

## Sports & Arts

Hello! Here is another packed edition of Wellspring, focussing on Sports and Arts. As we go to press, the Paralympic Games are well underway in Beijing. If you think you'd like to be a part of the 2012 Paralympics in London, turn straight to page 4 to find out how you can get there!



There's something for everybody inside; you're sure to find a club or group in your area you might enjoy - look on pages 8-10 for sports or pages 12 and 13 for arts. If you are already involved in a club and you need some extra funding, look on pages 16 and 17 for organisations who could help.

Find out about what some schools have been up to, singing, acting, dancing and riding. Well done to everybody involved!

Read about the craft clubs for children that I run from home on page 12 and on page 17 there's a report on Fun on the Farm - the Family Fun Weekend in July. It was great to see everyone enjoying themselves there.



Don't forget we love to hear from YOU! Let us know what you've been up to over the summer, or any special achievements you have made. We will always print your articles in Wellspring. Keep well and warm as autumn and winter set in!

*Lizzie Baily*

*[lizzie@wellspringwestsussex.org.uk](mailto:lizzie@wellspringwestsussex.org.uk)*

**We would like to thank the Henry Smith Charity for the funding towards this issue and their continued support.**

**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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Contact ICIS for information on services offering care, support or advice in West Sussex.

Telephone: **0800 859929**

e-mail: [enquiries@icis-info4life.org.uk](mailto:enquiries@icis-info4life.org.uk)  
[www.icis-info4life.org.uk](http://www.icis-info4life.org.uk)

All the contacts for Sports & Arts in this edition were supplied by ICIS Information For Life, compiled for Wellspring by Bernie Daly.

There is more contact information, listed by area on the website:

[www.wellspringwestsussex.org.uk/articles](http://www.wellspringwestsussex.org.uk/articles)



# You Can Do It!

You Can Do It! is a group which facilitates inclusive arts and sports activities for children with additional needs and provides support to their families

You Can Do It began in late 2007 as a group of parents with children with Down Syndrome who were meeting for general support. Most of our children were of primary school age and in mainstream primary schools and we identified that once our children started school all preschool support ceases (Portage, health visitors, regular speech therapy sessions, Homestart, preschool specialist groups e.g. Down Syndrome Education international).

Through talking with other parents with children with a variety of other needs this also seemed to be the case for many families, including those whose children attending non-LEA funded special needs schools (e.g. Ingfield Manor school)

We found there is a need for parents to discuss schooling issues, general health issues, lack of sleep, transporting, lack of professional support, lack of awareness issues and discrimination issues and **ALSO TO CELEBRATE THE ACHIEVEMENTS OF OUR CHILDREN!**

However we found that our children are unable to access extracurricular activities as other primary school aged children who attend mainstream primary schools. Neither could our disabled children in mainstream schools access LEA special needs schools activities as they are not on role at those schools. This **AFFECTS SIBLINGS TOO!** We decided that what our children needed was extra specific support to enable them to access the activities, by having trained (1:1) personnel who could attend to their communication needs and personal care issues as necessary.

Horsham DC Community Recreation Officer advised us to form a constitution group

and give ourselves a name so in Feb 08 we formed a committee and "You Can Do It!" was born! We could then work with the council services to facilitate inclusive activities. The Director of Community Services agreed that the local council would recruit a bank of support staff who would be employed to support our disabled children in their chosen activities. We have also provided a Disability Awareness Training Session for these staff and Leisure Link coaches and session leaders.

We have identified other groups of parents in similar situations by canvassing Springboard House, Ingfield Manor School, QE II school and other local mainstream primary schools. Thus we could present a significant number of children who would benefit from these inclusive activities. We have designed a membership form and photo consent form for YCDI, as well as 3 further forms necessary for completion prior to a child partaking in a Leisure Link activity to ensure the most appropriate support personnel is employed for each child (Activities form, Medication Form and Parental Consent Form; Specific Epilepsy Forms are also required for some children).

As a new group we held a Launch Tea Party 16th March 2008 and invited the local press. Following the press release several more families came forward and joined the group. Several potential support workers were also identified, and You Can Do It! current membership is now over 30 families (75-80 children plus parent/carers).

Our first inclusive activities occurred in May half term when 7 children signed up for African Drumming and Multisports (football, basketball and hockey). Both activities were 3 hrs and a number of the children were supported by council employed support staff. Others were accompanied by parents/carers.



We had a further press article covering these activities.

We have held 7 further inclusive sessions during the summer holidays including Dance, Jewellery Making, Two Drumming sessions, Tennis, Football and Cricket. There were also a number of Disability Baseball Taster sessions running during the summer, hosted by Horsham Junior Baseball Club.

We also have a page on Horsham DC web site [www.horsham.gov.uk/leisure\\_and\\_tourism/leisure\\_8823.asp](http://www.horsham.gov.uk/leisure_and_tourism/leisure_8823.asp) to complement the current Ready and Able Club activities for >16yrs with additional needs, as well as a mention in the ICIS website.

Bluecoats Swim School, Christ's Hospital now provides regular Saturday lessons for 5 children with additional needs, each with 1:1 coach in the pool. The children are working towards swimming independently, with the hope they will be included in mainstream classes in the future. YDCI! funds partly cover the extra cost of swim instructors.

In the future we aim to expand swim provision to additional venues with additional staff for other members of the club, and to increase the number and choice of inclusive courses in summer and run term time inclusive courses. We would also like to see inclusive 'Summer Clubs' in many more venues throughout West Sussex so that parents have a greater choice for all of their children.

Following the YCDI! chairperson attending the Sussex County Sports Partnership Extending Activities Workshop on 25th April 2008 in Uckfield, where disabled children tended to be labeled as non-sporty 'turned off' sporty types, we have applied for funding to run inclusive trampolining and gymnastics types courses in Autumn 08 and Spring 09 terms. We await confirmation of this funding as part of the Sussex Extending Activities Programme, from Sport England, w/c 7th July.

Through the Carer Support Service and Child Disability Team Funding we also secured a residential visit to Knowles Tooth Family Support Centre (4th-8th Aug) for families from You Can Do It! The centre was available for people to stay as a holiday or to visit for the day. This was free to members and most of the food was also provided!

Funding/Fundraising – as a group we have raised funds via Tea Party donations, a Jumble sale, a Volleyball Tournament, individual donations/sponsored events, a jewellery party, Rotary club donations.

We have also made successful grant applications via Horsham and Crawley Mencap, Carers Grant (Knowles Tooth Residential visit) and await confirmation of Extending Activities Government Funding from Sport England.

Our hope is that our new club, You Can Do It! will grow through continued support from our collaborators such as Horsham DC, Bluecoats Sports Centre and other organisations, to enable children with additional needs and their siblings, parents, families and friends to access more events and activities together in the Horsham district. In this, the whole community benefits from a more inclusive society. Society has come along way in recent decades, but we still have some way to go to make more children and their families feel included in more ways. It is not the children who exclude themselves, it is lack of awareness, attitudes and the physical environment which disables them from participating.

We would like to think we can remove some of these barriers for our children, so we can say to them YOU CAN DO IT!

