

Young People's edition - Transition

Hello! I hope the new year has got off to a good start for all readers.

The 2009 Wellspring Young People's Edition is looking at Transition. If you are starting the process this year, look at pages 2 and 3 which will give you some advice about what you need to think about and on pages 4 and 5 there are lots of useful contacts. Maybe you are thinking about living independently - read about Fethneys transitional home in Worthing on page 7. I've been thinking about my job, and the journey I took to get where I am now on page 8. Toby Hewson set up the disability education charity Just Different. Find out what that's all about on page 6.

Wellspring are continuing to offer creative workshops with Freedom Through Fun and can now also provide music workshops. More details on pages 10 and 11. If you are interested in film making, the Oska Bright Film Festival is for you! Find out about it on page 15. and the film made by SASBAH on page 14.

Once you've done all the reading inside, don't forget to have a go at the wordsearch in Kyran's Hot Stuff on page 19! If you have anything you want other readers to know about, just send it to us and we'll be sure to print it.



Lizzie Baily

lizzie@wellspringwestsussex.org.uk

Thanks to the Youth Opportunities Fund for their grant for this issue. For more information and to get an application form, contact YOF.

Email: youthadminoffice@westsussex.gov.uk



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

Inside this Issue:

Thinking about Transition	page 2
Transition Contacts	4
Just Different	6
Leonard Cheshire - Fethneys	7
The World of Work	8
Freedom Through Fun	10
Music Workshops	11
AHDC	12
Outset Youth Action	13
SASBAH Film Premiere	14
Oska Bright Film Festival	15
Help a Local Child	16
Winston's Wish	17
Carers' Support Service + Parent Partnership	18
Kyran's Hot Stuff	19

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

Thinking about Transition

Transition is about change and the word is used to describe any important point of change in the life of a child or young person. That could include, for example, starting and leaving school.

For young people with special needs and disabilities, it also means the point when the support they receive will start being provided by Adult Services and not Children's Services. It is vital that this changeover happens smoothly and that the young person gets appropriate services for their needs. To make this happen needs good planning involving the young person, their family and all the organisations concerned.

Here are some of the things young people and their parents/carers need to think about during transition:



College



Health

Social life



Support

Work



In school year 9 (the year in which young people turn 14 years of age), if your child has a statement of special educational needs (SEN), the head teacher will write to you to invite you to the forthcoming annual review. This review must include the drawing up of a transition plan. If your child has a statement but does not attend school, the local authority (LA) will arrange the meeting.

The Connexions Service provides support for all young people of 13 to 19 years of age, but has a particular focus on supporting disadvantaged young people or those likely to underachieve, including those with special educational needs but without a statement. They have a responsibility under section

140 of the Learning and Skills Act 2000, to make sure all young people who have difficulty transferring to further education or training, have a needs and provision assessment in their final year of school. This is a written report of the individual's education and training needs, and the provision required to meet these needs.

This plan, with the young person's permission, will be passed on to the new learning provider. If your child doesn't have a statement and isn't in contact with the Connexions Service, you may want to arrange a meeting with them to discuss your child's options after 16. It's good practice for young people with special educational needs who are on School Action or School Action Plus to have a transition plan, but this is not compulsory.

What should a transition plan cover?

The SEN codes of practice covering England and Wales make it clear that transition planning should address questions concerning the young person, their family, the school and the professionals supporting them. Questions should include:

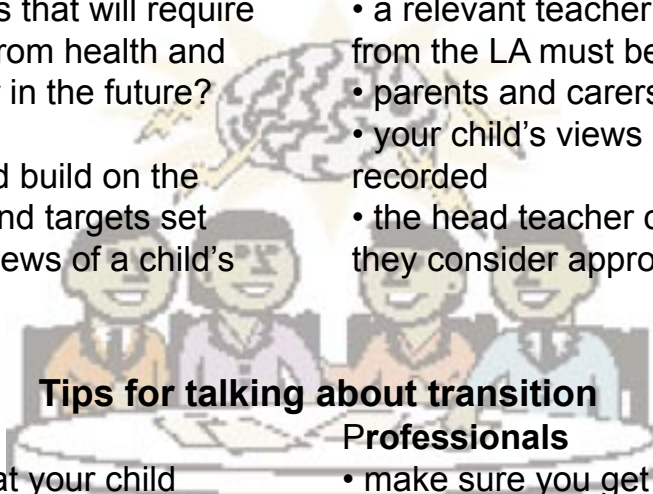
- what are the young person's hopes and aspirations for the future and how can these be met?
- will parents experience new care needs and require practical help?
- how can the curriculum help young people play their role in the community?
- does the young person have any special health or welfare needs that will require planning and support from health and social services, now or in the future?

A transition plan should build on the conclusions reached and targets set at previous annual reviews of a child's statement of SEN.

Who may attend the transition plan review meeting?

