



WELLSPRING

- WEST SUSSEX -

Registered Charity Number 1100226

Issue no.4 - 2005

Respite

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

Hello! This edition of Wellspring is focused on Respite. Inside on pages 4 and 5 you'll find loads of information about places where respite services are offered and on page 6 there are details of where you can go to have fun in sensory rooms. Find out about the Shared Care Network on page 2 and the West Sussex Family Placement Disability Team on page 11. On page 10 you can find out about Wellspring reader Katherine and her holiday run by Vitalise and read about my French holiday on page 8. If you enjoy surfing the internet, you might like to turn to page 12 where there are some websites focused on holidays and leisure activities for disabled people. If you would like to help with a new guide to Transition, turn to page 15 and to find out about how you could hold a circus workshop or clown show funded by Wellspring take a look at page 13 to find out about Freedom Through Fun.

The next edition of Wellspring, coming out in January will be all about Arts and Entertainment. We want to know what you think about your local cinemas, theatres and other entertainment venues. Write to the address on the back page to let us know about them and anything else you think other readers might like to know !

Here I am at my graduation ceremony in October!

Lizzie Baily



Inside this Issue:

Breaking Point	page 2
Shared Care Network	3
Respite Information	4
Sensory Rooms	6
Independent Living Fund	7
Lizzie's French Adventure	8
Parents-Make Yourselves Heard!	9
Katherine's Vitalise Holiday	10
WSCC Family Placement Disability Team	11
Holiday websites	12
Freedom Through Fun	13
Contact a Family + WSCC Grantnet	14
What do you need to know about Transition?	15



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

Breaking Point

– A reality for many families and carers

Mencap launched its Breaking Point campaign in 2003 as a way of highlighting the desperate need for short breaks for families and carers of people with profound and multiple learning disabilities. The report announced that 8 out of 10 carers were at breaking point due to a lack of support.

Alongside this it was discovered that –

- 6 out of 10 families were getting no short break service at all or one that was so minimal, it did not meet their needs
- 1 in 3 have had their number of breaks cut in the last year
- Over half have never had a Carers Assessment
- 8 out of 10 have never been offered a choice of service
- 6 out of 10 families on a waiting list for a short break have been waiting for at least six months

Since then Mencap, the UK's leading learning disability charity, has been

lobbying the Government to ensure that local authorities start to provide a minimum short break entitlement to all carers – progress has been made but there is still more to be done.

Breaking Point began as a phone call from a mother called Mandy. At the time

Mandy's daughter was eight years old. She has profound and multiple learning disabilities and needs 24 hour care and support. Mandy was on the verge of breaking point, saying that: "It seemed utterly impossible to

convince anyone else that I needed help. They thought I was coping because I tried to keep my home tidy and my children were clean and went to school. Why did I have to completely break down before I was taken seriously?"

Unfortunately Mandy was not alone in her everyday struggle. For some parents and carers this is still the case. To help Mencap change the way carers and people with a learning disability are treated please visit www.mencap.org.uk/breakingpoint



Shared Care Network

Shared Care Network is the national organisation which promotes family-based short breaks for disabled children in England, Wales and Ireland.

Short breaks (respite care) provide invaluable support for disabled children and their families. They offer opportunities

for children to become more independent, widen their horizons and have new experiences. It gives them the chance to form real friendships outside their family. At the same time their



families get a break from caring and a chance to recharge their batteries. The breaks we promote take place, not in institutions, but in the homes of carefully selected carers/families, in the child's own home or community setting.

We represent over 300 local schemes who link disabled children with people in the community providing regular short-term care.

Many children who use family-based short breaks have learning difficulties, other disabilities include physical disabilities, complex healthcare needs, HIV or sensory impairment.

Short term breaks help to combat

the isolation felt by disabled children, enabling them to meet new people and become part of a 'second family,' widening their social life and offering new experiences.

Family-based short breaks also give parents of disabled children a chance to spend quality time with other children or do things which are difficult to do when caring full-time.

Despite the growing recognition of the importance of short breaks, amongst other national charities and government, there is, a chronic lack of awareness amongst the general public of what short break caring is

and the need for more people to come forward to support families in this way.

Shared Care Network is also committed to:

- Promoting Good Practice
- Campaigning and Raising Awareness
- Research
- Conference and Training
- Providing advice and information service
- Publications

For more information visit:

www.sharedcarenetwork.org.uk
and turn to page 11 details of how care is provided in West Sussex.



