



WELLSPRING

-WEST SUSSEX-

Registered Charity Number 1100226

Young People's edition no.2

- April 2006

Young People's edition

Hi there! This is the second special edition of Wellspring for people between 13 and 25 years old, and anybody who works with people in this age group.

A big **THANK YOU** to **Connexions Sussex** who have very generously given us the funding to make this issue possible. You can find out where your local Connexions centre is, and how to contact them on pages 6 and 7.

Find out about new course run by the DARE Foundation on page 2 and read about the National Centre for Young People with Epilepsy on page 3.

If you are considering taking driving lessons, look at page 4 which has some useful contact details and the experiences of a disabled driver.

Page 5 is for all you sports fans and has details of the Sussex Disability Sports Database and an article about a disabled cricket match.

Katherine talks about living independently on page 8, and read about my university experiences on page 9.

Pages 10 and 11 contain all the latest news and information on local schemes, new websites and some updated contact details,

Don't forget that we love to receive articles, photos, letters and news from all our readers. You can also post messages and look at past issues are on our website. Details of how to contact Wellspring are on the back page.



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

Inside this Issue:

DARE Foundation Pilots New Courses	page 2
The NCYPE	3
Learning to Drive	4
One Day Test for Disabled Students	5
Connexions	6
Living Independently	8
Moving on to University	9
News and Information	10

Lizzie Baily

lizzie@wellspringwestsussex.org.uk

The next Family Fun Weekend will be on **June 10th and 11th at Cobnor Activities Centre**. There will water activities, abseiling, music workshops and art activities. More details and a full programme will be in the next edition of our newsletter. Phone Cobnor Activities Centre on **01243 572791** to book your place for one of the days.

DARE Foundation

pilots new courses

The DARE foundation in Brighton is just about to start some exciting pilot learning groups for people with disabilities in Brighton and Eastbourne, and the Wirral. These are called Step Up to Learning.

This initiative has come out of research which has indicated that disabled people can feel discouraged by mainstream education because of its inability to meet their needs. There may also be other reasons why disabled people choose to discontinue learning after they leave school. DARE hopes to empower disabled people by giving them the chance to work in small supportive groups with two facilitators, in order to consider their learning needs and to make changes in their lives.

The groups are also suitable for people with learning disabilities, and for carers who may feel they have missed out on learning because of their caring responsibilities. All potential students are interviewed by facilitators to determine their individual needs, their modes of learning, and learning assistance needs, if any.

These courses are accredited by the OCN and students can choose to enter their portfolios to gain credits at one of three levels.

Once these initial pilots have been done Dare intends to run more courses in different areas, and to develop new courses.

Currently Dare is running three pilots - one started in Eastbourne on 6th January, and one in Brighton will be in late March, and one in the Wirral in March.

These courses offer the opportunity

- to think about skills, interests and hopes for the future;
- to make new friends,
- to find new directions

If you are interested in finding out more, or know people who you think might benefit from attending one of these courses please get in touch with either Chris Gildersleeve or Michelle Wright at DARE on **01273 771006**. People living in the eastern part of West Sussex are very welcome to attend the Brighton course.

If you would like to come, or know anyone who might be interested, but you and they live too far from Brighton, please get in touch, because we would like to run a course in West Sussex later in the year.

Visit the DARE Foundation website:
www.darefoundation.org



The NCYPE

Do you know what epilepsy is? Perhaps you have epilepsy, know someone who has, or have heard the word mentioned before. The National Centre for Young People with Epilepsy (NCYPE) is here to explain more.

Epilepsy is a brain disorder that means those with it may have regular seizures. It is a condition that affects 1 in 200 children and up to 30 percent of those will continue to have seizures as well as other disabilities including learning, physical and emotional difficulties.

People often do not understand what epilepsy is. They think that it can be catching and anyone having a seizure will get brain damage. These are not true. Although it can affect anyone, at any age and at any time, it is not always a condition you will have for life. As many people do not fully understand what epilepsy is, some people with more serious forms of the condition have low self-esteem and are isolated from society.

