WELLSPRING
-WEST SUSSEX-

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Issue no. 2 - 2004

Sport and Leisure

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

Hello! This is the second issue of Wellspring for 2004. This September disabled athletes from Great Britain and other countries will be gathering in Athens for the 2004 Paralympic Games. This edition focuses on Sport and Leisure and is crammed full of sports and other activity groups for children with special needs. Pages 5 and 12 give you the opportunity to help other carers and disabled people by giving feedback, sharing experiences with others and helping with a research project on families with disabled children. Find out what happened when I went to The Argus Achievement Awards, and check out Kyran's page for fun and games. See if you can find Proteas, the 2004 Paralympic mascot doing various sports throughout the newsletter. There are 10 altogether!

Lizzie Baily

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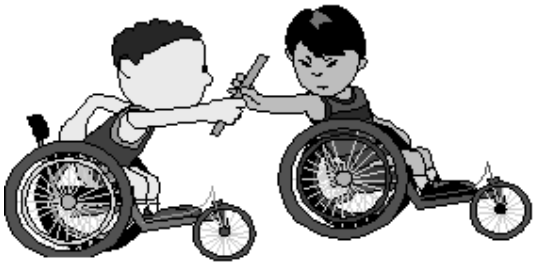


ICIS

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

Thanks to the Body Shop Foundation and Worthing Borough Council for their grants towards this issue

Paralympics 2004

This year is not only the year for the Summer Olympic Games in Athens, but also the Paralympics, which are being staged at the same venue between September 17 and 28.

For those two weeks, the Paralympic Village will be home to 4,000 Paralympic athletes from about 130 countries competing in 19 different sports.

The Paralympics began in 1948 when Dr Ludwig Guttman set up a competition between sports clubs and other hospitals for spinal cord injured participants to coincide with the Games being held in London that year. Since then the Games have changed to include many different types of disability and is seen as the ultimate international competition for world class athletes with a disability.

Great Britain, who came second in the overall medals table at the Sydney 2000 Paralympic Games, will be competing in 16 of the 19 events with about 220 athletes chosen from throughout the country with a wide range of disabilities.

Paralympic events

Archery : Archery is open to athletes with a physical disability.
Athletics: All disability groups can compete in athletics.
Boccia : Open to athletes with cerebral palsy who compete from a wheelchair.
Cycling : Open to amputees, les autres, cerebral palsy and visually impaired athletes who compete in individual road race and track events.
Equestrian : All disability groups can take part.
Football : Split into two disabilities - Blind and Cerebral Palsy. *(Great Britain not entering a team)*
Goalball: Played by visually impaired athletes. *(Great Britain not entering a team)*
Judo: Contested by visually impaired athletes.
Powerlifting: Any athlete with a physical disability.
Sailing : A multi-disability sport where athletes from the amputee, cerebral palsy, visually impaired, wheelchair and les autres groups can compete together.
Shooting: Divided into wheelchair and standing groups.
Swimming: The only sport that combines limb loss, cerebral palsy, spinal cord injury and other disabilities across classes.
Table tennis: Competed by athletes with a physical or an intellectual disability.
Volleyball: A sitting and standing event contested by athletes with a physical disability. *(Great Britain not entering a team)*
Wheelchair Basketball: Open to wheelchair athletes.
Wheelchair Fencing: Open to wheelchair athletes.
Wheelchair Rugby: Athletes are classified on a points system.
Wheelchair Tennis: Played from a wheelchair with two classes - wheelchair and quadriplegic (disability in all four limbs).

For up to date information on the Paralympics and information on Great Britain's team see the British Paralympic Association website at **www.paralympics.org.uk,** the International Paralympic Committee's site at **www.paralympic.org** or go to **www.athens2004.com** and click on the link to Athens 2004 Paralympic Games.

Background image - Paralympic Mascot, Proteas, carries the torch. ©ATHOC

The Argus Achievement Awards 2004

In March this year, I found out that Debbie Newson our Treasurer at Wellspring had nominated me in the Achiever of the Year category of The Argus Achievement Awards 2004. (The Argus is a Brighton based newspaper) There were a lot of secretive phonecalls to my house, between Debbie, my parents and the Argus before I received a letter telling me that I had been shortlisted for the award, and was invited to the award ceremony at the Brighton Hilton Metropole Hotel. A photographer from The Argus came to my house to take my picture to go into the paper with an article about me.

Lizzie and friends with Fatboy Slim

On Friday 21st May I set off in our van with my supporting team – Sheryl who helps me at home, Jean, my university helper and Lisa who supported me at Chichester College. My father was our chauffeur for the evening! We arrived at the hotel about half an hour early as we had left plenty of time for hold ups. We waited in the lounge bar, which overlooked the Brighton promenade. It made me feel as if I was on the QE2 again! After about 45 mins we went to where everybody else seemed to be going. We were told we needed to use the lift to get to the ceremony, so were then escorted by a porter on a long trek through back corridors to the right lift. I got in the lift and the others followed me in, but the doors wouldn't close… I thought we were never going to get to the ceremony! To cut a long story short, we eventually realised the lift wasn't working because I had gone right up against the other doors and must have been in the beam or something!