Respite Information

21 Lancing Close

Locality Office - **01293 895100**

Short term respite care unit for six children with learning disabilities up to the age of 18. They tend to take children with more profound learning disabilities who attend special schools as opposed to main stream schools. All referrals via West Sussex Social & Caring Services Crawley Office.

Activenture Holidays

Miss Di Churchill - **01342 828215**

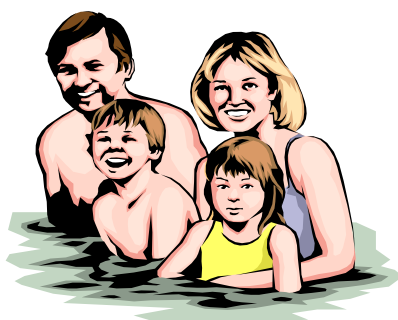
Email: di@hindleap.com

Activenture is owned and managed by the Federation of London Youth Clubs, known as London Youth. It offers week long and occasional weekend outdoor activity holidays at The Bernard Sunley Centre, Hindleap Warren, Wych Cross, in the Ashdown Forest, East Sussex, for children and young people with disabilities or special needs (7-18 years). 24 hour care provided. 30 places available and each guest is accompanied by a young companion and helper with adult supervision. Activities include abseiling, canoeing, environmental studies, archery, orienteering, evening entertainment and much more.

Adur Special Needs Project

Joe & Jacqui Shanahan - **01273 441866**

ASP is for up to 40 children and young people aged 5 - 23 with special needs in West and East Sussex. The Project runs a 3 week summer playscheme and the Glebelands Weekend Respite Project which takes place every second and fourth weekend of the month. A high level of support is offered to people with disabilities. Club every Wednesday for young people with special needs aged 18 and over who live between Worthing/Brighton and Steyning. The ASP 18 Plus Club offers participation in group activities such as visits to cinema, ten pin bowling, games of pool, summer barbecues, etc. There is a club every Tuesday (interactive with Lancing Youth Centre) for young people with special needs aged 5 - 23, admission £1.00. Activities include table tennis, pool, computers, trampolining, football, art and crafts and fully equipped sensory room.



BREAK

01263 822161

Email: office@break-charity.org

www.break-charity.org

This organisation provides holidays and respite care for children and adults with a range of special needs including learning disabilities and associated disorders. Guests are welcomed from all areas of the country to the Norfolk holiday centres.

Bunnymoppers/Grasshoppers/Outburst

Jane Tickner

01403 218888

Direct line **01403 257699**

Email: activities@springboardproject.com

www.springboardproject.com

These groups are part of the Springboard Project, which organises Activity Schemes for children with additional needs and disabilities. The Activity Scheme membership includes access to the Springboard Project which is a community based leisure centre providing safe, accessible, integrated play and relaxation facilities. It is open Monday-Friday from 10am-5pm and has a Sensory Room, Activity Room, Toy library, Pudseys playroom, lounge and kitchen

Chanctonbury Community Playscheme

Teresa Iche - **01243 826577**

A play scheme designed for children between the ages of 2-19 years with learning disabilities (must attend SLD or MLD school). Takes place over four weeks in the summer holidays. Need to have contact with the organiser before the beginning of May so they can ensure they have enough staff and resources for individual needs.

The scheme aims to provide new and stimulating experiences for children, which range from swimming, horse riding, going on outings, canoeing etc.

Chestnut Tree House Children's Hospice & Community Team

Maggie Fry - **0845 450 5820**

Email: maggie.fry@chestnut-tree-house.org.uk

www.chestnut-tree-house.org.uk

Chestnut Tree House is the only children's hospice in Sussex and cares for children and young people from 0 -19 years of age with progressive life - limiting and life threatening illnesses. It offers support to the whole family including respite care, crisis care, day care, end of life care and bereavement support for children and adults. There are 5 beds for respite and end of life care inhouse. Facilities include multi-sensory room, hydrotherapy

WELLSPRING**-WEST SUSSEX-**

pool, computer room, wet and dry play areas, sensory garden, young person's wing, chapel and bereavement suite.

Crossroads - Mid-Downs Area

Mrs Tracey Hole - **01403 249090**

Email: middowns.crossroads@virgin.net

Crossroads Care - Worthing and District

Mrs Angela Allchin - **01903 216678**

Email: worthing.crossroads@hotmail.com

Crossroads offers respite care to carers by sending trained Carers Support Workers into the home to take over the carers role and give the carer a break. The service caters for all ages including children. The Mid Downs service covers the Crawley, Horsham, East Grinstead, Haywards Heath and Burgess Hill areas and the Worthing service covers the old Worthing Health Authority area from Fishersgate to Littlehampton and north to Henfield, Storrington and Pulborough.