*Caroline Johnston.*

*Tel: 01403 273301*

*Email: [carolinemjohnston@btopenworld.com](mailto:carolinemjohnston@btopenworld.com)*

# Paralympic Talent ID

With the London 2012 Paralympic Games just around the corner, the pressure is already on for British sports to raise the game and meet medal targets as well as challenging Chinese supremacy on home soil.

In addition to Chinese domination, Britain's athletes will also have to contend with other strong Paralympic nations, including Canada, the USA, Australia and the Ukraine. Statistics reveal that more countries than ever before are winning, or have the potential to win, gold medals at Paralympic level, making the Games environment increasingly more competitive.

With this in mind ParalympicsGB and the Paralympic sports in Britain, are working collaboratively on a number of talent initiatives to strategically capitalise on medal opportunities and

to continue to bring new talented athletes into the sports.

The ultimate aim is to identify potential athletes who can be 'fast-tracked' to Paralympic success in 2012 as well as at the Vancouver 2010 Paralympic Winter Games.

If you have read the above statement and feel you have what it takes to win a medal at the Games then you could be what we are looking for.

ParalympicsGB is running a number of talent identification initiatives. To find out more about these initiatives or to attend a talent day, please fill in the questionnaire on the website [www.paralympics.org.uk](http://www.paralympics.org.uk) (look under the 'About the BPA' - 'Talent ID' section). Alternatively email [talent@paralympics.org.uk](mailto:talent@paralympics.org.uk)

# Paralympic School Day

The Paralympic School Day is an educational programme initiated by the International Paralympic Committee (IPC). The aim of the programme is to create awareness and understanding in schools about persons with a disability.

The PSD is a set of activities that educate youth about Paralympic sport, individual differences and disability issues in a fun and playful environment. These activities can be organized during a normal school day and target an audience of young students between the ages of 6 to 15.

A kit has been created by specialists in Paralympic sport, disability and pedagogy to provide teachers with the skills, knowledge and resources to conduct a successful Paralympic School Day. But the learning does

not have to stop here. Disability awareness is something that can be included in lesson plans throughout the year.

We would like to encourage teachers to participate in the Paralympic School Day programme and thereby joining schools worldwide to foster awareness and positive attitudes in your students towards persons with a disability and to work for the full integration of students with a disability in the classroom.

Visit the International Paralympic Committee website at [www.paralympic.org](http://www.paralympic.org) to find out more about the PSD and look under 'Education'. If you would like more information and to receive the PSD Resource Kit, please contact the IPC at [psd@paralympic.org](mailto:psd@paralympic.org).

# Oak Grove College

Oak Grove College is a large special school for 240 students with learning difficulties from Y7 to Y14. We opened in October 2005 following the re-organisation of the special needs schools in the Worthing area and are based in purpose built accommodation on a campus shared with Durrington High School.

As a new school, our priority was to forge a clear identity for the school with an absolute commitment to offering a really motivating learning environment which would give every student the best opportunities for personal development.

As from September, Oak Grove College will be a Specialist Arts College. This reflects not only the strengths of our pupils and staff, but also the founding principles of the school which have been to celebrate and value the diversity and achievements of all our students.

Participation and achievement through the arts is seen as an ideal

vehicle for supporting inclusive working and social partnerships. The spectrum of arts activities offers access for all levels of student ability; it promotes participation and personal achievement and is central to our vision.

For the less able, we provide access to learning and interaction through sensory curriculum approaches; for the more able, we offer GCSE courses and BTECs. With a similar spread, we offer music, drama and dance.

The formal curriculum is supported by a wide and varied range of events, from artist in residence programme, outdoor sculpture projects, drumming workshops, to participation

in County dance and drama festivals.

The school has been very successful in what has been achieved since the school opened, but with the influx of extra money and support that being a Specialist college brings we will be able to develop these activities and opportunities further.

There is a very strong performing tradition. Each year students put on a show at the school; this year it was a highly professional staging of 'Oliver'. Students have also taken part in the 'Shakespeare for schools' festival in Chichester.

Specialist Arts college status will also benefit the community, partly by the fact that by

enabling our students to have a more positive learning environment, and by giving them the opportunity to experience enjoyment and achievement through learning, they will be able to make a positive contribution to their community. We also will work with our partner schools and with

groups within the community to provide them with opportunities to participate in Arts activities such as a sculpture trail, a film festival and a 'play in a weekend'.

The school's outdoor environment is central to the specialist status. The layout, design, gardens, landscaping, willow work and sculptures reflect much of this creativity and allow opportunities for students to work with artists and natural materials. Groups from other schools and local businesses are actively encouraged to work alongside the students thus making the outdoor curriculum a real community project.



# Courtmeadow School

“Signed songs” (popular songs with matching sign language actions) have long been popular at Court Meadow School. They have been used as a part of school performances for many years and for the last two, students from the school have joined with students from Warden Park School and Central Sussex College to enter the “Hand in Hand” category of the Springboard music and dance festival in Brighton.

The mainstream students learn the signs for the chosen song and support students from Court Meadow by performing alongside them as a team. In 2007, the group were joint winners of the category.

The group’s repertoire was large enough by the time of the Court Meadow “Victorian” Christmas Fayre for them to be able to perform a number of songs for parents and visitors to the school, which was seen by all as the highlight of the evening.

In this year’s Springboard Festival (2008), the students won their category outright for their energetic performance of “You’ve got to pick a pocket or two” from the musical “Oliver!”

Staff from Court Meadow supported the project by attending rehearsals after school, learning the songs and the signs themselves, and

recording videos showing the correct signs that allowed everyone involved to practise at home, using a DVD player or a computer.

The performances themselves showcase the singing skills of the whole group

as the songs are performed to a backing track, meaning that all the singing is solely the work of the live performers.



*Joy Robinson*

*Teacher at Court Meadow School*



This year we are very proud to announce that four of our youngsters will be taking part in the RDA (Riding for the Disabled Association) National Championships at Hartpury this July. They and the helpers have worked extremely hard to achieve this and we wish them all the very best in their competitions. Photos show pupils showing off awards won at a recent RDA week of events and learning how to look after the horses by developing their stable skills.

# Riding for the Disabled

## **Burstow Park Riding & Carriage driving for the Disabled**

Mrs E McLaren, Tel: **01342 325197**.  
Burstow Park Riding and Livery Centre,  
Antlands Lane, Burstow, Horley RH6 9TF Adult  
and children sessions. Open Monday to  
Thursday.

## **Cranleigh**

Pauline Lane Tel: **01483 271843**. Thursday  
Mornings. Casis Farm, Rowley Drive,  
Cranleigh, Guildford, Surrey.  
Pupils with PMLD from QE11 School, Horsham  
ride here.

## **Happy Landings Carriage Driving Group**

Mrs Carol Porter, Tel: **01403 741355**.  
Email: [carolporte@aol.com](mailto:carolporte@aol.com) Mainly adults.  
Wednesday am in the summer.

## **Ingfield Manor Group**

Isabel Braham Tel: **01798 865305**.  
Email: [isabel.braham@btconnect.com](mailto:isabel.braham@btconnect.com)  
Littleworth House, Littlewoth, Pulborough West  
Sussex, RH201JH. For pupils of Ingfield Manor.

