

Getting Out & About

Hello everybody! The summer holidays came and went all too quickly, but with half term coming up, this edition of Wellspring will give you lots of ideas of places to visit and things to do!!

It was great to see all the families at the Family Fun Weekend at Cobnor in June, and I hope everyone who went to the Activity Day North had a great time too! Find out what I got up to over the holidays on page 8. If you're planning a family outing, check out pages 6 and 7 for lots of accessible attractions in your area and there are details of National Trust properties on page 2. Have a look at pages 4 and 5 for details of new bus cards for young people. There's lots of information about clubs, groups and activity centres through the newsletter, so there is no need to sit at home wondering what to do!

Why not write or email us at Wellspring about what you got up to over the summer or at half term and we will print your story, article and pictures in the next edition. We really do want you to contribute to your newsletter and keep it interesting!



Lizzie Baily

lizzie@wellspringwestsussex.org.uk

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

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We are very sorry that the previous edition of the newsletter arrived too late for many families to be able to attend the Cobnor Activity Weekend. This was due to circumstances beyond our control and we will try to ensure that this does not happen again.



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

ICIS

Family Fund

Who are we?

The Family Fund works to help families caring at home for a severely disabled or seriously ill child under the age of 16. This includes children whose disabilities mean they need a lot of personal attention, help with getting around, support with communication, special help because of behavioural difficulties or because of a life-threatening illness.

How can we help families?

We help by providing grants and information related to caring for the child. Our role is to focus on families in greatest need. This means that we can help where the household income is £23,000 gross per year or less, and where savings are not more than £18,000.

Here is how we have helped one family in Sussex.

“My son is 15 and has moderate learning difficulties, speech and language difficulties and a bladder disorder. We first applied to the Fund when he was 8 – I heard about it at a conference for families who have children with special needs. Over the years we have had help with a washing machine, tumble dryer, holidays, outings, clothing and bed linen. I didn’t claim every year at first because my pride got in the way, I don’t like asking for help. But someone told me that I had could apply every year, so I have asked for help for each of the last 3 years.

The Family Fund is a god send. To be honest if it wasn’t for the Family Fund I wouldn’t have a washing machine. I would have had to find £300 to pay for

it and I am on benefits and this would have been really hard. A lot of people haven’t heard of the Family Fund – they should!”

Mrs Hannam, West Sussex

The grants we give must be related to caring for the child – these are some of the ways that we have helped other families:

- Specialist toys
- Driving lessons so that the parent can get their child out and about
- Family holidays and days out
- A washing machine to cope with extra changes of clothing and bedding
- A trampoline for a young person with ADHD who needs to let off steam

Where does the money come from?

We are an independent charity, funded in England through the Department of Health.

What about information in other languages?

The Family Fund information leaflet is available in Arabic, Bengali, Chinese, Farsi, Gujarati, Hindi, Punjabi, Russian, Somali, Spanish, Turkish, Urdu, Vietnamese and Welsh. If you need us to arrange an interpreter, call us on

0845 130 45 42 and tell us which language you speak.

Would you like to know more?

If your organisation or parents group would like a speaker or more information about the Family Fund, please contact Clare Kassa, Regional Fieldwork Co-ordinator on **01273 748362** or by email at clk@familyfund.org.uk or visit our website at www.familyfund.org.uk



Family Fund

The National Trust

There is so much for families to see and do at the National Trust in West Sussex. From magnificent stately homes like Uppark near Petersfield, Petworth House in Petworth or Standen in East Grinstead, to beautiful gardens such as Nymans Garden in Handcross, there is bound to be something of interest to everyone.

National Trust properties in West Sussex provide access and facilities for disabled visitors wherever possible, such as designated parking and accessible lavatories, tearooms and gift shops. Wheelchairs and PMVs are often available to borrow and many places offer Braille or large print versions of guides and menus, as well as induction loop systems inside the houses. Several special access routes have also been created for disabled visitors to enjoy summer plants and flowers in the grounds and gardens of National Trust properties to the full.

For those who enjoy trips to the countryside and finding out more about what they can see around them, the South Downs offers a wide variety of landscapes and habitats. You could

pack up a picnic and enjoy a day out in the fresh air, whether that be admiring the views at Devil's Dyke or taking in the sea breezes at East Head.

And if you like to be creative, art materials are available to borrow at Standen in East Grinstead to draw the house and the summer flowers and plants around the garden.



Nyman's Gardens, Handcross

When you need to take a breather, most National Trust properties have a tea-room or restaurant, many of which are disabled-friendly and all of which have children's menus or portions and facilities. Many properties also have gift shops, where you can browse for books, cards and keepsakes, including a range of souvenirs at pocket money prices.