Finches

Sue Attwood - **01444 245117**

An adapted and fully accessible bungalow run by Chailey Heritage offering respite care and an outreach service in the child's own home, for children with complex health needs aged 0-16 years.

Guild Care - Ashdown Club for Children with Special Needs

Jill Lancaster - **01903 528600**

Email: jill.lancaster@guildcare.org

www.guildcare.org

Situated in a purpose-adapted building (6-8 Ashdown Road, Worthing), this club offers a safe and stimulating environment for children with a wide range of special needs, both physical and behavioural. Activities include messy, imaginative, social and safe outside play, painting, dressing up, and cooking. The Club is fully adapted for wheelchair access and has a sensory room for relaxation. There is a youth club for young people with special needs aged 12 - 18 on Wednesday evenings. The Ashdown building is available for hire.

KidsOut

Emma Sambrook - **01525 385252**

Email: kidsout@kidsout.org.uk

www.kidsout.org.uk

KidsOut is a national charity providing fun and happiness for disadvantaged children and special needs children throughout the UK. Many of the children have physical or learning difficulties, while others face less obvious challenges, such as those from turbulent or financially deprived backgrounds. KidsOut funds fun days out and special activities.

These involve sport, art, drama and leisure. In addition, there is a Funds for Fun scheme, which gives small financial grants to individuals, families, schools and groups for the purchase of special play equipment, toys, holidays, respite care and outings.

NCH - Pastens, Oxted

Colin Morley - **01883 723110**

Email: sepastens@mail.nch.org.uk

www.nch.org.uk

NCH offers residential accommodation for children 5-19 years old with severe learning difficulties who may also have challenging behaviour or a physical disability. There are three units on site, including one with wheelchair access.

Parent Carers Support Group - Chichester (PACSO)

Ruth Foster - **07904 240249**

Email: admin@pacso.org.uk

www.pacso.org.uk

PACSO provides support for parents and carers of children and young people with disabilities, living in the Chichester, Bognor and Midhurst area. Runs a Saturday Club once a month for children with special needs and their siblings, from 10am-12 noon. Also has Family Fundays, 10am-4pm, one day on the school holidays and a Summer playscheme, 10am-3.30pm, one week in the summer holidays, for children with special needs and their siblings.

Sussex Snowdrop Trust

Jenny Bush - **01243 815273**

Email: jenny.bush@wsx-pct.nhs.uk

A charity that supports children with life-threatening illnesses and their families by providing equipment and general support to the families by sending out nurses or specially screened volunteers. Covers the area east of Emsworth to Littlehampton and north to Midhurst.

The Cherries

01243 778103

A purpose-built, five bedroomed bungalow providing a respite care facility for children in Chichester aged 0-19 years with severe to profound learning difficulties, life threatening illnesses and associated healthcare needs. Has a specially adapted minibus, the Cherrymobile.



Sensory Rooms

Bognor Regis Nursery School and Children's Centre

85 Victoria Drive
Bognor Regis
West Sussex
PO21 2TB
Email: office@bognorregis-nursery.w-sussex.sch.uk

A sensory room "The Garden Room" can be hired for six pre-school age children on the first Tuesday of every month. Contact Lee Romaniuk on **01243 821692** for more details.

Boundary Close Activity & Resource Centre

1 Boundary Close
Boundary Road
Worthing
West Sussex
BN11 4SX
Email: michael.hibberd@wshsc.nhs.uk

Has a sensory room which can be available for hire. Contact Michael Hibberd, Day Service Manager on **01903 228010** or **228012** for more details.



Guild Care - Ashdown Club for Children with Special Needs

Methold House
North Street
Worthing
West Sussex
BN11 1DU
Email: jill.lancaster@guildcare.org
or visit: www.guildcare.org

Situated in a purpose-adapted building (6-8 Ashdown Road, Worthing), the Club is fully adapted for wheelchair access and has a sensory room for relaxation. The Ashdown building is available for hire. Contact Jill Lancaster for more details on 01903 528600 or above email address.

