcenres.com/index.php?s=kids&c=SMART

The Sports Mobility and Recreation Time club offer sessions for people with learning and/or

mobility needs. A wide range of sports are offered such as bouncy castle, football, tennis, table

tennis, unihoc, boccia, goalball. Other activities also offered are board games, arts and crafts, card

games. Often have a whole day of activities that can include pool parties.

Sports Clubs for Disabled young People living in Mid Sussex continued

Swim Clubs for children with disabilities

- **Olympos Marlins** Dolphins swim club, Age 10-16. Wednesday 6-7pm. Olympos Burgess Hill, details above. Pauline Draper. Tel: 01444 247885 Email: dolphins@burgesshillsc.org
- **Olympos Marlins** Star Fish, Age over 7. Mondays 6.45-7.30pm and Saturdays 11.15-12pm. Olympos Haywards Heath, Pasture Hill Road, Haywards Heath, West Sussex, RH16 1LY. Mrs Carolyn Heeley. Tel: 01273 833582. Email: peterheeley@btinternet.com
- **Seahorses Swimming Club** for the Disabled. Tuesday 6-7.45pm Olympos Haywards Heath, details above. Mrs Veronica Carter, Chairman. Tel: 01444 482842.
- **Tadpoles** Swim Club for the Disabled. Age over 9. Thursday 8-9pm. Assistance is offered to enable disabled people of all disabilities & ages. Olympos East Grinstead, see above. Doreen Powell, Chairman. Tel: 01342 323819. Email: info@tadpoles.info Website: www.Tadpoles.Info

Sussex Springers Trampoline Club Age Over 5. Wednesday 5.45-6.45pm. Hassocks Sports Centre, Downlands Community School, Dale Avenue Hassocks, West Sussex. BN6 8LP.

Stella Jackson, Head Coach. Tel: 01444 241770. Mobile: 07747 622212. £4.75 an hour. Email: funabounds@btinternet.com Website: www.sussexspringers.co.uk There is a coach qualified to train people with disabilities & reinforced special needs steps & safety mats are provided to support people with difficulties or disabilities. The club also organises sessions for adults.

YMCA Mid Sussex Top Gear Club Age 6-12years. Friday 5.30-7.30pm. Term Time only. Olympos Burgess Hill, details above. Multi Sports Club for children with moderate learning difficulties with bouncy castle, trampolining & range of other sports including football & basketball. £2.60.(Price to be reviewed.) Also delivering Sports Leadership Programmes and Duke of Edinburgh Award in partnership with Newick House School. Office: 38, Church Road, RH15 8AE. Phil Carey, Sports Development Worker Tel: 01444 233366. Email: phil.carey@hoveymca or Email: midsussexymca@btconnect.com Website: www.hoveymca.org.uk/midsussex_ymca

YMCA Hove Children and Young People from West Sussex with Moderate Learning Difficulties are welcome to attend Hove YMCA's Youth and Sport Activities at the Y Centre, 17, Marmion Road Hove, BN3 5FS. Age 14-16 Wednesday 5-7pm, Saturday 11am-1pm. Yolandi Taylor. Tel: 01273 731724. Email: yolandi.taylor@hoveymca.org.uk Website: www.hoveymca.org.uk

Youth Clubs/ Social Clubs/Buddy Scheme for disabled young people in Mid Sussex

Club for Young People with Additional Needs Age 11-25. Tuesday fortnightly 5-7pm
Wallis Centre, De La Warr Road, East Grinstead, West Sussex, RH19 3BS.

Jackie Cooper, Neighbourhood Youth Worker, Jo Baldwin Youth Worker

Tel: 01342 321585. Email: wallis.youth.centre@westsussex.gov.uk

Gateway Club East Grinstead. Age over 18. Thursday 7-9pm. Wallis Centre De La Warr Road. EG.
Mrs Kathleen Walder, Chair Person Tel: 01342 325883. Secretary Chris Granger Tel: 01342 328747.

Gateway Club Haywards Heath. Age over 18. Wednesday 7-9pm. Youth Wing, Oathall Community
College, Albemarle Centre, Appledore Gardens, Haywards Heath, West Sussex, RH16 2AQ .

Mrs Sally Holmwood. Tel: 07968 163431.

Kangaroos Jenni Herrett Administrator. Tel: 01444 255120.

Email: jenni-kangaroos@freeola.com Website: www.kangaroos.org.uk

Office: Suite 12, Priory Business Centre, Syresham Gardens, Haywards Heath, RH16 3LB.

- **Kangaroos Breakaway Club** Aged 13-19. Saturday 1.30-4.30pm.
The Yews, Boltro Rd, Haywards Heath. RH16 1BJ. A Saturday Club for Young People with learning difficulties who would benefit from a Youth Club type environment.
- **Kangaroos Saturday Club** Age 5-19. Saturday 1.30-4.30pm. Also a Summer Playscheme.
Ashenground Community Centre, Southdown Close, Haywards Heath, RH16 4JR
- **Kangaroos Youth Club** Age 18-25. Two Tuesdays a month 7.30pm. The Yews, Boltro Rd, Haywards Heath, RH16 1BJ. Dawn Gittens, Leader, Tel: 01444 453904.

Phab Club Haywards Heath. Age 11-19. Mondays 7-9.30pm. Albemarle Centre, Appledore Gardens
Claire Pargeter, Phab Leader. Tel: 0785 5863037. Club for young people, with or without physical disabilities. Activities include: Cinema trips, trampolining, cookery, sports and day trips. £1 a week.

Signposts Friendz Club! Age 15-25. Saturday 10-12pm. Park centre, Park Rd. Burgess Hill, West Sussex. Club for young people with special needs.

Will Geffin. Tel: 01444 241831. Email: info@signpostsmidsussex.org.uk

Springboard Project Buddy Scheme and Outburst Holiday Activity Scheme

Springboard House, 52 Hurst Road, Horsham, West Sussex, RH12 2EP.

Scott Bacon and Sarah Sheriff, Mid Sussex Leisure Development Coordinators. Tel: 01403 257699.

Email: midsussexldc@springboardproject.com Website: www.springboardproject.com

Buddy Scheme Age 11-18 years with disabilities and with or without additional support needs to enable them to take part in community activities like bowling and drama and widen their circle of friends. Also Outburst Holiday Activity Scheme Age 13-18. Covers East Grinstead and Hassocks.

Starlight Club Age over 18. Alternate Thursdays 7-9. Mid Sussex Christian Centre,
180 Leylands Road Burgess Hill. Ian and Val Meyer, Tel: 01444 452988.

Email: valkavenian@aol.com Dave and Ros Worsfield Tel: 01444 245287. Social Club for adults with learning disabilities, which provides music, dance, games and crafts and aims to enhance friendships. There is a small charge for entry and snacks are available. £1 per session.