



Wellspring
West Sussex

Resource Booklet

**for parents and carers of children
and young people with disabilities**

2009

WELLSPRING WEST SUSSEX

Charity number 1100226

The main purpose of our organisation is to provide up-to-date and relevant information to children and young people with disabilities, and their parents and carers in West Sussex. We do this by providing a free, regular newsletter that has information about local and national support groups, local activities and events that are inclusive, and new services and equipment. Information can also be found on our website at **www.wellspringwestsussex.org.uk**. We provide music, drama and circus skills workshops for groups of disabled young people, see page 48 for more details.

We are very grateful to West Sussex County Council for the funding to reprint this booklet.

Additional copies of this booklet are available. Please send 2 second class large letter stamps to:

26 Goldsmith Road

Worthing

BN14 8ER

Or email your request to **info@wellspringwestsussex.org.uk**

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Behavioural Difficulties

Challenging Behaviour Foundation

Tel: **01634 838739** Chairman of Trustees

Email: **info@thecbf.org.uk** **www.challengingbehaviour.org.uk**

Information and support to parents, carers and professionals.

Child & Adolescent Mental Health Service (CAMHS)

Chichester & Bognor - Tel: **01243 815514**

Orchard House, 9 College Lane, Chichester, West Sussex PO19 6PQ

Patients are from 0-18 years. Referrals are by letter.

East Grinstead - Tel: **01342 325513**

St Michaels Road, East Grinstead, West Sussex RH19 3JS

Haywards Heath & Burgess Hill - Tel: **01444 248901**

The Brow, Burgess Hill, West Sussex RH15 9BS

Horsham & Crawley - Tel: **01403 223344**

New Park House, North Street, Horsham, West Sussex, RH12 1RJ

Worthing - Tel: **01903 286754**

Children's Centre, Worthing Hospital, Lyndhurst Road, Worthing, BN11 2DH

This service covers Adur, Chanctonbury, Littlehampton and Worthing. Provides assessment and help including family work and/or individual therapy. Referrals may be made via GP, other health professionals or Social Services.

Hyperactive Childrens Support Group

Tel: **01243 539966** Open 10am-12pm Mon, Tues, Fri

Email: **hyperactive@hacsg.org.uk** **www.hacsg.org.uk**

Provides help, advice, information and support to parents of children who may be hyperactive and/or have ADD (Attention Deficit Disorder)

Samuel's World

Email: **lynette@samuelsworld.co.uk** **www.samuelsworld.co.uk**

Provide support, advice and a listening ear for parents of children with Tourette Syndrome, attention deficit hyperactivity disorder, Aspergers Syndrome and obsessive behaviour disorder. Set up by parents who have personal knowledge of these conditions. Can help families following a recent diagnosis who may not know where to go for advice. Monthly coffee group for people in Horsham area providing one to one contact with other families.

Sussex ADHD Support Group

Tel: **01293 428025** Helpline: **07519 280950**

Email: **info@sussexadhd.org.uk** **www.sussexadhd.org.uk**

Support group for people with or caring for someone with ADHD (Attention Deficit Hyperactivity Disorder). Drop-in session on the second Saturday of the month (except August) at Stepping Stones, 5 Perryfield Road, Southgate, Crawley, between 10am and 12.

Sussex Downs AD/HD Support Group

Tel: **01273 709663** daytime Tel: **01273 411583** - after 7pm only

Email: **info@Sussex-Downs-ADHD.org**

http://homepage.ntlworld.com/aj.curry216/index.html

Support group with membership from Lewes, Brighton and Hove to Worthing, although support and information by telephone is available to anyone. Meetings take place in the Brighton & Hove area.

The Learning Assessment & Neurocare Centre

Tel: **01403 240002** Email: **info@lanc.uk.com** **www.lanc.uk.com**

Specialises in helping children, adolescents and adults with neuro-biological conditions, especially ADHD and related conditions, Asperger and Tourette Syndrome, dyslexia, dyspraxia, etc. GP referral required.

Triangle

Tel: **01273 413141** Email: **info@triangle-services.co.uk**

www.triangle-services.co.uk

Provides individual outreach and therapeutic support for children and young people up to age 12 presenting severely challenging behaviour. Caters for children with additional physical, sensory, learning and communication difficulties, as well as challenging behaviour. UK wide training and consultancy for communicating and consulting with disabled children. Fully accessible training and groupwork venue in Hove. Currently outreach provided in East Sussex, Brighton and Hove, West Sussex, Surrey and some London boroughs.

Tourettes in Crisis

Tel: **01273 871575** **www.tourettes.fslife.co.uk**

Informal support group for people aged 16 and over who have or are affected by Tourette Syndrome (TS). Meet bi-monthly, talk exchange coping strategies in a relaxed environment, to heighten awareness of TS and reduce the stigma caused in many cases by a sufferer's tics.

YoungMinds

Tel: **0800 018 2138** Parents Info Service

Email: **ymenquiries@youngminds.org.uk** **www.youngminds.org.uk**

A charity committed to improving the mental health of all babies, children and young people. The Parents' Information Service is for anyone with concerns about the mental health of a child or young person.

Carers Support Organisations

Carers' Emergency Alert Card Scheme

Tel: **01903 859929**

Email: **admin@icis-info4life.org.uk** **www.icis-info4life.org.uk**

A free scheme for people who look after an adult or child who depends on them because they are ill, have a disability or are frail.

Carers UK

Tel: **0808 808 7777** Carers Line

Email: **info@carersuk.org** **www.carersuk.org**

Horsham - Bernard See Tel: **01403 267111** or May Pope Tel: **01403 261265**

A campaigning organisation providing information on all aspects of caring. The advice line offers free, confidential advice for carers.

Carers Support Service - Bognor Regis, Chichester and Rural

Tel: **01243 782561** Helpline: **01243 537011**

Email: **richard.north@carerssupportservice.org.uk**

www.carerssupportservice.org.uk

Information and support for carers in the Chichester District including Midhurst, Petworth, Arundel, Bognor and surrounding villages.

Carers Support Service - North and Mid Sussex

Tel: **01293 657040**

Email: **info@carerssupport.org.uk** **www.carerssupport.org.uk**

Support for carers in the Horsham, Crawley and Mid Sussex areas.

Carers Support Service - Worthing

Tel: **01903 536378** Email: **information@carerswsx.org.uk**

www.carerswsx.org.uk

Support for people looking after someone who is ill, frail or has a disability in Adur, East Arun, Worthing and all of Chanctonbury.

Circles Network West Sussex

Tel: **01444 236593**

Email: **angela.butcher@circlesnetwork.org.uk** **www.circlesnetwork.org.uk**

Using circles of support and person centred planning tools and the values of inclusion, the project helps people to have control over and make changes in their lives.

Emotional Support for Carers - North & Mid Sussex

Tel: **01293 657040** Email: **info@carerssupport.org.uk**

Free one-to-one counselling sessions and call-back service for carers in Horsham, Crawley and Mid Sussex areas.

Emotional Support for Carers - Southern Sussex

Tel: **01903 528629** Email: **gill.ersser@guildcare.org**

Offers free face to face confidential counselling service. The service covers Littlehampton to Southwick, and north to Chanctonbury.

Friends of Carers Mid Sussex

Tel: **01444 453397** Email: **sarahtapp@hotmail.co.uk**

Aim to provide a friendly social gathering on a regular basis for both carers and ex-carers. Formerly part of Carers UK.

National Government Website for Carers

www.direct.gov.uk/carers

Parent Carers Planning Group

Tel: **01243 752158** Email: **parent.partnership@westsussex.gov.uk**

Group involving Children & Young People's Services, the local NHS and parent carers. Have regular discussions about services in the county.

Parent Carers Support Groups

Crawley, Horsham and Mid Sussex Tel: **01293 657040**

www.carerssupport.org.uk

c/o The Orchard, 1-2 Gleneagles Court, Brighton Road, Crawley, RH10 6AD
Support for parents of children with special needs which meets every other month at The Orchard, except during the summer holidays.

PACSO, Chichester - Tel: **01243 533353** Email: **admin@pacso.org.uk**

www.pacso.org.uk

Registered charity providing support for parents and carers of children and young people with disabilities, living in the Chichester, Bognor and Midhurst area.

Parent Plus

Tel: **01403 218888** Scheme Co-ordinator

Email: **earlyyears@springboardproject.com**

www.springboardproject.com/Parent-Plus.htm

A one-to-one parent(s) befriending service covering West Sussex, offering emotional support to parents discovering their child has a disability.

Princess Royal Trust for Carers

Tel: **0844 800 4361** Email: **info@carers.org** **www.carers.org**

P8rovides quality information, advice and support services to carers.

Sibs

Tel: **01535 645453** Email: **info@sibs.org.uk** **www.sibs.org.uk**

Aims to enhance the lives of siblings of disabled children & adults by providing them with information and support.

Understanding Differences

Tel: **07832 245014** Email: **understandingdif@aol.com**

www.understandingdifferences.org.uk

A self help group to support children and families, who have experienced difficult times. Offer a network of families who understand what parents are going through. Hold coffee mornings in Crawley in accessible premises.

Young Carers

Tel: **01903 236562** Email: **lorraine.butcher@westsussex.gov.uk**

Young carers workshops 10-16yrs, full day activities during each school holiday.

Support for children and young people with caring responsibilities, up to age 19.

May be funding to help children with caring responsibilities take part in sports, drama clubs, guides and scouts or have family days out.

West Sussex Carers Website

Tel: **01903 777615** Email: **projects@icis-info4life.org.uk**

www.westsussexcarers.org.uk

Website providing 24 hour information and help for carers and ex-carers in West Sussex. Information about caring and caring concerns, searchable database of local support and services, links to national services, young carers section, news pages, useful books, carers stories and more.

Children & Young People's Services

Child Disability Teams

Children and Young People's services teams set up to meet the needs of severely disabled children and their families.