Southdown Housing Association - Sensory Room

Chandlers Wharf
Railway Lane
Lewes
East Sussex
BN7 2AQ

Email: s.francis@southdownhousing.org
Has a sensory room available for use. Includes bubble tubes, water bed, mirror ball, optic strands, ultra violet light, projector, effect wheels, CD/radio/cassette player and tactile objects. Contact Jonathan Reid on **01273 405800** for more details and to make a booking.

Springboard Project - Horsham

Springboard House
52 Hurst Road
Horsham
West Sussex
RH12 2EP
Email: activities@springboardproject.com
A registered charity providing

an integrated recreation centre for children and their families that focuses on children with special needs and disabilities. Springboard House is open 10am - 5pm Monday to Friday (excluding Bank Holidays) with a soft playroom, sensory room, lounge and kitchen, a large secure "Jubilee Leisure Garden" with playhouse, swings and picnic tables. Family membership is £6 per month, or £60 per year. Contact the Project on **01403 218888** for more details.

Independent Living Fund

The Independent Living Fund is a fund set up and financed by central government to enable people with disabilities to live in the community rather than in residential care. ILF can be used for personal care and domestic care, ie help with bathing, dressing, cooking, eating, shopping, laundry, cleaning, getting in and out of bed, and help when going out.

You can apply for ILF if you meet all of the following criteria:

- Be at least 16 years old and under 66 years old. (If under 16, you can apply for ILF 3 months before your 16th birthday, so payments can commence on your birthday)
- Be living in the UK
- Receive the highest rate care component of DLA
- Be able to live in the community for at least 6 months
- Have capital or savings of less than £18,500 and an income that is insufficient to cover the cost of the care needed
- Receive at least £200 per week net provision from the Local Authority and be assessed as needing additional care
- The cost of the package between the ILF 93 Fund and the Local Authority must not exceed £715 per week for the first 6 months
- Be at risk of entering residential care if appropriate support is not provided

How to apply:

An application form can be obtained from Social and Caring Services, from the ILF Head Office or downloaded from www.ilf.org.uk You fill in part 1 and your Social Worker fills in Part 2. The form then needs to be sent to Independent Living Fund, PO Box 7525, Nottingham, NG2 4ZT. You can call them on **0845 601 8815**, or textphone **0845 601 8816**.

The local contact for the ILF is Dawn Lovell, who can be contacted on **01903 875950**, or by e-mail at Dawn.Lovell@ilawestsussex.org

Arctic Jungle, Crawley

The entire venue can now be hired for £150 and enables any mix of adults, teenagers and children to enjoy the facility. Regardless of age or ability, any group can visit for an informal get-together or simply to have some fun. There are 4 floors of play equipment and a 7m high climbing wall. Please contact Helen Conway or Michelle Taylor on **01293 614999** for more details and to make a booking or visit www.arcticjungle.co.uk

Lizzie's French Adventure

This summer I went on holiday to France for two weeks with my parents and sister Alex.

We were offered a week in a chalet in the French Alps by some friends of friends. This gave us a base once there, but we had to work out how we would cope with the journey without too much stress. Alex and I both get tired on long car journeys, need help with eating and Alex needs to lie down and have extra oxygen during the day. We decided to take a ferry from Portsmouth to Caen, and then take 3 further days to drive south through the French countryside. This meant that we did not have to sit in our van for more than four hours at a time.

Our Brittany Ferry (Mont St. Michel) on the way out was really spacious and surprisingly empty for the summer holidays. We were one of the first vehicles on the car deck, which allowed my parents room to get our manual wheelchairs from the back of the van without disturbing all our luggage, and then transfer us from our electric chairs in the van to our other chairs. A helpful porter was there to assist us in carrying our daytime bags up to the main part of the ferry. We had booked a disabled cabin so that Alex and I could lie down for a rest on the voyage. I found the ferry

very accessible and was able to go into all the shops, restaurants and outer decks where there were automatic doors. We had a delicious supper before arriving in France.

After docking at 10.30pm, we drove to our first Campanile motel, on the outskirts of Caen. We had two, interlinking bedrooms, one with an extra large bathroom for wheelchair users. This proved an essential space, as there was not much room in the sleeping area itself! We did our first unloading of the van and set up our night ventilators. This meant looking for the plugs and making sure the cables weren't in the way. We got more efficient at doing this with each stop along the journey. It took until midday to get up, have breakfast and load up the van to set off for Orleans. This part of the drive took us through some really picturesque countryside; it was so beautiful we didn't even realise we had gone wrong at one point! We arrived at the Orleans Campanile to find that our two rooms were not interlinking, but two doors away from each other. This was a difficult night for us as my mother had to sleep on a camp bed on the floor with Alex and me and there was no room to move with all the bags, cables and wheelchairs in the room as well.