## **Rudgwick**

Mrs Jane E Lawson. Tel: **0845 4507047**.  
Email: [shaun@lawson-partners.com](mailto:shaun@lawson-partners.com)  
Riding or driving for disabled people of all ages.  
Use various venues. Holiday Camp.



## **South Downs**

Mrs Jill Brown Tel: **01798 817544**  
Tuesdays, 10-12pm. Brinsbury College,  
Pulborough, West Sussex.

## **Court Meadow School**

Email: [mail@courtmeadow-rda.org.uk](mailto:mail@courtmeadow-rda.org.uk)  
[www.courtmeadow/rda.co.uk](http://www.courtmeadow/rda.co.uk)  
Group at Ditchling Common Stud.

## **Ferring Country Centre**

Tel: **01903 245078**.  
Email: [office@ferringcountrycentre.org](mailto:office@ferringcountrycentre.org).  
[www.ferringcountrycentre.org](http://www.ferringcountrycentre.org) Riding Therapy  
Unit. Age 5 and over offering riding therapy for  
disabled people. Offers support and guidance  
to people with learning difficulties.

## **Chichester**

Mrs Sally Pointing Tel: **01243 785622**.  
Email: [slpointing@aol.com](mailto:slpointing@aol.com)  
Hunters Lodge Riding Centre, Hunston,  
For adults and young children. Alternate  
Tuesdays 2pm and 3.30pm.

## **Goodwood Carriage Driving Group**

Mrs Margaret Eales, Tel: **0845 241 5320**.  
Meets at Molecombe, Goodwood. For adults  
only and there are weight restrictions. There is  
a short waiting list.

*Information supplied by ICIS Information For Life,  
compiled for Wellspring by Bernie Daly*

## **Sussex Autistic Community Trust**

The Sussex Autistic Community Trust are offering a new group for Adults (18 years and over) in the Horsham area. We already have established groups in Worthing and Bognor Regis and now we are setting up a group in Horsham. The aim of the groups will be the personal development of the members. We will be looking to increase self-esteem, to raise awareness, to give each other support and information and to form friendships.

We hope to make the sessions fun and to include a wide variety of activities.

If anyone would like more information and/or an application form, please telephone the SACT Bognor Regis Resource Centre on **01243 870109** Monday to Friday between 9am and 4pm. Alternatively email [hilary.bishop@sact.org.uk](mailto:hilary.bishop@sact.org.uk).

Visit our website: [www.sact.org.uk](http://www.sact.org.uk)

# Sports Clubs

## Crawley

### Forest Flyers Disability football club

Age 6-25. Saturdays 10-11.30am. £2.  
Forest Recreation Centre, Forest School  
Comptons Lane. Horsham, West Sussex.  
Steve Cooling. Tel: **01293 881986**.

Email: [poundhillsectd@aol.com](mailto:poundhillsectd@aol.com)

Email: [john.burroughs@horsham.gov.uk](mailto:john.burroughs@horsham.gov.uk)

### Moving Barriers Disability Sports Project

Age 8-14yrs from 5-6.15pm, age 15-25yrs from  
6.15-7.30pm Fridays. K2 Leisure Centre  
Matthew Lethbridge Tel: **01293 585350**.

Run a variety of taster sessions and 6 week  
sports specific clubs which aims to develop  
the skills of young people with any disability.  
Sports include football, cricket, rugby, judo,  
tennis etc.

### Outreach3way Day Centre

Bob Leeves Tel: **01293 655450**.

Email: [bob.leeves@outreach3way.org](mailto:bob.leeves@outreach3way.org)

[www.outreach3way.org](http://www.outreach3way.org)

A day and resource centre for adults with  
learning disabilities. They offer activities such  
as football, cricket, hockey, basketball; table  
tennis, short and long tennis, badminton,  
cycling and swimming.

## Horsham

### Horsham Area Community Cricket Project

John Burroughs Tel: **01403 215642**.

Mobile: **07734 231021**. Cricket sessions  
at Manor Green School, QE11 School,  
Grasshoppers (Springboard), Strawford  
Centre.

### Ready and Able Club

Paul Taylor Tel: **01403 215637**.

Mobile: **07764146339**

Email: [paul.taylor@horsham.gov.uk](mailto:paul.taylor@horsham.gov.uk)

Ian Burlinson Mobile: **07764146339**. Age over  
11. Mondays but not Bank holidays 6.15-8pm.  
Bluecoat Sports Centre, Christ's Hospital.  
Sports Club for people with any disability, and  
their family and friends. Activities include: five a  
side football, fitness training, short mat bowls,  
cricket, trampolining, basketball.

### Baseball Project

Paul Taylor Tel: **01403 215637**. Age 8-16.

Specific Sundays 10-11.15am.

£1 a session. Disability baseball sessions.

### Horsham Table Tennis Club

Ian Ford Tel: **01403 215634**. Age Over 8.  
Greenway School. Integrated table tennis  
club.

### Parkhaven

John Gog Tel: **01403 249920**.

Email: [parkhaven@btconnect.com](mailto:parkhaven@btconnect.com)

Adults with mental health issues. Mondays 11-  
12pm. Drop in sessions providing Yoga, new  
age Kurling, Boccia.

## Mid Sussex

### Access All Sports

Caroline Halpin. Tel: **07779 223421**.

Email: [carolinehalpin@talktalk.net](mailto:carolinehalpin@talktalk.net)

Age 9-16 years Wednesday 5-6.30pm. Sports  
for young people with a disability. East  
Grinstead Sports Club

### Football Schemes

- **Burnside Day Centre and St Paul's College Burgess Hill**

Martin Fletcher Tel: **01444 232786**.

Email: [burnside.centre@westsussex.gov.uk](mailto:burnside.centre@westsussex.gov.uk)

Joint Project: St Paul's College host football  
tournaments for users of Burnside & St Paul's  
students gain experience of coaching for their  
Duke of Edinburgh award. St Paul's fundraise  
for Burnside.

- **Motor Skills Football Course**

Scott Harrison. Tel: **01444 477207**

Email: [scotth@midsussex.gov.uk](mailto:scotth@midsussex.gov.uk) Aged 8-14.

Tuesday 5-6 pm. St Paul's College,

- **Seagulls Specials Mid Sussex Marvels**

Teresa Sanders and Nikki Richardson,

Tel: **01273 648171** Mobile: **07919 051 848**

or **0780 390 2044**. Aged 5-16 with special

needs. Alternate Saturdays 10.15-11.45am.

Oakmeads Community College, Burgess Hill.

The Seagulls Specials is a football club run by  
Brighton and Hove Albion Football Club.

Email: [teresa.sanders@bhafc.co.uk](mailto:teresa.sanders@bhafc.co.uk)

[www.seagulls-specials.org.uk](http://www.seagulls-specials.org.uk)

### Les Bonnes Boules de Handcross

Handcross Recreation Ground, Handcross.

Alan Spencer. Tel: **01444 461341**

Email: [handcross-petanque@sibbring.com](mailto:handcross-petanque@sibbring.com)

Petanque club open to anyone over eight  
years, including people with disabilities.

