



Wellspring
West Sussex

Transition Guide

**for young people
with disabilities and special needs,
their parents and carers**

2011

INTRODUCTION

The term 'transition' is used to describe changing from one stage to another – in this case specifically to describe the time of changing from Children's to Adult Services.

Transition has challenges for all young people, but there are specific things that young people with special needs and those who work alongside them need to be informed about to make this change a positive experience. It is often difficult for families to know who to ask, or where to go to find the right information or support.

This Transition Guide has been put together by Wellspring West Sussex with funding from the Youth Opportunities Fund and gives details of local and national support groups, organisations, charities and clubs who offer support to disabled young people through the transition years.

If you would like to share your experiences of transition with others, please write to Wellspring and we will print your story in our newsletter!

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lizzie@wellspringwestsussex.org.uk

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Adult Services

Community Teams for People with a Learning Disability (CTPLD)

A multi-disciplinary team providing a range of health and social care services for adults with learning disabilities. Transition workers.

www.sussexpartnership.nhs.uk

Arundel, Bognor Regis, Chichester, Midhurst, Petworth, Selsey -

Tel: **01243 813400**

Horsham, Crawley and Mid Sussex - Tel: **01403 229129** Social Work Team

Tel: **01403 223200** Health Team

Worthing Area - Tel: **01903 843350**

Email: katrina.odell@sussexpartnership.nhs.uk

County Service for Adults with Learning Difficulties

Tel: **01903 839050** www.westsussex.gov.uk

Adult Services are responsible for this county service. Social Workers, Day Services, WSCC Supported Living Service and the Shared Lives Scheme.

Residential homes for adults with learning difficulties.

Learning Difficulty Partnership Board

Tel: **01903 839050** Development Manager

Has responsibility for delivering the Government's 'Valuing People'.

Social Services, Adults' & Children's Directorate

Contact Centre Tel: **01243 777100** Ask for the adults helpdesk.

Adur/Worthing - Tel: **01903 839100** Arun/Bognor Regis -Tel: **01243 642400**

Chichester - Tel: **01243 752999** Crawley - Tel: **01293 895100**

Horsham - Tel: **01243 642555** Littlehampton - Tel: **01903 738900**

Haywards Heath - Tel: **01444 446100** Out of hours - Tel: **01903 694422**

Email: socialcare@westsussex.gov.uk www.westsussex.gov.uk

Organises & provides social care for children, adults & carers according to need.

West Sussex County Council transition website

www.westsussex.gov.uk/living/social_care/people_with_disabilities/children_with_disabilities_and/aiming_high_for_disabled_chi/transition_to_adulthood.aspx

"Moving On: Planning for the future. The Transition Journey" available to download.

West Sussex Sensory Services Team

Contact Centre: **01243 642555** Text: **01403 275515**

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

Contact for provision of services for adults with sensory impairments.

Advocacy

Circles Network (Circles of Support), West Sussex

Tel: **01444 236593** Email: angela.butcher@circlesnetwork.org.uk
www.circlesnetwork.org.uk

Using circles of support, person centred planning tools and the values of inclusion, the project helps adults who are at risk of social isolation and have learning difficulties to have control over and make changes in their lives.

IMPACT Advocacy Service (Part of Impact Initiatives)

Tel: **01903 730044** Email: advocacy@impact-initiatives.org.uk
www.impact-initiatives.org.uk

Provide an independent, crisis (short-term issues-based) advocacy service to adults with disabilities by creating and supporting one to one partnerships between individuals and paid or volunteer advocates

Mind West Sussex Advocacy Services

Tel: **01903 216430** Mobile: **07721 099540**

Advocacy service for adults and young people (11-65) with mental health difficulties.

Adur, Arun, Worthing and Chanctonbury - Pressure Point Advocacy -

Tel: **01903 213630** Email: malcolmbateup@mindcharity.co.uk

Mid Downs Advocacy Service, Horsham and Crawley - Tel: **01403 270388**

Email: bill.turner@mindcharity.co.uk

Mid Sussex - Mid Downs Advocacy - Tel: **01444 417286**

Email: mo.davies@mindcharity.co.uk

Tel: **07920 186112** Toby Norris, CMHT advocate

Email: toby.norris@mindcharity.co.uk

Tel: **07825 330796** Tina Soley Email: tina.soley@mindcharity.co.uk

People First (Self Advocacy)

Tel: **0207 820 6655** Email: general@peoplefirstltd.com

www.peoplefirstltd.com

Organisation run by and for people with learning difficulties 14 years and over, who are standing up and speaking out for themselves.