North - Tel: **01403 246450** Email: **cdtn@westsussex.gov.uk**

South East - Helpdesk/Duty Worker: **0845 075 1007**

Monday to Friday 9.30am-12.30pm Tel: **01903 839015**

South West - Tel: **01243 642424** Email: **cdhds@westsussex.gov.uk**

Family Resource Team - County Team

Tel: **01903 236562**

Works with children and young people aged 8-16, their families and carers who are having problems and at risk of family breakdown. Referrals via Children and Young People's Services and Joint Access Team only.

West Sussex County Council - Children and Young People's Services

Organises and provides social care for children, young people and carers according to need in West Sussex. Ask for the Children's helpdesk.

Adur - Tel: **01273 268800**

Bognor Regis - Tel: **01243 642400**

Chichester - Tel: **01243 752999**

Crawley - Tel: **01293 895100**

Horsham - Tel: **01403 320362**

Littlehampton - Tel: **01903 738900**

Mid Sussex - Tel: **01444 446100**

Midhurst - Tel: **01243 752999**

Worthing - Tel: **01903 839100**

Out of hours Tel: **01903 694422**

Computers

AbilityNet

Freephone Advice: **0800 269545**

Email: **enquiries@abilitynet.org.uk** **www.abilitynet.org.uk**

Helps disabled adults and children use computers and the internet by adapting and adjusting the information and communication technologies they use.

Aidis Trust

Unit 7 & 8, 3 Gunthorpe Street LONDON E1 7RQ

Tel: **0207 426 2130** Email: **info@aidis.org** **www.aidis.org**

Helpline: **0845 120 3719**

Advise on computers and communication aids to individuals with physical or learning disabilities. Applications should be made in writing.

Computers For The Disabled

Tel: **01268 284834**

Email: **bigpaulh@blueyonder.co.uk** **www.cftd.co.uk**

Registered charity which builds and supplies refurbished PCs at low cost to individual disabled people, day centres, schools, colleges and charities. Help and advice line open 7 days a week from 9.00am to 9.00pm.

donate a PC - website

Email: **info@donateapc.org.uk** **www.donateapc.org.uk**

This is a 'matchmaking' service for individuals and organisations to donate their un-needed computing hardware (computers, printers etc) to a UK charity. The service is primarily run for those who only have one or two items to donate.

Gardener's Trust For The Blind

Tel: **020 7253 3757** Secretary

Boundary House, 117 Charter House Street, London EC1M 6PN

Offers grants to blind or partially sighted persons in England and Wales for computer equipment, courses, etc. Applications should be made in writing.

IT Can Help - British Computer Society Disability Group, Sussex

Tel: **0800 269545**

Email: **sussex@itcanhelp.org.uk** **www.itcanhelp.org.uk**

Offers local computer assistance to individuals with disabilities, requests are handled by Abilitynet.

Recycle-IT! Ltd

Tel: **0161 226 0637** Mobile: **0793 951 4661**

Email: **info@recycle-it.uk.com** **www.recycle-it.uk.com**

Not-for-profit computer recycling company providing low cost computers for voluntary groups, schools, churches and disabled people.

The Roald Dahl Foundation

Tel: **01494 890465** Email: **enquiries@roalddahlfoundation.org**

www.roalddahlfoundation.org

Gives grants and buys computers for children and young people who have suffered a head injury or with visual impairment. See website for specific conditions. Applications on behalf of individuals must be made through a social worker or health care professional.

Sequal Trust - Special Equipment & Aids for Living

Tel: **01691 624222** Email: enquiries@thesequaltrust.co.uk

www.the-sequal-trust.org.uk

An independent, nationwide fundraising charity which aims to assist severely physically disabled people by providing communication equipment for all ages.

Educational Resources and Advice

Advisory Centre For Education (ACE)

Tel: **0808 800 5793** Advice Monday & Tuesday: 9.00am to 5.00pm

Wednesday to Friday, 10.00am to 5.00pm

Tel: **020 7704 9822** Info on exclusions www.ace-ed.org.uk

Offers guidance to parents on all aspects of school education. Publishes a wide range of books and info sheets including: "Special Education Handbook" and "Children with Special Needs: Sources of Help".

Camelia Botnar Children's Centre

Tel: **01903 504077** Email: suealdred@btconnect.com

www.cameliabotnarchildrenscentre.co.uk

A purpose-built, independent, pre-school play centre for children with special needs. Open 50 weeks of the year. Sessions are from 9am-12noon and 1pm-3.30pm, Monday to Thursday and 9am-12noon Friday.

Centre For Studies On Inclusive Education (CSIE)

Tel: **0117 3284007** Email: admin@csie.org.uk www.csie.org.uk

Help and support for children who have disabilities or learning difficulties who wish to remain in mainstream education.

CONNEXIONS VT Careers Management West Sussex

1-2 The Chambers, Chapel Street, Chichester, West Sussex, PO19 1DL.

Tel: **01243 771666**. Email: chichester.careers@vtplc.com

www.careers.co.uk

Providing advice to young people on options available to them when they leave school. Provide information, support and advice for children with special educational needs.

Department for Children, Schools & Families (DCSF)

Tel: **0800 100900** Learn Direct Tel: **0845 602 2600** Publications

Tel: **0870 000 2288** Public Enquiry Line Email: **info@dcsf.gsi.gov.uk**

www.dcsf.gov.uk **http://inclusion.ngfl.gov.uk** - SEN & Disability Division

Produce various booklets: "Special Educational Needs a guide for parents" and "Guide to the Special Educational Needs Tribunal". Provides online educational materials for special needs teachers and learners.

Independent Panel for Special Education Advice (IPSEA)

Tel: **0800 0184016** Advice Line Email: **ipsea.info@intamail.com**

www.ipsea.org.uk

IPSEA offers free and independent advice and support to parents of children with special educational needs.

National Association For Special Educational Needs (NASEN)

Tel: **01827 311500** Email: **welcome@nasen.org.uk** **www.nasen.org.uk**

NASEN exists to promote the development of children and young people with special educational needs and supports those who work with them,

Network 81 (Parents Group)

Tel: **0870 770 3306** Helpline open Mon-Thurs, from 10am-2pm

Email: **network81@btconnect.com** **www.network81.org**

Offers practical help and support to parents throughout all stages of educational assessment.

Opportunity Playgroups

Crawley - Tel: **01293 546822** Mon-Frid 9.30am-12pm

East Grinstead - Tel: **01342 323215** Mon, Wed, Frid 9.30am-12pm

Haywards Heath - Tel: **01444 412367**

Playgroups that provide a stimulating and caring environment for children under 5 with any kind of special need eg, physical, speech, learning or social problems. Offers support for parents.

Parent Partnership Service - West Sussex

Tel: **0845 075 1008** Helpline 8.30am-5pm

Email: **parent.partnership@westsussex.gov.uk**

http://wsgfl.westsussex.gov.uk/pp

A service for parents and carers of children with special educational needs. Helpline provides advice and information on educational issues.

Portage Service

A home visiting educational service for pre-school children with additional support needs and their families.

Chichester - Tel: **01243 536182**

Email: **chichester.ed.portage.service@westsussex.gov.uk**

Crawley - Tel: **01293 615325** Email: **crawedp@westsussex.gov.uk**

Mid Sussex and Horsham - Tel: **01444 243150**

Email: **mid-sussex.ed.portage.service@westsussex.gov.uk**

Worthing - Tel: **01903 242558**

Email: **worthing.ed.portage.service@westsussex.gov.uk**

Skill - National Bureau For Students With Disabilities

Tel: **0800 328 5050** Info Line Tues 11.30am-1.30pm and Thurs 1.30pm-3.30pm.

Email: **info@skill.org.uk** **www.skill.org.uk**

Aims to develop opportunities for people with physical and sensory disabilities, learning and mental health difficulties, in post-16 education, training, employment and volunteering.

Financial Advice and Services

Benefit Enquiry Line

Tel: **0800 882200** Email: **BEL-Customer-Services@dwp.gsi.gov.uk**

www.direct.gov.uk

A national helpline giving general advice/information to people with disabilities and their carers. Opening times: weekdays 8.30am-6.30pm Sat 9am-1pm.

Disability Alliance

Tel: **020 7247 8776** Email: **office.da@dial.pipex.com**

www.disabilityalliance.org

Produces the Disability Rights Handbook and a self-help guide "Tell it like it is!" for readers to assess whether a child is eligible for DLA.

Jobcentre Plus

Offers services previously delivered by jobcentres and social security offices. Enquirers must know National Insurance number.

Tel: **0800 0556688** Customer Contact Centre.

www.jobcentreplus.gov.uk

Bognor Regis - Tel: **01243 846300** General enquiries

Chichester - Tel: **01243 224162**

Crawley - Tel: **01293 728200**

Haywards Heath - Tel: **01444 338000**

Horsham - Tel: **01403 355700**

Littlehampton - Tel: **01903 545540**

Worthing - Tel: **01903 286000**

Health Needs - Cancer

CancerBACUP/ BACUP

Tel: **0808 800 1234** Mon-Fri 9am-8pm

www.cancerbacup.org.uk **www.click4tic.org.uk**

Specialist cancer nurses provide information and emotional support to anyone affected by cancer, including patients, family and carers.

Christian Lewis Trust Children's Cancer Charity

Tel: **01792 480500**

Email: **enquiries@christianlewis trust.org** **www.christianlewis trust.org**

Aims to improve the quality of life for children with cancer and provide emotional and practical support to their families.

CLIC Sargent (Cancer Care for Children)

Tel: **0800 197 0068**

Email: **helpline@clicsargent.org.uk** **www.clicsargent.org.uk**

Provides emotional support, practical financial help and holiday breaks to children under 21, and their families, with any form of cancer including Leukaemia and Hodgkin's Disease. Help with cash grants for travel, equipment, heating bills, subsistence, morale grants, clothing and convalescent holidays.