Meeting Nicholas Owen and Carol Barnes

We got upstairs and went into the champagne reception where I saw a poster with all the nominees on it, including me. This made me realise it wasn't a dream! The champagne reception lasted about half an hour before we went through into the main dining room which was all set out with candles and balloons everywhere. It looked like the BAFTA awards! I met up with Debbie and Lorna from the Wellspring committee, but unfortunately they were on another table.

After the three course dinner, it was time for the award ceremony, which was hosted by Nicholas Owen from ITV News. There were lots of other local celebrities there too who were giving the awards. I was feeling a little bit nervous at this stage as I wondered if I was going to win. Luckily my category – Achiever of the Year was read out first. Nicholas Owen read out a bit about each person nominated, then the winner was announced. In my category the award was won by a lady who voluntarily runs a club for children with autism and aspergers syndrome.

At the end of the evening I met some of the celebrities who were there. We met Chris Eubank, Dave Benson Phillips (from CBBC), Fatboy Slim, Carol Barnes (also from ITV News) and Nicholas Owen. All the celebrities were really friendly and I had a photo taken with each one. I also had a really nice chat with Nicholas Owen and told him all about my degree course and what I want to do in the future. I said that I hoped to help children with their computer skills. He said 'hurry up and finish your degree. We need people like you in schools!' We eventually got home at 1.15am and I slept till 12pm on Saturday!

I had a fantastic evening and heard some amazing stories about all the brave and courageous adults and children who live in the Sussex area. Thank you Debbie for nominating me for the award!

Lizzie Baily

Websites

www.bdaa.co.uk
A registered charity set up to develop fishing opportunities for disabled people.

www.efds.net
This is the national body responsible for developing sport for disabled people in England.

www.goodaccessguide.co.uk
A unique directory of accessible leisure pursuits, holidays and travel, transport, mobility products, and daily living services for disabled people, their families and friends.

www.thelcca.org.uk
The London Community Cricket Association together with top film-makers Annex Films has made a video showing the expertise of their coaches' who work with disabled children. The video is complemented by three coaching guides which will be used for their new training courses aimed at inspiring and instructing county board coaches and youth workers to introduce the game to children with a disability. The three guides and accompanying courses target three areas - coaching players with a visual impairment, with a physical disability and with a learning disability.

www.paralympics.org.uk
Information about the Paralympics taking place this year in Athens from 17th to 28th September.

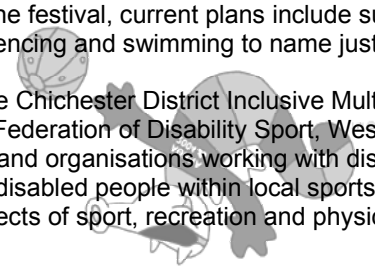
www.ukdeafsport.org.uk
UK Deaf Sport aims to enable deaf people to benefit from, excel at and fulfill their potential through sport.

www.wheelyboats.co.uk
Up until February 2004, The Wheelyboat Trust was known as the *Handicapped Anglers Trust*. Originally formed for the benefit of disabled anglers, the Trust soon realised that the Wheelyboat could fulfil a much wider role than just as an angling boat. It not only provides a straightforward means for disabled anglers to get on the water, but helps many other disabled people, young and old, enjoy a wide range of other activities as well. These include photography, painting, bird-watching, environmental studies, family picnics or just simply the fun of being in a boat!

www.wherecanido.com
Sport, Fitness and Health for disabled people. Information about new sports, suitable local facilities or clubs, and all the latest news.

Inclusive Multi Sport Festival

Westgate Leisure Centre in Chichester will be hosting the first Chichester District Council Inclusive Multi Sport Festival on Saturday 16th October 2004. Local clubs and organisations will be running taster sessions from 12pm to 5pm for people to try new sports and activities or just to come along and see what the different clubs and organisations can offer. A wide range of activities are being planned at the moment and a full programme of activities will be available before the festival, current plans include sub-aqua, electric wheelchair football, wheelchair basketball, martial arts, fencing and swimming to name just a few!



The festival is being organised by the Chichester District Inclusive Multi Sports Group which includes Chichester District Council, English Federation of Disability Sport, West Sussex Association for Disabled People and many local sports clubs and organisations working with disabled people. The aims of the festival are to highlight the opportunities for disabled people within local sports clubs and organisations, to improve and increase opportunities in all aspects of sport, recreation and physical activity and to develop partnerships between local agencies.

Any clubs or organisations wishing to get involved or to learn more about the festival details phone Chris Yelling on **01243 534871** or email **Cyelling@chichester.gov.uk**

Carers Online - The West Sussex Carers Website wants you

How much do you use the internet?
A little? A lot?

If you do, or even if you don't but are just about to start, and you look after someone who is disabled, frail or has a long-term illness, we want your help… to help us help others who are doing the same.

Carers Online, the West Sussex Carers Website (**www.westsussexcarers.org.uk**), is looking for carers to give feedback about our service twice a year at a friendly editorial meeting. We'll cover your travel expenses, any respite costs you incur for this, and make a contribution towards your internet costs.