Speak Up, Burgess Hill

Tel: **07776 072603** Email: midsussexspeakup@googlemail.com

A Self Advocacy Group for people in Mid Sussex who have a learning difficulty.

Speaking Out Advocacy Service, Chichester

Tel: **01243 216430** Bill Turner, West Sussex team Leader

Mobile: **07721 099540** Email: bill.turner@mindcharity.co.uk

Advocacy scheme for adults with mental health problems in Chichester, Bognor, Midhurst and surrounding areas.

Voice, Bognor and Chichester

Mobile: **07748 088427** Email: bcvoice.chi@btinternet.com

Service run by people with learning difficulties to offer mutual support, contact and help to speak up for themselves.

Worthing SpeakAbout

Tel: **01903 824308** Email: speakabout@btopenworld.com

A group providing self-advocacy for people with learning difficulties in the Worthing, Littlehampton and Shoreham areas.

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.

Mind West Sussex Advocacy Services

see Advocacy, page 3

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.

Sussex ADHD Support Group

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

Email: mail@sussexadhd.org.uk www.sussexadhd.org.uk

Support group for people with or caring for someone with ADHD (Attention Deficit Hyperactivity Disorder). Various drop-in sessions - see website for details.

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.

Tourettes in Crisis

Tel: **01273 871575** Chris May

Offers support and information.

Carers' Support Organisations

Carers' Emergency Alert Card Scheme

Tel: **01903 859929** Email: admin@icis-info4life.org.uk

www.icis-info4life.org.uk/forcarers/carerscard.htm

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 Support Service - Bognor Regis, Chichester and Rural

Helpline: **01243 537011** Email: info@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 carers in Adur, East Arun, Worthing and all of Chanctonbury.

Carers UK

Tel: **08088 087777** Email: advice@carersuk.org www.carersuk.org

Confidential, free advice line for carers . Weds & Thurs 10am-12pm & 2pm-4pm.

Circles Network, West Sussex

see Advocacy, page 3

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

Tel: **01243 789385** Email: **gill.ersser@guildcare.org**

Covers Adur, Arun, Chancetonbury and Worthing.

Friends of Carers, Mid Sussex

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

Provides a friendly social gathering for both carers and ex-carers.

National Government Website for Carers

www.direct.gov.uk/carers

Princess Royal Trust for Carers

Tel: **08448 004361** Email: **info@carers.org** **www.youngcarers.net**

Provides quality information, advice and support services to young carers.

SIBS

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

Information and support to siblings of disabled children and young people.

West Sussex Carers Website

Tel: **01903 859928** Email: **col@icis-info4life.org.uk**

www.westsussexcarers.org.uk

Provides 24 hour information and help for carers and ex-carers in West Sussex.

West Sussex Parents' Forum

Tel: **07528 418149** Email: **parents@westsussexparentsforum.co.uk**

www.westsussexparentsforum.co.uk

Issues affecting children and young people with disabilities.

Young Carers West Sussex/Children with Caring Responsibilities

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

Email: **youngcarers@westsussex.gov.uk**

Support for children and young people with caring responsibilities, up to age 18.

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

Helpline: **0845 120 3719** Email: info@aidis.org **www.aidis.org**
ICT assessments and technical support for disabled people of all ages.

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.

Gardener's Trust For The Blind

Tel: **0207 253 3757** Angela Stewart, secretary
117 Charter House Street, London. EC1M 6AA
Grants to blind or partially sighted persons in England & Wales for computer equipment, courses, etc. Applications in writing.

IT Can Help - British Computer Society Disability Group, Sussex

Tel: **0800 269545** Email: enquiries@abilitynet.org.uk
www.itcanhelp.org.uk
Offers local computer assistance to individuals with disabilities, requests are handled by Abilitynet.

Recycle-IT! Ltd

Tel: **01612 260637** Mobile: **07939 514661** 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.

Sequal Trust - Special Equipment & Aids for Living

Tel: **01691 624222** Email: info@thesequaltrust.org.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.