Family Fund London and South East

Tel: **01273 748362**

Email: **CLK@familyfund.org.uk** **www.familyfund.org.uk**

The Family Fund helps UK families caring at home for a severely disabled or seriously ill child, aged 17 and under by providing grants related to care of the child.

Leukaemia Care Society

Tel: **0800 169 6680** Helpline - 24hours, 7days

Email: **enquiries@leukaemicare.org.uk** **www.leukaemicare.org.uk**

Support and information for those with leukaemia and similar blood disorders via volunteers throughout the UK. May be able to provide limited financial assistance and holidays.

The Olive Tree Cancer Support Centre

Helpline: **01293 534466** Email: **olive_tree@btconnect.com**

www.olivetreecancersupport.org.uk

The Olive Tree is an independent cancer support group, who provide a drop-in centre, complementary therapies, counselling, information and support for cancer patients and their carers and families.

Health Needs - Epilepsy

Epilepsy Action/ British Epilepsy Association

Helpline: **0808 800 5050** Mon-Fri 9am-4.30pm (4pm on Fri).

Email: **helpline@epilepsy.org.uk** **www.epilepsy.org.uk**

Epilepsy Action helps its members through its services including the Advice and Information Centre, branch network and Accredited Volunteer scheme. Freephone Helpline is available

Epilepsy Action - West Sussex/ British Epilepsy Association - West Sussex

Tel: **01273 455537**

Has library of books, pamphlets and videos, information on consultants and hospitals specialising in the treatment of epilepsy, and regular meetings.

Epiweb

Email: **postmaster@epiweb.org** **www.epiweb.org**

Website of information for parents and carers of children who suffer from epilepsy run by parents.

National Centre For Young People With Epilepsy/ NCYPE

Tel: **01342 832243** Marketing Manager

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

Provides specialist services, including education, care, support and information for young people with epilepsy, their families and carers, and professionals. Includes St Piers School and Further Education College, National Assessment Centre and research and training facilities.

Health Needs - General

Action For Sick Children/ National Association For The Welfare Of Children In Hospital (NAWCH)/ NAWCH Action for Sick Children

Tel: **01663 763870**

Email: **enquiries@actionforsickchildren.org** **www.actionforsickchildren.org**

Aims to promote a high quality of health care for children and young people in hospital and at home. Branch network for parent advice and support. Produce publications such as “Helping Children Cope with Pain” and “Teenagers in Hospital”.

Association of Young People with ME/ AYME

Helpline: **08451 232389** **www.ayme.org.uk**

Organisation for children and young people from 5-26 years with ME. Helpline open 10am-2pm Mon-Fri and Wed evening 6-9pm. Provide information sheets, education and medical advice, friendship and support to the young people, their families and carers.

Asthma UK/ Asthma Society & Friends Of The Asthma Research Council

Advice Line: **0800 1216 244** Mon-Fri, 9am-5pm

Publications line: **020 7786 4900**

Email: **info@asthma.org.uk** **www.asthma.org.uk**

Dedicated to improving the health and well-being of people in the UK whose lives are affected by asthma.

Bladder and Bowel Foundation

Tel: **01536 533255**

Email: **info@bladderandbowelfoundation.org**

www.bladderandbowelfoundation.org

Provide confidential advice, information and help for bladder problems or other continence-related matters.

Brain & Spine Foundation

Helpline: **08088 081000** Mon-Thurs 9am-2pm.Fri 9am-1pm

Tel: **0207 7935900**. Email: **helpline@brainandspine.org.uk**

www.brainandspine.org.uk

British Institute for Brain Injured Children (BIBIC)

Tel: **01278 684060** Email: **info@bibic.org.uk** **www.bibic.org.uk**

Exists to help children reach their full potential and have a better quality of life. BIBIC’s involvement also benefits families and carers too.

Cerebra, for Brain Injured Children and Young People/ Rescue - The Foundation For The Brain Injured Infant/ Parnet

Helpline: **0800 328 1159** Counselling service: **0800 043 9385**

Email: **info@cerebra.org.uk** **www.cerebra.org.uk**

Cerebra funds research in the UK which is linked to brain injury and neurological disorders affecting children. Also Parent Support.

Child Brain Injury Support Group

Tel: **01273 828041** Email: **sheila.riches@asblaw.com**

Support group for children with a brain injury (up to 21 years) and their families, including siblings.

Child Development Centres

Centres for multi-disciplinary assessment and therapy of children with developmental problems and special needs.

Chichester - Tel: **01243 815218**

Crawley - Tel: **01293 600351** Centre Co-ordinator

Haywards Heath - Anytime: **01342 324713** Clinic: **01444 414100**

Worthing - Tel: **01903 286702**

CLIMB - Children Living With Inherited Metabolic Diseases

Freephone - families: **0800 6523181** Professionals etc: **0870 7700325**

Email: **info@climb.org.uk** **www.climb.org.uk**

Climb provides information and support on over 700 metabolic conditions. Network of parents who share experiences, a researcher, small grants to members, a young person's adviser, befriending network.

Contact A Family/CAF - Contact A Family/Rare Disorders Alliance UK

Helpline 10am-4pm & Mon 5.30-7.30pm: **0808 808 3555**

Email: **info@cafamily.org.uk** **www.cafamily.org.uk**

Email: **rda@cafamily.org.uk** (Rare Disorders Alliance)

UK charity providing advice, information and support to families with disabled children. Services include: putting families in touch with support groups for specific medical conditions; linking individual families affected by rare disorders.

Continence Advisory Services

Chichester - Tel: **01243 815422**

Worthing - Tel: **01903 846575**

West Sussex PCT - Tel: **01444 475807**

Offers specialist and confidential advice and treatment to people with continence problems

Cystic Fibrosis Trust - Sussex

National office: **020 8464 7211** www.cftrust.org.uk

Sussex branch: **01444 230207** Email: angee.holford@tesco.net

Provides support and advice for people with Cystic Fibrosis, their families and carers.

Eczema Society/ National Eczema Society

Information Line: **0870 241 3604** Mon-Fri. 8am-8pm Tel: **020 7281 3553**

Email: helpline@eczema.org www.eczema.org

To provide an improvement in the quality of life for the people with eczema and their families.

ERIC - Education and Resources for Improving Childhood Continence

Helpline: **0845 370 8008** Mon-Fri, 10am-4pm. Email: info@eric.org.uk

www.ericshop.org.uk www.trusteric.org www.enuresis.org.uk

Information and support to children, young people, parents and health professionals about childhood bedwetting, daytime wetting, constipation and soiling. Literature and leaflets offered.

GIFT - The Children's Transplant Charity

Tel: **0845 094 5810**. Email: info@giftctc.org.uk www.giftctc.org.uk

Aims to support families awaiting transplantation and families whose children have been through the procedure.

Physio4Kids

Tel: **01243 376263** Mobile: **07711 826523** Email: gina@physio4kids.org.uk

www.physio4kids.org.uk

Treatment in your own home or at 'The Barn', Denvilles. Please to call if you want to discuss having blocks of physiotherapy during school holidays. Rehabilitation after Surgery. Co-ordination Difficulties. Developmental Delay. Poor Posture. Back Pain. Muscle or Joint Pains also treated. Charges apply - see website for details.

Sickle Cell Society

Tel: **020 8961 7795/4006**

Email: info@sicklecellsociety.org www.sicklecellsociety.org

To support families and individuals affected by sickle cell disorder, through financial support, counselling, talks, seminars, educational literature, children's holidays and respite care.

Syndromes Without a Name/ SWAN

Tel: **01922 701234**

Email: **info@undiagnosed.org.uk** **www.undiagnosed.org.uk**

Help to find support for children and adults who have undiagnosed or unnamed conditions. Collect information about such conditions; put families in touch with others in similar situations. Publish a newsletter and information pack.

Unique - Rare Chromosome Disorder Support Group

Helpline Tel: **01883 330766** Tel: **01293 525504**

Email: **info@rarechromo.org** **www.rarechromo.org**

A group run by and for parents of children with rare chromosome abnormalities diagnosed from ante-natal onwards. Puts parents in touch with each other and to support each other by the pooling of information etc, and to make the medical profession aware of the group so that families can be helped sooner.

Health Needs - Heart conditions

Children's Heart Association

Tel: **01706 221988**

Email: **information@heartchild.info** **www.heartchild.info**

Aims to give support to families of children with heart disorders and improve facilities for children at heart units.

Children's Heart Federation

Helpline: **0808 808 5000** Mon-Fri, 9.30am-9.30pm

Email: **info@chfed.org.uk** **www.chfed.org.uk**

Federation of regional and national support groups concerned with childrens' congenital and acquired heart conditions. Support to individuals, groups and contact with other parents.

Downs Heart Group

Tel: **01424 830594** Email: **jaspall@aol.com**

Offers support, information and hospital visits to families whose child has Down's Syndrome and associated congenital heart problems.

Heart Transplant Families Together (HTFT)

Tel: **01935 815652** Email: **htft@btopenworld.com** **www.htft.org.uk**

A parent support group covering heart and heart/lung transplantation in children. The group aims to support families awaiting transplantation and families whose children have been through the procedure.

Heartline Association

Tel: **01276 707636** Mon-Fri 10.00am-4.00pm

Email: **admin@heartline.co.uk** **www.heartline.org.uk**

A voluntary organisation offering support to children with heart conditions, and their families. Facilitates contact between families through local support groups, social events and a quarterly newsletter.

Ivemark Syndrome Association

Tel: **01202 699824** Email: **igladki@yahoo.co.uk**

Support group for parents of children with Ivemark Syndrome. Aim to reach other families to offer support & friendship.

Information Services & Advice

Asian Peoples Disability Alliance/ APDA

Tel: **020 8902 2113** Mon-Fri, 9.30am-5.30pm

Email: **apdmcha@aol.com** **www.apda.org.uk**

Aims to provide appropriate services to Asian disabled people and their carers and families that mainstream service providers are unable to provide.