To find out more about facilities and access for disabled people and for more ideas of things to see and do at the National Trust in West Sussex this year visit

www.nationaltrust.org.uk/southeast
or call **0870 458 4000**.



THE NATIONAL TRUST

The 'Sussex County Card'

The local authorities throughout Sussex are working together to provide the Sussex Countywide Concessionary Travel Scheme. The 'Sussex County Card' is for people aged 60 or over, together with most people with a disability, including disabled children of fare-paying age, permanently resident within their local District or Borough Council.

Which Disability?

Each Council has their own disability criteria so check with your own Council. Generally the types of disability include:

- People who are blind or partially sighted people.
- People who experience severe difficulty in walking.
- People with learning difficulties.
- People who are sensory impaired.
- People without the use of both arms.
- People not permitted to drive on medical grounds.
- People aged 60 years or over.
- Companions of disabled people who, without such companions, would be unable to use public transport. (Ask for details of the Companion Pass)

When you can Travel

Free Travel under this scheme is allowed during the following times:

Monday to Friday after 9.00am.

Saturday and Sunday and Bank Holidays you may travel at any time.

Where you can Travel

The County Card allows a disabled or elderly person to travel **free of charge** on the majority of **buses** in the whole of the County of East and West Sussex, including Brighton and Hove. You may change buses within the County e.g. travel from Worthing to Brighton and then onto other destinations such as Eastbourne. In some instances you may also be entitled to travel outside the County boundaries if the bus you travel on returns to Sussex e.g. a return journey from Worthing to Portsmouth. It is essential that you request a ticket for journeys that take you outside Sussex.

Where to Apply for the Sussex County Card

Please below for the contact details of local District and Borough Councils in West Sussex for further information on how to apply for the County Card and to request an application form. Most councils have the application forms to download on their website.

A copy of a Department for Transport (DfT) guidance notes regarding disability is available from the DfT's Concessionary Fares FAQ Page: www.dft.gov.uk/pgr/regional/buses/concessionary/answerstofaq/answerstocbtfqa

Some local District and Borough Councils also run other travel schemes including:

- Taxi vouchers for disabled children and adults who can not travel by bus.
- Reduction in the cost of a disabled rail card.

Please check with your local Council.

Community Transport Directory for West Sussex

Jo Brocken. Tel: **01243 777391**

Email: jo.brocken@westsussex.gov.uk

Includes information on Community Car and Dial a Ride Schemes, Special Taxis, Community Buses accessible to wheelchairs and Shop Mobility.

Adur District Council - 01273 263399

Phil James, Christine Verth and Alan Tubb

Email: concessionary@adur.gov.uk

www.adur.gov.uk/travel/concessionary.htm

Arun District Council - 01903 737500

Email: car.parks@arun.gov.uk

www.arun.gov.uk (Under A-Z services Concessionary Bus Passes)

Chichester District Council - 01243 534629

Donna Gander

Email: concessionaryfares@chichester.gov.uk

www.chichester.gov.uk (Under A-Z Services Concessionary Fares)

Crawley Borough Council - 01293 438635

Concessionary Fares Department

Email: buspass@crawley.gov.uk

www.crawley.gov.uk (Under A-Z services, Concessionary permits, Sussex County Card)

Horsham District Council - 01403 215323

Carol Harding

Email: carol.harding@horsham.gov.uk

www.horsham.gov.uk (Under A-Z Index Bus Pass)

Mid Sussex District Council - 01444 477304

Elizabeth Lancaster

Email: ElizabethL@midsussex.gov.uk

www.midsussex.gov.uk (Under A-Z services, Concessionary Travel, Sussex County Card)

Worthing Borough Council - 01903 239999

Mrs Collington

Email: revsbens@worthing.gov.uk

www.worthing.gov.uk (Under A-Z of services, Revenue and Benefits, Bus Passes)

3 In 1 Card

It's easy to hop on board for this great offer...see

www.yourspacewestsussex.co.uk/ccm/navigation/info/3-in-1/ for more information

West Sussex County Council has unveiled an offer no young person can afford to miss. If you're aged 5 - 19, and live and study in West Sussex, you can apply for a free Your 3in1 Card, which will give you amazing benefits from September 2007...

One - cheap fares

If you're aged from 5 to 16, the 3in1 card will give you much cheaper bus travel at any time of the day including weekends, and if you're 16 to 19 and in further education your bus travel is half price. Click here for more info.

Two - your ID

Thanks to a partnership with Citizencard, the 3in1 card can also be used to provide proof of age. Instantly recognisable in shops and other outlets, it means no more having to carry a passport or birth certificate around.

Three - fantastic discounts

The County Council has teaming up with many retailers to offer fantastic discounts to members of the 3in1 Club.

Check out our podcast online and listen to what young people in West Sussex think about their new Your 3in1 Cards.