The next section of the journey was through more pretty villages, vineyards and then by autoroute to Chalon-sur-Saone where we stayed at the third Campanile. We liked this one the best as our rooms opened onto a garden area whereas the others had been on the car park.

On Thursday morning, we loaded up the van for the final part of our journey. This took us into the mountains and two hours into the drive we had our first view of the mountains. This was extremely exciting and soon after

we were going into a tunnel, which emerged on the top of a viaduct! None of us could look down and we had to concentrate on the road ahead. We left the main road and took the very, very windy road up the mountain.

The sharp corners lasted about 20 minutes before we reached the village of Les Carroz (1200 metres) where the chalet was.

Our week in the mountains was fantastic for me! Alex found being higher up made it harder for her to breathe, and had to spend a lot of time lying down. This did not stop us all enjoying the breathtaking scenery and beautiful chalets. Our chalet was perfect for us, with two ground floor bedrooms and en-suite bathrooms leading onto an open plan living-dining room and kitchen. Our friends from home also have a flat in the village and they



had come out to help us and had made a brilliant ramp which allowed Alex and me to have free access in and out of the patio doors. The village centre was a 10 minute walk from the chalet and had lovely shops and cafes. The highlight of the week for me was the ride in the cable car with my father, which took us to the top of one of the mountains where we had lunch at the restaurant in the clouds on the only grey day of the holiday! The views of the village on the way down were spectacular

– unfortunately my camera batteries had run out! On the Monday our friends took us for a picnic at a golf course at 1800 metres where there were more stunning views. We left Les Carroz after a week of wonderful sunshine and all felt very sad as we drove back down the windy mountain roads. Our route was the same on the way home and we stayed in the same motels and the same rooms. Luckily we had the interlinking rooms in Orleans which made it much easier. On the way back the weather got hotter and hotter – it was 36 degrees on the last leg of the drive. We had to keep cooling ourselves down with baby wipes and water sprays as we don't have air conditioning in the van. Before we took the ferry home on Monday afternoon, we all went shopping at the Carrefour hypermarket. This was amazing – the shop was so huge!

Our return ferry (Normandie) was much older than the Mont St. Michel and was also much more crowded. One of the lifts was not working properly and there were steps onto the outside decks. As the lift wasn't working, we had to have our supper in a corridor on the deck below.

We arrived home at 10.30pm and unpacked our van for the final time. We worked out that we had packed and unpacked our van 16 times over the whole holiday! This may sound completely mad, but we found that the 4 ½ hours driving each day with snacks in the car and overnight stops were much more enjoyable than trying to get to the Alps as fast as possible. We all want to go back to the Alps and feel that the long journey was part of the holiday experience.

Parents



- Make yourselves heard!

Does your child have additional needs? **Yes?**

Have you used a number of different services to make sure your child's needs are met? **Yes?**

Did you find it easy to use these services and were you clear on where you could turn for help? **No?**

Then we want to hear from you!

What for?

A new and exciting multi-agency group is being formed. We want this group to bring together children with additional needs, their parents and the professionals who plan and organise support services in West Sussex.

Why?

The aim of the group will be to increase the involvement of young people with additional needs and their parents in the decisions and processes that affect the services they use. We want to make sure parents and children are always given the opportunity to use their voice.

Who attends?

The group has multi-agency professional representation (health, education and social and caring services) and at the moment one parent. **We would like to recruit more parents to be part of the meeting group!**

How else can I help?

We would also like to collect names of those people who would like to contribute to any type of survey the group may develop in the near future.

You've used the services and been through the processes - you hold the vital information and we want to hear it!

If you would like to become involved please complete the attached slip and post it to:

Parent Partnership Service, Ambassador House, Crane Street, Chichester
West Sussex, PO19 1TP. **We look forward to hearing from you.**

- I would like to become involved in the group and if attend the meetings, please send me further information and future meeting dates *(please tick)*
- I would like to share my views in any survey the group may undertake please add me to the consultation mailing list *(please tick)*

Name

Address.....