Contact A Family/CAF - Contact A Family/Rare Disorders Alliance UK

- see Health Needs - General, page 17

Disability Law Service

Tel: **020 7791 9800** Mon-Fri, 10.30am-1pm and 2.30pm-5pm

Email: **advice@dls.org.uk** **www.dls.org.uk**

DLS offers confidential, free legal advice to disabled people, their families & carers. The advice is given by solicitors. Advice is available on employment, disability discrimination and community care, education, welfare benefits and consumer/contract.

Disabled Living Foundation

Helpline: **0845 130 9177** Mon-Fri, 10am-4pm Textphone: **020 7432 8009**

Email: **info@dlf.org.uk** **www.dlf.org.uk** **www.livingmadeeasy.org.uk**

Gives practical, up to date, unbiased information and advice on disability equipment and assistive technology. Equipment demonstration centre in London with over 600 items of equipment/assistive technology on display.

Early Childhood Service/ Children's Information Service/Sure Start

Tel: **01243 777807** Email: childrens.info.service@westsussex.gov.uk

www.surestart.gov.uk www.childcarelink.gov.uk

Early Childhood Service encourages the development of services for young children.

ICIS : information for life

Enquiry Line: **0800 859929** Mon-Fri, 10am-12.30pm & 1.30pm-4pm, answerphone at all other times

Email: enquiries@icis-info4life.org.uk www.icis-info4life.org.uk

Confidential and impartial information resource for people of all ages in West Sussex with a difficulty, disability or illness. Helps people find services offering help on all aspects of daily living. Maintains the West Sussex Carers website. Administers the West Sussex Carers Emergency Alert Card scheme.

National Children's Bureau

Tel: **020 7843 6000**

Email: cdb@ncb.org.uk www.ncb.org.uk/cdc

Promotes quality services and support for children and their families.

Parent Partnership Service - West Sussex

Tel: **0845 075 1008** Helpline 8.30am-5pm

Email: parent.partnership@westsussex.gov.uk

<http://wsgfl.westsussex.gov.uk/pp>

A service for parents and carers of children with special educational needs. Helpline provides advice and information on educational issues.

Signposts Mid Sussex

Tel: **01444 241831** Email: info@signpostsmidsussex.org.uk

Mon, Tues, Thur, Frid 10-3.30pm, Wed & Sat 10-12.30pm

A free and confidential information service and meeting place for people with learning difficulties, their carers and their friends.

The Big Bridge Information

Tel: **01293 513331**. Email: linda.gray@outreach3way.org

Providing services for people with learning disabilities. The information centre and meeting place for people with learning difficulties 16 years+, their families, carers and friends.

Wellspring West Sussex

Tel: **01903 203657** Email: info@wellspringwestsussex.org.uk

www.wellspringwestsussex.org.uk

This registered charity provides information to children and young people with disabilities and special needs, and their parents and carers in West Sussex. Previous editions of the newsletter are listed inside the back cover of this booklet.

West Sussex County Council/ WSCC

24 hr helpline: **0845 7581232** www.westsussex.gov.uk

Information on any matter concerning County Council, District or Town Councils throughout West Sussex.

Learning Difficulties

Autism & Asperger Action

Tel: **01903 211725** Tel: **01903 244209**

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

An active group of parents, carers, professionals and people with ASD working towards improved support for affected young people (14+) and adults in West Sussex.

Down's Syndrome Association

Tel: **0845 230 0372**

Email: info@downs-syndrome.org.uk www.downs-syndrome.org.uk

Provides advice, information and support to people with Down's Syndrome, their families and professionals.

Chichester - Tel: **01243 602503**

Horsham & Crawley - Tel: **01403 225134**

Worthing - Tel: **01903 203317**

Down's Syndrome Education International

Tel: **023 9285 5330** Email: enquiries@downsed.org

Offers training, publications, individual advice, assessments and reports. Runs early development groups for pre-school children with Down Syndrome in the south of England. Organises training workshops in Portsmouth and around the U.K. Research centre with international reputation for its work on the development of children with Down Syndrome.

Down's Syndrome OK

Tel: **01293 889777** Email: paul7@downsyndromeok.org.uk

www.downsyndromeok.org.uk

Offering help & support in South East England.

LOADS Local Opportunities and Awareness of Down's Syndrome

www.loads.org.uk

Charity providing support to people with Down's Syndrome

LOVECCB

Tel: **01293 440035** Tel: **01293 533193** Email: equilibrium@btinternet.com

www.equilibriumloveccb.org.uk/id3.html

Offer support to families of children and adolescents with autistic spectrum disorders. Bring families together to break the isolation and support by telephone, email and through the post. Provide practical help with forms. Fortnightly meetings held in Broadfield & Pound Hill & home visits can be arranged. Serves whole of West Sussex.

MENCAP - Royal Society Mencap

Helpline: **0808 808 1111**

Email: help@mencap.org.uk www.mencap.org.uk

The UK's leading learning disability charity supporting people with learning disability, their families and carers.

MENCAP - Sussex & Surrey

Tel: **01905 740500** Mencap South East Regional office.

Email: annabel.forbes@mencap.org.uk

National Autistic Society/ NAS Advice Line

Tel: **020 7833 2299** Autism Helpline: **0845 070 4004** 10am-4pm

Email: nas@nas.org.uk www.autism.org.uk

Information, advice and services for children and adults with Autism and Asperger Syndrome.

PARC – Parents Action for Respite Care

Tel: **01342 326392**

A group campaigning on behalf of children with special needs and their families on respite care and incontinence problems.

Parents for Change

Tel: **01903 690177** Email: garyjamesholmes@aol.com

A parent group campaigning for provision for children with Autistic Spectrum Disorder in both middle and secondary schools.

Sussex Autistic Society

Head Office - Tel: **01903 882666**

Email: **info@sussexautisticsociety.org** **www.sussexautisticsociety.org**

For support, membership advice and information about autism for families in East and West Sussex.

Southdowns Family Centre, Rustington - Tel:**01903 882666**

Provides a friendly and welcoming place for families to meet, where support and advice is offered. Covers all of Sussex.

West Sussex Dyslexia Support Group for Children

Tel: **01243 553280**. Email: **janice.ellis2@btinternet.com**

Set up to support the parents of children in West Sussex with dyslexia.

Life Limiting & Life Threatening Illnesses

Association for Children's Palliative Care (ACT)

Tel: **0845 1082201** Information: **0117 9166422**

Email: **info@act.org.uk** **www.act.org.uk**

Provides information on support services available for families whose children have life-threatening or terminal conditions.

Caudwell Children

Tel: **0845 3001348** Monday to Friday 9am-6pm

Email: **applications@caudwellchildren.com** **www.caudwellchildren.com**

Supports children aged 18 and under suffering from sickness, disability or terminal illness with direct donations of specialised equipment, treatment, therapy and dying wish holidays.

CHASE Hospice Care for Children

Tel: **01483 230960** Email: **elaine.conisbee@chasecare.org.uk**

www.chasecare.org.uk

CHASE Hospice Care for Children charity provides practical and emotional care and support to life-limited children, young people and their families. The service is for families in South West London, Surrey and West Sussex.

The Cherries

Tel: **01243 778103**

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

Chestnut Tree House Children's Hospice

Tel: **0845 450 5820** Head of Care Email: admin@chestnut-tree-house.org.uk
www.chestnut-tree-house.org.uk

Children's hospice for young people aged 0-19 with progressive life-limiting and life threatening illnesses. Respite and end of life care onsite. Community service: respite, activity days and teenager programme.

Dreams Come True Charity

Freephone: **0800 0186013** Email: info@dctc.org.uk www.dctc.org.uk

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

Family Fund London and South East

- see Health Needs - Cancer, page 14

Make-A-Wish Foundation UK

Tel: **01276 24127**

Email: info@make-a-wish.org.uk www.make-a-wish.org.uk

Grants the wishes of children aged 3-17 years who live with life-threatening illnesses.

Miracles

Theo Ellert, Miracles, PO BOX 3003, Littlehampton, West Sussex, BN16 ISY

Tel: **01903 775673** Email: miracles@fastnet.co.uk

www.miraclesthecharity.org

Crisis funding in cases of supreme need for children with life threatening illness.

Rainbow House

Tel: **01372 453309**

Email: pat.keown@rainbowtrust.org.uk www.rainbowtrust.org.uk

Rainbow House is a home where families of children with life-threatening and terminal illness come for short stays. Offers practical and emotional support.

REACT (React, Rapid, Effective Assistance for Children with potentially Terminal Illness)

Tel: **020 8940 2575**

Email: react@reactcharity.org www.reactcharity.org

Provides individual financial assistance where possible. For equipment/facilities to help with care and treatment, funeral expenses and mobile home holidays.

Sussex Snowdrop Trust/ Snowdrop Trust

Tel: **01243 815273** Email: sussexsnowdrop@btconnect.com

www.thesussexsnowdroptrust.com

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

Starlight Childrens Foundation

Tel: **020 7262 2881**

Room PRW1, PO Box 4267, Goring, Reading RG8 0AP

Email: PRW1@starlight.org.uk www.starlight.org.uk

Foundation which brightens the lives of critically, chronically and terminally ill children between the ages of four and eighteen, by granting: celebrity wishes, experience wishes, gift wishes or travel wishes. Applications in writing.

When You Wish Upon A Star

Tel: **0115 979 1720**

Email: whenuyouwish1@aol.com www.whenuyouwishuponastar.org.uk

Aims to fulfill wishes for any child aged 2-16yrs who has a life threatening or terminal illness. Also have holiday homes and caravans in Britain, Spain and Florida.

Physical Disability

Arthritis Care / Young Arthritis Care

Tel: **0808 800 4050** Helpline Tel: **0808 808 2000** Helpline Young People

Email: helplines@arthritiscare.org.uk www.arthritiscare.org.uk

Provides information and support on a range of issues related to living with arthritis, including self-management programmes to help people to cope with their condition.