The Year 9 review follows the same procedure as previous annual reviews but with some additions. All local services can be invited to the meeting, but some services must be invited and some have obligations to attend:

- social services must be invited to ensure that the young person's care needs are fully assessed
- health professionals involved in the care of the young person should provide advice towards the transition plan and where possible attend the meeting
- the Connexions Service must be invited.
- a relevant teacher and a representative from the LA must be invited
- parents and carers must be invited
- your child's views must be sought and recorded
- the head teacher can invite anyone else they consider appropriate.



Tips for talking about transition

Parents

- try not to assume what your child wants from the future – ask them what's important to them
- get information about all the options in advance of meetings, for example education and support for living independently
- before meetings, encourage your child to make a list of the items they would like to discuss
- ask your child how they want you to support them in meetings
- encourage your child to do the talking if they feel able to

Professionals

- make sure you get information about other sources of help such as support groups, specialist agencies and medical information
- make a point of asking the young person what they want, then asking the parent if there is anything they would like to add
- listen to both the young person and the parent
- allow time for the parent to speak in the meeting

Information taken from Contact a Family publication 'Preparing for adult life and transition – England and Wales' available to download from www.cafamily.org.uk or phone 0808 808 3555 (£1 per copy).

Also thanks to Mike Smith, WSCC Transition Manager (details on page 5)

Transition Contacts

Autism & Asperger Action

Elaine Whitelock. Nikki Hall, Tel: **01903 211725. 01903 244209.**

Email: aaaction@ukf.net
www.aaaction.ukf.net

Working towards improved support for young people (14+) and adults with ASD in West Sussex. Enables parents, carers and people with ASD to work in partnership with service providers to meet the needs of young people and adults on the autistic spectrum, through transition into adulthood.

Community Teams for People with a Learning Disability

A group of professionals working with people with learning disabilities to support them and their carers to achieve a good quality of life in the community. Supports people with a range of diagnoses, including Autism and Down's Syndrome.

Chichester

Jo Kent, Social Worker. Tel: **01243 813400.**

Horsham, Crawley and Mid Sussex

Stephen Musgrave and Fil Collyer, Social Workers Tel: **01403 225100.**

Worthing Andy Stent, Fiona Hanley, Social Workers. Tel: **01903 843350.**

Connexions Service

Information, advice and guidance on personal and social issues. Offers a safe and comfortable space to drop in to the Centre or make an appointment to talk to a Connexions Personal Adviser in complete confidence. Produces a Parents' and Carers' Guide which provides answers to key questions for students with learning difficulties who are leaving school or college.

www.connexions-sussex.org.uk

Chichester 01243 771666

Email: chichester.careers@vtplc.com

Crawley 01293 528374

Email: crawley.careers@vtplc.com

Horsham 01403 261465

Email: horsham.careers@vtplc.com

Website: www.sussexhub.org.uk

Worthing 01903 205612

Email: worthing.careers@vtplc.com

Department for Work and Pensions (Social Security)

For disability rights and benefits.

Free phone **0800 882200**

www.disability.gov.uk

Health Action Plans

Helping people with learning difficulties to maintain and improve their health. A health assessment form is completed with someone the person knows well, after which they both visit a practice nurse to decide on what is needed to help maintain and improve their health. To ask for a Health Action Plan speak to the GP, or Health Action Plan contact for the relevant area.

Chichester Tel: **01243 813400.**

Horsham, Crawley, Mid Sussex

Tel: **01403 225100.**

Worthing Tel: **01903 843350.**

Impact Advocacy Service (Part of Impact Initiatives).

Provide an independent advocacy service to adults with learning disabilities. Create and support one to one partnerships between individuals and paid or volunteer advocates, supports self-advocacy groups.

Tel: **01903 718260.**

Email: advocacy@impact-initiatives.org.uk

In Control Payment Scheme

A national programme that aims to change the organisation of social care in England into a system of Self-Directed Support so that people who need support can take more control of their own lives and fulfil their role as full citizens. A podcast about In Control is available on the In Control website:

www.in-control.org.uk

Chichester 01243 813400.

Horsham, Crawley, Mid Sussex

01403 225100.

Worthing 01903 843350.

Learning and Skills Council (LSC) (local)

Responsible for planning and funding training (14-19)

Tel: **01273 783555**

www.lsc.gov.uk

WELLSPRING
-WEST SUSSEX-

Learning and Skills Council (LSC) (national)

Responsible for funding & planning education & training for over 16's in England. This includes Further Education, work based training, school sixth form and adult and community learning, but not higher education.

Tel: **0870900 6800**.

Email: info@lsc.gov.uk www.lsc.gov.uk

Moving on up

Web site for young disabled people from an ethnic minority community who are moving on to being an adult.

www.movingonup.info

New rules on exam arrangements for disabled students.

The government has laid regulations before Parliament which confirm that when disabled students are granted an exemption from part of an examination because no reasonable adjustment can be found to make it accessible for them, their grades reflect their performance in those parts of the exam they did take.

Visit the JCQ website to view the current access arrangements at

www.jcq.org.uk/homepage.cfm

NHS Patient Advice and Liaison Service (PALS)

For health services information and advice.