We'll even ensure there is a nice cup of tea or coffee for you at each meeting.

Come and tell us what helped you and what we could do better.

If you are interested but know you would not be able to come to any meetings, please contact me anyway to find out how to participate from your own home.

For more information please call Andy Cheng, ICIS Projects **01903 777615**
You can email me at
ed@westsussexcarers.org.uk

Research Project - can you help?

In September I will be starting my final year of my Childhood Studies degree course. The main section of assessment for the third year is a 9000 word Independent Study. For this, I have chosen to research the effect of having a disabled child/children in a family. I have to refer to previous research that has been carried out on the subject matter, but a large part of the project is my own investigation and research.

To do this I am looking for families with a disabled child who would be willing to be interviewed or given questionnaires to complete. I want to gather information from parents, grandparents, brothers and sisters as well as from disabled children themselves, if possible. It would be preferable if a complete family would consent to being subjects in my study (i.e.parents, grandparents and siblings). This would enable me to make comparisons between the responses to questions given.

I will be looking at how a disabled child/children in a family can affect various aspects of life. Some of the areas that I will be investigating are:

- Social life
- Leisure time
- Inter-family relationships
- Friendships outside the family
- Looking at ourselves and how others see us

I do hope that some readers may be interested in helping me with my research. If you think you and/or any of your family could, or would like to find out about the project in more detail, please contact me through the usual Wellspring address, or email me: **lizzie@wellspringwestsussex.org.uk**

Lizzie Baily

SPORTS

Boccia – This game is similar to indoor bowls, whereby a series of balls from opposing teams are thrown towards a target ball (called a Jack, in this case) and points are scored depending on their proximity to this target. The game can be played by two individuals, pairs or teams of three. Principally played by people with Cerebral Palsy, the sport is being expanded for the Paralympics in Athens to include participants with other serious physical impairments which affect their dexterity and co-ordination, such as those with traumatic brain injuries. Open to people of all ages and played in mixed-sex teams, the game of Boccia requires a level of accuracy, control and concentration which can help Improve players hand/eye co-ordination as well as being a fun and challenging recreational activity.
English Boccia Association 0115 925 7027
www.cpsport.org

Cricket for Blind and Visually Impaired People – All players are registered blind or partially sighted. Of the eleven players in the team, at least four must be totally blind. The main difference between standard Cricket and Blind Cricket is the ball. A size three football is used in Blind Cricket to help the partially sighted players to see it and it is filled with a quantity of ball bearings to allow the totally blind players to hear it. Young cricketers are encouraged to participate and develop their skills in the game.
British Blind Sport 08700 789000
www.britishblindsport.org.uk
www.blindcricket.org.uk

Golf is an excellent sport for people with a wide range of physical or mobility impairments. Not only is it a fun, challenging and sometimes frustrating game, it can also be therapeutic and great low-impact aerobic exercise that gets you out into the open air. The Golf Foundation is primarily concerned with the promotion and development of the game, with a particular focus on getting children of all abilities interested in the game.
The Handigolf Foundation
Tel: 01908 655102
www.handigolf.org
BALASA Golf
Tel: 01372 271392
www.britishamputee-opengolf.co.uk
Golf Foundation
Tel: 01920 876200
www.golf-foundation.org
English Blind Golf Association
Tel: 024 7641 4166
www.blindgolf.co.uk

Table Cricket – This is a game played on a table tennis table or similar sized surface with side panels and provides an opportunity for youngsters with severe physical or learning disabilities to play competitive cricket – and it doesn't matter if it rains!
Arthur Travis ECB National Disabilities Development Officer 0115 982 3000
Email: arthur.travis@ecb.co.uk

Wheelchair Basketball is among the oldest and most established of wheelchair sports, having been introduced over fifty years ago as a rehabilitation and recreational pursuit for people with spinal cord injuries. Fairly rapidly, however, it became a much more organised and competitive activity; and now involves people with a range of conditions such as spina bifida, brittle bones, cerebral palsy and multiple sclerosis.

Great Britain Wheelchair Basketball Association 01234 708741
www.gbwba.org.uk

Wheelchair Rugby - Although an amalgamation of rugby, basketball and volleyball, it is a complex, skilful and tactical game which has fast developed from a rehabilitative, social activity into an international and professional sport practiced in over 22 countries worldwide. Played on a basketball court with only four players per team on at any one time, the object of the game is to score points by carrying the ball over your opponent's touchline and although there is no actual body contact allowed, full chair contact - including slamming, charging and tipping – are all within the rules!
Great Britain Wheelchair Rugby Association 01329 513506
www.gbwra.org.uk

Wheelchair Tennis - Amongst all the main disability sports, wheelchair tennis is probably the most integrated with its non-disabled equivalent. Players must have a permanent mobility-related disability, but the game itself is played on a regular court with standard rackets and balls - the only major rule difference is that wheelchair players are allowed two bounces of the ball. Even more uniquely, the majority of wheelchair tennis players are categorised according to their tennis ability, not their impairment or functional ability. The only exceptions to this are Quadriplegic (Quad) players - those who have a lack of power or mobility in three or more limbs - who have their own world ranking list.
British Tennis Foundation
020 7381 7051
www.britishtennisfoundation.org.uk