ASBAH - Association for Spina Bifida & Hydrocephalus

Tel: **01733 555988** Helpline: **0845 4507755**

Email: helpline@asbah.org www.asbah.org.uk

Advice and information on all aspects of spina bifida and hydrocephalus including education, continence, mobility etc.

Contact A Family/CAF - Contact A Family/Rare Disorders Alliance UK

- see Health needs - General, page 17

HemiHelp (Hemiplegia Support Group)

Tel: **0845 123 2372**

Email: **support@hemihelp.org.uk** **www.hemihelp.org.uk**

Provides support and information to children and young people with hemiplegia and their families; quarterly newsletters, workshops, activity days.

Independent Living Association - West Sussex

Tel: **01903 219482** Email: **directpayments@ilawestsussex.org**

www.ilawestsussex.org

A joint initiative by the Independent Living Association (ILA) and West Sussex County Council to implement the Council's Direct Payments policy for disabled people over the age of 16, parents of disabled children and carers. Direct Payments is a cash payment to people who need social services to live independently. The payment enables people to arrange and pay for personal assistant services as an alternative to services provided by West Sussex County Council. Also provides information, advice and support to people interested in managing their own personal assistant arrangements. An advocacy service (Advocacy for Independence) is provided by the ILA.

Independent Living Funds

Tel: **0845 601 8815** Email: **funds@ilf.org.uk** **www.ilf.org.uk**

Government funded trust to help severely disabled people live independently in the community. Contact or look at website for details of criteria for application.

Jennifer Trust for Spinal Muscular Atrophy

Tel: **0800 975 3100** Freephone Helpline

Email: **jennifer@jtsma.org.uk** **www.jtsma.org.uk**

Support group for children and adults who have Spinal Muscular Atrophy and their families. Quarterly newsletter and annual conference weekend. Grants available towards specialist equipment. Network of contact volunteers offering local support and advice.

Muscular Dystrophy Campaign/ MD Group

Tel: **020 7803 4800**

Email: **info@muscular-dystrophy.org** **www.muscular-dystrophy.org**

A national charity which researches into treatments and cures for people affected by any of the conditions known as muscular dystrophy or by a related neuromuscular disorder. Provides expert medical care at Muscle Centres; information; advice; a team of Care Advisers and financial assistance with essential equipment.

Phab - England

Tel: **020 8667 9443**

Email: **info@phab.org.uk** **www.phabengland.org.uk**

Sussex - Tel: **01273 821789** Email: **sussexphab@creatingfutures.org.uk**

Organisation aiming to integrate people with and without physical disabilities through some 250 clubs in England. Activities include social meetings, sports, outings and holidays. Some groups are specifically for younger people up to the age of 25.

Reach - The Association For Children With Hand Or Arm Deficiency

Tel: **0845 130 6225** Email: **reach@reach.org.uk** **www.reach.org.uk**

Parent support group, providing contact with other families with similar problems. Produce a quarterly newsletter, various informative factsheets and a video.

REMAP (Rehabilitation Engineering Movement Advisory Panels)

Tel: **0845 1300456**

Email: **info@remap.org.uk** **www.remap.org.uk**

London and South East - Geoff Meekums. Tel: **01732 866105**

Chichester & Worthing Panel - John Stoton, Chairman. Tel: **01243 552290**

Crawley and District Panel - David Heap, Chairman. Tel: **01403 261854**

Each Remap panel has member engineers, who apply technology and basic skills to the design and production of aids and the adaption of existing aids to meet the needs of people with disabilities, where such aids are not commercially available. There is no charge to the client to whom the aid or device is given.

SASBAH - Sussex Association For Spina Bifida & Hydrocephalus

Tel: **01825 722112** SASBAH Clinic

Email: **office@sasbah.org.uk** **www.sasbah.co.uk**

Provides support for people with spina bifida and/or hydrocephalus in East and West Sussex. May be able to provide welfare grants. Field workers offer advice, support and friendship.

SCOPE Response

Tel: **0808 800 3333** Email: **response@scope.org.uk** **www.scope.org.uk**

Helpline provides information on cerebral palsy, disability issues and the work of Scope. The team of experienced counsellors can provide initial counselling and support and can refer to Scope or external services as appropriate.

Play and Leisure

Bikes, Trikes and Toys

There are many different companies which manufacture specially adapted bikes, trikes and other toys. Contacting ICIS:information for life or the Disabled Living Foundation (contact details on page 20 & 21) will enable you to obtain a list of suppliers for specific products.

KIDS

Tel: **020 7359 3073**. KIDS South East - Tel: **01329 312312**.

Email: **pip@kids.org.uk** **www.kids.org.uk**

Kids is a national charity working with Disabled children, young people and their families. Kids offers education for under 5's, play and leisure, and family support, through five regional centres and provides training, publications and advice nationally for parents and professionals to promote inclusive play and leisure through its National Development Division.

National Play Information Service

Based at the National Children's Bureau, 8 Wakley Street, London, EC1V 7QE.

Tel: **020 7843 6000** Email: **library@ncb.org.uk** **www.ncb.org.uk**

Has a large specialist reference library and information service on the subject of play. Commercial play information and grants for play.

Play Matters

Tel: **020 7428 2286** Email: **admin@playmatters.co.uk** **www.natll.org.uk**

National body for toy and leisure libraries in the UK. Toy Libraries lend good quality, carefully chosen toys to families with young children, including children with special needs. Publishes the annual 'Good Toy Guide'.

Local Toy Libraries

Bognor Regis - Tel: **01243 821692**

Burgess Hill & District - Tel: **01444 245793**

Chichester - Tel: **01243 520817**

Crawley - Tel: **01293 518656**

East Grinstead - Tel: **01342 301396**

Haywards Heath - Tel: **01444 452310**

Horsham - Tel: **01403 218888**

Littlehampton - Tel: **01903 276840**

Worthing - Tel: **01903 229250**

RE:PLAY

Hannah Boyce. Tel: **01932 883 213**

Email: **hanna-boyce@skillsactive.com**

www.playworksoutheast.org.uk/replay

Promotes play as part of child's development through advice, information and lobbying government.

The Cinema Exhibitors' Association Card

Tel: **0845 123 1292** Email: **info@ceacard.co.uk** **www.ceacard.co.uk**

A national card that can be used to verify that the holder is entitled to one free ticket for a person accompanying them to the cinema. To apply you will need to be in receipt of the disability living allowance. Application forms are available from cinemas across the UK or a form can be downloaded from the website.

Clubs and Activities (see also section on Youth Clubs, page 44)

West Sussex hosts many different clubs, groups and activities for children and young people with and without disabilities. A selection of activities are listed below, but for a more comprehensive list of activities, tailor made to the needs of your child or young person, please contact ICIS: information for life (contact details on page 21)

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 Theatre Group

Tel: **01293 438156** Email: **community.arts@crawley.gov.uk**

Dance theatre group for children and young people aged 6 - 19 years with learning disabilities. Wednesdays 5.30pm-6.30pm Manor Green Primary School.

Shine Theatre Group

Tel: **01273 832855** Director **www.shinetheatregroup.co.uk**

An inclusive theatre group, catering for people with physical disabilities, learning disabilities, able bodied and socially disadvantaged. Pupils aged 5- 19 years participate in dance, drama, singing and performance.

Springboard Project - Horsham

Tel: **01403 257699** Activities only

Email: **info@springboardproject.com** **www.springboardproject.com**

A charitable play and recreation centre for all children including those with disabilities or additional support needs, including a soft play room, sensory room, lounge area, kitchen, creative activities playroom and large outdoor Jubilee Leisure Garden.

Playschemes

Adur Special Needs Project

Shoreham-by-Sea Tel/Fax: **01273 441866**

Email: **info@adurspecialneedsproject.co.uk**

www.adurspecialneedsproject.co.uk

ASP is for up to 40 children and young people aged 5-23 with special needs in West & East Sussex. Runs a 3 week summer playscheme and Respite Project every second and fourth weekend.

Ashdown Club for Children with Special Needs - Guild Care

Worthing - Tel: **01903 528607** Email: **ashdown@guildcare.org**

www.guildcare.org

Ashdown Club offers a safe and stimulating environment for children with a wide range of special needs, both physical and behavioural.

Bunnyhoppers/Grasshoppers/Outburst

Horsham Tel: **01403 257699** Activities Co-ordinator

Email: **activities@springboardproject.com** **www.springboardproject.com**

Activity Schemes for children with additional needs and disabilities: Bunny Hoppers (0-5) one Sunday a month. Grasshoppers (5-13) on Saturdays and Outburst (13-18) during school holidays. Book in advance.

Burgess Hill Area Family Centre

Tel: **01903 882666**.

Held at Newick House School and run by Sussex Autistic society Two Saturdays a month & most Saturdays in School holidays. 10.30-3pm full day, Cost £22. Half day either 10.30-12.30pm or 1-3pm. Cost £11. For any child on the autistic spectrum from any school and their siblings.

Chanctonbury Community Playscheme

Tel: **01903 744375** Tel: **01903 741246**

Email: **organiser@ccps-sussex.org.uk** **www.ccps-sussex.co.uk**

A four week summer playscheme for children with special needs, aged 5-19, based for 2 weeks at Rydon School, Storrington and 2 weeks at Davison High School in Worthing. Places must be booked by the beginning of May.

Kangaroos Playscheme

Cuckfield and Haywards Heath Tel: **01444 255120** Administrator

Email: **jenni-kangaroos@freeola.com** **www.kangaroos.org.uk**

Runs Saturday clubs and holiday playschemes for children aged 6 - 19 with learning difficulties living in Mid-Sussex. Sessions must be booked in advance.