West Sussex Primary Care Trust: **01903 505456**

www.westsussex.nhs.uk

Sussex Partnership Trust: (Mental Health and Learning Disability Services) **01323 446042**

www.sussexpartnership.nhs.uk

Parentline Plus

Social networking website for parents of teenagers. Aims to bring together parents to share experiences, swap tips, let off steam and support one another through the challenges and successes of parenting teenagers.

www.gotataeenager.org.uk

Participation, Advocacy and Rights - West Sussex

Helpline **0800 015 2582**

Transactive

Web site for teenagers with disabilities to help with planning for the future.

Tel: **0121 707 7877**

www.trans-active.org.uk

Transition Information Network

For disabled young people in Transition and their parents/carers.

Tel: **020 7843 6006**

www.transitioninforonetwork.org.uk

Transition Planning Group

A multi Agency group working to improve transition to adulthood.

Author of the "West Sussex Transition principles and protocol for working with young people with special needs and disabilities who are moving into adulthood". April 2007.

Mike Smith, Transition Manager.

Tel: **01243 642544**.

Email: mike.s.smith@westsussex.gov.uk

www.physio4kids.org.uk

Gina Farmer BSc.(Hons) in Physiotherapy

Private Physiotherapy - Treatment in your own home or at 'The Barn', Denvilles

- Rehabilitation after Surgery • Co-ordination Difficulties • Developmental Delay
- Please to call if you want to discuss having blocks of physiotherapy during school holidays
- Poor Posture • Back Pain • Muscle or Joint Pains also treated



Tel: (01243) 376263 Mobile: 07711 826523

Email: gina@physio4kids.org.uk



Just Different

Set up in 2007 by Toby Hewson a young disabled man from West Sussex, JustDifferent is a charity committed to educating children and young people about disability and difference. Like many people with disabilities, Toby wasn't having much luck finding paid employment. He then began volunteering in schools educating children about disability and observed that children respond to his physical difference with imagination and curiosity. They view his wheelchair and voice communicator with fascination, learning that they are simply tools to assist him with his active life.



young people into thinking more imaginatively about the world they live in, and the diversity of the people within it.

The work so far

JustDifferent currently has four workshop presenters (all disabled people) working in the south east, who have worked in around one hundred schools so far, delivering over 300 workshops to 11,000 pupils. With 31,000 UK schools and over 8 million pupils there is a lot more work to do.

The challenges ahead

Despite the inevitable economic challenges facing everyone, JustDifferent plans to grow in 2009. Raising funds will be the major challenge but the continued demand from schools for its services shows how important it is. JustDifferent hopes to ultimately grow large enough to run workshops in all schools across the UK.

Why there is a need for JustDifferent?

Despite great strides in the last two decades, there is still a huge gap in the knowledge and understanding of the challenges that people with a disability face in their lives in education, employment and access to services.



Today's children and young people are tomorrow's employers, policy makers and educators. In order to help break down barriers between disabled and non-disabled people, JustDifferent's work in schools introduces children to disabled role models, who demonstrate that whilst people may look or behave differently on the outside, we are all the same on the inside.

What does JustDifferent do?

Created and presented by disabled adults using a variety of simple interactive methods, JustDifferent workshops encourage children onto a path of learning that is captivating, enlightening and interesting. They are specifically designed to engage children and

Details of how the workshops are run, and feedback from children and their teachers, can be found on the website at

www.justdifferent.org. For more information contact Caroline Roberts-Quigley on **01243 778275** or email caroline@justdifferent.org

JUST DIFFERENT
learning about disability

Leonard Cheshire - Fethneys

Leonard Cheshire Disability exists to change attitudes to disability and to serve disabled people around the world. Our principal activity in the UK is the provision of services in support of disabled people in the widest context. These services include care homes, supported living, domiciliary support, day services, resource centres, rehabilitation, respite care, personal support and training and assistance for those looking for work.

Fethneys is a transitional Home for people with a physical disability. It is located in the heart of Worthing and run by the charity Leonard Cheshire Disability.

Having been only open 18 months it offers modern spacious accommodation. Each large airy room is equipped with a ceiling track hoist, profiling bed and ensuite toilet and shower.

Fethneys is an exciting service for physically disabled young people enabling them to spend their transitional time in a safe and stimulating environment. Ideally people spend up to 2 years here, although the time is variable according to people's individual requirements.

Our aim is to help people develop life skills, empowering and enabling individuals to move confidently to the independent environment of their choice. We support people with their personal care and enable them to attend local colleges or voluntary work.

Life here is pretty hectic with people coming and going at all hours! We encourage people to use public transport and access events in the local community wherever possible [clubbing seems very popular!].

Meal times are a good chance to chat to your friends and share problems and experiences. Each person takes it in turn to plan the menu and go with a support worker to do the shopping. In addition we also give everyone a small food allowance to enable them to go and buy their own lunch. This helps people to learn to budget and handle money.