## **Worthing & Adur**

### **Adur Multi Sports Club**

Tammy Waine Tel: **01273 263319**.

Age 11-18 yrs. Thursdays 6-7pm.

### **Adur Outdoor Activities Centre Activities**

Mike Watson Tel: **01273 462928**

Email: [adur.outdoor@westsussex.gov.uk](mailto:adur.outdoor@westsussex.gov.uk)

[www.aoac.org.uk](http://www.aoac.org.uk)

Age 8-18 years.

### **Adur Petanque Club**

Mrs DM Hollis Tel: **01903 776387**. [www.adurpetanque.co.uk](http://www.adurpetanque.co.uk)

French "Boules" for people of any age. Open

Tuesday and Thursday 6.30pm; Sunday

10.30am.

### **A M F Bowling**

Ian Mardle Tel: **08701183041**.

Email: [ukworthingcentre@amfbowling.co.uk](mailto:ukworthingcentre@amfbowling.co.uk)

[www.amfbowling.co.uk](http://www.amfbowling.co.uk)

Concessionary fees to people with disabilities.

### **Aquarena Swimming Complex**

Duncan Anderson Tel: **01903 231797**.

Email: [worthingleisure@worthing.gov.uk](mailto:worthingleisure@worthing.gov.uk)

[www.aquarena.co.uk](http://www.aquarena.co.uk).

Carers do not have to pay an entrance fee

when accompanying a swimmer with a

disability.

### **Aqua Therapy.**

Tel: **01273 238000**.

Disabled people of any age and those

recovering from operations. Mondays

11.30-12.30 Thursdays 11-12. £2 for adult

members. £1.50 for child members.

### **Fishing Coaching**

Simon Yorke Johnson Tel: **07740625937**.

Email: [simon@learn-2.co.uk](mailto:simon@learn-2.co.uk) Available for

day session for up 4-5 young people with

special needs.

### **Henry House Hydrotherapy Pool**

Karen Simporis Tel: **01903 232875**.

Email: [henryhouse@cwcom.net](mailto:henryhouse@cwcom.net)

[www.henryhouse.net](http://www.henryhouse.net)

Public hydrotherapy pool. For people with

physical disabilities and mobility problems.

### **Lancing Manor Leisure Centre**

Tel: **01903 524624**.

Email: [marketing@impulseleisure.co.uk](mailto:marketing@impulseleisure.co.uk)

[www.impulseleisure.co.uk](http://www.impulseleisure.co.uk)

Inclusive fitness Initiative. Equipment available

for physically disabled people to use in the

gym. Mends programme for children aged 8-9

years with nutritional problems via Adur District

Council (Free).

### **Mencap Annual Fun Day**

Pauline Heryet Tel: **01903 235249**.

Email: [pauline.heryet@btinternet.com](mailto:pauline.heryet@btinternet.com)

Any child or adult with a learning disability

welcome to attend. Worthing Leisure Centre

Next year 9th June 2009. Places need to be

booked: Activities include: Tennis, football,

badminton, table tennis, trampolining and

short mat bowls.

### **Oakgrove College**

Claire Moyle Tel: **07762 013949**.

Email: [cmoyle@wsgfl.org.uk](mailto:cmoyle@wsgfl.org.uk)

[www.oakgrove.w-sussex.sch.uk](http://www.oakgrove.w-sussex.sch.uk)

Multi sports clubs in the school holidays. Part

of the Southern Disability Sports Partnership.

### **Passies Pond & Match Lake**

Church Farm, Coombes, Lancing.

Trevor Passmore Tel: **01273 465257**.

Mobile: **07710 756257**.

Email: [passie@btconnect.com](mailto:passie@btconnect.com)

[www.coombes.co.uk](http://www.coombes.co.uk)

Two lakes open 12 months a year for

freshwater angling from dawn till dusk for Day

Tickets. Anglers only. Training and coaching

available with some initial help for people with

any disability.

### **Scope Worthing**

Tel: **01903 821437**.

Email: [comliaison.wscope@tiscali.co.uk](mailto:comliaison.wscope@tiscali.co.uk)

[www.worthingscope.org.uk](http://www.worthingscope.org.uk)

Swimming Club for disabled children under 8.

Monday 3.45-4.45pm

Angmering School, Station Rd, Angmering.

Fieldworker Service. Seagulls Specials

### **Worthing Specials Football club**

Teresa Sanders and Nikki Richardson

Tel: **01273 648171** Mobile: **07919 051848** or

**07803 902044**.

Email: [teresa.sanders@bhafc.co.uk](mailto:teresa.sanders@bhafc.co.uk)

[www.seagulls-specials.org.uk](http://www.seagulls-specials.org.uk)

Age 5-16 years with special needs. Every

other Saturday 10-11.30am. St Andrews High

School for Boys, Sackville Road, Worthing.

### **Sidney Walter Centre Gym**

Doreen Read Tel: **01903 209960**.

Sussex Road, Worthing. Specialist gym and

exercise classes for people with disabilities.

*Continued over the page...*

# Sports Clubs (cont)

## Southern Area Partnership

John Mills, Ally Groves. Tel: **01903 778328**.

Email: [agroves@wsgfl.org.uk](mailto:agroves@wsgfl.org.uk)

Ben Locke Tel: **01903 772351**

[www.southernareapartnership.co.uk](http://www.southernareapartnership.co.uk)

Opportunities for sport, multi sports camps & Annual Sports Inclusion Festival for disabled young people. Sports include cricket, football, tennis, basketball, boccia & dance.

## Sussex Sailability

Jacqui Flood Tel: **01273 464868**.

Email: [secretary@sussexyachtclub.org.uk](mailto:secretary@sussexyachtclub.org.uk)

Website: [www.sussexsailability.org.uk](http://www.sussexsailability.org.uk)

Offers opportunities & support for people over 12 with physical, sensory & learning difficulties wishing to sail.

## Sussex Seals

Angie Green Tel: **01903 212749**.

Email: [angiek-smiley@tiscali.co.uk](mailto:angiek-smiley@tiscali.co.uk)

Sports and Leisure Club for people over 16 years with learning difficulties.

## SWBC Tigers

Gary Gardiner Email: [gary@swbctigers.com](mailto:gary@swbctigers.com)

[www.swbctigers.com](http://www.swbctigers.com).

Wheelchair basketball for age 14 onwards.

## Wasps Multi Sports Club

Tel: **01903 725451**.

Email: [carrie.reynolds@inspireleisure.co.uk](mailto:carrie.reynolds@inspireleisure.co.uk)

[www.inspireleisure.co.uk](http://www.inspireleisure.co.uk)

Young people 11-18 yrs with physical disabilities. Angmering School, Station Rd. Sports include wheelchair football, basketball, tennis and cricket as well as boccia.

## Worthing Visually Impaired Bowls Club

Mrs Barbara Ide Tel: **01903 773973**.

A self-help indoor and outdoor bowls group which meets all year round at the Worthing Pavilion Bowls Club, Pavillion Road, Worthing. Training/coaching is available plus equipment for hire. Play friendly competitions with visually impaired and sighted people.