Millpond Integrated Adventure Playground

Crawley Tel: **01293 542174** Email: nikke.gladwin@crawley.gov.uk

Open access facility for children aged 6-16yrs, open term time from Tuesdays-Fridays 3pm-6pm, plus Saturdays and school holidays from 10.30am - 6pm. This facility has been specially designed for children with disabilities.

Parent Carers Support Group (PACSO)

Chichester - see Carers Support Organisations, page 7

Saturday Clubs once a month 10am-12 for children with special needs & their siblings £5. Energy Clubs once a month Sat 1.30-3.30pm.

Sussex Autistic Society - Southdowns Family Centre

Tel: **01903 882666** Email: info@sussexautisticsociety.org

Two Saturdays a month. Family sessions for autistic children and their siblings, which include drama, art, play, cookery, sport & a multisensory & music environment, to encourage sensory awareness, interaction, & confidence.

Outreach Service, Rustington - see Learning Disabilities, page 23

The Friday Club

Tel: **01903 502850** Email: joking.john@hotmail.co.uk

Club for young people with learning difficulties. varied programme of activities including arts and crafts. Fridays. 5-8 years 5.30-7.15pm and 9-12 years 7.30-9.30pm. £2 a session.

You Can Do It!

Tel: **01403 273301** Email: carolinemjohnston@btopenworld.com

Age 0-11. Club facilitating inclusive sports and arts activities for children with additional needs such as Down syndrome, cerebral palsy, autism and others. Their siblings and friends are also welcome and the club provides support to their families.

Respite and Short Breaks

Direct Payments Scheme

Tel: **01903 219482**

Email: directpayments@ilawestsussex.org www.ilawestsussex.org

Direct Payments is a cash payment to people who need Children and Young People's Services (CYPS) to live independently. The payment enables people to arrange and pay for personal assistant services as an alternative to services provided CYPS.

Family Placement Disabilities Team

Contact Centre: **01243 777100**

www.westsussex.gov.uk

Scheme which recruits and assesses individuals and families to provide short breaks for children and young people with disabilities aged 0 -18 years. Accessed via Child Disability Teams (see page 8).

Finches

Tel: **01444 245117**

Fully accessible bungalow run by Chailey Heritage offering respite care and an outreach in the child's own home, for children with complex health needs aged 0-16 years. 24 hour nurse care provided.

Holly Lodge

Tel: **01403 255880**

West Sussex Primary Care Trust run residential home offering respite care for children 0 -19 years old with profound learning difficulties. Referral by social worker, community nurse, paediatrician, doctor.

Home Start

A voluntary organisation promoting the welfare of families with at least one child under 5 years of age. Volunteers offer regular support, friendship and practical help to families with difficulties in their own homes, helping to prevent family crisis and breakdown.

Arun - Tel: **01243 869611**

Email: **arunhomestart@ukonline.co.uk**

Crawley and Horsham - Tel: **01293 416327**

Email: **info@home-startcrawleyandhorsham.org.uk**

www.home-startcrawleyandhorsham.com

Worthing and Adur - Tel: **01903 236916**

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

www.wahomestart.org.uk

Residential Short Breaks - Respite

Three homes run by Children and Young People's Services for children with severe learning disabilities. Access via Child Disability Teams (see page 9).

Cissbury Lodge - Worthing Tel: **01903 700888**

High Trees - Crawley Tel: **01293 526501**

Orchard House - Cuckfield Tel: **01444 454226**

Sitting Service - West Sussex

A sitting service for children with disabilities in their own home, providing a break for parents and carers. Referral to the service is via the Children and Young People's services following an assessment of need.

Arun and Chichester - Tel: **01243 642462**

Crawley, Horsham & Mid-Sussex - Tel: **01403 246450**

Worthing and Adur - Tel: **01243 642318**

Tourism for All UK

Tel: **0845 124 9971** Information

Email: **info@tourismforall.org.uk** **www.tourismforall.org.uk**

Information and advice on all aspects of holidays for disabled people.

West Sussex Crossroads, Caring for Carers Ltd

Provides respite support for carers in their own home, by sending in trained attendants to take over the caring role.

www.caringforcarers.org.uk

Chichester and Bognor - Tel: **01243 864600**

Mid Downs - Tel: **01403 249090**

Email: **middowns.crossroads@virgin.net**

Worthing - Tel: **01903 216678**

Email: **worthingcrossroads@hotmail.com**

Sensory Impairments

Sensory Services Team - West Sussex

Tel: **01903 745331** Textphone: **01403 213249**

Email: **AS.Sensory.Services.Duty@westsussex.gov.uk**

Central office for provision of services for adults and children with sensory impairments in West Sussex. Referrals via Children & Young People's Services (see page 9) Services for deaf children 0-18 are provided by the Social Worker with Deaf Children, based at the Child Disability Team North (see page 9).

Sensory Support Team In Education

Tel: **01903 746739**

Team of specialist advisory teachers and learning support assistants, who work with children who have a hearing and/or a visual impairment. Referrals taken from schools. Also work with pre-school children.

Deafness and Hard of Hearing

Action for Deafness

Tel: **01444 415582** Minicom: **01444 415593**

Email: **wsdeaf@wsdeaf.org.uk** **www.actionfordeafness.org.uk**

Helps people to express their views, sets up sign language and lip reading classes, provides information and advice, equipment, helps with improving and developing services.

Brighton, Hove & West Sussex Deaf Children's Society

Tel: **07717 223362**. Email: **bhwsdcsoc@btinternet.com**

Support group for deaf children (0-25yrs) & their families.

British Deaf Association - Midlands & South East

Tel: **02476 550936** Textphone: **02476 550393**

Email: **midlands@bda.org.uk** **www.bda.org.uk**

User-led national membership organisation to protect and advance the interests of deaf people. Provides information on British Sign Language courses.

National Deaf Children's Society (NDCS)

Tel: **0808 800 8880** Freephone Helpline

Email: **helpline@ndcs.org.uk** **www.ndcs.org.uk**

Provides advice and information on all aspects of childhood deafness, including education, benefits, technology and equipment. Support with benefit claims, Disability Appeal Tribunals and special educational needs tribunals/appeals.

National Deaf Childrens Society - Southern England

Tel & Textphone: **0808 800 8880**

Email: **heather.fletcher@ndcs.org.uk** **www.ndcs.org.uk**

Support and social activities for deaf children (0-25 years) and their families from East and West Sussex, Hampshire, Kent and the Isle of Wight.

RNID (Royal National Institute for Deaf People)

Tel: **0808 808 0123** Information Email: **informationline@rnid.org.uk**

Tel: **0808 808 6666** Tinnitus Help Email: **tinnitushelpline@rnid.org.uk**

www.rnid.org.uk

Offers a range of services, including information, awareness training, campaigning, residential care, communication services, employment services, telephone relay service (Typetalk), Tinnitus Helpline.

Springboard - Crawley

Tel: **07980 351913**

Support group for pre-school deaf children and their parents which meets on the second and fourth Friday of month at NSPCC, Broadfield Park, Crawley from 9.30am-11.30am.

Sussex Deaf Association - West Sussex

Tel/Fax: **01903 506416** Community Worker Tel: **01273 671899** Head Office

Mobile: **07958 655127** Email: **worthing@sussexdeaf.com**

www.sussexdeaf.co.uk

Provides communication support, advocacy, assistance with benefit forms, Deaf Awareness Training, British Sign Language courses, social groups and outings.

Blindness and Visual Impairment

Action for Blind People

Tel: **0800 915 4666** Helpline Email: **info@actionforblindpeople.org.uk**

www.actionforblindpeople.org.uk

National charity for blind and visually impaired people providing supported housing, holiday hotels, employment support, information and advice, financial help and welfare rights service. Provides sporting activities for children.

Blatchington Court Trust

Tel: **01273 727222**

Email: **enquiries@blatchington-court.co.uk** **www.blatchington-court.co.uk**

Promotes the education (including social and physical training) and employment of visually impaired young people under 30 from Sussex.

LOOK - Sussex

Tel: **01273 832267**

Email: **wendy@looksussex.co.uk** **www.looksussex.co.uk**

Charity providing information and support for families in East and West Sussex who have a child or young adult with a visual impairment.

National Blind Children's Society

Tel: **01278 764 770** Family Support & Information Tel: **01278 764770**

Email: **FamilySupport@nbcs.org.uk** **www.nbcs.org.uk**

Offering emotional support, advice, information and practical help at and around the time of diagnosis and at other stages.

RNIB - Royal National Institute of the Blind

Tel: **08457 669 999** Helpline - prefix phone number with **18001** to use typetalk

Email: **helpline@rnib.org.uk** **www.rnib.org.uk**

Practical support, information and advice to people of all ages with a sight problem. Provides talking books, schools, colleges, computer training and rehabilitation training, and hotel guide. Vacation scheme for children and young people.

Royal London Society for the Blind

Tel: **01732 592500** Email: **enquiries@rlsb.org.uk** **www.rlsb.org.uk**

Exists to provide education, training and employment services that enable people who are blind or partially sighted to overcome the discrimination they face and the social exclusion and poverty many experience. Run Dorton House Nursery, School and College.

ROVI - Rehabilitation Officers for the Visually Impaired

Tel: **01903 745331**

Helps in a range of ways, from developing coping strategies tailored to the individual, to supplying either high or low-tech aids. Often a ROVI is the first professional someone with vision difficulties meets who is concerned with helping them manage everyday life, rather than focusing on the medical aspects of their sight.

Vision Aid

Tel: **01204 64265** Email: **visionaid@aol.com** **www.visionaid.org.uk**

National organisation supporting visually impaired children, their families and professionals. Services include information and reference library, toy loan, visual stimulation equipment, hi-tech aids and tactile photocopying.

Dual Sensory Impairment

Deafblind UK/ National Centre for Deafblindness

Tel: **0800 132320** Helpline Minicom: **01733 358100**

Email: **info@deafblind.co.uk** **www.deafblind.org.uk**

Information and advice on dual sensory loss, 24 hour helpline, counselling. Teaches touch-based communication systems. Visits the deafblind.