In the UK, epilepsy affects around 400,000 people. Brain injuries and inherited factors are the two main causes of epilepsy that are known about. But the majority of cases have no known source. Many with epilepsy take medication which helps control their seizures but there are some who are affected more severely – around 15,000 young people in the UK.

But The NCYPE is there to help. Based in Surrey, it is the leading provider of specialist services for children and young people with epilepsy. It offers residential and day services at its St Piers School for children aged between 5 and 19, and at St Piers Further Education College for students aged 16 to 25 to continue their learning. A national charity, it also offers a range of diagnostic, assessment, outreach

and rehabilitation services to help children aged from 3 upwards to better cope with their epilepsy and continue to live at home. Last autumn, The NCYPE opened a care home for children which can help those with severe epilepsy and other complex needs for up to 52-weeks a year.

Michaela is a student at St Piers Further Education College which is part of The NCYPE.

She was born with epilepsy and explains what it is like to have it. "I only had two friends at school but they drifted away from me when they found out I had epilepsy which upset me. I was also bullied at my secondary school. Now I am at The NCYPE I feel very comfortable. I am with people with the same condition as me which I like because they are more understanding than others

and I can do a lot more by myself. I am now boarding at The NCYPE and I am happy living with all my friends.

I would not say that my epilepsy has affected me in many bad ways although I have had my moments when I have hated myself for having epilepsy. Even though bad stuff has happened since I had epilepsy, I have just got on with it because I know there are lots of people worse off than me."

The NCYPE will soon be unveiling its latest exciting new development – a section of its website devoted to young people and their families. If you'd like to get involved, please Michelle Baillie at the address below.

If you would like further information please contact The NCYPE, St Piers Lane, Lingfield, Surrey RH7 6PW. Tel: **01342 832 243**.

Email: **info@ncype.org.uk**

Website: **www.ncype.org.uk**

also: **www.epilepsy.org.uk/upbeat/**



The National Centre
for Young People
with Epilepsy

Learning to Drive

You can start learning to drive at 16 if you have Disability Living Allowance (DLA) at the higher rate for mobility and a provisional licence (available from your post office).

When you apply for a licence you have a legal responsibility to say what your disability is and how it might affect your driving. You might need a medical certificate saying you are OK to drive.

If your licence is refused or you feel it is unfairly restricted, you can complain to the Driver Vehicle Licensing Agency telephone

0870 240 0009 or your local magistrate. If the refusal is on medical grounds ask for the Drivers Medical Group or phone them direct on **0870 600 0301**.

You can get advice about your ability to drive and the adaptations that will suit you from an assessment centre such as the Mobility Advice and Vehicle Information Service (MAVIS)

www.dft.gov.uk/access/mavis

Some assessment centres may also offer you intensive week-long driving courses. Or you

could learn over a longer period with any good driving school.

All new drivers should have professional driving lessons and disabled drivers may want to look for instructors who have specialist knowledge of their needs. You might want or need to learn in an automatic car with hand controls. The bigger the company the more chance you have of getting an adapted car or an instructor trained to teach disabled people.

Think carefully before letting your family or friends teach you!

If you still qualify for help from the Family Fund (**www.familyfund.org.uk**) they may be able to help with the cost of driving lessons for you. The usual upper age limit for Family Fund help is 16. But if you are still in full-time education and not entitled to:

- Incapacity Benefit (IB)
 - Income Support (IS)
 - an education grant or
 - training allowance
- they may be able to help.

Aaron's story

Aaron Dyer is 22 years old, and has cerebral palsy. He went to Lizzie Baily's first school, and learnt to drive when he was 18.

I don't really have that much to say on the subject really as I have always felt that I'm just like everyone else (only I can't stand up).

When it comes to learning to drive I have no idea if it was any different or not as it's the only way I know how to drive. I just use my hands and not my feet.

I was lucky to have a good teacher that's all. He treated me just the way I wanted (which was the same way as he treats other learners).