How do I apply?

Simply download an application form from the website. Before you complete the form, please check out our tips for completing Your 3in1 Card application.

Help us get you the deals you want. What do you want discounts for? Let us know and we'll see what we can do. Let us know using our online feedback form.

Are you a business that can offer young people a discount on a product or service? Let us know using our online form, email offers@yourspacewestsussex.co.uk or call **01243 777431** and we'll add your details to Your Space.

Any questions? Check out our Frequently Asked Questions, email: yourcard@westsussex.gov.uk or call **01243 777330**.



Family Days Out

WEST SUSSEX

Amberley Working Museum

Tel: 01798 831370

www.amberleymuseum.co.uk

A working museum on the South Downs, craftsmen, narrow gauge railway. Mostly accessible, including railway.

Chichester Harbour Water Tours, West Itchenor

Tel: 01243 670504

Lovely 90 minute boat trips around Chichester Harbour. Great bird-watching. Children can be lifted on boat and wheelchairs left securely on jetty.

Earnley Butterflies and Gardens, Earnley

Tel: 01243 512637

www.earnleybutterfliesandgardens.co.uk

Butterflies, Theme Gardens, Museums and Exotic animal rescue centre, cafe, play and picnic area. A great day out for all the family whatever the weather.

Fishers Farm Park, Wisborough Green

Tel: 01403 700063

www.fishersfarmpark.co.uk

Best Farm Attraction in the UK - A unique mixture of rural farmyard and dynamic adventure play, including new Barrel Bug ride and jumping pillow. A fabulous family day out open 363 days a year all inclusive all weather. Barn Restaurant. Wheelchair access plus children can be lifted onto horses by carers.

Harbour Park, Littlehampton,

Tel: 01903 721200

www.harbourpark.com

Log Flume, Dodgems, Adventure Golf at Harbour Park. Attractions include favourites such as the or brave the Horror Hotel and Crazy Bikes! The indoor Skating Rink, Arcade and Coffee Bar are open all year round. Partial access to some activities.

The Wildfowl & Wetlands Trust, Arundel

Tel: 01903 883355

www.wwt.org.uk

Fabulous collection of ducks, geese and swans worth visiting any time of year, but great in Winter. Indoor children's activity area. Restaurant, cafe, gift shop and art gallery. Picnic area. Excellent facilities for the disabled.

EAST SUSSEX

Bentley Wildfowl & Motor Museum

Tel: 01825 840573

www.bentley.org.uk

A great collection of over 1000 birds in beautiful gardens and ponds.

Bluebell Railway, Uckfield

Tel: 01825 720800

www.bluebell-railway.co.uk

Great railway with steam trains through lovely Sussex countryside.

Brighton Sea Life Centre

Tel: 01273 604234

www.sealifeeurope.com

Creatures from the deep. Be amazed as you come face to face with some of the worlds most deadly and poisonous sea creatures, including sea snakes, lion fish, poison arrow frogs and jellyfish.

Cuckmere Cycle Co Ltd, Seven Sisters Country Park,

Tel: 01323 870310

www.cuckmere-cycle.co.uk

Great cycle trails in 1700 acres of forest and bikes for everyone. Cycle down to the sea on cycle track. Mountain bikes, family bikes, trailer bikes all for hire Wheelchairs can go in trailer - 7 stone restriction, ring for details.



WELLSPRING
-WEST SUSSEX-

Drusillas Park, Alfriston

Tel: 01323 874100

www.drusillas.co.uk

Charming small animal zoo and more! including otters, penguins, bats. Adventure golf, train rides. Also Playland - a paradise for anyone who needs to let off steam, packed with slides and swings, ropes and climbable things.

Hastings Castle & The 1066 Story,

Tel: 01424 444412

www.discoverhastings.co.uk/castle/castle.shtml

Explore the fascinating ruins and enjoy panoramic views over the English Channel. On a promontory above Hastings are the ruins of the castle, one of the first built by William of Normandy in 1067 after the Battle of Hastings. School visits. Paths are gravel & can be bumpy

Paradise Park Botanical Gardens, Newhaven

Tel: 01273 512123

www.paradisepark.co.uk

Themed Gardens with exotic planthouses, Planet Earth exhibition.

Raystede Animal Welfare, Ringmer

Tel: 01825 840252

www.raystede.org

See the animals at this animal shelter. Visitors can enjoy various walks. There is a Visitor Centre where films are on shown and pictures and information displayed. Raystede also has a gift shop and a picnic area. Most parts accessible.

Underwater World, Hastings

Tel: 01424 444412

www.discoverhastings.co.uk/underwater/uw.shtml

Walk 'beneath the waves' through a stunning 15 metre long glass tunnel below a huge reef pool. A great place to go especially for our younger visitors if they are to care about our seas and the life within. Talks, feeding displays. Shop / Cafe.