Sense/ National Deaf Blind & Rubella Association

Tel: **0845 127 0060** Text: **0845 1270062**

Email: **info@sense.org.uk** **www.sense.org.uk**

South East - Tel: **0845 127 0076** Textphone: **0845 1270062**

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

Charity working with deafblind children and adults offering individually tailored education programmes; residential and community supported living services; respite provision including specialist holidays, day services and employment services; outreach training and consultancy and intervenor services, providing one-to-one support to enable deafblind people to access community services and live as independently as possible.

Speech and Language

1 Voice

Tel: **0845 330 7862** Email: **info@1voice.info** **www.1voice.info**

1 Voice - communicating together; recognises that a communication disability can be isolating for children and their families. Offers a network for families.

Aidis Trust

- see Computers, page 9

Afasic - Unlocking Speech & Language

Helpline: **0845 355 5577**

Email: **info@afasic.org.uk** **www.afasic.org.uk**

Advice, information and support, including a telephone helpline, newsletters; seminars/workshops for parents and professionals; self-help groups throughout the country.

Dyspraxia Foundation - West Sussex

Tel: **01462 454986** National Helpline

Tel: **01243 866053** West Sussex Contact

Email: **jen@blackcatpc.co.uk** **www.dyspraxiafoundation.org.uk**

Dyspraxia is an impairment of perceptuo-motor function and motor learning difficulty. The Foundation aims to support individuals and families.

I CAN

Tel: **0845 225 4073**

Email: **info@ican.org.uk** **www.ican.org.uk** **www.talkingpoint.org.uk**

Special focus on children with communication disability. Provides a combination of specialist therapy and education for children, information for parents, and training and advice for teachers and other professionals.

The Speech Centre

Tel: **01892 661116** Email: **info@speechcentre.co.uk**

www.speechcentre.co.uk

Specialists in speech technology for both the professional and disabled user market.

Triangle

Tel: **01273 413141** Email: **info@triangle-services.co.uk**

www.triangle-services.co.uk

Provides individual outreach and therapeutic support for children and young people up to age 12 presenting severely challenging behaviour. Caters for children with additional physical, sensory, learning and communication difficulties, as well as challenging behaviour. UK wide training and consultancy for communicating and consulting with disabled children. Fully accessible training and groupwork venue in Hove. Currently outreach provided in East Sussex, Brighton and Hove, West Sussex, Surrey and some London boroughs.

West Sussex Dyslexia Support Group for Children

see Learning Difficulties, page 24

Transport, Mobility & Wheelchairs

Action for Kids Charitable Trust

Tel: **0845 300 0237** Helpline

Email: **info@actionforkids.org** **www.actionforkids.org**

Aims to combat the problems facing severely disabled children and their families. Provides mobility aids not available on the NHS for young people with any disability aged 0-26 in the UK.

Aldridge Charitable Trust

Silca House, 32-34 Eagle Wharf Road, London N1 7EG

Tel: **0844 412 5101**

One off grants to young people under 18 who have a physical or learning disability and in need, for specialised equipment such as special bicycles, wheelchairs or special baths. Applications must be made in writing.

Association Of Wheelchair Children

Tel: **0844 5441050**

Email: headoffice@wheelchairchildren.org.uk

www.wheelchairchildren.org.uk

Aim to aid and support children who use wheelchairs and their families. Try to ensure that children have the right equipment and run training courses for children using wheelchairs for outdoor mobility.

Banstead Mobility Centre/ Queen Elizabeth's Foundation Mobility Centre

Tel: **020 8770 1151**

Email: info@mobility-qe.org www.qef.org.uk/mobilitycentre

Information and assessment service on all aspects of outdoor mobility. Driving ability, car adaptations and electric wheelchair assessments and training for disabled people including residential driving tuition. Register of driving instructors for disabled people.

Children Today Charitable Trust

Tel: **01244 335622**

Email: info@childrentoday.org.uk www.childrentoday.org.uk

A charity providing financial help to purchase specialised equipment for children and young people with disabilities. Equipment includes, but is not limited to: trikes, wheelchairs, walking aids and communication aids.

Community Transport Directory

Tel: **01243 777391** Email: jo.brocken@westsussex.gov.uk

www.westsussex.gov.uk

Provides advice and support to community groups to begin and operate transport schemes. Annually updated community transport directory. Includes information on Community Car & Dial a Ride Schemes, Community Buses accessible to wheelchairs, Special Taxis and Shop Mobility.

Disabled Living Foundation (DLF)

see Information Services & Advice, page 20

Disabled Parking Bays

Tel: **01243 642105**

If you are a badge holder under the 'Disabled Blue Badge Scheme', you may be entitled to a parking bay. Although these bays are not limited to a specific individual's use, they can help ensure a parking space is available outside your home. Your request will then be referred to the area highway office concerned. The National Association of Blue Badge Holders (Tel: **01842 812459**) may assist people with appeals against refusal (donations requested from non-members).

Easy Riders Wheelchair Programmes

Tel: **020 7428 8100**

Email: **wheelchairs@varietyclub.org.uk**

www.varietyclub.org.uk/easyriders

Provide funding for custom designed wheelchairs for children with disabilities

English National Bus Pass

Adur District Council - Tel: **01273 263399** Email: **concessionary@adur.gov.uk**

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

Arun District Council - Tel: **01903 737655**.

Email: **BusPass.Enquiries@arun.gov.uk**

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

Chichester District Council - Tel: **01243 534734**

Email: **concessionaryfares@chichester.gov.uk**

www.chichester.gov.uk (under A-Z Services, Concessionary Fares, Bus passes)

Crawley Borough Council - Tel: **01293 438635**

Email: **buspass@crawley.gov.uk**

www.crawley.gov.uk (under A-Z services, Bus Passes, Concessionary travel, National bus travel)

Horsham District Council - Tel: **01403 215323**

Email: **finance@horsham.gov.uk**

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

Mid Sussex District Council - Tel: **01444 477304**

Email: **concessionarytravel@midsussex.gov.uk**

www.midsussex.gov.uk (under A-Z Index, Concessionary travel, National Bus Passes)

Worthing Borough Council - Tel: **01903 221292**

Email: **buspass@worthing.gov.uk**

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

The English National Bus Pass allows a disabled person of fare paying age (over 5) to travel free of charge on the majority of buses in England. Also companions of disabled people who, without such companions, would be unable to use public transport. (Ask for details of the Companion Pass).

Family Fund London and South East

- see Health needs - cancer, page 14

GBL Wheelchair Services Ltd - Littlehampton

Tel: **01903 733528**

Email: **info@gblwheelchairs.com**

www.wheelchair-warehouse.com

Sells powered and manual wheelchairs and scooters, both new and secondhand. Also hires out manual wheelchairs. Can supply sports chairs and handbikes, walking aids and ramps.

Get Kids Going

Tel: **020 7481 8110**

Email: **info@getkidsgoing.com** **www.getkidsgoing.com**

Aims to provide disabled children and youngsters up to age 26 with the opportunity of participating in various sports by providing specially built sports wheelchairs. Also by giving disabled athletes sports grants for training, travel to competitions, equipment etc.

J C Robinson Trust No.3

Southend Farm, Wooton Under Edge, Gloucester GL12 7PB

Tel: **01453 842243**

One off grants of up to £1,000 to people in need with a preference for those living in Sussex, Bristol and South Gloucester. Includes wheelchairs and washing machines. Applicants please apply by letter with the backing of a professional who knows the situation such as a doctor or social worker.

KidsOut

Tel: **01525 385252** Email: **kidsout@kidsout.org.uk** **www.kidsout.org.uk**

National charity providing fun for disadvantaged children and special needs children throughout the UK. Kids Out funds fun days out and special activities.

League of the Helping Hand

Tel: **01273 493551**

Email: **secretary@lhh.org.uk** **www.lhh.org.uk**

Provides grants for people who are in financial need due to illness or disability. Applications via professional person who knows details of finances and personal circumstances.

Lifeline 4 Kids

Tel: **020 7794 1661**

Email: **rda@lifeline4kids.org** **www.lifeline4kids.org**

To assist disabled children, mentally, physically or otherwise deprived, with equipment, clothing, etc. (Do not give monetary grants).

Melanie Braysher Trust

Tel: **01428 65146** Tel: **0101428 642321**

Supply and loan mobility equipment for children and young people (generally up to 20 years old, but this can be flexible) within an approximate 25 mile radius of Haslemere.

Mobility Information Service

Tel: **01743 340269** Email: **mis@nmcuk.freeseve.co.uk** **www.mis.org.uk**

Provides information on vehicle purchase, adaptation, wheelchairs and other mobility equipment. Advice on DLA and information on mobility concerns.

Mobility Trust

Tel: **0118 984 2588**

Email: **mobility@mobilitytrust.org.uk** **www.mobilitytrust.org.uk**

Provide powered wheelchairs and scooters to disabled children and adults who cannot obtain them through statutory sources or purchase such equipment themselves. (Do not give grants). Equipment is provided following professional assessment by a physiotherapist or occupational therapist.

Motability

Tel: **0845 456 4566** Car Schemes Minicom: **0845 675 0009**

www.motability.co.uk

Provides affordable convenient, and trouble-free motoring. Also offers financial assistance for mobility solutions in certain circumstances.

RADAR/ Royal Association for Disability & Rehabilitation

Tel: **020 7250 3222**

Email: **radar@radar.org.uk** **www.radarsearch.org** **www.radar.org.uk**

National disability organisation campaigning for disabled people's rights and full integration into society. Provides the National Key Scheme (NKS) and guide to accessible toilets

Wheelchair Service – West Sussex

Crawley & Horsham - Tel: **01403 227000 ext 7160**

Western Sussex PCT - Tel: **01243 531268** Worthing - Tel: **01903 846500**

Provides and maintains wheelchairs on loan to Health Authority residents with long term mobility problems. Short term loans available from British Red Cross or Home Loans - NRS Direct Care Equipment Loan Service. Initial referral is via either GP, OT, physiotherapist, consultant or senior house doctor.