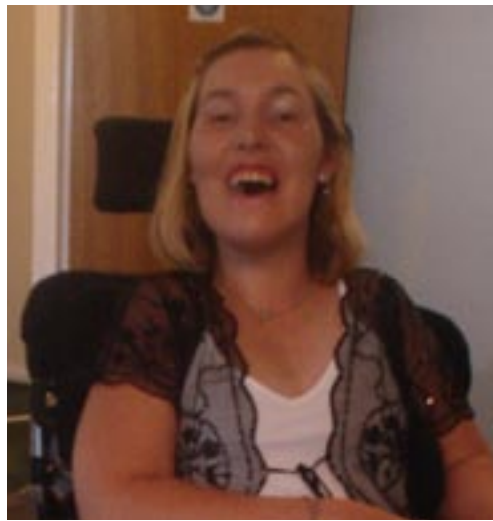
.....

.....Contact no.....

Katherine's Vitalise Holiday

My name is Katherine Paton and I am 24 years old. I live in a residential care house for Young Adult Disabled People called Fennes, run by Leonard Cheshire – Living Options. There are 5 residents who are independent or are learning independent skills such as cooking, washing, doing their own budgeting and shopping for when they move into their own flats in the future.

My daily life consists of sometimes going to Chichester when transport is free with a volunteer. While I am at Fennes I have to do my domestic chores such as my washing, bed changing and tidying up my bedroom sometimes when the desk is very messy. Also I sort out my financial documents and my Direct Debit payments when I need to. I have help with the filing of my papers in my Personal Papers File when I need it. Some weekends I go up to see my parents in Guildford on the train with a carer or volunteer. Gemma (my friend) and I go to the cinema sometimes too.



However I have been allocated for a newly built bungalow in Guildford and they reckon that it will take a year for the bungalow to be finished. I am very happy about it and looking forward to it so much.

On 30th April of this year I went to Jubilee Lodge in Chigwell, Essex for London theme week because I needed a break from Fennes. Jubilee Lodge is run by Vitalise and provides essential breaks for disabled people, friends and carers.

The first day (it was a Saturday) I had to show the Jubilee Lodge staff my personal care and it was very difficult for me because I had to explain everything on my LightWriter. I managed it and I was very proud that I had done it. In the evening I made some new friends.

The second day (Sunday) I first met my allocated volunteer, Luciana Wilscon. I got up, went to breakfast then the guests had to

wait for the staff or the volunteers to call us to get on the coach to see a Tour of London e.g. Millennium Dome, Millennium Eye, Big Ben, etc. When we came back to the lodge some of us went to the tea bar then we chatted about the tour and ourselves during the evening. On Monday we went to Hyde Park, London, in allocated groups of 12, and had a picnic together. We saw Princess Diana's fountain, but it wasn't working. That was a shame, it looks beautiful. After we came back to the lodge there was entertainment for us – a lady singer who sang different cover songs and it was great fun.

On the fourth day (Tuesday) some of us went to the London Eye and my group went to the London Aquarium to see a lot of sharks, fishes, etc. One of the staff – Yolanda (she is from Australia) didn't know how to use the lift. She pressed the wrong buttons every time. It was very funny; we teased her all way back to the lodge. In the evening, Hollie, Becky, Debra, Tegan, the 2 Kims (the lodge volunteers) and I were

chatting about the theatre where we were going on Thursday night.

The fifth day (Wednesday) we were supposed to go to Covent Garden to do some shopping, but there was a problem with the 2 groups, so instead we went to McDonald's for lunch. Afterwards we went to the Transport Museum to see cars and buses that were used in the old days. It was interesting and cool. We were very tired and cold after this trip. We had a quiz night during the evening and everybody went to bed early.

Thursday was spent relaxing until the evening when we went to the Royal Majestic Theatre to see The Phantom of the Opera. It was brilliant, better than the DVD. I enjoyed it so much. We came back to the lodge at 12pm.

On Friday everybody was excited about the party and it was the last time to see everybody and say farewell to the other guests. During the day everybody was packing their things for Saturday. In the evening the party started,

everybody was dancing and having a lot of fun, the lodge staff sang a song for the guests for last time they were there. The party went on until 1pm.

The last day (it was a Saturday) everybody was checking their stuff to make sure they'd got everything before they went home. There was a presentation for the guests, volunteers and staff, the manager gave out some certificates for volunteers who had worked hard at the lodge. I said goodbye to my new friends then they went back to Cornwall. I was waiting my transport then I came back to Fennes.