## Chichester

### All Sports Club

Liz Spandley. Tel: **01243 779075**.

Age over 16 years with any disability. Term time, Wednesday 6-7.30pm. £1. High School for Boys, Youth wing, Kingsham Road, Chichester.

## Chichester Fencing Club

Sharon Blackman Tel: **01243 822753**.

Email: [sharonblackman1@googlemail.com](mailto:sharonblackman1@googlemail.com)

Age 5 to 95. Any person with special needs is welcome.

## Chichester Ronin Judo Club

Karen French Tel: **01252 310870**.

Mobile: **07779 026346**.

Email: [karenfrench@britishjudo.org.uk](mailto:karenfrench@britishjudo.org.uk)

[www.chichesterjudoclub.co.uk](http://www.chichesterjudoclub.co.uk)

Judo lessons for people of all ages.

## Cobnor Activities Centre

Cobnor Point, Chidham, Chichester.

Mark Murray-Brown Tel: **01243 572791**.

Email: [sail@cobnor.com](mailto:sail@cobnor.com)

[www.cobnor.com](http://www.cobnor.com)

Sailing, canoeing & climbing, for people over 8 with any disability. Chairboat for up to 5 wheelchairs, 12 passengers, operated by qualified crew. Available for hire or harbour tours.

## Opportunity Knocks

Aged 14-40 with learning difficulties. Cobnor Activities Centre. Contact Chrissie Dixon via the Centre. Residential courses including a Creative Art weekend, Social Fun weekend & two multi activity weekends (canoeing, sailing, fishing); Also a summer holiday camp.

## Inclusive Multi Sport Club

Amy Roots Tel: **01243 534871**.

Age under 16. Sunday, fortnightly 3.30-5.30pm. For anyone with and without disabilities, their families and carers.

## Starburst Arts

Anne Walton Tel: **01243 788544**. Wrenford Centre. Sports programme for adults with learning difficulties: Tai chi, football, tennis, multi sports, gym, hydrotherapy, yoga.

## Sussex Otters Swimming Club for the Disabled

Sally Morris Tel: **01243 781259**.

[www.sussexotters.org.uk](http://www.sussexotters.org.uk)

Saturday, 4.30-5.30pm

## Wittering Divers Ltd

Jan Van de Horst Tel: **01243 672031**.

Email: [sales@witteringdivers.co.uk](mailto:sales@witteringdivers.co.uk)

[www.witteringdivers.co.uk](http://www.witteringdivers.co.uk) Scuba diving from beginner to instructor level. Support and guidance available for people with physical and learning difficulties on a short term basis.

# QEII School

The Creative Arts are a central part of the curriculum at Queen Elizabeth II Silver Jubilee School, Horsham. The Spring Term is always particularly busy with the Primary children entering the Dance Time Festival at The Hawth Theatre, Crawley, and the Senior students The Global Rock Challenge. This culminated last year in an invitation to perform



at the prestigious Laban Centre in Greenwich.

A team of students gained second place for their entry in the European Debating Competition held at County Hall, Chichester, with a choreographed piece to a "Euro Medley".

On alternate Summer Terms a whole-school production takes place involving all 56 students and all staff. As well

as Dance and Drama, the children experience a broad range of Art and Music activities. Recently an Artist In Residence spent a whole week with the children, and for next Summer

an exciting Music Week is already being organised. For Children who wish to pursue their interest in the Performing Arts, Ariel Company Theatre now run a Special

Drama Group called "Othellos", held from 8.45am - 9.45am on Saturday mornings at Oakmeeds Community College, Burgess Hill. For more information go to:

**[www.arielct.co.uk](http://www.arielct.co.uk)**  
or Tel: **01444 250407.**

## Research Project

Katy Russell, Sussex Disability Sport Development Officer is currently working on a consultation and research project with those involved or interested in disability sport. Katy is hoping the research will identify gaps in provision and enable a disability sport legacy plan to be written which will inform future developments in West Sussex. If you would like to be involved with this consultation and help to influence the future plans for disability sport in West Sussex, please contact Katy on **01273 644185** or email: **[krussell@brighton.ac.uk](mailto:krussell@brighton.ac.uk)**

# Local Arts Groups

## Crawley

### Blue Bird Club

Box Office Tel: **01293 553636**.

Carolyn Murphy Tel: **01293 438152**.

The Hawth, Hawth Avenue, Crawley. Popular club nights for people with learning disabilities and their friends. There are singers, bands, DJ's, dance acts, drumming performances and great artwork to look at too.

### Footloose Dance Group

Liz Hart Tel: **01293 438156**.

Email: [liz.hart@crawley.gov.uk](mailto:liz.hart@crawley.gov.uk)

Manor Green Primary School, Crawley.

Age 6-19. Wednesday 5.30-6.30pm. £3.00 per session. Dance group for children and young people with learning disabilities.

### Outreach3way Day Centre

Teri Francis Tel: **01293 655450 Ex 243**.

Email: [teri.francis@outreach3way.org](mailto:teri.francis@outreach3way.org)

[www.outreach3way.org](http://www.outreach3way.org)

Field Avenue, Ifield, Crawley. A day and resource centre for adults with learning disabilities. Focusing on the arts, drama, music sports, swimming, football, gardening, pottery, cookery, computing and many other courses.

## Horsham

### Adam Gellibrand Community Muscian, Percussion Workshops.

Tel: **01403 210836**. Mobile: **07977 215263**.

Email: [apgellibrand@hotmail.co.uk](mailto:apgellibrand@hotmail.co.uk)

### Ariel Othellos Special Needs Drama Group

Nicci Tel: **01444 250407**.

Email: [info@arieldramaplus.co.uk](mailto:info@arieldramaplus.co.uk)

[www.arielct.co.uk](http://www.arielct.co.uk)

Saturday Mornings 8.45-9.45am. £5 a session.

### Blue Bird Club

Hawth Box Office Tel: **01293 553636**

Hawth Studio, Crawley

Wednesday 10 September 7pm - 10pm

The ever popular club night for people with learning disabilities and their friends starring resident DJs from Outreach 3 Way and Blue Bird club house band The Coasters.

Tickets £3 Carers free. Club and special meal ticket £8.50/ £9 on door (between 5.15 and 6.15pm)

## Blue Oasis Disco

Nick Jenkins. Tel: **01403 215216**.

Drill Hall, Denne Rd, Horsham.

Popular club nights for people with learning disabilities and their friends.

## Step-by-Step Dance Group

Maria Dunkley. Tel: **01403 864255**.

Email: [maria\\_davey@hotmail.co.uk](mailto:maria_davey@hotmail.co.uk)

Age over 5. Monday 5.30-6.30pm.

## Strawford Centre

Mandy McGavock Tel: **01403 261488**.

Email: [mandy.mcgavock@westsussex.gov.uk](mailto:mandy.mcgavock@westsussex.gov.uk).

Blatchford Close, Horsham.

The Strawford day centre provides services for 112 adults with a learning difficulty.

## Mid Sussex

### Playing with Clay

Jane Skelton Tel: **01273 844679**.