Sport and Leisure Contacts

Arun Dolphins Swimming Club – Littlehampton
Swimming club for people from 5 years to over 60 with physical or learning disabilities. Meets on Wednesday evenings between 6.30pm and 7.30pm at Littlehampton Swimming Centre in Sea Road, and a medium level of support is available for people with disabilities. Coaching available for galas etc. Helpers available both in and out of the pool. The Swimming Centre (01903 725451) has level access throughout, wide doorways and corridors, disabled parking, an accessible toilet, accessible shower, handrails and automatic doors. A hoist is available in the main pool, and special chairs for transfer from changing room to pool.
Joyce Adams 01903 726531

Arun Sports Association for the Disabled
Meets on Sundays between 2pm and 5pm at the Arena, Bognor Regis Community College, Westloats Lane, Bognor Regis. Caters for people aged 9 and over, with all sorts of disabilities, living in Arun and Bognor.
Mrs K M Allen 01243 583868

Chichester Canal Trading Limited
Four miles of historic canal linking Chichester with its Harbour. Boat trips and regular events throughout the year. Access to and on the canal boat is specially adapted for people in wheelchairs.
John Cooper 01243 771363
www.chichestercanals.co.uk

Cobnor Activities Centre
Water activites centre offering sailing, canoeing and climbing, for people over 8 years with any disability. Open every day from 9.30am - 4.30pm. All equipment is supplied except wetsuits which can be hired. Residential sailing courses run from March to Mid November, including special sailing courses for disabled students.
Mark Murray-Brown 01243 572791
www.cact.co.uk

English Table Tennis Association
Association promoting and providing opportunities for disabled people aged 7-70 to play table tennis at all levels at various venues. Membership is open to all. Staff are trained in disability awareness and the Association offers coaching/training.
Judy Rogers 01424 722525

Ferring Country Centre
Rural work and training for adults with learning disabilities, especially all aspects of horticulture and gardening. Also has a Riding Therapy Unit, offering riding lessons for disabled people from the local community, over the age of 3. Open every day except Wednesdays, 10am-4pm. A high level of support is offered.
Mr John Baker 01903 245078

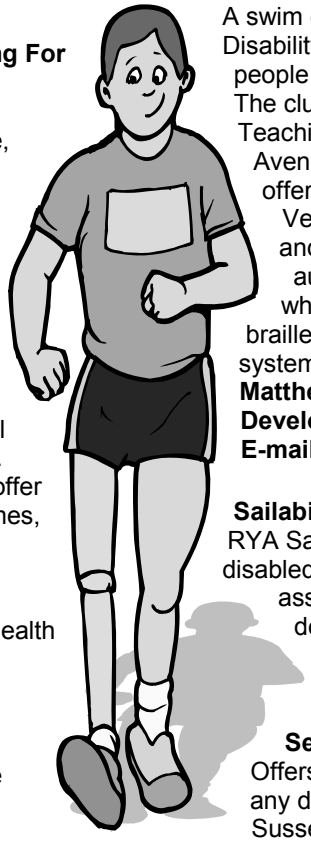
Flamingoes Club - Crawley (Swimming For The Disabled)
Swimming for the physically disabled at Crawley Leisure Centre, Haslett Avenue, Crawley on Tuesdays 8-9pm.
Carers required if possible but not essential.
No transport available to and from Leisure Centre.
Kevin Ford 01293 882148
or Chris Landragin 01293 522039

Friday Zone
Youth club for young people with special needs and/or autistic spectrum disorder. Age range is 11-19 years. Activities on offer include table tennis, snooker, darts, games, arts and crafts, Sky television and computers. Can cater for people with physical, hearing, visual, learning, or communication difficulties, and mental health problems.
Nikki Stenner 01243 264439

Garnet Access Project
The UK's first disabled all terrain vehicle club that provides access to the environment, whatever the terrain. Free introductory sessions for up to 6 people on a one hour trip to cover a two mile tour at the training and assessment centre.
Jon Heasman 01243 773375

Goodwood Flying School
Aims to introduce flying to disabled people. Has two aircraft permanently fitted with special controls for disabled people. Venue has level access throughout, with ramps where necessary, and an accessible toilet. A minimum level of support is offered.
Mark Hubbard 01243 755066

Grasshoppers/Outburst
Part of the Springboard Project in Horsham offering activities for children aged 5 - 13 (Grasshoppers) and 13+ (Outburst) who have a variety of additional needs.
Jane Tickner 01403 218888



Imberhorne School – Athletic Training Facility
Lottery funded athletic training facility with facilities and equipment for people with wheelchairs, including special weights, all-weather pitch, 'circle' fittings for wheelchairs. Also has trampoline.
Mrs Janet Haggart 01342 310982