Driving itself to me is just a part of my everyday life. I haven't had any bad experiences really, just that I can't get into any multi story car parks. This is only due to the fact that I chose a roof box to hold my chair and so the car is just too high. It doesn't bother me that much though.

I can't really comment on the differences in being disabled and not as I have never driven 'normally'.



Aaron Dyer

One Day Test for Disabled Students

Twenty-one students from Angmering School & Oakgrove Community College participated in a cricket day at The David Lloyd Centre, Durrington on Thursday 9th February.

This event was organised by The Southern Area Partnership, David Lloyd and Sussex County Cricket Club and was funded by The Southern Area Partnership, which is helping to achieve the governments

PESSCL strategy (PE School Sport, Club Links) which aims to have every child taking part in quality sport or PE for a minimum of 2 hours per week.

Jon Mills, Partnership Development Manager said "This was an excellent opportunity for children of all abilities to experience top class coaching within

an excellent environment. The day highlighted the partnership between David Lloyd, Sussex County Cricket Club and Special Schools"



Pupils really enjoyed the day and The Southern Area Partnership plans to extend this one-day event into other sports and this event supports future events including The Sports Inclusion Festival, Gifted & Talented Camp and many more activities.

For further details of these activities or disabled sport at The Angmering School please phone Ben Locke on **(01903) 772351** or email **blocke@wsgfl.org.uk**

To find out about opportunities in Sussex, search the **Sussex Disability Sports Database** online at **www.icis-info4life.org.uk**



If you can't find what you are searching for, or would like further information, ring the ICIS Enquiry Line on **0800 859929**



Connexions

Wellspring is especially grateful to Connexions for their generous grant which helped this edition to be possible.

If you're 13-19 and want to talk about anything that affects you - whether you need advice on choosing a college course, finding somewhere else to live, or you're worried you might be pregnant - whatever's on your mind, Connexions is for you.

Your Connexions personal adviser is there to listen and provide access to help with:

- Jobs
- Careers
- Health
- Relationships
- Sport
- Money
- Friendships
- Drugs
- Housing
- Qualifications
- Bullying



Phone: **080 800 13-2-19**

Text: **077664 13-2-19**



Speak to a PA by webchat or email:

www.connexions-direct.com

VISIT

<http://www.connexions-sussex.org.uk>



for information on hundreds of groups, organisations and places that can help or may be useful to you.



Visit

www.after16.org.uk

Choices and challenges for young disabled people.



This website is for:

* Teenagers and young people in the UK who have an impairment or disability and are wondering what opportunities and services there should be when they leave school.

* Parents, carers and professional workers will probably want to use it too!

LOCAL CONNEXIONS CENTRES

Bognor Regis Information Shop

75 Little High Street
BOGNOR REGIS
PO2 1RZ
Phone: **01243 865533**
Email: bognorinfoshop@aol.com
Opening Hours: Monday – Friday 1.30pm
– 5.15pm

Connexions Careers Centre - Chichester

1-3 The Chambers,
Chapel Street,
CHICHESTER
PO19 1DL
Phone: **01243 771666**
Email: chichestercareers@vtis.com
Opening hours: Monday, Tuesday, Thursday
and Friday 9am-4.30pm.
Wednesday 10am-4.30pm.

Connexions Careers Centre - Crawley

Suite 1, First Floor
Belgrave House, Station Way
CRAWLEY
RH10 1HU.
Phone: **01293 528 374**
Email: crawley.careers@vtplc.com
Opening Hours: Monday, Tuesday, Thursday,
Friday 9am - 4:30pm
Wednesday 10am – 4.30pm

Crawley Connexions Centre for Young People

37 Queens Square
CRAWLEY
RH10 1HA
Phone: **01293 843334**
Email: Pat.wickes@westsussex.gov.uk
Opening Hours: Monday, Tuesday, Thursday
and Friday 10.30am – 5.15pm

Connexions Careers Centre - East Grinstead

The Library Building,
32 West Street,
EAST GRINSTEAD
RH19 4SR
Phone: **01342 321564**
Opening hours: Tuesday 9am -12.30pm and
1.30pm - 4.30pm. Thursday 9am -12.30pm
and 1.30pm - 4.30pm.