Education & Learning Opportunities for Disabled Adults in West Sussex

Adult and Community Learning Service – West Sussex

Tel: **0845 6010161** Email: adult.education@westsussex.gov.uk

www.westsussex.gov.uk/learning/adult_and_community_learning.aspx

Adult Education Centres offer a range of courses covering a wide range of subjects. All courses are listed in the “Courses for All” Directory, a copy of which is held in each library. People with disabilities are welcome to attend any appropriate course and can discuss any particular needs with a member of Adult Education staff. Skills for Life and Work (Basic or essential skills), sign language and lip reading classes are available at most of the centres. Buddy scheme for people with learning difficulties - contact Learning Links on **01403 713513**.

Bognor Regis, The Arena - Tel: **01243 872020**

Email: bognorregis.acl@westsussex.gov.uk

Chichester College - Tel: **01243 786321** Email: info@chichester.ac.uk

www.chichester.ac.uk

Crawley Centre - Tel: **01293 420505**

Email: crawleyifield.acl@westsussex.gov.uk

Tel: **0845 6010161** Email Thomas Bennett AEC: tbaec@westsussex.gov.uk

Crawley, Central Sussex College - Tel: **08451 550043**

Learning Support: **01293 442329** Email: info@centralsussex.ac.uk

www.centralsussex.ac.uk

Felpham - Tel: **01243 867845** Email: felpham.acl@westsussex.gov.uk

Haywards Heath - Tel: **01444 452163**

Horsham - Tel: : **01403 229200** Email: horsham.acl@westsussex.gov.uk

Lancing, Sir Robert Woodard Academy - Tel: **01903 703554**

Email: boundstone.aec.lancing@westsussex.gov.uk

Mid Sussex - Tel: **01444 236355** Email: burgesshill.acl@westsussex.gov.uk

Midhurst and Petworth - Tel: **01730 816683**

Email: midhurst.acl@westsussex.gov.uk

Not all rooms used for courses are wheelchair accessible; telephone to check.

Southbourne - Tel: **01243 379276**

Email: southbourne.acl@westsussex.gov.uk

Storrington - Tel: **01903 744129** Email: storrington.acl@westsussex.gov.uk

Westergate & Six Villages, Westergate Community College - Tel: **01243 872020**

Email: westergate.acl@westsussex.gov.uk

Worthing - Tel: **0845 155 6060** www.northbrook.ac.uk

Colleges

Brinsbury Campus, Chichester College

Tel: **01243 786321** ext **2287**

www.chichester.ac.uk/About-Us/Getting-Here/Brinsbury-Campus/

Offers training for land-based industries including life skills, work skills, horticulture, independent living, basic skills, business, retail etc. Recognised for its specialism in assisting students with disabilities or learning difficulties.

Chichester College

Tel: **01243 786321** Email: **info@chichester.ac.uk**

The Additional Support Team provides support, advice and information for students with disabilities and complex physical disabilities. Most of the College is wheelchair accessible. A range of expertise and equipment is available for visually and hearing impaired students.

Northbrook College

Tel: **0845 1556060** Text: **07786 200170**

Email: **enquiries@nbcol.ac.uk** **www.northbrook.ac.uk**

Offers courses for extended education for 16+ and mature students to develop confidence and personal independence. Check for wheelchair access.

West Sussex Learning Links

Tel and Fax: **01403 713513** Email: **team@wslearninglinks.org.uk**

Mentoring and befriending service for adults with learning difficulties who would like to go to classes at either an adult education or leisure centre or who would like to go out to activities such as ten-pin bowling, cycling or the cinema.

Colleges outside West Sussex

Mount Camphill Community

Tel: **01892 782025** Email: **office@mountcamphill.org**

www.mountcamphill.org

A therapeutic community for young people with special needs, offering further education and training in craft and practical skills such as horticulture, weaving, ceramics, baking, and woodwork.

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 3-25 years with epilepsy, their families and carers, and professionals. Includes St Piers School and Further Education College, National Assessment Centre and research and training facilities.

Orpheus Centre

Tel: **01883 744664** Email: **enquiries@orpheus.org.uk** **www.orpheus.org.uk**

A performing arts centre which offers opportunities for disabled and non-disabled young people to develop their skills in music, drama and recording techniques.

Plumpton College - Pre-Entry Basic Skills Programme

Tel: **01273 890454** Email: **alexismcglone@plumpton.ac.uk**

Part-time programme for adults with severe learning disabilities, offering horticulture, animal care, agriculture and social skills development. Carers must accompany learners. Trial or taster days are available.