Moving Barriers Swim Club
A swim club which is part of the Moving Barriers Disability Sports Project for young people with disabilities aged 6-19.
The club meets every Friday, 6pm-7pm at the Teaching Pool, Crawley Leisure Centre, Haslett Avenue, Crawley. A medium level of support is offered to young people with any disability.
Venue has wide doorways, accessible toilet and shower, mixed changing room, audible information, ramps, lift with room for wheelchair, automatic doors, braille/large print information, handrails, loop system and disabled parking.
Matthew Lethbridge – Youth Sports Development Officer 01293 488652
E-mail: matthew.lethbridge@crawley.gov.uk

Sailability
RYA Sailability is a national charity helping disabled people to go sailing. It is responsible for assisting sailing organisations and clubs to develop sailing for disabled people of all ages.
Peter Wilson 01903 755765

Seagulls Specials
Offers football training for juniors and adults with any disability at various venues across West Sussex, a high level of support is available for people with physical and learning difficulties.
Teresa Sanders 01273 648171
www.bhafc.co.uk

Seahorses Swimming Club for the Disabled
Aims to encourage, promote and develop swimming among disabled people in Haywards Heath and surrounding area.
Sessions held at Dolphin Leisure Centre, Pasture Hill Road, Haywards Heath on Tuesdays from 6pm - 7.45pm. Membership open to anyone of any age and with any disability. Medium level of support offered to people with disabilities. Transport is available; armbands and floats supplied if needed. External competitions at regional and national levels. The venue has disabled parking, audible information, lift with room for wheelchair, wide doorways and corridors, mixed accessible changing room.
Veronica Carter 01444 482842

SMART Club
This club offers sessions for people with learning and/or mobility needs at the Triangle Leisure Centre, Burgess Hill.
01444 876008

Solent Ski Club for the Disabled
Ski Club for people of any age with any disability, offering a high level of support.
Keith Diaper 023 8087 0990

Special Olympics Group – South East Region
Regional group of Special Olympics UK, covering the South East area, promoting sport for people with learning disabilities.
Veronica Smith 01424 718223

Sports Foundation for the Disabled
UK Foundation that helps disabled people with the costs of sports equipment. Grants of up to 50% of the total cost are available for people with any disability.
5 Memorial Houses, 282 Victoria Drive, Eastbourne East Sussex

Sportsability
This scheme from the Youth Sport Trust creates opportunities in schools for young people with disabilities to enjoy, participate and perform in physical education and sport. This is done through a series of inclusive equipment sets and resource cards. Activities include boccia, goalball, polybat, table cricket and table hockey.
01509 226600
www.youthsporttrust.org

Sunbeam Swimming Club for the Disabled
Swimming group at Park Swimming Centre, Horsham, for people of all ages with any disability plus their families and volunteer helpers. Aims to help with physical development and wellbeing. Medium to high level of support for all disabilities. Has a range of swimming aids available. Meets between 8pm and 9pm on Fridays.
Robin Ayres 01403 253200
Mr G.R. Almrott (Vice Chairman) 01403 257083

Sussex Otters Swimming Club For The Disabled
Sussex Otters is primarily a swimming club for people who suffer from physical or mental disabilities. Membership is open to all, the only restriction may be the presentation of a letter from your GP confirming that you are allowed to go swimming. The age of members ranges from under five to over eighty. It meets at the Chichester Leisure Centre on the Avenue de Chartres on Saturdays between 4.30pm and 5.30pm unless the Leisure Centre is closed for a public holiday. There is a trolley for anyone who needs to lie down to change, wheelchairs to take people to the poolside and there is a hoist to enable entry or exit from the water. Helpers are also available to provide swimming instruction or merely encourage members to feel secure and confident in the water.
Mr G Quennell (Chairman) 01243 575714
Monica Edwards 01243 783702
Angie Morris (Secretary) 01243 555280
www.sussexotters.org.uk

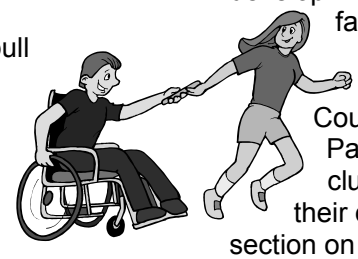
Steyning Task Force
A club for young people (age 12 and above) with and without disabilities, affiliated to PHAB, which meets on the first and third Saturdays of the month from 2.30pm to 5pm. Facilities include computers with internet access, video Games, pool, table football, air hockey, TV, basketball and a snack bar. There are often special sessions with African drumming and dancing, beauty therapy, archery, etc. Occasional off-site activities.The club meets at the Cuthman Centre (next to the swimming pool) at Steyning Grammar School Youth Wing, Shootinf Field, Steying.
Brian Rose 01903 815515

Sussex Squids
Swimming club for people of any age with any disability. Takes children from the age of 5 and adults up to age 50. Meets between 6pm and 7pm at the Littlehampton Swimming and Sports Centre on the last Saturday of each month during term time. Encourages members to take the ASA Assistant Teacher's qualification. Venue has level access, wide doorways and corridors, and handrails. The group also attends galas and runs its own gala at the Felpham Leisure Centre in March each year.
Sandra Cook 01903 240788
E-mail: swim1947@hotmail.com