If you want to know more then either telephone us **01903 210869** or email **Fethneys@LCDisability.org** **www.lcdisability.org**

The World of Work

As a child, I always loved 'playing schools' with my sister, friends, and even toys. I liked to be the teacher as it meant that I could boss everyone around!

In Year 10 at school we had to spend 2 weeks on work experience. When I heard about this, I wasn't really sure what I wanted to do or where I could go that would be accessible for me. I spoke to some

teachers about the sorts of jobs I was considering, including office work. Soon afterwards, my class teacher told me that I could go and help at my village school (where she was a governor). I was very pleased that she had set this up for me and looked forward to the 2 weeks. My first morning there was spent in the school office, checking registers and helping sort letters to send home. I enjoyed this, but wanted to spend some time with the children. In the afternoon I listened to some children reading and helped a boy with some computer work. I continued to support the children with their reading and I.T. work over the 2 weeks as well as spending some break times outside with the children. I found being with the children much more fulfilling than the office work!

Over the next couple of years, I went back to help at the school at the end of the summer terms, after I had finished my exams. I continued to work with the children, doing reading and more computer work. During these times I worked with year 2 and 3 children, and got to know some of them quite well by spending play

times with them too. I found that I really enjoyed working with that age group, as they were interesting to talk to and weren't shy of asking me questions about myself. I enjoy talking to children about my condition, and I love hearing their reactions. One little girl told her friend the reason I was in a wheelchair was because "she hasn't got enough meat on her legs"!



*Lizzie on work experience
at play time with children*

It was not a difficult decision for me to choose my degree course in Childhood Studies as the staff at the University of Chichester were very encouraging towards me. During the first year, we had a 10 day placement (over a term) which was chosen for us by the staff. I was sent to a nursery school, which was very modern and easily accessible. I liked working with the children, but found it much harder to help with anything in particular as it was a free-play nursery

and they would move around activities as they wanted. I had to plan some tasks for the children as part of my assignment but again, found them difficult to carry out as the children were hard to group together and would sometimes decide to do something else!

After this placement, I decided that I preferred working in a school where the children were working on set tasks. At the end of my first year at university, I spent a few weeks helping in another local school, this time with year 5 and 6 children, mostly doing computer work and a bit of maths work.

In the second year, we were allowed to set up our own placement, and I was able to get a place at a third local primary school. This time I worked in the year one class, helping in all the subject areas. My favourite work was helping individual children on the computer and teaching them how to use the Paint software. Their class teacher was always encouraging and enthusiastic when I discussed my thoughts with her. I enjoyed my time helping in her class so much, that I went back to help more after my term had finished. It was a lovely chance to get to know the children and by the end of the summer I felt they were comfortable with me too.

When I completed my degree a year later, I wrote to the headteacher to see if he had any further work for me at the school. I was lucky to be offered a part time job as a Learning Support Assistant, starting from that September. For the first two

terms, I helped children from all the year groups with I.T. and craft work. Since my first Easter, I have been working in school 3 afternoons a week, on a one-to-one booster reading programme. I am currently working with children from years 3 and 4, doing booster reading and helping them to improve all aspects of their literacy. The children are with me for a term each, and now I have worked there for four years, I know a lot of them well. Literacy is a really important part of primary education and I'm glad that I am able to help the children with it. It is great to see their achievements over the term and how pleased they are when they earn a sticker. I am extremely lucky to have found a job which I feel so happy about and gives me satisfaction at the end of every afternoon!

Lizzie Baily

lizzie@wellspringwestsussex.org.uk

Sharpthorne Organic Cafe

I am writing to tell you about our beautiful cafe in Sharpthorne, West Sussex.

All our food is organic and home made fresh to order.

But we are not just a cafe! We are also a workshop for people with learning disabilities, providing training in cookery, waitressing, gardening and social skills.

This means that unlike some cafe/restaurants we are 100% special needs and disability friendly, and can cater to almost every need of our wide customer base.

We also sell a wide range of hand made crafts, made by our special needs students in the craft workshop.

We can provide some dishes gluten or dairy free where available at no extra charge.

We have daily specials every Friday and Saturday, and live music on Saturdays from 12 till 2pm.

I would also like to offer you and your organization 10% off our menu every time you choose to visit! Just bring a copy of this article with you, or give us a call to let us know you are coming.

Laura Heselden

Sharpthorne Organic Cafe

Tel: 01342 811321

Freedom Through Fun

Chris North has been providing his successful, creative Workshops across West Sussex for four years. WELLSPRING has enabled Chris to provide free Workshops to organisations working with disabled children and young people, for the past two years.



Chris North

Thanks to Wellspring, these free Workshops are continuing in 2009 !



Chris as 'Bungle the Clown'

Chris puts energy and thought into every Workshop or event. He caters for a wide range of ages and needs. His Workshops include: Drama Workshops; Circus Skills; Storytelling; Clowning around/Slapstick; Puppets; Songs; Games; improvised music making; Fun!

WHO CAN APPLY?

Any organisation working with disabled children and young people in West Sussex.

HOW LONG ARE THE WORKSHOPS?