Connexions Careers Access Point - Haywards Heath (Outreach)

Mid Sussex Learning Centre,
Victoria Gate,
119-127 South Road,
HAYWARDS HEATH
RH16 4LR
Phone: **01403 261465**
Email: haywardsheath.careers@vtplc.com
Opening hours: Telephone for an appointment

Connexions Careers Centre - Horsham

Malborough House,
50 East Street,
HORSHAM
RH12 1HN
Phone: **01403 261465**
Email: horsham.careers@vtplc.com
Opening hours: Monday, Tuesday, Thursday,
Friday 9am – 5pm.
Wednesday 10am - 5pm

Horsham Information Shop – Horsham

16 East Street
HORSHAM
RH12 1HL
Phone: **01403 270345**
Email: horshaminfoshop@yahoo.co.uk
Opening Hours: Monday – Friday
11.15pm – 5pm

Connexions Careers Centre - Littlehampton

Sussex Training Littlehampton,
Suite 2,
20a High Street,
LITTLEHAMPTON
BN17 5EE
Phone: **01243 771666**
Opening hours: Monday 9am-12pm by
appointment only and 1pm – 4pm drop-in.

Connexions Careers Centre - Worthing

Revenue Chambers,
Chapel Road,
WORTHING
BN11 1BG
Phone: **01903 205612**
Opening hours: Monday, Tuesday, Thursday
and Friday 9am-4.30pm.
Wednesday 10am-4.30pm.

Living Independently

In August 2001, I moved into Leonard Cheshire - Living Options in Bracklesham Bay and I was excited about it. I thought the place was lovely and very clean. The past residents were very welcoming too. My parents did everything for me before I lived at Fennes (Living Options house), such as getting my lunch and doing my washing for me, but at Fennes I have to think for myself, make decisions about important things, be independent and do things for myself.

It is very good and fun living at Fennes but I also find it mentally quite hard sometimes.

The accommodation is very good although I rate it 7/10 because some of the rooms are too small and I can't put my stuff away because there is not enough storage space. I like the whole setup now more than 3 years ago.

I enjoy Living Options because I have made some good friends with past and present residents. I have enjoyed going out with the residents, staff and volunteers and we have been out on some fun house trips for example to Marwell Zoo.

Leonard Cheshire has increased my independence and is helping me

become ready to move out. I heard in July last year that I will have the opportunity to move out into my own

home. I was very shocked and surprised when Marcus (my manager) told me about this and I think this is a brilliant opportunity.

The Guildford Borough Council (Housing Section) and Treanings (the building company) are involved in making

my move possible but they reckon it will be about a year before I can move in. It is a 2 bedroom bungalow designed for a wheelchair user. It is in a rural location 5 miles from the village.

I have had a care package agreed, but I'm not sure how it will work out. I will get some support from my Social Services but I would also like to get some support from Leonard Cheshire.

I have some concerns about living on my own such as making friends

within the community, finding the right people to care for

me and finding transport where I will be living. I think that I will find it challenging to settle in and take control of my own home though I am looking forward to having friends to stay over and not having to worry about whoever booked the transport first.



Katherine cooking



Katherine putting powder in the washing machine

Katherine Paton

Moving on to University

I graduated from University College Chichester with a BA (Hons) in Childhood Studies: Early Years in October 2005. My experience of life as an undergraduate was positive, however I feel some of the less positive encounters were also useful as they helped me to develop as a person.

Before I started my degree course, I had mixed feelings about the big "transition" from college to university – excitement at the wider prospects ahead, and some worry as to how I would cope physically. I have a few tips to pass on in two areas – the preparatory time when you are looking around the likely possibilities and visiting places, and life once you are at university.

Preparing for University

Once you have a shortlist of universities that offer the course you want, you MUST go and see them for yourself to check whether they are really as suitable for your needs as they seem in the prospectus!