Queen Elizabeth's Foundation

Tel: **01372 841100** Email: **sue.moller@qef.org.uk** **www.qef.org.uk**

Offers assessment, education, residence, vocational training, brain injury rehabilitation, mobility assessment and training.

Royal London Society for the Blind - RLSB

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

A national provider of education for people who are blind or partially sighted.

Resources

Adult Dyslexic Telephone Support - Worthing

Tel: **01903 212058** Email: **billie-john.clark@ntlworld.com**

Advisor willing to offer advice on assessment, training and computers, help with practical problems, support for adults with dyslexia and their families.

Audiblox Learning website

Tel: **07899 964281** Email: **kelliaudibloxinfo@hotmail.co.uk**

www.audiblox2000.com

A specially designed learning programme which benefits those with learning difficulties, dyslexia, dyspraxia and Attention Deficit Hyperactivity Disorder (ADHD). There are specialist programmes for learning at home instead of in a school environment and there is one specialist tutor in Lindfield, West Sussex.

Brain Gym

Tel: **01903 856801** Email: **mandy@learningskills4u.co.uk**

www.braingym.org.uk

An educational movement-based programme that can be used to improve a wide range of learning, attention and behaviour skills. It can help a lively child become more focused, help a worried child to become more relaxed and confident and help improve academic skills or enhance sporting potential.

Campaign for Learning website

www.campaign-for-learning.org.uk/cfl/index.asp

Partnership of public, private and voluntary sector organisations committed to an inclusive society in which learning is valued and accessible to everyone.

Connexions Centres/Babcock Enterprise

Tel: **01243 537799** **www.yourspacewestsussex.co.uk**

Area A - Bognor & Chichester

Bognor - Tel: **01243 829370** Chichester - Tel: **01243 771666**

Email: **chichester.careers@babcock.co.uk**

Area B - Adur, Worthing, Littlehampton

Worthing - Tel: **01903 205612** Email: **worthing.careers @babcock.co.uk**

Area C - Crawley, Horsham, Mid Sussex

Crawley - Tel: **01293 528374** Email: **crawley.careers@babcock.co.uk**

Horsham - Tel: **01403 261465** Email: **horsham.careers @babcock.co.uk**

Information, advice and guidance for young people 13-19 years on personal and social issues (25 for people with special educational needs).

Disability Writes website

www.disabilitywrites.org.uk

Actively supports and encourages disabled writers.

EmpTech

Email: **info@emptech.info** **www.emptech.info**

Provides information and advice on the use of new and existing assistive technologies for all aspects of life. Contact can only be made through email.

Grace Eyre Foundation

Tel: **01273 201900** Email: **enquiries@grace-eyre.org**

www.grace-eyre.org

Supports people with learning disabilities.

Hobsons Guides for Students with Disabilities

www.get.hobsons.co.uk

Website providing information on the careers guides produced by Hobsons.

Learndirect

Tel: **0800 101901** www.learndirect.co.uk

An e-teaching organisation with a network of online learning centres providing flexible learning for adults wanting to improve existing skills or to learn new ones.

Lodge Hill Rural Computer Centre, Watersfield

Tel: **01798 831411** Email: openlearning@lodgehill.org.uk

Special desk for people with disabilities for all ages. Large 21inch screen.

National Networks of Assessment Centres

Tel: **01212 225362** www.nnac.org

Scope

Tel: **0808 8003333** www.scope.org.uk

Offers resources for teachers and advice in educational settings.

Skill - National Bureau For Students with Disabilities

www.skill.org.uk

Skill has closed down but the website is still operating. Opportunities for disabled people in post-16 education, training, employment and volunteering.

University of Sussex - Sussex Regional Access Centre, Falmer, Brighton

Tel: **01273 678497** Text: **01273 877158** Email: srac@sussex.ac.uk

www.sussex.ac.uk/srac

Offers advice, assessment and IT training for those who have been granted Disabled Student's Allowance.

Financial Advice & Services

Disability Alliance

Tel: **0207 247 8776** Email: office@disabilityalliance.org

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.

Disability Benefits Help Line

Tel: **0845 7123456** Mon-Fri 7.30-6.30pm Textphone: **0845 7224433**

Email: DCPU.Customer-Services@dwp.gsi.gov.uk www.direct.gov.uk

Information on disability benefits and help in completing the forms.

Family Fund Extra

www.familyfundextra.org.uk

Discounts for disabled 0-25years on products and services from high street retailers and organisations.