HAMPSHIRE

Horseriding at Ford Farm Stables, Brockenhurst

Tel: 01590 623043

Horse-riding for everyone over 3 including beginners. Forest access. Rides for the disabled and ½ hour rides for children.

Marwell Zoological Park

Tel: 01962 777407

www.marwell.org.uk

A great animal park in 100 acres with over 200 species, A walk on the Wild Side' - a new viewing platform to see the giraffes face to face. Family Restaurant, Picnic Area.

Milestones - Hampshire's Living History Museum,, Basingstoke

Tel: 01256 477766.

www.milestones-museum.com

Imagine an open-air museum inside a massive modern building... a network of streets with shops, a village green and even a pub... dating from Victorian times and the 1930s... it's fun... a surprise around every corner! Wheelchairs and motorised scooters available.

Portsmouth Historic Dockyard

Tel: 023 9283 9766

www.historicdockyard.co.uk

Home of Mary Rose, HMS Victory & The Royal Naval Museum, HMS Warrior 1860, Action Stations and Harbour Tours! Loads to see, great for families. Cafes/Restaurants, Gift Shops. Not to be missed. Some sections only partially accessible. Leaflet on request.

Watercress Railway, Alresford, Nr Winchester,

Tel: 01962 733810

www.watercressline.co.uk

Famous 10 mile restored railway to Alton, with steam trains. Train Driver courses and experience days. A great way to spend the day.

Lizzie's Summer Outings

Over the summer holidays this year, I went to a number of places which I thought were worth a mention!

At the beginning of August, my friend Antje came to stay for two weeks from Germany. We went to the London Eye by train from Havant to Waterloo station. We told the train company in advance that we'd be travelling to London, and were helped onto the train with a ramp at Havant. However, when we arrived at Waterloo, there was nobody waiting with a ramp to help me get off the train! Luckily, I was in my manual wheelchair so Antje and my mother were able to bump me down onto the platform. It was quite annoying as it hadn't made any difference that we had let them know in advance. We walked from the station to the London Eye, which took about 10 minutes. The route was much simpler than on my last trip to London as the building works at the Festival Hall had been completed so there was a more level route. Our tickets for the London Eye had been booked by phone the previous day so we headed straight for the ticket office in County Hall. We were then 'fast tracked' in the queue to get on the Eye. This meant we didn't have to stand in the really long queue, but being August, the 'fast track' still took about 10 minutes to move through. The pod was stopped so we could get on, and then about 12 more people were let on. We slowly started rising, the London buildings getting smaller and more buildings, further away becoming more visible. We had a great view of Buckingham Palace, and could easily spot the new Wembley stadium in the distance! The only annoying thing for me was at my eye level in my manual chair, there was a railing around the inside of the pod. This meant that I had to look below the bar to see the views properly! The railing also blocked out my face on the in flight photo which we had the opportunity to buy afterwards – we didn't buy it! After our 'flight' we walked



along the South Bank and enjoyed watching all the buskers. We had a lovely lunch in the South Bank Centre café which overlooked the River Thames and had loads of space around the tables!

The following day, we went out in the Chairboat at Cobnor. It was very grey in the morning so we were quite worried about whether the trip would be cancelled, but by the time we had boarded the boat, the sun had come out and it was a hot day! We had a fantastic 3 hours on the boat, going all the way up to Emsworth. After an hour we moored on one of the buoys in the harbour and had our picnic lunch! It was a brilliant way to spend a sunny day and I feel so lucky we live where there I am able to get out on the water like all the other people with boats!

Later in August, my parents, my sister and I went to Torquay for 6 days. We'd booked 'Terrace Twin-Bedded Disabled Friendly Rooms' on the ground floor at our hotel which I found on the internet. On arrival we found that the ground floor was upstairs via a lift and our bedrooms had 2 big steps onto the terrace. To reach the dining room we had to drive down two ramps, then enter the main dining area up a ramp through a private dining room. Each mealtime, one of the first ramps had to be carried along the hallway into the private dining room, so we could get to our table. Alexandra and I had to navigate past lots of tables full of people eating before going up into our dining room! On the first night everybody stopped talking and it felt like being at a new school, but we were glad to be on holiday and soon everyone was used to us! After breakfast our first morning we set out from the hotel to walk to the beach. This took about 10 minutes through the park and across the main road, but after that we could walk a full mile with our electric chairs along the smooth promenade, along the seafront and round the boat marinas. We walked all the way to the end

of the pedestrian area to a penguin zoo called Living Coasts which was built into the cliff. The wheelchair access was excellent, with big slopes around the enclosures. At one of these, a little penguin waddled out of the pen and came to peck the mud on my wheel! When we arrived back at the hotel after being out the first day, we found that the hotel carpenter had built us a ramp to enable us to get out onto the terrace! We were amazed at how quickly this had been achieved and were then able to sit outside on the terrace, reading our books and soaking in the sunshine! All the staff in the hotel were extremely helpful and friendly and did all they could to help us. We walked along the seafront every day and had lunch at different places each day. On our last day, we discovered the café at Living Coasts which was upstairs and overlooked the bay and the rocks. It felt as if we were on a ship! We had

excellent food at the hotel and were enjoying our holiday so much that we extended by an extra night. We all really want to go back again for another holiday, as although we live near the sea here, it was so brilliant to be able to get to the sea without going in the car!