Chris can provide one hour Workshops or half days. Half days can combine a number of different activities.

WOULD YOU LIKE TO KNOW MORE? MAKE A BOOKING ?

Then contact Chris on (01243) 774392
or email chris@fun61418.wanadoo.co.uk

Previous participants in his Workshops include, amongst many others: PACSO; The Ashdown Club; Kangaroos; Springboard; Court Meadow School; West Park School; Worthing kiDS; Sure Start; Worthing Portage, etc. Etc.

Chris is a Member of Equity & Clowns' International. He worked for twenty years as a teacher and eleven years as a Social Worker in the Child Disability Team. (Cert. Ed.; Dip. S.W. ; Associate Drama Board (Education) Chris believes in thorough preparation before his Workshops; energy & enthusiasm during them; respect for each individual's contribution; opportunities for participants to gain skills & confidence; to weave a thread of fun through everything !

Music workshops

Wellspring has a small amount of money available to groups of disabled young people in West Sussex for one-off music workshops with local community musician Adam Gellibrand.



The workshops can be tailored to the individual needs of the group.



For more information please contact Adam on **07977 715263** or email **agellibrand@hotmail.co.uk**

Wellspring West Sussex would like to thank Awards for All for the grant towards the Creative Arts Workshop Programme

*We are also grateful to Southern FM and Help a Local Child for their recent grant towards the music workshops that we are offering in 2009.
(see page 17 for more details)*

Following this edition, Wellspring is currently seeking funding for a **Transition Booklet** to be produced later this year, more information in the next newsletter. Please contact us if you have any contributions.

We have received funding from West Sussex County Council for the **Resource Booklet** which, following updating and printing, will be available in May 2009.

Dear Editor,

Congratulations on the last, very informative, edition of Wellspring. (Issue 2,2008) Your readers, particularly those involved in social activities & fund-raising events, may like to know that The English Shuffleboard Company work with host organisations (bona-fide charities & businesses) and run shuffleboard tournaments. Further information can be found on

www.englishshuffleboard.co.uk

Keep up the good work.

Best regards, Adrian Williams

The English Shuffleboard Company



Aiming High for Disabled Children

What is “Aiming High”?

Aiming High for Disabled Children (AHDC) is the Government’s transformation programme for disabled children’s services in England. The vision behind AHDC is for all families with disabled children to have the support they need to live ordinary family lives, as a matter of course. There are three priority areas.

The Core Offer

Information: Good clear information delivered so families know about services and what they can have access to.

Transparency: So families can understand eligibility and entitlement.

Participation: Families and young people should be an integral part of designing and delivering services.

Assessment: Clear purposeful assessments that identify a child’s needs and indicate the services they should get.

Feedback: Not just complaints and putting things right. Sometimes families say that little things made a difference and agencies need to hear this.

Responsive Services and Timely Support

All professionals responsible for planning services for children will focus on the services disabled children and young people need, particularly at key life stages such as early years and transition to adulthood.

Improving Quality and Capacity

Significant new funding has been allocated by the Government for the services families have said are most important:

- Short term breaks – the first priority.
- Access to childcare.
- Transition to adult services.

www.transitionsupportprogramme.org.uk

- Access to equipment and wheelchairs.
- Strengthening the voice of families with disabled children.

Short Breaks Services – What are they?

Short breaks provide opportunities for disabled children and young people to spend time away from their parents to re-charge their batteries,

and allow disabled children to experience and enjoy new relationships, environments and positive activities. Some examples are:

What we’ve done so far:

- Set up an AHDC Project Group of representatives from all social, health, educational and voluntary agencies providing services to disabled children together with parent representatives.
- Sent out a questionnaire to 1500 parent carers across the county. We are now in the process of evaluating the responses. Meetings are taking place with some of the existing parents groups to hear parent’s views more informally.
- Hearing from groups of disabled children and young people about what they like to do – what’s fun and what isn’t and what new activities they’d like to try.
- We’re gathering information about the numbers of disabled children and young people with disabilities, the types of disability they have, their ages and the areas of the county where they live.
- We are also looking at data about the existing short breaks services – where they are and what they do so we can see where the gaps in services are across the county.

Next Steps

- More consultation events – we will be inviting parents and disabled children and young people to join us to design the Short Breaks Services.
- Events for Service Providers to share about AHDC, commissioning and grant arrangements

If you would like more information or would like to be involved with future consultations about AHDC then please do contact by email: **aiminghigh@westsussex.gov.uk** or phone: Debbie Buckwell Child Disability Service Manager on **01243 642469**

For information about the West Sussex Parents Forum – email:

parents@westsussexparentsforum.co.uk

All the information about AHDC –

www.everychildmatters.gov.uk/ahdc

Outset Youth Action

Outset Youth Action is an independent countywide youth organisation unique to West Sussex. Running since 1977 we support young people aged 13-25 who wish to make a personal commitment to volunteering.

In April 2008 Outset was given funding by vinspired to start up new and exciting projects'. The aim of these new projects is to enable young people with additional needs to get involved in volunteering in the community. They are teamed up with other young people to work on the projects and to gain valuable skills and experience together.