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.direct.gov.uk/en/Employment/Jobseekers/index.htm

Bognor Regis - Tel: **0845 6088715** General enquiries

Chichester - Tel: **0845 6043719** Crawley - Tel: **01293 728200**

Haywards Heath - Tel: **01444 338083** Horsham - Tel: **0845 6043719**

Littlehampton - Tel: **01903 545535** Worthing - Tel: **01903 286230**

Financial Support for Independent Living

Direct Payments/The Independent Living Association

Tel: **0845 6012399** Advice Line Text phone: **01903 823173**

Tel: **01903 219482** Support Groups

Email: **directpayments@ilawestsussex.org** Email: **iaa@ilawestsussex.org**

www.ilawestsussex.org

Direct payments for parents/carers of disabled people over 16, enabling people to arrange and pay for personal assistant services as an alternative to services provided by Adult Social Care.

Enable Payroll

Tel: **0845 2262213**

Email: **info@enable-payroll.co.uk** **www.enable-payroll.co.uk**

Specialist Service for anyone who employs a personal assistant or care assistant to work for them in their own home.

Independent Living Funds

Tel: **0845 6018815** Text: **0845 6018816** Email: **funds@ilf.org.uk**

www.dwp.gov.uk/ilf

Government funded trust to help severely disabled people aged 16-64yrs live independently in the community.

Health Needs - Cancer

CLIC Sargent (Cancer Care for Children)

Tel: **0300 3300803** Email: info@clicsargent.org.uk www.clicsargent.org.uk

Provides emotional support, practical financial help and holiday breaks to children 0-25, 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.

Leukaemia Care Society

Tel: **0800 1696680** 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. Provides limited financial assistance and holidays.

Macmillan Cancer Support

Support Line: **0808 8080000** Text: **0808 8080121**

Learn Zone: **020 7091 2010** www.macmillan.org.uk

Provides practical, medical, emotional and financial support and push for better cancer care. Includes Macmillan Nurses and Macmillan Support Line.

www.click4tic.org.uk Teen info on cancer

The Olive Tree Cancer Support Centre

Helpline: **01293 534465** Email: olive_tree@btconnect.com

www.olivetreecancersupport.org.uk

An independent cancer support group, provides a drop-in centre, complementary therapies, counselling, information and support.

Health Needs - Epilepsy

Epilepsy Action/British Epilepsy Association

Helpline: **0808 8005050** Mon-Fri 9am-4.30pm (4pm on Fri) Text: **07797 805390**

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

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

Information for parents and carers, run by parents.

National Centre For Young People With Epilepsy/NCYPE

see Education and Learning Opportunities for Disabled Adults in West Sussex, page 10

Youth Epilepsy

Email: sarah@youthepilepsy.com www.youthepilepsy.com

Health Needs - General

Association of Young People with ME/AYME

Helpline: **08451 232389** 10am-2pm Mon-Fri Email: info@ayme.org.uk

www.ayme.org.uk

Organisation for children and young people from 0-26 years with ME.

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

Advice Line: **0800 1216244** Mon-Fri, 9am-5pm

Publications line: **02077 864900** Email: info@asthma.org.uk

www.asthma.org.uk

Bladder and Bowel Foundation

Tel: **01536 533255** Email: info@bladderandbowelfoundation.org

www.bladderandbowelfoundation.org

Provide confidential advice, information and help.

Brain & Spine Foundation

Helpline: **0808 8081000** Mon-Thurs 9am-2pm.Fri 9am-1pm

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

www.brainandspine.org.uk

Chestnut Tree House Children's Hospice, Arundel

Care Team: **0845 4505820** Email: admin@chestnut-tree-house.org.uk

www.chestnut-tree-house.org.uk

Children's palliative care service offering specialised short break services and end of life care for children & young people 0-25 with life limiting or life threatening conditions. Support and advice on the transition from paediatric palliative care services to adult services.

CLIMB - Children Living With Inherited Metabolic Diseases

Freephone - families: **0800 6523181** Professionals etc: **0845 2412172**

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

Provides information and support on over 700 metabolic conditions.

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

Helpline: **0808 8083555** 10am-4pm Email: **info@cafamily.org.uk**

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

www.cafamily.org.uk/pdfs/preparing_for_adult_life_web.pdf

Provides advice, information and support to families with disabled children. Puts families in touch with support groups for specific medical conditions.