If you'd like any more information about the places I visited over the summer, please email me or write to me via the address on the back, and I'll try to answer any questions! Also, if you have been anywhere you'd like to tell other readers about, send in your stories. When you have special needs it is always helpful to hear from someone 'in the know' before visiting somewhere.

Lizzie Baily
lizzie@wellspringwestsussex.org.uk

Holiday Charities

Children Today Charitable Trust

Tel: 01244 335622

www.children-today.org.uk

Provides financial help to purchase specialised equipment for children and young people with disabilities. Equipment includes trikes, wheelchairs, walking aids, educational toys, communication aids and sensory equipment.

Dreams Come True Charity

Tel: 0800 0186013

www.dctc.org.uk

Nationwide charity, making the most treasured dreams of terminally and seriously ill children (aged 2 - 21 years inclusively) come true.

Family Holiday Association

Tel: 020 7436 3304

www.FamilyHolidayAssociation.org.uk

UK charity helping to provide access to holidays for families in need. Families must be on a low income, have at least one child aged 3 or over and not have had a holiday for 4 years. Application forms are only accepted from referring agencies (social workers, health visitors, etc).

HELP - (Holiday Endeavour for Lone Parents)

Tel: 01427 668717

www.helphols.co.uk

Charity negotiates holidays in the UK for lone parents and their children at a very reasonable cost. Membership is £5 each year and members get two newsletters and all booking forms for the next year's holidays in advance.

KidsOut

Tel: 01525 385252

www.kidsout.org.uk

National charity providing fun and happiness for disadvantaged children and special needs children throughout the UK with fun days out and special activities involving sport, art, drama and leisure. KidsOut also operates the Funds for Fun scheme, which gives small financial grants to individuals and families for the purchase of special play equipment, toys, holidays, respite care and outings.

Pearson's Holiday Fund

Tel: 020 8657 3053

www.pearsonsholidayfund.org

Provides partial funding for holidays or similar activities for disadvantaged (eg disabled, socially disadvantaged, young carers or victims of abuse or violence) children and young people aged between 4 and 16. The holiday or activity must be taken in the UK. Applications by referring agencies only (eg social services, health visitors).

The Caudwell Charitable Trust

Tel: 0845 300 1348

www.caudwellcharity.com

Supports children aged 18 and under suffering from sickness, disability or terminal illness with direct donations of specialised equipment, treatment, therapy and holidays. See website for more details.

SASBAH Youth Club

The youth club is primarily for young people who require extra support and encouragement to participate in social activities. The club aims to offer activities for young people between the ages of 11-25 with a wide range of disabilities. Please contact **Stuart Kingsley** at the Flintstone Centre, East Street, Littlehampton on **01903 714305** for further information and details on how to register.

Autumn Programme

All activities are FREE

10th September – Cooking & Craft

24th September – Karaoke & Music Night

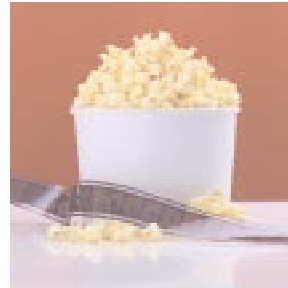
8th October – Sports Night- Including Pool Competition and indoor games

29th October – Ten Pin Bowling at AMF Worthing

12th November – Dance Night with Claire (TBC)

26th November – DVD & Popcorn night

10th December – Creative Christmas Cards and Cooking with Carol



Sussex Association of Spina Bifida and Hydrocephalus

At every club night there are also lots of other activities including the pool table, internet, Nintendo Wii and lots of DVDs and computer games

Activity Advice

Guide Association - Special Needs Adviser

Tel: 01903 234810

Email: webmaster@Girlguidingsussexwest.org.uk
www.girlguidingsussexwest.org.uk

The Guide Association welcomes members with disabilities to Rainbow, Brownie, Guide, Ranger Units and as leaders. The adviser will help find a suitable unit and assist with information on disability, access grants etc. Covers the area between Shoreham and Chichester, also Midhurst, Petworth, Pulborough and Storrington.