Tadpoles Swimming Club For The Disabled
Meet on Thursdays between 8pm and 9pm at The King's Centre Swimming Pool in East Grinstead. Assistance is offered to enable people of all disabilities and ages to enjoy the water and learn to swim. Tadpoles are not a competitive swimming club. Has parking facilities and wide doors for easy access.
Doreen Powell (Chairman) 01342 323819

Sport & Leisure Directory 2004-05

Chichester District Council Sport Development team are currently seeking contact information for all of the sport & leisure clubs or organisations in the district
The information will be used to develop the Sport & Leisure Directory 2004-5.
The directory will be included as a pull out section in the Autumn edition of the councils 'Initiatives' magazine, which is distributed to every household in the Chichester District as well as being distributed to schools, youth & community centres, libraries, council receptions, tourist information centres, leisure facilities. The directory has grown in popularity and last year contained information on 130 clubs, representing 40 different sports.



Each club or organisation is sent a simple audit form in order to update the information held on the database, which includes contact details; venues used; membership detail; and, information on provision for young and disabled people. The aims of the database and directory are to improve public knowledge of local opportunities; to help sports clubs promote themselves; and, to allow the Sports Development team to work with clubs to develop membership initiatives, develop facilities, access funding and plan for the future.

As Chichester District Council are part of the Sussex Sports Partnership, the audit also provides clubs with the opportunity of having their details on the new Sussex Club Lists section on the Sussex Sports Partnership web site, allowing their details to be accessed by even more people at no cost!

The deadline to return the audit forms is **Wednesday 23 June 2004**. To obtain forms for your club, or to find out more about the directory, please contact Chris Yelling, Sports Development Officer on **01243 534871** or email **Cyelling@chichester.gov.uk**

Horsham Sport & Leisure contacts

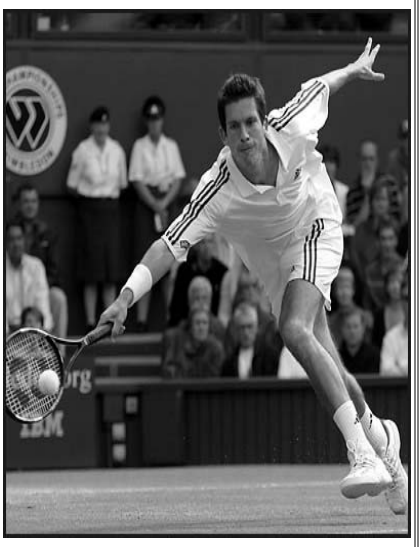
Horsham Saturday Club
The Horsham Saturday club offers people with learning difficulties the chance to relax and have fun in an enjoyable atmosphere amongst their peers. The club is run for people aged between 18 and 30, with no mobility or personal care needs. The club takes place alternate Saturdays at the Forest Youth Wing, Forest Community School, Comptons Lane, Horsham and runs from 10am – 3pm. The club caters for up to 10 members at a time and arranges visits and social opportunities for their members as well as sport sessions in partnership with Horsham Leisure Link.
For further information on the Horsham Saturday Club please contact Siobhan Lennon or
Sue Swei on 01403-263202.

Forest Flyers Disability Football Club
Training takes place on Saturday mornings, 10 - 11.30am at Forest Recreation Centre in Horsham, during the football season (September – May). The club provides regular coaching opportunities for anybody with a learning or a physical disability aged 7 upwards and is run by qualified coaches from Brighton and Hove Albion Football in the Community Scheme. In addition to regular coaching players have the opportunity to play in matches and tournaments.
For further information please contact Steve Cooling on **01293 881986**

Ready and Able Sports Club
This is a club open to people with disabilities, their helpers, friends and family and caters for all ages. The club runs every Monday except Bank Holidays and lasts from 6.15pm – 8pm.
The club offers many sporting activities including New Age Kurling, Badminton, Football, Short Mat Bowls, Basketball, Short Tennis, Seasonal Golf, Trampolining and many more. There is also the chance to do some swimming (hoist available), play some board games and socialize with friends. The cost for the club is £1.50 or £1.00 for under 16's.
For further information please contact Trevor Beadle on **01403 215493**.

Games and Sports Equipment
At Horsham Leisure Link we have a variety of games and sports equipment available for hire, costing only £5 per week for each game. The games that are available to hire are: New Age Kurling, Boccia, Target Boccia, Scholen, Skittles and Table Skittles.
For further information please contact Horsham Leisure Link on **01403 274652.**

Kyran's (Very, Very) Hot Stuff!



SPORTY CRAZY!

Jokes while 'u' wait!

Why do football players have so much trouble eating popcorn balls?
They think that they can't use their hands!
Why did the basketball player wear a bib?
So he wouldn't dribble!
Where do football players have parties?
At a foot-ball!
What do footballers drink?
Penal-*tea!*

If you play any type of sport or just have any comments write to me at 26 Goldsmith Road, Worthing, BN14 8ER or email kyran@wellspringwestsussex.org.uk !

Yo dudes,
this is issue is packed with sports, did I mention sports and oh yeah, SPORTS! But apart from sports we have a few funny jokes and a comic strip, so I hope you enjoy!

...KYRAN!