Email: [janeyskelton@aol.com](mailto:janeyskelton@aol.com)

Pottery workshops and parties for anyone over 4. Modelling, using potter's wheel, making and decorating pottery. Jane Skelton is a trained teacher and authorised to work with children and groups with special needs.

### Shine Theatre Group

Mel Upton Tel: **01273 832855**.

Email: [mel@upton23.freeserve.co.uk](mailto:mel@upton23.freeserve.co.uk)

[www.shinetheatregroup.co.uk](http://www.shinetheatregroup.co.uk)

Inclusive theatre group. Pupils participate in dance, drama, singing and performance.

Weekly lessons are held after school hours and various productions are put on throughout the year. Caters for people throughout West Sussex with disabilities as well as the able bodied and socially disadvantaged.

### Signposts

Will Geffin Tel: **01444 241831**.

Email: [info@signpostsmidsussex.org.uk](mailto:info@signpostsmidsussex.org.uk)

Information centre and meeting place for children and adults with learning difficulties, their families, carers and friends. Activities include classes in arts and crafts, drama and music. Call for a free programme.



## Worthing & Adur

### Blue Star Fish

Pamela Driscoll Tel: **01273 263274**.  
Worthing Assembly Rooms, Stoke Abbott Road,  
Worthing. Popular club nights for people with  
learning disabilities and their friends.

### Coastal Enterprises

Ann Cox Tel: **01903 239460**.  
Email: [coastenterprises@aol.com](mailto:coastenterprises@aol.com)  
[www.coastal.ukf.net](http://www.coastal.ukf.net)

Day centre with 80 places for people with  
learning disabilities, providing activities and  
training focused on work opportunities including  
arts and crafts and woodwork.

### Company Paradiso

Jon Potter Tel: **01273 440277**.  
Email: [jon@companyparadiso.co.uk](mailto:jon@companyparadiso.co.uk)  
[www.companyparadiso.co.uk](http://www.companyparadiso.co.uk)

Community arts company specialising in drama  
and video projects, especially with young  
people. Available for one-off workshops or  
longer projects in schools. Can cater for people  
with disabilities.

### Ferring Country Centre

Tel: **01903 700235**.  
Email: [office@ferringcountrycentre.org](mailto:office@ferringcountrycentre.org)  
[www.ferringcountrycentre.org](http://www.ferringcountrycentre.org) Workshop  
Offers indoor workshop facilities for rural crafts,  
pottery, woodwork, cookery, drama and daily  
living skills for adults with learning difficulties.

### Oakgrove College Specialist Art College.

Diane Robinson Tel: **01903 708870**.  
Email: [office@oakgrove.w-sussex.sch.uk](mailto:office@oakgrove.w-sussex.sch.uk)  
[www.oakgrove.w-sussex.sch.uk](http://www.oakgrove.w-sussex.sch.uk)

### Sussex Seals Sports and Leisure Club

Angie Green Tel: **01903 212749**.  
Email: [angiek-smiley@tiscali.co.uk](mailto:angiek-smiley@tiscali.co.uk) People  
over 16 years with learning difficulties. Activities  
include arts, crafts, yoga, drama, dance, music  
and movement, beauty therapy and various  
sports. Lisa Goodson runs the Sussex Seals  
music groups. Tel: **01903 530656**.

### The Rowans

Tel: **01903 218022**  
WSCC day centre which aims to maximise  
independence & support for people to enable  
them to remain living at home, & support their  
carers. Art activities include: painting, pottery,  
stain glass painting, mosaics, music and  
movement, soft crafts.

## Arun

### Blue Wave Club

Carrie Reynolds Tel: **01903 725451**.  
Visions Night Club, The Pier, The Esplanade,  
Bognor Regis. Popular club nights for people  
with learning disabilities and their friends. The  
clubs celebrate the artistic achievements of  
people with learning disabilities as artists and  
participants. Singers, bands, DJ's, dance acts,  
drumming performances and great artwork.

### Monday Club Youth club project

Stuart Kingsley Tel: **01903 714305**.  
Email: [stuart.kingsley@westsussex.gov.uk](mailto: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) Sporting  
activities basketball, football, pool, table tennis  
and racquet sports, badminton.

## Chichester

### Birds and Butterflies

Alison Robinson Tel: **01243 553491**.  
Mobile: **07748 647340**  
Inclusive outreach music groups for children up  
to 8 or 9 yrs and preschool.

### Chuck The Box

Joanne Cone Tel: **07947374222**.  
Email: [info@joconedance.co.uk](mailto:info@joconedance.co.uk)  
Wrenford Centre. Integrated dance company,  
run within Starburst Arts for 9 people of any age  
with & without disabilities.

### Lifemusic

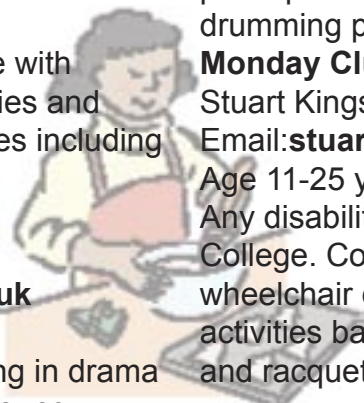
Dr Rod Paton Tel: **01243 788614**.  
Mobile: **07717 416319**.  
Email: [rod@lifemusic.org](mailto:rod@lifemusic.org)  
[www.lifemusic.org](http://www.lifemusic.org)  
Provides access to creative music for all ages  
and abilities.

### Pallant House Gallery

Marc Steene, Tel: **01243 774557**.  
Email: [m.steene@palant.org.uk](mailto:m.steene@palant.org.uk)  
[www.pallant.org.uk](http://www.pallant.org.uk)  
Partners in Art aims to help people access  
the arts who have difficulties due to disability  
or illness. See Lizzie's article for info on Hans  
Feibusch club.

### Stomp Discos

Paul Buckwell Tel: **01243 776703**.  
Monthly discos for anybody with or without a  
disability. 50p. Swanfield Community Centre.



# Lizzie's Craft Clubs

My family and I have always been interested in art and crafts and over the years, we have collected a vast amount of artistic materials. My mother was a primary teacher and has never been able to throw anything away which may have the potential to be made into something else! Various older relatives and friends have passed on boxes of buttons, sewing threads, fabrics and painting equipment. By 2006, we found we had a problem storing it all and having to clear up in the house after doing some painting or other activity, especially in our bedrooms. So, we decided to build a studio in our garden which is now our work area and holds all our creative materials, as well as being the store for Alexandra's greetings cards. Find out more about these by visiting her website:

**[www.andacards.com](http://www.andacards.com)**

Once I had the new studio space available, I was able to start up my craft club for local primary school aged children on Saturday afternoons, something I had been hoping to do for a long time. I have various friends who come to help with the practical support, while I give verbal encouragement and ideas.