The Out There Project

Tel: 07917 198018

Email: admin@outthere.org.uk

www.outthere.org.uk

Helps people with disabilities find out what is 'out there' for them in the community. A one-to-one service matching people to activities,

clubs or entertainment of interest to them and maintaining support until they are settled. Website covers area bounded by Littlehampton, Shoreham and Horsham.

Horsham and District Access Forum

Tel: 01403 255277

Email: hacvs@btinternet.com

Aims to positively integrate the needs of disabled people in all aspects of life, and improve dialogue between disabled people and relevant organisations. Group is active in making practical improvements to things such as buildings and highways. Also have a large input in planning public access buildings etc. Making sure that access requirements and accessible toilets etc. are to acceptable standard. All Emails should be marked FAO Access Forum.

Clubs and Groups

Bluecoat Sports Centre, Christ's Hospital, Horsham

Tel: **01403 24757**

Membership Co-ordinator: **01403 247645**

Email: **membership@christs-hospital.org.uk**

www.bluecoatsports.co.uk

Ready and Able Club (**01403 215493**), Mon 6-8pm. Support and guidance for people with physical and learning disabilities on a short term basis. Training and coaching. Wide, level access throughout, audible information, accessible shower and toilet, lift suitable for wheelchair. Chair lift in pool.

Blue Umbrella Clubs

Tel: **01403 215216**

Email: **nick.jenkins@horsham.gov.uk**

Club nights and outreach programmes for young people and adults with learning disabilities. Five clubs across West Sussex:

Blue Oasis Horsham; Blue Bird Crawley; Blue Palm Burgess Hill; Blue Cross Chichester; and Blue Lagoon Littlehampton. Clubs meet at least twice a year. All venues accessible for people in wheelchairs, with accessible toilets and disabled parking.

Crawley Community Arts Workshops for Young People

Tel: **01293 552941**

Email: **community.arts@crawley.gov.uk**

Activities for young people in the Crawley area. Footloose Dance Group for children and young people with learning disabilities at Manor Green Primary School. Crawley Youth Theatre for young people over 13 at Dormans Youth Centre. Kids 'n' Co and Splash for budding actors aged 5-7 at Broadfield Community Centre and aged 8-12 at centre respectively. Telephone or email for more information.

Southwater Country Park, Horsham

Warden: **01403 731218**

Water Sports: **01403 734424**

Email: **adrian@southwatersports.co.uk**

www.southwatersports.co.uk

Watersports for anyone aged 6-80, including canoeing, sailing, orienteering and windsurfing are on offer for all, including those with special

needs. Tuition undertaken for windsurfing, dinghy sailing, kayaks, canadian canoeing and raft building, problem solving, team building for parties/corporate groups, schools etc. One to one support and guidance is available for people with physical and learning difficulties, and support and guidance available for people with hearing and communication difficulties on a short term basis. Equipment and accessories are provided. Premises has level access throughout, accessible toilets and disabled parking.

Shine Theatre Group

Tel: **01273 832855**

Email: **mel@upton23.freerve.co.uk**

www.shinetheatregroup.co.uk

Inclusive theatre group in West Sussex, catering for people with physical disabilities, learning disabilities, and able bodied and

socially disadvantaged. Over 130 pupils from 5-19 years participate in dance, drama, singing and performance.

Weekly lessons after school hours and various productions are put on throughout the year. Building is fully accessible with wheelchair accessible toilet and disabled parking.



Young Carers Workshops

Tel: **01903 236562**

Support for children and young people with caring responsibilities, up to age 19. The following groups are available for young carers but contact should be made by telephone initially: Young Carers Workshops for ages 10-16, full-day activities during each school holiday; KIDS ALOUD Young Carers Group for ages 8-18yrs, Monday's fortnightly 7pm-9pm at St Wilfrids School Youth Wing, Old Horsham Road, Crawley.

Funding may also be available to enable children with caring responsibilities to take part in local interest groups such as sports, drama clubs, guides and scouts or to have a day out with their family.

Volunteers needed to support parents!

Can you help us? Could you be a Parental Supporter?

The West Sussex Parent Partnership Service operates a volunteer scheme, which offers support and assistance to parents and carers of children with special educational needs. Typical tasks include assisting parents with letter writing and form-filling, helping parents to express their views and accompanying parents to meetings where their child's special educational needs are being discussed or assessed.

The Parent Partnership Service is now actively seeking to recruit additional volunteers. Full training is provided and expenses can be claimed. There are no formal qualifications required, and volunteers come from a variety of backgrounds, including parents who have had experience of special needs through their children, and people who have previously worked or are currently involved in education, health or social and caring services roles.

Interested?

If you have good listening and communication skills, an understanding of the needs of parents and children in general, or knowledge/experience of special educational needs, please contact the Parent Partnership Service on 0845 075 1008 for more information.