Hopefully next year I will be able to go on another holiday like this one, but only if I can

afford it, as it was very expensive. The best thing about the holiday at Jubilee Lodge was that I felt free and didn't have to worry about everyone. I was also able to go out every day. I felt that the worst part was that apart from the volunteers, I was the youngest person on the holiday. I would highly recommend this type of holiday to disabled young people and tell them to choose the London theme weeks because they are great fun

Katherine Paton

WSSCC Family Placement Disability Team

West Sussex County Council's Family Placement Disability Team is an integral element of the county council's fostering service, recruiting and supporting carers for children with disabilities. Unlike aspects of regular fostering, the care of disabled children can be 'shared' between their parents and their foster carers. Children may also be fostered on an overnight respite or day care basis.

Jan Bambridge, team manager, said: "Carers and their families open a wider social horizon to disabled children, while the family benefits from having a well-earned break from the pressures of full-time caring."

There are currently 35 West Sussex children awaiting regular short-term breaks through the service.

Melissa is one fourteen year old girl who has been receiving respite care with foster carers Janet and Chris, for the past two years. Melissa has unexplained developmental delay, dyspraxia and autistic tendencies. She now attends a school for children with severe learning difficulties. During the respite time, Melissa enjoys doing home-based activities

such as cooking and playing with the cat Milly. Janet and Chris also take Melissa on days out, enabling Melissa's parents to spend quality time with each other and as a family with Melissa's younger sister.

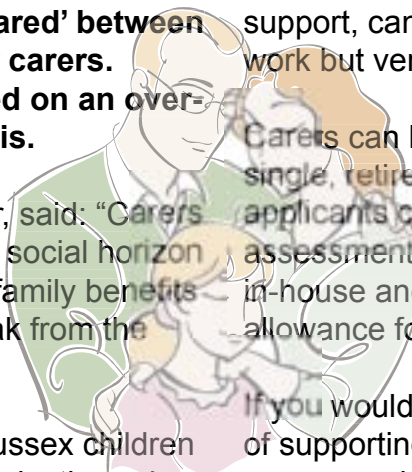
Janet feels ordinary people, given the right support, can become respite carers, "It's hard work but very rewarding."

Carers can be of any age, married or single, retired, unemployed or working. New applicants complete a competency based assessment. Training is offered through in-house and NVQ courses, and paid an allowance for their time.

If you would like to discuss the possibility of supporting a family with a disabled child, or you would like more information, please contact your nearest Family Placement Disability Team:

01403 246400 for the North of the county
01242 852755/852716 for the South of the county.

More information about fostering can be found on the County Council website at www.westsussex.gov.uk



Useful Holiday Information

Websites

www.tourismforall.org.uk

Tourism for All UK is a national registered charity which provides:-

- information to people with disabilities and older people in relation to accessible accommodation and other tourism services.
- providing expertise and support to the tourism and hospitality sector to provide accessible services for all.
- a network for organisations and individuals who wish to support our objectives.

www.vitalise.org.uk

Vitalise (formerly Winged Fellowship Trust) is a national charity providing services for disabled and visually impaired people. We aim to offer choice through our enabling environment whilst providing essential breaks for carers and inspirational opportunities for volunteers.

www.johngrooms.org.uk

John Grooms is a national charity which together with its sister organisation, John Grooms Housing Association, works with disabled people, enabling them to have greater independence, choice and freedom.

www.phabengland.org.uk

Phab organises an annual summer programme of Integrated Living Experiences – residential projects at purpose built activity centres for disabled and non disabled children aged 9-18.

www.leonard-cheshire.org

In the UK, Leonard Cheshire works with thousands of disabled people, helping

them to live independently, whether that means a few hours of care at home, or more intensive support at one of our residential and nursing homes.

www.access-travel.co.uk

Access Travel Ltd. is a highly reputable tour operator which specialises in holidays for disabled people, in particular wheelchair users.

www.disabledholidaydirectory.co.uk

Search the extensive directory of disabled properties across the United Kingdom, Europe Africa and America for your ideal holiday location.

www.enableholidays.com

This website features a superb choice of fully audited holiday accommodation in Florida, Spain, Majorca, the Canary Islands, Portugal, Cyprus and the Greek Islands; and also includes an exciting new programme of cruises - plus fabulous city breaks in Barcelona and Prague.

www.calvert-trust.org.uk

The Calvert Trust is an outdoor pursuits Centre providing activity courses for people with disabilities, their families and friends. The activities available include: Canoeing, sailing, climbing, horse riding and paragliding as well as a variety of indoor sports as well as educational and environmental studies. The courses are tailored to the requirements of each group. The Centre also runs specialist courses such as; individuals weeks, and families weeks..