My first group ran from November to Christmas 2006, and I had 6 children making various festive decorations and collages. The first couple of sessions, I had two helpers, and the children rotated activities. I quickly decided that I only need one helper, as I found I was not doing enough with two other adults present. Another decision I made was to have all the children working on the same activity as

this gave a better whole group dynamic. I continued to run the club through 2007 and had a Spring theme, a Seaside group, a Flowers club, an Animal group and another Christmas club to round off the year. This year I have had a People and Portraits club which finished in June. I am planning another theme for the early autumn term and a Winter themed group for after half term. I choose a different age group for each course and select activities to suit that level of ability. My favourite age is 6 to 8 year olds, as I find their work really expressive and original.

I always like to have a practice at each activity I plan, to see how long it is likely to take, and try to find any possible difficulties children may have. However, I am nearly always surprised by how well they tackle the activities!



*Lizzie working with children at her  
People & Portraits Craft Club - June 2008*

Because there are a range of activities, every child is good at something, and I have found the children very good at encouraging and helping each other. Quite often I have to have two additional activities up my sleeve if a task is completed quicker than planned. I try to encourage the children to look at their work carefully

to make sure it is completely finished, but sometimes go back to it another week when they can look at their painting or model with fresh eyes!

Some of the most successful activities have been a boat mosaic picture, a beach hut model (made with lolly sticks), a jungle collage, clay modelling and copying a famous portrait. I have found that the crafts where the children

WELLSPRING  
-WEST SUSSEX-

start with a kit are less successful as there is not such scope for their imaginations.

If you are interested in finding out more about my craft club and feel that your child would enjoy the club and benefit from coming, I would be happy to hear from you!

I stopped my craft club at the end of June as my family were preparing for my brother's marriage blessing. He got married in China in 2006 and in August we had a service in our village church and a party on our field. For the party, we decided to make our own bunting out of all our saved material. We also planned peg doll scarecrows to go into the flower arrangements. Lots of friends and relatives helped us and in the end, we had a multitude of different characters instead of just scarecrows! Each one took on a life of it's own and we ended up with a collection with not one the same!



*Some of the peg dolls made for Lizzie's family party.*

I also attend the Hans Feibusch club at Pallant House Gallery in Chichester. This is a weekly workshop on Thursday afternoons for adults with additional needs. The workshops are run on a three weekly programme, with different

teachers and a wide variety of craft and art ideas from painting and drawing to model making. I have really enjoyed what I have done at the gallery so far and am looking forward to learning new craft techniques and gaining some more ideas over the next few months.

To find out more about the Hans Feibusch club, contact Marc Steene - Head of Learning on **01243 774557**

Email: [m.steene@pallant.org.uk](mailto:m.steene@pallant.org.uk).

*Lizzie Baily*

[lizzie@wellspringwestsussex.org.uk](mailto:lizzie@wellspringwestsussex.org.uk)

## Footloose Dance Group

Wednesday evenings 5.00pm to 6.30pm  
(term time only)  
Manor Green School, Ifield, Crawley

Footloose Dance Group is a weekly creative dance group for children and young people with learning disabilities. The group, who are funded and supported by Crawley Borough Council's Community Arts Team, have a membership of around 18 young people with age ranges from 10 to 26 years old. For more information on the group please contact us. (details at the bottom)



**WANTED!**

**Volunteer Dance Support Workers for  
Footloose Dance Group**

Footloose Dance group are looking to recruit new Volunteer Dance Support Workers who will work alongside an experienced workshop leader and work closely with the young people during the weekly sessions.

If you are interested in working with young people with learning disabilities and have the energy and commitment to attend weekly sessions please contact the Community Arts Department on **01293 438156** or email: [liz.hart@crawley.gov.uk](mailto:liz.hart@crawley.gov.uk)

# Sports Grants & Awards

## Active Living Fund

[www.kelloggs.co.uk/company/corporateresponsibility/activelivingfund/](http://www.kelloggs.co.uk/company/corporateresponsibility/activelivingfund/)

Grants of up to £1,000 are available through the Kelloggs Active Living Fund for projects that remove the "barriers" which stop people being active. Open to charities and other voluntary and community organisations as well as schools for activities that directly lead to people taking part in sustained physical activity. In particular, the Fund is looking to support projects that implement innovative ways of getting non-active individuals active; existing projects or activities that adapt or expand so that they are available to new groups of people or new geographical areas; and existing projects or activities that need new or replacement equipment, or existing projects that require replacement funding. Applications can be submitted at any time.

## Advocacy & Activity Buddy Scheme (AABS)

Sarah Cohen Tel: **0113 245 0610**.

Mobile: **07967 573345**.

Email: [scohen@efds.co.uk](mailto:scohen@efds.co.uk)

English Federation of Disability Sport has received funding to support the development of an Advocacy and Activity Buddy Scheme (AABS). The aim is to increase participation of disabled people within sport through: recruiting and training Advocates to encourage their peers and groups they represent to use sport to overcome social isolation; to deliver a Buddy system providing disabled people with volunteer support to enable them to access sport and physical activity.

## Awards for All

Tel: **0845 600 2040** [www.awardsforall.org.uk](http://www.awardsforall.org.uk)

Award grants of between £300 and 10,000 for people to take part in art, sport, heritage and community activities and projects that promote education, the environment and health in the local community.

## Easy Riders Wheelchair Programme

Tel: **020 7428 8100**.

Email: [wheelchairs@varietyclub.org.uk](mailto:wheelchairs@varietyclub.org.uk)

[www.varietyclub.org.uk/easyriders](http://www.varietyclub.org.uk/easyriders)

Provide funding for custom designed electric wheelchairs, manual and sports wheelchairs, trikes, bikes and buggies for children with disabilities.

## Peter Harrison Foundation

Tel: **01737 228000**.

Email: [enquiries@peterharrisonfoundation.org](mailto:enquiries@peterharrisonfoundation.org) [www.peterharrisonfoundation.org](http://www.peterharrisonfoundation.org)

The Foundation accepts grant applications from Registered Charities under

- The Opportunities Through Sport programme: sporting projects which provide opportunities for people who are disabled or otherwise disadvantaged to fulfil their potential and to develop other personal and life skills.
- The Special Needs and Care Programme for Children and Young People: projects that work with or benefit disabled, chronically or terminally-ill children; help may also be provided to support their parents and carers.
- Each year a small number of projects may be funded that: help to engage children or young people at risk of crime, truancy or addiction; & projects for young people at risk of homelessness or that provide new opportunities for homeless young people. Refer to the website for full details.

## The Caudwell Children 'Enable Sport'

Launched by Caudwell Children in partnership with Barclays Wealth to launch a three month initial programme to fund adapted sports equipment for disabled children to participate in competitive sport. To receive an application pack please contact the charity on Tel: **0845 300 1348**. Email: [charity@caudwellchildren.com](mailto:charity@caudwellchildren.com)

## Torch Trophy Trust Awards

Angela Sasso Tel: **020 7976 3900**.

Email: [angela.sasso@torchtrophytrust.org](mailto:angela.sasso@torchtrophytrust.org)

Encourages voluntary work in sport and other related outdoor activities within local communities. The Torch Trophy Trust not only presents Awards, but also is actively engaged in encouraging and helping voluntary workers at club level. The Trust operates the "Torch Trophy Trust Bursaries" which aim to provide financial aid for those wishing to increase their knowledge and ability to help others on a voluntary basis by taking courses to qualify as club coaches, officials or administrators.