West Sussex Parent Partnership Service

Offering information and support to parents and carers of children with special educational needs



New Information

Cinema Exhibitors' Association Card

National card to verify that holder is entitled to one free ticket for a person accompanying them to the cinema. Holders must receive disability living allowance or attendance allowance, be a registered blind person, or a holder of a disabled person's railcard. Application forms available from all UK cinemas supporting the card or downloaded from website. Fee of £5.00. Valid for three years from date of issue.

Tel: **0845 123 1292**

Email: info@ceacard.co.uk

www.ceacard.co.uk

Tourism for All UK

Central source of holiday and travel information about accessible facilities and services in the UK and overseas. Works with VisitBritain to assess and promote properties under National Accessible Scheme, for customers assurance. Information on: hiring equipment for holidays, respite care centres, accessible attractions, financial help, and activity and children's holidays information. Reservations on TFA Reservations Line **0845 1249973**. Information, publications, or supporting TFA, **0845 1249971**.

Email: info@tourismforall.org.uk

www.tourismforall.org.uk

Action For Kids - support for disabled children.

This small, national charity supports disabled children, young people, their parents and carers.

Provides three main services:

- Mobility equipment provision service; a range of equipment including trikes, walkers, communications aids and sophisticated powered wheelchairs. Also offers a wheelchair maintenance and repair service, for children and young people aged two to 26 across the UK.

- Work related learning services for young people aged 14 to 26 which offers work experience in 17 London boroughs and in Hertfordshire.

- Family support services for disabled young people and their families. For more details please visit

www.actionforkids.org

Off we go!

A new book series, entitled 'Off we Go!' has been launched to prepare children aged 3-7 and those with learning disabilities for particular events by explaining 'what comes next' on an outing. There are six books covering topics such as Going to the Dentist, Going to the Doctor, and Going to the Supermarket. For more information please contact Speechmark Publishing on **0800 243755**.

Help with council tax bills

A guide from Contact a Family that explains the non means tested discounts and reductions that may be available for carers and disabled people. For more information please contact CAF on **0808 808 3555**.

One Parent Families.

A specialist advice service has recently been re-launched via its Lone Parent Helpline for lone parents caring for a child with additional needs. To use this service parents should call the Lone Parent Helpline, Tel: **0800 018 5026**, Monday to Friday, 9am-5pm and Wednesday, 9am-8pm. Also visit the website at **www.oneparentfamilies.org.uk/disabledchild** where you can join a special on-line forum and sign up to receive a quarterly e-bulletin.

A guide to claiming Disability Living Allowance for children

This new factsheet is available from Contact a Family. Individual copies can be ordered for free from the helpline on **0808 808 3555** or downloaded from the website at

www.cafamily.org.uk/factsheets.html

New publication for parents of deaf children with additional needs

Looks at developing communication, safety, your child's emotions, independence, time for yourself,

support from others and resources. It can be downloaded for their website or ordered free from their helpline on **0808 800 8880**

http://ndcs.org.uk/family_support/our_publications/parenting_tips_an.html .

New website

The Cardiomyopathy Association has a new website at **www.cardiomyopathy.org**

The AMBER Trust

The trust's Music Awards are grants paid to families with blind and partially sighted children up to age 18 - including those with additional disabilities - to help pay for music lessons, music therapy sessions, the purchase of musical instruments, software and other equipment, concert tickets and travel related to musical activities. Parents or carers can apply by completing and sending back a Music Award application form available on their website.

For more information visit **www.ambertrust.org** or email: **info@ambertrust.org**

Into Medicine

A new guide from Skill (the National Bureau for Students with Disabilities) designed to tell you all you need to know about becoming a doctor. It features profiles of disabled people who are doing training or already working in the medical profession, as well as practical information and advice about the different routes into medicine and the fitness to practice assessment. For more information visit

www.skill.org.uk/news/news_skill/index.asp

There is also a new section of the Skill website for young learners with a disability or additional support needs. If you would like further information contact them on e-mail: **info@skill.org.uk** or call **020 7450 0637** or visit

www.skill.org.uk/info/info_young_learners/welcome.asp .

Getting involved in a political party

The Disability Rights Commission has published an easy read guide which explains what a political party is; who the main democratic parties are in England, Scotland and Wales; what they stand for and what being a member of a party involves.

You can download a copy of the guide from the DRC website at

http://www.drc.org.uk/library/publications/easy_read/getting_involved_in_politics.aspx .



Successful Sports Inclusion Festival

On Friday 4th May 2007, The Southern Area Partnership held its annual sports inclusion festival at Durrington High School.

Five schools took part in this event, The Angmering School, Oakgrove Community College, West Park Junior School, Connaught Junior School and Palatine school.