For example, I visited two other universities before making the choice of Chichester. One turned out to have parts of the course a mile away from the campus and I couldn't actually look at the on-campus disabled living accommodation for myself, because 'someone was in it', even though I had arranged my visit a fortnight ahead! The second place looked fully accessible on the smart prospectus map, but when I went there the entire campus was on a steeply sloping part of town! The tutors I spoke to there also told me all the things I wouldn't be able to do on my chosen course!

I went to an open day at University College Chichester after deciding against the others. The Course Co-ordinator and the Disability Co-ordinator were both encouraging about me doing Childhood Studies. I saw that it was a small campus where I could move easily between lectures.

Wherever you go though, and whether you decide to live at home or away, you will need to sort out for yourself who is going to help you with your non-academic needs...we found out quite late on that the University may ask you about them, but unlike school, they don't provide it. They expect you to know that.

We considered Community Service Volunteers (CSV) for a helper, but it would have been a long and involved process to find the right person. Luckily for me, my school and college helper agreed to carry on with me.

Taking the same helper from college helped me



because she already knew what I needed. It was one less new thing I had to be focussed on. Having a helper might make things more difficult as people think you are already with someone, and may not approach you. I talked to my helper about this so that she recognised how I needed to make contact with other students.

Life at University

I had evaluated different universities for support, location and facilities before I made my choice. In the end, I decided that living at home would work better for me as it meant I wouldn't need full time support. I felt I would have to be very strong-minded and have an exceptional carer to live away from home. It does however mean that you will have to have or hire daily transport. That may be difficult enough if you (like me) can't get into an ordinary taxicab, but probably simpler (and more straightforward to pay for) than trying to live on site.

I was provided with academic helpers to take notes for me in lectures, and at home to help me with my private study.

It helped me a huge amount to have someone to help me work at home with research and assignments. The Disability Co-ordinator helped me organise this.

In my first year, I had some problems on a placement, which were to do with lack of communication and understanding about my special needs from the staff at the placement and my tutors. After this problem had been resolved the Disability Co-ordinator helped me to write my 'learning profile' – a description of my disability and special considerations I needed, to give to all my teaching staff. This proved to be invaluable, as it meant I didn't have to keep explaining myself; it was all written down. This is something one needs to get sorted at the start of university.

I also had a few problems with access into the library at the start of the course, and I had to keep asking what was happening to improve disabled access, just so they didn't forget I was there!

There is nothing like the feeling of satisfaction on Graduation Day. It was a great way to end what had been a very happy three years. I felt very proud of myself and all the students in my group, and felt rather sad having to take off my robes after the ceremony!

Lizzie Baily

lizzie@wellspringwestsussex.org.uk

News and Information

Young People's Inclusion Network.

Kids, the national charity and a leading service provider for all disabled children, young people and their families, has been awarded a grant by The Big Lottery Young People's Fund National Grants Programme. This will be used to create a Young People's Inclusion Network (YP-in) to give disabled young people in England the means to communicate successfully with the wider world about their leisure needs, also enabling them to meet, make friends and do the stuff that other teenagers take for granted. For more general information, visit Web: www.kids.org.uk .

Happy Birthday Sweet 16?

The aim of this campaign by the Family Fund is to highlight the fact that there is a yawning gap in provision for families caring for severely disabled or seriously ill children who have reached the age of 16. E-mail your support to: happybirthdaysweet16@familyfund.org.uk or for further information see Web: www.familyfund.org.uk/newsite/content.asp?section=00010021 .

Disabled facilities grants.

The Government recently announced that from December 2005 families in England needing to adapt their homes to care for a disabled child (and some young persons under the age of 19) would no longer be subject to means testing. Disabled Facilities Grants can meet the costs of disability improvements to the home, including access ramps, stair lifts, level access showers and home extensions. The grant can be up to twenty five thousand pounds. At the moment, and until the means test is abolished, families resources are taken into account when assessing how much grant is payable and many families are forced to take out loans to cover the costs of works. Families who are about to, or are in the process of applying for a DFG, can ring the Contact a Family Helpline (**0808 808 3555**) to discuss the impact these changes may have on their own situation.