In to sports? Well why don't you try some new ones? Here are some I like…
Rugby,
Swimming,
Cricket,
Football,
Rounders,
Basketball.

If you already play one of these then try another one, or if you do all of them you're one sporty dude!

HOW WOULD YOU FEEL = IF?

When growing up did you instigate conversation?

Try to imagine NOT instigating conversations? For how long, an hour? A day? A week? A month? A Year? Two years? Nearly 7 years? I strongly advise you to try it now and see how long it lasts and think about how it makes you feel.

My son will be 7 in October and has never instigated a conversation outside his home. Why? Nobody understands him. Intellectually Jim is age appropriate and has Quadraplegic Cerebral Palsy so is restricted in all his Physical abilities.

As a parent I can fully understand Jim's complex needs and the time it takes for professionals involved to try different types of accessibility – equipment/switches etc.

However once achieved and "The decision made" I do not fully understand the LENGTH OF TIME it takes to process orders, get funding in place and EVENTUALLY for the child to receive their much needed equipment.

This not only happens with computers, switches, but standing frames, walking frames, chairs for school, chairs for home, toilets, wheelchair repairs or equipment. All of which are so important in every aspect of Jim and his twin brother, Peter's, lives.

Why does everything take so long?

Can anyone tell me?

Have we lost sight of what's important for the children (and adults) and overbalanced it with too many procedures, officialdom and red tape? As a parent I say Yes, Yes and Yes!

What do you think?

How would you feel if it were <u>you</u>?

Sharon Langton (Mrs)

Share Your Tale

What would you have done differently if you had known then what you know now..?
How important to you was it to hear how others cope..?
Do you think your experiences might help others..?

We at Carers Online, the website for carers in West Sussex (www.westsussexcarers.org.uk), have a small collection of carers' stories from around the UK which we are convinced are a great help to others. Your experiences, whether, good or bad, short or long, just begun or even a long way from being finished will give a much needed local and personal view. Give others the benefit of your experiences - send your story to Wellspring with permission for us to publish it and we will. (On the Website.)

If you would prefer us to make your story anonymous, please say so and we'll change the names of any people or places you mention.

For more information about this please visit **www.westsussexcarers.org.uk/forms/Mystory**
Or call Andy on **01903 777615**

Local parent carer support groups

Mid Downs

Parent Carers Support Group – Crawley, Horsham and Haywards Heath
Support for parents of children with special needs. Meetings are held in the Committee Room, CCVS Annexe, The Tree, 103 The High Street, Crawley.
Ann Boss 01293 553395

Haywards Heath & District Eczema Support Group
Support and information for parents of children with eczema
Christine 01444 451056

Crawley Dads
Meets Wednesdays 7-9.30pm at the Arena Suite, Crawley Leisure Centre. Provides the opportunity for dads of all ages and circumstances to have a break, meet other dads, exchange ideas, learn how to be a more effective parent and enjoy group outings and activities. There is no charge
Alan Train 07899 817727
www.crawleydads.org.uk

Parents Helping Parents
A support group set up as part of the Sure Start service for Crawley for parents and carers who have children under the age of four with special needs. Meets every Tuesday at Broadfield Barton Community Centre from 10am till noon.
Mandy Ford 01293 518656

Worthing, East Arun & Adur

Down's Syndrome Support Group - Worthing & Littlehampton
Offers support for parents.
Hazel White 01903 203317

Guild Care - Ashdown Club for Children with Special Needs
Children aged between 5 and 13 with a wide range of special needs can play. Open every Saturday.
Jill Lancaster 01903 528600

Adur Special Needs Project
For children and young people aged 5 - 18 with special needs. Club nights at Quayside Youth Centre, every Wednesday. The Glebelands Weekend Project takes place every second and fourth weekend.
Joseph Shanahan 01273 441866

Adur Special Needs Project - Youth Club
An evening youth club for disabled and able-bodied young people, 8-18 years old.
Denise Starling 01903 754901

Muscular Dystrophy Group
Provides support and counselling for affected families.
Mrs T Hankin 01903 247535

Worthing & District Scope Fieldwork Service
Advice, information and support to parents and carers of children and young people with cerebral palsy (CP). The service is also available to adults with CP who are living independently.
Amanda Brewis 01903 207054

Parent Carers Planning Group

The next meeting is on Wednesday July 14th at Pulborough Village Hall, Swan View, Lower Street, Pulborough.

The topic of the meeting is Accessibility.

Please contact Jon Philpot (Children's Services) for more details **01243 852765** or email **Jon.Philpot@westsussex.gov.uk**

- *If your group is not mentioned on these pages, please send us details to the address on the back*

Local parent carer support groups

Bognor Regis and Chichester

Parent Carers Support Group - Chichester (PACSO)
A voluntary group providing support for parents and carers of children and young people with disabilities.

Free lunches are held twice a term, they are an opportunity for parents and carers to meet others in the same situation and chat to visiting professionals. Children are welcome.

The Saturday Club is held once a month. A variety of activities are provided for children with special needs and their siblings.