They took part in a wide range of sports, which included: Cricket, Football, Tennis, Boccia, Basketball and Dance.

There was a dance workshop during the day and they performed a brilliant piece at the closing ceremony.

Ex. International cricketer Henry Olonga attended the camp and joined in the sports and met the students.



Activity Breaks

ACTIVENTURE HOLIDAYS

Tel: 01342 828215

www.activenture.org

Residential adventure weeks for young people with disabilities and special needs, ages 8 – 18.

FELBURY CENTRE

Tel: 01306 730929

www.felburycentre.org.uk

Centre run by Lifetrain Trust Disability Services offering a range of activities for groups.

HINDLEAP WARREN

Tel: 01342 822625

www.hindleapwarren.co.uk

Sporting activity centre in Ashdown Forest.

KNOWLES TOOTH CHILDREN'S CENTRE

Tel: 01273 832363

Large house at Hurstpierpoint providing breaks and holidays to families with children

COBNOR ACTIVITIES CENTRE

Tel: 01243 572791

www.cobnor.com

Water activities centre with sailing, canoeing and climbing for people over 8 with any disability. Chairboat available for group/family outings.

OPPORTUNITY KNOCKS

Tel: 01243 572746

Summer holiday camp for people with learning difficulties aged 14–40 at Cobnor Activities Centre

CALVERT TRUST

Tel: 01598 763221

www.calvert-trust.org.uk

Specialises in outdoor activities for disabled people. Offers group and family breaks. Three centres, Exmoor, Keswick and Kielder.



Kyran's Hot Stuff

Words of Wisdom:

Don't guzzle down all your Halloween sweets at once!
I've made that mistake a couple times, and trust me; the toilet stayed that colour for years.

What's Hot: **Trick or treating!** What's not: **Out Of Date Sweets!**



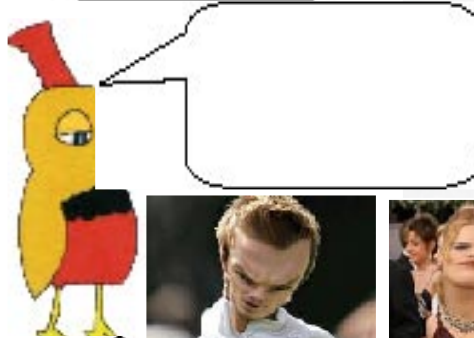
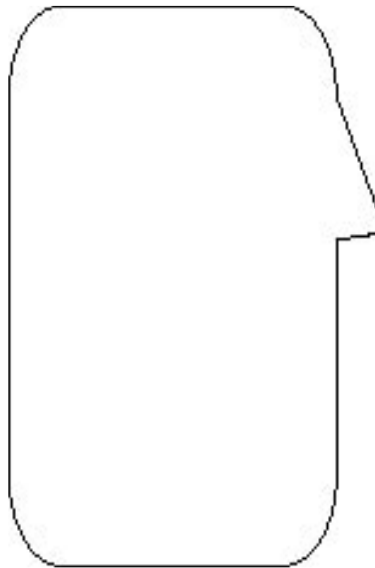
Very Tricky Halloween Word Search



a n c l c l m g y r p z m c h
x a c g n i n e t h g i r f u
i v d r a c u l a n b c s w l
i a y s s k e l e t o n e a b
o m r p c a l d r o n r i s m
w p a i c o b h t i e y m p z
i i c d w a a s r w s x m o o
t r s e m u t s o c s p u o m
c e e r n a f l k f h f m k b
h n b t o f f b c r e e p y i
a i e h s w s n i l b o g d e
z d g g c n x b r o o m o o n
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p t m n i p u m p k i n z u i
b l a c k x o k a x m e m d p



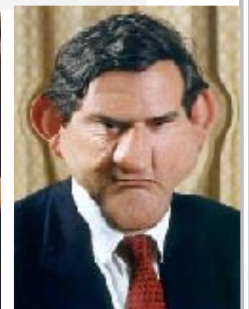
bat	ghosts	scary
black	goblins	skeleton
bones	halloween	spider
broom	haunted	spirits
caldron	monster	spooky
cat	moon	trick ortreat
costumes	mummies	vampire
creepy	night	werewolf
dracula	owl	witch
frightening	pumpkin	zombie

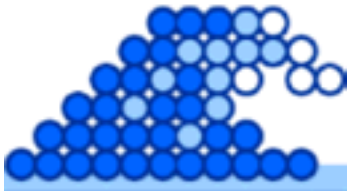


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The next edition will be **Diet & Behaviour** If you would like to contribute any articles or letters to this edition, please send or e-mail to the above addresses by **14th December 2007** .

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

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.

WELLSPRING ONLINE!

Don't forget to check out the Wellspring website!

www.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

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.

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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