Chatability is a secure internet chat room for disabled children and young people under the age of 18 run by Capability Scotland. It is a place where you can make friends online, chat to them about whatever is on your mind, be it football or fashion, homework or home help. Firstly read over their Safe Surfing Guidelines then click to register for a username and password. If you are having any difficulties, please contact Derek Powell, Team Leader, Tel: **07843 367 394** for some assistance. www.chatability.org.uk .

Information Shop for Young People

A new shop has opened in Littlehampton at 82 Wick Street (next to Project 82)

Leisure Contacts

Junior Sports Club at Angmering School
Carrie Reynolds **01903 731672**
Meets on first Tuesday of every month at

6 – 7.30pm

Worthing Specials Football Club for children with special needs and learning disabilities from 8 – 16 years at St Andrews School on alternate Saturday mornings. Nikki Richardson **01903 211471** mobile no **07803 902044**

Yap.

Young people with learning difficulties have created a website for Mencap about the things they like to do. Young people can also contribute to the website: www.y-a-p.org.uk .

Asperger United

This is a quarterly newsletter, edited by a person with Asperger syndrome. It contains articles either written by people with Asperger syndrome or by professionals with this group specifically in mind. Each issue contains regular news from the UK and overseas, personal accounts of having Asperger syndrome, a pen pal network, letters to the editor and a talent scout section (including poems, artwork and short stories). Subscription is now free to adolescents and adults with Asperger syndrome. If you are a

WELLSPRING
-WEST SUSSEX-

professional with an autistic spectrum disorder, you can also subscribe free of charge. A subscription fee of £10.00 is payable by professionals working in the field of autism and Asperger syndrome.

If you would like to subscribe to Asperger United, please contact the newsletter administrator:

Tel: **(0)20 7903 3595** Fax: **(0)20 7903 3767**

Email: asp.utd@nas.org.uk

In Issue 4, 2005 we featured an article about the **Independent Living Fund**, the local contact for this fund is Dawn Lovell. Please note her new contact details as listed below:

Dawn Lovell,

Project Manager - ILF Development

Independent Living Association

North Suite, Second Floor

Southfield House, 11 Liverpool Gardens

Worthing, West Sussex BN11 1RY

Tel: **01903-219482**

Dawn.Lovell@ilawestsussex.org

Carousel is a ground-breaking, exciting and contemporary Brighton based creative arts charity that works with and for people with learning disabilities. They have a new Volunteers Training Programme starting in September 2006, the course is free and OCN accredited. This offers opportunities to meet new people and learn new artistic skills from experienced artists. For more details contact Carousel on **01273 234734** or email enquiries@carousel.org.uk

New Open Learning Centre at Lodge Hill

In April 2006 we will be launching our new Open Learning Centre at Lodge Hill.

This will have 8 computers and two printers.

Two of the screens will be 21 inch for the visually impaired and a special desk has been included which is for the less able.

The main part of the Open Learning Centre is the software self teach packages. We have decided not to charge West Sussex young people and adults if they wish to book time on one of our computers to undertake a self teach package as part of their on going development. This facility would be open to any of the readers of Wellspring.

Contact the Centre on **01798 831411** for more details.

Wellspring West Sussex is a member of

WSCVYS (West Sussex Council Voluntary Youth Services)

which supports voluntary youth organisations in West Sussex. The Council represents 35 voluntary youth groups and provides opportunities for young people to express their views and influence the services offered to them. They also offer training at subsidised rates, a small grants scheme and an equipment loan scheme. For more details about the Council and how they can help your group, contact the WSCVYS office on **01403 252139**

or email wscvys@westsussex.gov.uk

FREEDOM THROUGH FUN WORKSHOPS

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

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

For more details on the workshops contact Chris North on **01243 774392**

or **07952 977567**. E-Mail; chris@fun61418.wanadoo.co.uk



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:

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

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

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 - lizzie@wellspringwestsussex.org.uk

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*