Projects can revolve around any area of interest; from organising a fundraising event to helping clean up the environment. How much time each volunteer gives is also flexible with the vproject being moulded around the needs of its members. Being involved in a vproject provides young people the opportunity to gain skills and experience, meet new people from across the county and gain confidence, at the same time as helping out the local community.

As well as valuable experience, involvement in the vproject can also be used towards qualifications such as NVQ's, Apprenticeships, Sports Leadership Awards and many more. Outset Youth Action offers all vproject members the opportunity to work towards the Youth Achievement Awards and v awards.

The first vproject - Altogether Sport

Inspired by the success of the Beijing Olympics and the beginning of the 2012 London Olympiad, a group of young volunteers both with and without disabilities decided to set up and run the first vproject, 'Altogether Sport'. Held at the Olympos Leisure Centre, Burgess Hill on Sunday 16th November 2008

'Altogether Sport' provided an opportunity for disabled people to come along and find out about the array of sporting clubs, opportunities and facilities on offer throughout the County. Representatives from Riding for the Disabled, SMART, Brighton and Hove Disability Football and numerous others attended to talk to all those who came along. The vproject team also put on sporting activities in the main hall to entertain everyone and provide opportunities to try out games including basketball, boccia, ten pin bowling and baseball.

In total over 30 young people with and without disabilities were involved in the organising and running of '**Altogether**

Sport'. Working as a team allowed the volunteers to choose which areas of the project they wanted to work on. One group designed the programme for the day, another researched sports equipment and facilities while yet another designed posters and fliers and gave radio interviews. Getting together at team meetings allowed the volunteers to catch up, develop friendships and overcome prejudices and preconceptions about each other.

Volunteering is a brilliant way to have fun, meet new people, gain skills and experience and get involved in issues that are important to you.

If you have an idea for a volunteering project or want to get involved in projects such as '**Altogether Sport'**, contact Liz Avenell, Youth Volunteer Project Development Manager, on **07827 340269**, check out our website **www.outsetyouth.org.uk** or email **liz.avenell@outsetyouth.org.uk** and get involved.

vinvolved project
national youth volunteering programme

Supported by
V Inspiring
a million
more young
volunteers

SASBAH

Young People's Film Premiere

A short film about a group of young people with Spina Bifida and/or Hydrocephalus living in Sussex was launched at a packed screening at Uckfield Civic Centre on 28th September 2008.

BBC South East presenter Beverly Thompson who is Vice-President of SASBAH presented the young people with copies of their film. Beverly praised the film saying that it should win awards and she also commended the young people's hardwork.



idea for a film project originated from a discussion at a committee meeting last year.

The film has been a collaboration between the young people from SASBAH and Khouse Media, a Brighton based film production company. The film was funded by the Big Lottery Fund as part of a 3 year project with SASBAH's Young People's Committee. East Sussex County Council Youth Development also provided funds for the project.

The young people in the film are all between the ages of 14-25 yrs and are members of the Sussex Association of Spina Bifida and Hydrocephalus (SASBAH) Young People's committee (YPC). The committee was set up in 2006 to enable young members of SASBAH to have an influence on how the organisation is run, the services it provides and ultimately its future direction. The lively group of 15 young people regularly hold committee meetings, organise events and take part in training throughout Sussex. The

The film focuses on 4 energetic individuals; Kristy, Adam, Joseph and Tom. These young people talk openly



and show us snapshots of their lives. We visit a local community centre where Tom takes part in American Square Dancing and we are taken on a visit to Kristy's place of work. The film also captures some of

the services that the Sussex Association of Spina Bifida and Hydrocephalus provides including residential breaks and clinics.

The young people involved in the film have high expectations about how the film can be used to promote SASBAH and raise awareness of Spina Bifida and Hydrocephalus throughout Sussex. In particular the young people want to make their own generation aware of what it is like being a young person with a disability. The group hopes to help eradicate discrimination and ignorance towards people with disabilities through increasing awareness and understanding.

The SASBAH YPC would be very pleased to hear from any schools, clubs, societies or organisations who would like to show the film or hear a presentation.

For more information about SASBAH visit: www.sasbah.org.uk

For more information about KHouse Media visit: www.khousemedia.com

Further information please contact Emily Robson: emily@sasbah.org.uk

Image1: BBC South East presenter Beverly Thompson presents Kristy Baldock, Adam Lovegrove and Adam Moors with the YPC Film.

Image2: Ben Lankester and Gary Osbourne from Khouse Media with Victoria Lumley the Vice-Chair of the SASBAH Young People's Committee.



Oska Bright Film Festival

WE WANT YOUR NEW SHORT FILMS!

OSKA BRIGHT OPEN FOR ENTRIES TO THE NEXT FESTIVAL

It has been a wonderful year for Oska Bright. We have been On The Road showing films to audiences in 21 towns and cities across the UK, Europe and Canada. In August we won the National Lottery Good Causes Award by public vote.