Half term films are held on Wednesdays and family fundays are held during the school holidays.
07904 240249 www.pacso.org.uk

Down's Syndrome Association - Chichester Branch
Support for people with Down's Syndrome, their families and friends. Meets on the second Tuesday of each month at 8pm in Chichester.
Mr M Draper 01243 774607

Countywide organisations

Sussex Association for Spina Bifida and Hydrocephalus - SASBAH
Provides for the care, welfare, interest, treatment, education and advancement of people with spina bifida and/or hydrocephalus in East and West Sussex
Maria Maloney 01903 507000

Hyperactive Childrens Support Group
Provides information and support to parents of children who are hyperactive.
Sally Bunday 01243 551313

Face to Face
A one-to-one parent befriending service offering emotional support to parents discovering their child has a disability. The service is delivered by trained parent volunteers.
Rachel Lickiss & Marion Moffatt
01342 832123

LEUCAN – Children with Leukaemia Cancer Parents Support Group
A self help/support group for paents of children with leukaemia or other forms of cancer. Offers friendship, support and advice.
Dr I Camburn 01903 884955

Home Start
Committed to promoting the welfare of families with at least one child under the age of five. Trained volunteers, who all have parenting experience, offer emotional and practical support. Volunteers welcomed.
Crawley & Horsham
Liz Roe 01293 416327
Arun
Alison Elliott 01243 869611
Worthing and Adur
Hilda Sherwood 01903 236916
Mid-Sussex
Paloma King 01444 250557

- *The information on these pages is for your guidance and is not a recommendation by Wellspring.*

West Sussex Action Group (Autistic Spectrum Disorders)
Parent/carer led group campaigning for services for children aged 14 and over through to adults with Autism and Aspergers.
Elaine Whitelock 01903 211725

Scope – South East
The Southern Community Team provides advice, information, assistance and support to individuals with cerebral palsy and their families, carers and professionals.
01959 564686

Lady Hoare Trust – East & West Sussex
Provides support to families with children up to the age of 18 affected by arthritis and other limb disabilities. Gives emotional support, information, sources of help, help with Disabled Living Allowance applications. Financial support in the form of small grants may be available.
Anne Tylden-Wright 01580 850281

Parent Support Co-ordinator – West Sussex Drug and Alcohol Action Team
Offers support and information to families experiencing difficulties with drugs or alcohol misuse.
Jane Brown 01243 382940

West Sussex Parent Partnership Service
Advice, information and support to the parents and carers of children who have special educational needs
Helpline 01243 752115

Children's Information Service
Information regarding all aspects of childcare in West Sussex for parents, carers, providers, professionals and employers.
01243 777807

Look- Sussex
Look is a national federation of families with visually impaired children aged 0-25 who may also have associated problems. It offers support, help and information. Look Sussex is a very active group with lots of different activities throughout the year for the whole family and sometimes parents only throughout the whole of Sussex.
Mrs Wendy Peek 01273 832267

Blatchington Court Trust
Promotes the education (including social and physical training) and the employment of visually impaired young people. Open Monday to Friday 9am - 5pm. Family Support, Advocacy including help with benefit tribunals. Advice on employment and training, IT information and advice, Financial Assistance towards cost of education and training needs.
Alison Evans 01273 727222

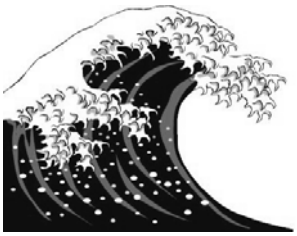
Sussex AD/HD Support Group
Support group for people with and/or caring for someone with AD/HD, Attention Deficit Hyperactivity Disorder.
Brigit Solomon 01293 428025

Portage Service
A home visiting educational service for children with additional support needs, helping parents to help their pre-school children.
Worthing
Beverley Miles 01903 242558
Horsham and Mid Sussex
Sonja Maskell 01444 243150
Chichester
Sharon Webb 01243 536182
Crawley
John Parry 01293 615325

Sussex Autistic Society
For support, membership advice and information about autism for families in Sussex. Helpline available Monday - Thursday 10am - 12.30pm.
Alice Walker 01273 846846

Child Brain Injury Trust
Support group for children with a brain injury (upto 21 years) and their families. Informal meeting on a monthly basis.
Sheila Riches 01273 828041

Unique – Rare Chromosome Disorder Support Group
A support group run by and for parents of children with rare chromosome abnormalities.
Marion Mitchell 01293 525504



Please write to us at:

Wellspring West Sussex,
c/o 35 Worthing Road,
East Preston,
Littlehampton,
West Sussex
BN16 1BQ

info@wellspringwestsussex.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.

ICIS

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

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.

Wellspring West Sussex acknowledges the support of:

- Child Disability Team
- ICIS: Information for Life
- Parent Partnership Service
- West Sussex Carers Network

The **next edition** (Issue 3) will be a ***Feedback Issue***. If you would like to contribute any articles or letters to this edition, please send or e-mail to the above addresses by August 30***, 2004.***

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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Your Name ……

Your Address ……

Send to: The Editor, Wellspring, C/o 35 Worthing Road, East Preston, Littlehampton, West Sussex BN16 1BQ
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