Whizz-Kidz - The Movement For Non-Mobile Children

Tel: **020 7233 6600**

Email: info@whizz-kidz.org.uk www.whizz-kidz.org.uk

Raises money to provide disabled children and young people with customised mobility equipment that is not available through the NHS. Equipment provided includes powered and manual wheelchairs, trikes, buggies and walking aids.

Youth Clubs

Adur Special Needs Project - Interactive Youth Club and 13+ Club

Youth Centre, Penhill Road, Lancing

Tel: **01903 754901** Part-time Youth Worker

An evening youth club for disabled, 8 -18 year olds on Tuesdays 6.45-8.15pm offering a range of activities. Additional separate activities suited to young people with special needs aged 13 and over.

Ashdown Club for Children with Special Needs

6-8 Ashdowne Road, Worthing Tel: **01903 528607** Answering Service

www.guildcare.org

Situated in a purpose-adapted building, there is a youth club for young people with special needs aged 12 - 18 on Wednesday evenings.

Club for Deaf & Hearing Impaired

Thomas Bennett School, Ashdowne Drive, Tilgate. Crawley

Tel: **01293 866816**

For children aged 11-19 years, fortnightly on Fridays between 7pm-9pm.

Club for Young People with Additional Needs

The Wallis Centre, De La Warr Rd. East Grinstead

Tel: **01342 321585** Email: wallis.youth.centre@westsussex.gov.uk

For young people aged 12-18 years with additional needs. Mondays from 6.30pm – 8pm.

Friday Zone

Pagham & Rose Green Youth Centre, Hawkins Close, Bognor Regis.

Tel: **01243 264439** Youth Leader's Office

Email: nikki.stenner@westsussex.gov.uk

Youth club for young people with special needs and/or autistic spectrum disorder, aged 11-19 years. One Friday a month.

Hi-Lite Club

Weald School, Station Road, Billingshurst.

Tel: **01403 782539** Mobile: **07767 433314** Email: **mgrant@theweald.org.uk**

Tuesdays 7-9pm aged 11-19yrs. No charge. For young people with additional needs.

Kangaroos Breakaway Club

The Yews, Boltro Rd. Haywards Heath

Tel: **01444 255120** Administrator

Email: **jenni-kangaroos@freeola.com** **www.kangaroos.org.uk**

For children aged 13 to 19 with special needs. Meets 3 times a month on Saturdays from 1.30pm to 4.00pm. Aimed at children and young people who benefit from a more mature environment. Staffing is kept at a lower level to promote independence and maturity among members while ensuring that the environment is safe and secure.

M8S Youth Club - Horsham

Horsham Youth Centre, Hurst Road, Horsham

Tel: **01403 210388**

Email: **hyc@westsussex.gov.uk** **www.horshamyouth.co.uk**

A youth club for young people aged 13-19 years, with additional needs and disabilities held Wednesdays 7pm-9pm.

Manor Green College Youth Club

Youth Wing, Thomas Bennett School, Ashdowne Drive, Crawley

Tel: **01293 520351**

Mondays 6-9pm.

Monday Youth Club

The Flintstone Centre, East St, Littlehampton

Tel: **01903 714305** Email: **stuart.kingsley@westsussex.gov.uk**

Age 11-25 yrs. Monday 7-9pm term time. Free. Any disability. Mainly pupils from Oakgrove College. Cooking, Dancing (Street dancing, wheelchair dancing & discos), sports activities.

PHAB Club Chichester

United Reform Church, East Wittering.

Mobile: **07733 466322**. Email: **cas.sharni@btinternet.com**

6+ and adults. Fridays, term time, 7-9.30pm. Social, sport and leisure activities, days out and holidays for people with and without disabilities, integrated together. Caters for physical, sensory, learning and communication disabilities. Transport available via WSCC minibuses for Chichester. Membership 50p per week plus charges for outings and trips.

PHAB Club - Crawley (junior)

Dormans Youth Arts Centre, Dormans, Crawley

Tel: **01293 526388** Email: **DYAC@westsussex.gov.uk**

Club for physically disabled and able-bodied young people, aged 11-19 years on Fridays from 5pm-7pm.

PHAB Club - Haywards Heath

Albermarle Centre, Haywards Heath

Tel: **07855 863037** Tel :**01444 450492** Albermarle Centre

Club for 10 - 18 year olds, with or without physical disabilities. Mondays 7-9.30pm.

Rosie Durrington Youth Centre

Tel: **01903 529922** Email: **rosewilmot.youthcentre@westsussex.gov.uk**

Littlehampton Rd, Worthing . Special Needs After school Club for pupils of Oakgrove College. Age 11-19yrs. Thursday 3-5pm. Integrated sessions on Tuesday & Thursday 7-9pm. Monday 7-9pm D of E award night including special needs. Summer activities programme to all young people.

Signposts Frenz Club

Park Centre, Park Rd. Burgess Hill, West Sussex.

Tel: **01444 241831**. Email: **info@signpostsmidsussex.org.uk**

Age 15-25 with special needs. Saturday 10-12pm

Special Task Force

Penfold Hall, Church St, Steyning BN44 3YB

Tel: **07875 137986** Email: **special-task-force@hotmail.com**

www.specialtaskforce.co.uk

Age 11-25 years, with or without disabilities. Meet on the first and third Saturdays of the month from 2.30pm-5pm.

Special Task Force Go Wild Junior Project.

Tel: **07875 137986**

11-14 yrs. 11am-1pm. 2nd and 4th Saturday of month. Strivens Barn, Middlemead, Steyning, BN44 3RJ.

Springboard Buddy Scheme - “Buddies”

Tel: **01403 257699** Buddies Co-ordinator

Crawley - Email: **crawleyldc@springbroadproject.com**

Horsham - Email: **horshamldc@springbroadproject.com**

Mid Sussex - Email: **midsussexldc@springbroadproject.com**

www.springbroadproject.com

A friendship group for teenagers with disabilities and additional needs to access their local recreation and leisure facilities on a flexible basis with volunteers of their own age group. Based in Crawley, Horsham, East Grinstead and Mid Sussex.

STARS Youth Club at Millpond Integrated Adventure Playground

Crawley Tel: **01293 542174** Community Services Manager

Email: **nikke.gladwin@crawley.gov.uk**

Runs from 7pm - 9pm on the first Tuesday of each month and every Tuesday during school holidays for children with special needs and disabilities aged 6-16yrs.

Sussex Autistic Society Youth Club

Sidney Walter Centre, Sussex Road, Worthing

Tel: **01903 882666** Email: **info@sussexautisticsociety.org**

www.sussexautisticsociety.org

Teenagers with Aspergers Syndrome & high functioning autism. 2 groups meet every other Saturday. Week one - age 13-15.5 yrs, week two - age 15.5-18 yrs. £22 per person. Fun, social interaction, independent living skills, community skills, self esteem and confidence building, communication skills, arts & crafts and self help skills.

Tuesday Group

Tel: **01903 502850** Email: **joking.john@hotmail.co.uk**

Rustington Youth Centre, 34 Woodlands Avenue, Rustington.

School age with learning difficulties. Students from Oakgrove attend Tuesday 5.30pm -7.30pm. £2 a session. Play ball games, table tennis, pool, air hockey & football.

Welcome In Thursday Club

Worthing Salvation Army, 11, Crescent Rd, Worthing on Thursday 7-9.30pm

Tel: **01903 234497**

Email: **welcome_in@btconnect.com** **www.salvationarmy.org.uk/worthing**

Runs a Youth Club for young people with Learning Difficulties aged 15 and over.

WELLSPRING WEST SUSSEX

Charity number 1100226

Music, drama and circus skills workshops are available to groups of children and young people with disabilities in West Sussex, thanks to funding from Awards for All. If your group would be interested in one of these sessions, see below for contact details to get more information.

Freedom Through Fun

Chris North Tel: **01243 774392**

Email: **chris@fun61418.wanadoo.co.uk**

www.freedomthroughfun.co.uk

Workshops include: Drama; Circus Skills; Storytelling; Clowning around/ Slapstick; Puppets; Songs; Games; improvised music making; Fun!

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

Music Workshops

Adam Gellibrand Tel: **07977 715263**

Email: **apgellibrand@hotmail.co.uk**

Music workshops with local community musician Adam Gellibrand. The workshops can be tailored to the individual needs of the group.

Previous Editions of Wellspring West Sussex newsletter have covered:

- | | |
|-----------------------|------------------|
| Sports & Arts | Diet & Behaviour |
| Getting Out and About | Resources |
| Early Years | Communication |
| Arts & Entertainment | Respite |
| Transport | Sport & Leisure |
| Feelings & Emotions | Transition |
| Managing Finances | |

All previous editions are available to download from the Wellspring website:
www.wellspringwestsussex.org.uk

Articles by Lizzie Baily (Editor)

- | | |
|---------------------------|------------------------------|
| Lizzie's Craft Clubs | Lizzie's School Lunches |
| Caring About Carers | Lizzie's Summer Outings |
| 10 Years of Wellspring | Disability Out and About |
| Moving on to University | Lizzie and The Arts |
| Lizzie's French Adventure | Travelling by Train |
| What Makes a Good Helper? | Cobnor Boat Launch |
| Argus Achievement Awards | Lizzie's Hospital Experience |
| Out of School Activities | Reflecting on my Education |
| Royal Garden Party | American Adventure |
| Transition | School to College |

Lizzie's articles can be found on the Wellspring website on her page:
www.wellspringwestsussex.org.uk/AboutLizzie.shtml

Wellspring West Sussex acknowledges with thanks the work of ICIS : information for life in developing, maintaining and providing the information about the services listed in the Directory. The information was correct to the best of their knowledge when this Directory was printed.

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