## Sports Aid South East

David Fisher Tel: **01903 260890**

Email: [dflltd@msn.com](mailto:dflltd@msn.com)

### **Sports Foundation for the Disabled UK**

Helps disabled people towards the cost of sports equipment. Grants of up to 50% of the total cost are available for people with any disability.

5 Memorial Houses, 282 Victoria Drive,  
Eastbourne, East Sussex, BN20 8XJ.

### **Sports Leaders UK**

Fay Granville Tel: **01424 732595**.

Mobile: **07957 226974**.

Email: **fgranville@sportsleaders.org**

**www.sportsleaders.org**

Liaises with groups of trained leaders with organisations and associations to offer more opportunities for people over the age of 14 to do a Sports Leader Award (SLA) course & encourage them to volunteer in their community. All Sports Leader Award courses are inclusive. Contact British Sports Trust Head Office

Tel: **01908 689180** for list of courses.

### **Sportsmatch**

**www.sportsmatch.co.uk/index.html**

Sport England has announced the re-launch of its Sportsmatch initiative to encourage new or additional sponsorship investment from businesses, trusts and private individuals into community based sports projects. Through the scheme, Sportsmatch will continue to offer pound for pound matched funding to investments made by businesses, trusts and individuals into projects that encourage sports participation at grass roots level. The minimum award made by Sport England is £1,000 and the maximum is £50,000. The funding available is primarily for running costs

although capital awards of up to £10,000 can be made through the scheme. Applicants will now apply online with telephone support available from Sport England on **08458 508 508**. The scheme is open to community based sports projects, in particular those that benefit young people, disability groups, black and minority ethnic groups and/or women and girls. All projects applying in 2008/09 will need to ensure that they are able to deliver their project in its entirety by 31 March 2009. Applications to the scheme can be made at any time.

### **UnLtd Sport Relief Awards**

**www.unltd.org.uk/template.php?ID=110&PageName=sportrelief**

Supports social entrepreneurs provides grants of between £250 and £5,000 to young people to bring community cohesion and understanding through sport and being active. The Funding which is provided through the UnLtd Sport Relief Awards is open to 11-21 year olds, who are prepared to go the extra mile and use their passion for sport to bring respect and understanding to their communities by setting up their own projects. Examples of the types of projects that could be supported include engaging young people from different backgrounds by organising an indoor cricket mini-world cup; reducing violence in local areas by getting young people to channel their energies into football rather than fighting; or skateboarding competitions for kids that will reduce tensions in the local area. Applications can be submitted at any time.

**www.physio4kids.org.uk**

**Gina Farmer BSc.(Hons) in Physiotherapy**

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

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



Tel: (01243) 376263 Mobile: 07711 826523

Email: **gina@physio4kids.org.uk**



# Fun on the Farm

Over the weekend of 19th - 20th July 2008, over four hundred people had a fantastic time at Hobbs Farm, Bilsham Road, Yapton. The Fun on the Farm event was organised by the Child Disability Team South, comprising Social Workers, Paediatric Occupational Therapists, the Sitting Service and Sessional Workers, voluntarily aided by friends and family members. This has been a regular annual event for about one hundred of our most severely disabled children, their families and non-disabled siblings, living in the south of the county. Supported by West Sussex County Council and Wellspring, over fifty individuals freely gave of their time and effort to ensure the weekend was a resounding success.

Although there was no charge for any of the activities, some families chose to make a donation. The event this year took on a cowboy theme (everyone was provided with a cowboy hat) and the day was rounded off with songs around the campfire and a delicious cowboy supper.

A change of venue this year allowed many families from the east of the county to attend. All day attractions included visiting Pat's farm animals, the ponies, donkeys and piglets, together with tractor rides around the farm. Smaller animals for handling included sheep, chicks, a rabbit, corn snakes, a rat and a tortoise. The two clowns were in evidence mingling with the children throughout the day. Parachute games in the clown's field and a straw jump in the animal barn were popular attractions.



Entertainment in the main barn was varied with Erik's puppet show, Julie's line dancing and Bungle and Jingles' clown show. The craft barn was in great demand all day, the children really enjoyed making presents to take

home along the farm animal and cowboy theme. Many children chose to have their faces painted. Refreshments were served all day, including homemade cream scones and delicious chocolate cakes.

*Bruce Lampard  
Senior Social Worker*



WELCOME TO  
THE LATEST EDITION OF  
W E L L S P R I N G  
**KYRAN'S HOT STUFF**  
BY KYRAN SCHMIDT  
& ERNIE THE CHICKEN



Welcome to the latest edition of 'Kyran's Hot Stuff!' Relax and read words of wisdom, or possibly try the word search? You could also check out what's hot - and what's not! So sit back. Relax and enjoy the latest edition

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

**Words of Wisdom (Following the Olympics theme):**

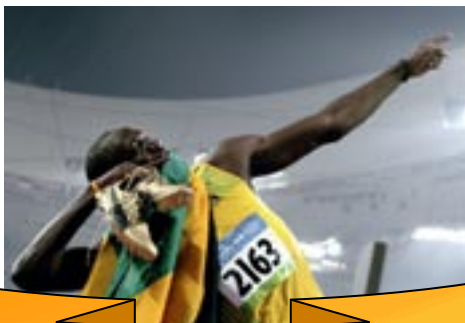
Don't join many new sport clubs at once! Focusing on winning a race is hard as it is – especially when someone else is focusing on beating you in a game of tennis – you can't be in two places at once!

**OLYMPICS AND PARALYMPICS  
WORDSEARCH**

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

**FIND THE WORDS:**

olympics, paralympics, london, sports, stadium, medals, gold, silver and bronze



**DANCE MOVES  
OF  
THE YEAR**

Want to find out more about the Olympics and Paralympics?

Visit:

[www.london2012.com](http://www.london2012.com)



**What's Hot?**



2012  
OLYMPICS AND  
PARALYMPICS!

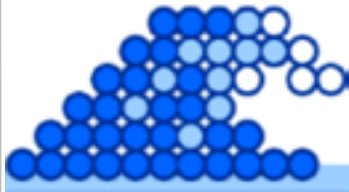


**What's Not!**



2012  
THE LONG WAIT!





Wellspring  
West Sussex

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The next edition will be the **Young People's Edition 2009, looking at Transition.**

If you would like to contribute any articles or letters to this edition, please send or e-mail to the above addresses by **12th December 2008.**

Printed by Shanks Printers & Finishers 01903 716442

Typeset and designed by Lizzie Baily  
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Contact ICIS for information on services offering care, support or advice in West Sussex.

Telephone: 0800 859929

e-mail: enquiries@icis-info4life.org.uk

www.icis-info4life.org.uk

Wellspring West Sussex acknowledges the support of:

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

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

### WELLSPRING ONLINE!

Don't forget to check out the Wellspring website!

[www.wellspringwestsussex.org.uk](http://www.wellspringwestsussex.org.uk)

*The information here is for your guidance and is not a recommendation by Wellspring West Sussex. Comments expressed within Wellspring West Sussex do not necessarily reflect those of the committee or the funding agencies.*

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

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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*