We have been on television and radio, and several Oska Bright films have won awards in film competitions.

None of this would be possible without YOU - and YOUR FILMS!

We are now working hard to organise the 4th national film festival of short films by and for people with learning disabilities. Because last year's festival was so successful, and so many people wanted to

see the films, the new festival will take place over three days in November 2009.

We will be running a film making workshop for people to take part in, as well as discussion groups for film makers and people wanting to be film makers.

If you've made a short film, or you've had help making a film, please enter it into Oska Bright 2009. The deadline for entries is April 2009.



Please look at our website www.oskabright.co.uk

for full information or give Carousel a call on 01273 234734.

Thank you!
The Oska Bright
Steering Committee

Help a Local Child

“Money raised locally is awarded locally”

Radio station Southern FM plays a huge role in its community by entertaining and informing listeners around the clock about local news, events and traffic reports. As of 2003 it increased its community programme with the launch of its charity, Help a Local Child.

HALC aims to give the same opportunities to disadvantaged children and young people (under 18 years) who experience poverty, abuse, neglect, homelessness, violence or crime. We also help those who have an illness or disability.



Every year HALC invites local organisations and charities working with children throughout Sussex to apply for one of its £3,000 grants. The money awarded is raised through various imaginative fundraisers we host throughout the year, including abseils, the now famous Dragonboat Challenge, half-marathons and fun runs, Hero for a Day and our annual Night Fright on Halloween.

Every penny raised locally is awarded locally and examples of previous recipients include CHASE Hospice Care for Children, Wellspring, East Sussex Foster Care Association, Brighton & Hove Parents & Children Group and the Sussex Autistic Society.

Other projects funded include the new Alexandra Royal Children's Hospital in Brighton, the Inspiration Project - taking foster children to see the X-Factor - and the Dragonflies Childhood Bereavement Project.

As a first ever initiative, and to celebrate Southern FM's 25th birthday, HALC gave away one of its biggest ever grants - £25,000 to the Young People's Centre in Brighton's Ship Street. They are going to set up the Southern FM Café to provide training in food preparation training as well as daily hot meals for the vulnerable young people it serves.

Help a Local Child is going from strength to strength every year, and we really do achieve so much thanks to the brilliant support of our listeners. They really help us to...put big smiles on little faces...

If you are interested in applying for a grant from Help a Local Child in 2009 then please visit www.southernfm.com/charity email Louise.bartha@thisisglobal.com or telephone **01273 316939**.

southernfm
HELP A LOCAL CHILD

Winston's Wish

Every 30 minutes, a child in the UK is bereaved of a parent; this equates to 20,000 new children each year. Winston's Wish, the charity for bereaved children, helps young people to re-adjust to life following the death of a parent or sibling. Winston's Wish offers professional assistance to families before, during and after bereavement, giving them the support and guidance they may need to help them through the grieving process.

Winston's Wish is recognised as the leading organisation in the field of childhood bereavement and its pioneering model of family support has been adopted by many other organisations throughout the UK and abroad.

Winston's Wish is now in its 16th year. First established in Gloucestershire, Winston's Wish now has a base in West Sussex. Winston's Wish West Sussex began in September 2006 and continues to go from strength to strength. In 2008 we held 3 residential weekends and helped over 70 families bereaved of parent or a child.

At Winston's Wish, we work with children and young people up to the age of 18 years and their parents/carers. Whether the person was ill for sometime, or their death was totally unexpected, we work closely with young people and their families in a variety of practical and creative ways to create an atmosphere where they can share their thoughts and feelings and meet others.

Our approach to working supports the family as a whole as we recognise that grief affects every family member differently. The range of services that we offer include:

- A national helpline for any adult concerned about a child when someone is seriously ill or has died. Our helpline is staffed from Monday to Friday, 9am to 5pm by experienced Winston's Wish practitioners in the Family Services Team
- Therapeutic residential weekends for young people and their families following a death through illness or accident. These weekends are available to families living in Gloucestershire and West Sussex.
- Specialist residential weekends for young people and their families following a death through suicide or murder/manslaughter. These weekends are available to families across the UK
- A website containing very useful information for parents/carers, professionals and schools. Our website also has an interactive section for young people.
- A range of publications, resources and educational films.
- Bespoke training and consultancy for professionals.



Winston's Wish
the charity for bereaved children

For anyone interested in knowing more about Winston's Wish and the services that are available, please contact our Helpline on **0845 2030405** or take a look at our website **www.winstonswish.org.uk**

Carers' Support Service

Hello, my name is Pam Thomson, and I have been appointed by the Carers Support Service (formerly Carers Liaison Project). My role is to actively engage and support carers of people with Learning Difficulties and to develop a service to meet their needs, in the Chichester District, Bognor and Arundel areas.

The Carers Support Service is based in Chichester and our aims are to support carers in the form of:

- Offering confidential information on services available,
- One-to-one support,
- Advocacy,
- Regular newsletters,
- Information on carers groups.
- Emotional Support (via one-to-one counselling, Telephone Call-Back Service, Complimentary Therapy.)