Freedom Through Fun

**'FREEDOM THROUGH FUN' PROVIDES TAILOR MADE
DRAMA, MUSIC AND CIRCUS SKILLS WORKSHOPS...**

**NOW AVAILABLE AS A RESOURCE, FUNDED BY
'WELLSPRING'**

**for any group or organisation working with disabled
children and young people.**

WHAT WORKSHOPS ARE AVAILABLE?

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



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 in 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 also provided drama, circus skills and music workshops.

There will be more information about Freedom Through Fun and Bungle the Clown in the next edition of Wellspring which is about **Arts and Entertainment**. 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

Contact a Family

Joint Training Project.

Recently, Contact a Family, with some funding from the Teenage Pregnancy Unit, published three booklets about sexual health and physically disabled young people. One is for teachers, one is for parents and one is for young people themselves.

The Family Planning Association together with the National Children's Bureau are hoping to offer training based on these booklets. Initially, the training would be for individuals who work with physically disabled young people, their parents and their teachers.

The aim of the training would be to equip professionals with the skills needed to discuss sensitive issues around growing up with a physical disability.

Also available

Holidays, Play and Leisure – provides details of organisations that have regular up-to-date information about holidays for people with special needs, sources of finance as well as actual holiday providers.

Share an Idea magazine – this is published three times a year and is available to download from their website or by subscription via the Contact a Family Shop. The next edition will focus on Short Breaks.

For more information visit

www.cafamily.org.uk

Telephone **020 7608 8700**

There is a Free phone helpline available to parents and families (10am-4pm, Mon-Fri) on **0808 808 3555**.

West Sussex County Council =



Grantnet



Grantnet is a user-friendly search tool that has been devised to empower organisations and individuals by assisting them to identify the funding sources available for specific projects.

Grantnet currently holds details on over 4,000 initiatives administered by a variety of funding providers, including the European Commission, UK Government Departments, local government, major charitable trusts and corporate sponsors.

All users need to do is answer a few simple questions about themselves and the project which they wish to undertake; Grantnet will then provide an overview of all the funding streams available.

To carry out a search go to West Sussex County Council's website (**www.westsussex.gov.uk**) and go to 'Community & Living' and then follow the link to 'Helping voluntary organisations find funding sources'.

For further information on Grantnet, email: **grantnet.queries@westsussex.gov.uk**

WHAT DO YOU NEED TO KNOW ABOUT TRANSITION?



Have you heard the word 'transition' and wondered what it really means?

Transition means change. The word is used to describe any important point of change in the life of a child or young person. When young people have special needs and disabilities, that includes the point when the additional help they receive moves from Children's Services to Adult's Services

This can be a worrying time for young people and their families and carers. The services themselves are different and new workers replace trusted professionals who they know well. It is vital that this big change happens smoothly and the young person gets the right support for their needs. To help make sure this happens, a group of people from different organisations – *the County Council, Connexions, Learning and Skills Council, West Sussex Health and Social Care Trust, Primary Care Trusts and Voluntary Organisations* - is looking at ways of improving transition arrangements.

As part of that work, the group wants to make it easier for young people and their families and carers to understand what happens during the transition process. We are looking at the information, which is made available about transition and would like to produce a transition guide. Some ideas have already been discussed but we want to hear from you about what information you would want to see in the guide.

This is where we need your help.

We thought it would be useful to include:

- o A guide to the formal transition process.
- o Prompts and checklists on what should happen.
- o Contact details on who you need to talk to for information support and advice

What do you think?

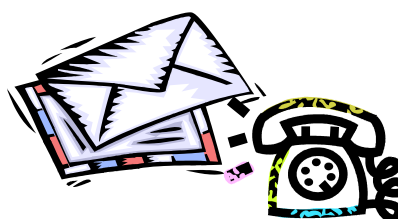
What other headings would you like to see in the guide?

What information do you want covered?

For more information and /or to let us know your ideas please contact

Mike Smith
Transition Project Manager
Social & Caring Services
Bognor Health Centre
West Street
Bognor Regis
West Sussex PO21 1UT

01243 852700





Please write to us at:

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

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.



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

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 1 - 2006) will be **Arts and Entertainment**. If you would like to contribute any articles or letters to this edition, please send or e-mail to the above addresses by **13th January 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

Printed by Shanks Printers & Finishers 01903 716442
Typeset and designed by Lizzie Baily

Wellspring is supported by West Sussex County Council Education and the Arts, Social and Caring Services and Health as well as the voluntary sector and volunteers

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**

INB. 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