I am very keen to hear from carers, to hear your experiences good and bad, what works and what doesn't, as with your input I can ensure that I am addressing the needs of carers of people with learning difficulties. If you would like to discuss your caring situation, or have any concerns/queries that I can help with, please contact me on:

Tel: **01243 537011**

E-mail: **pam.thomson@carersliaison.org.uk**

Tuesday & Thursday 9.30 – 5pm,
Wednesday 1.30 – 5pm.



Parent Partnership Service

West Sussex Parent Partnership Service provides information, advice and support to parents of children with special educational needs (SEN). The service offers:

- A confidential Helpline during working hours on **0845 075 1008**
- Information about SEN processes and the support that should be provided for children in school and help with accessing these
- Guidance on the Statutory Assessment process and statementing including liaison with the Local Authority
- A small group of volunteer Independent Parental Supporters who can accompany parents to school meetings, help with writing letters and assist parents to put forward their views
- A termly newsletter detailing activities and local groups
- A website and a range of printed information materials
- Information days and events for parents
- Regular updates on SEN policy via *SENWatch*
- Signposting to other agencies providing services to disabled children and children with SEN and their parent-carers
- Training and guidance for professionals on communicating with parents
- Email: **parent.partnership.ed@westsussex.gov.uk**



WELCOME TO
THE LATEST EDITION OF

W E L L S P R I N G
KYRAN'S HOT STUFF

BY KYRAN SCHMIDT & ERNIE THE CHICKEN



Hey there! Welcome to the latest edition of Kyran's Hot Stuff. Make sure to Challenge yourself with this edition's word search. Don't forget to check out "what's hot" ... and "what's not"! Also read up on some "Words of Wisdom". Have a

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

Words of Wisdom (Following the Easter theme):
It's all good and well scoffing down your Easter eggs, but don't be in too much of a rush... always make sure you're eating chocolate before you nick that egg out the fridge! Trust me... raw eggs... definitely not as nice as chocolate!

H	P	F	B	W	E	L	L	S	P	R	I	N	G	Y
M	E	C	A	X	K	N	L	S	Z	H	A	W	S	T
Y	O	I	O	M	G	T	M	A	E	B	A	B	A	X
O	P	I	N	M	I	A	G	Y	J	N	E	O	E	D
U	L	O	N	T	M	L	Y	J	A	U	H	X	F	N
N	E	S	Q	D	E	U	Y	J	S	V	O	X	D	B
G	F	P	Y	P	E	R	N	J	O	D	B	G	Z	X
S	R	P	X	E	P	P	A	I	O	C	B	E	V	S
O	I	V	S	E	V	X	E	C	T	B	I	T	S	S
C	E	D	Z	O	I	L	R	N	T	Y	E	F	W	U
I	N	E	I	U	I	Y	F	Z	D	I	S	Q	O	S
A	D	Z	H	Z	L	L	X	T	P	E	O	L	R	S
L	S	N	U	Q	W	C	T	I	E	V	N	N	K	E
G	M	O	P	X	N	G	K	S	W	V	T	T	G	X
P	T	F	S	W	W	L	I	V	J	K	C	V	Q	B



Your 3-in-1 card:

The 3-in-1 card is a great new scheme developed by the West Sussex Youth Cabinet and West Sussex County Council. The card means that if you live or study in West Sussex and you are aged between 5 and 19 you can get loads of fantastic discounts from your favourite local shops, get cheaper fares and it can also be used as proof of age... all in one handy card! For more information visit www.yourspacewestsussex.co.uk

**YOUNG PEOPLE'S EDITION
WORDSEARCH**

WORDS:

Wellspring, Young, People, Independent, Sussex, Hobbies, Community, Friends, Family, Work, Job, Interaction, Social

What's Hot?



Easter EGGS!

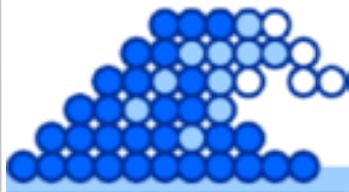


What's Not!



Too Much CHOCOLATE!





Wellspring
West Sussex

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 2500 copies. During the year it organises or supports a number of activities for young people with disabilities, and their families. The organisation is managed by a committee of volunteers, parents and carers, young people and representatives from the voluntary and statutory sectors.

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

The next edition will be **Health and Wellbeing**.
If you would like to contribute any articles or letters to this edition, please send or e-mail to the above addresses by **Monday 27 April**.

Printed by Shanks Printers & Finishers 01903 716442

Typeset and designed by Lizzie Baily
lizzie@wellspringwestsussex.org.uk



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

WELLSPRING ONLINE!

Don't forget to check out the Wellspring website!

www.wellspringwestsussex.org.uk

Wellspring West Sussex acknowledges the support of:

- Child Disability Team
- ICIS: Information for Life
- Parent Partnership Service
- WSCVYS (West Sussex Council for Voluntary Youth Services).

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 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**

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

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