Continence Advisory Services

Adur, Arun, Worthing & Chichester - Tel: **01903 846520**

Haywards Heath - Tel: **01444 475807**

Community Health Access Point (CHAP) For referrals Tel: **0845 0920414**

www.sussexcommunity.nhs.uk

Ask your GP or health professionals.

Cystic Fibrosis Trust - Sussex

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

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

Dreams Come True Charity

Tel: **0800 018 6013** Email: **info@dctc.org.uk** **www.dctc.org.uk**

Makes the dreams of terminally & seriously ill children (2-21 yrs) come true.

Eczema Society/ National Eczema Society

Info line: **0800 0891122** Mon-Fri. 8am-8pm Tel: **020 72813553**

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

Gina Farmer - chartered physiotherapist for young people

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

www.physio4kids.org.uk

Treatment in your own home or clinic sessions. Rehabilitation after Surgery. Co-ordination Difficulties. Developmental Delay. Poor Posture. Back Pain. Muscle or Joint Pains also treated. Charges apply - see website.

Health Action Plans for people with learning difficulties

Adur, Arun and Worthing - Tel: **01903 843350**

Chichester - Tel: **01243 813400**

Horsham, Crawley, Mid Sussex - Tel: **01403 225100**

Annual Health Checks and Health Action Plans help people with learning difficulties to maintain and improve their health.

Heartline Association

Tel: **01276 707636** Mon-Fri 10.00am-4.00pm Email: **admin@heartline.co.uk**

www.heartline.org.uk

Offers support to children and adults with heart conditions, and their families.

Ivemark Syndrome Association

Tel: **01202 699824** Email: **ingridgladki@sky.com**

National Kidney Federation

Helpline: **0845 601 0209** Tel: **01909 544999** Email: **nkf@kidney.org.uk**

www.kidney.org.uk

Sickle Cell Society

Tel: **0208 961 7795/4006** Email: **info@sicklecellsociety.org**

www.sicklecellsociety.org

Offers 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.

Unique - Rare Chromosome Disorder Support Group

Helpline Tel: **01883 330766** 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.

Housing Options in West Sussex

Housing Options - Care by Parents/Carers and Short Breaks

See Supported Living and Residential Care for other short breaks.

Crossroads Care West Sussex

Tel: **01903 790270** Email: admin@westsxcrossroads.org

www.crossroadscarewestsussex.org

Provides trained Carers Support Workers into the home to take over the carer's role and give the carer a break in West Sussex. All ages.

Direct Payments/The Independent Living Association

see Financial Support for Independent Living, page 13

West Sussex County Council Shared Lives

Tel: **01444 254463** Email: jo.braine@westsussex.gov.uk

Families provide people with learning disabilities a place to stay and support.

Supported Living

Accessible Property Register Website

Tel: **07749 119385** www.accessible-property.org.uk

Caburn Support Services Ltd

Tel: **01903 216164** www.caburnsupport.co.uk

Support to enable adults with physical or learning disabilities or mental health problems, in the Chichester to Brighton area to live independently.

Cherchefelle Housing Association Redhill, Surrey.

Tel: **01737 244312** Email: mail@cfha.org.uk www.cherchefelle.org.uk

Provide supported housing and outreach service for adults in Crawley and Surrey with mental illness or learning disabilities and young people leaving care.

Community Service Volunteers (London & South East)

Tel: **0207 278 6601** Email: vpsoutheast@csv.org.uk www.csv.org.uk

Provides volunteers aged 16-45 and over with opportunities in a variety of settings offering care, friendship, companionship and a range of skills.

Direct Payments/The Independent Living Association

see Financial Support for Independent Living, page 13

Hillcrest Care Ltd, Hampshire.

Tel: **01243 792354** Mobile: **07880 552730**

Email: **supportedliving@hillcrestcare.co.uk** **www.hillcrestcare.co.uk**

The Supported Living service covers East and West Sussex.

Hyde Housing Association Crawley Apartments.

Tel: **0845 6001595** Email: **info@hydemartlet.co.uk** **www.hydemartlet.co.uk**

Housing association with disabled adapted studio apartments to let in Crawley.

Independent Living Funds

see Financial Support for Independent Living, page 13

Leonard Cheshire Disability, Shoreham by Sea

Tel: **01903 230930** Email: **gill.donovan@lcdisability.org**

www.lcdisability.org

Supported housing for adults with learning difficulties.

Myplace, Worthing

Tel: **01903 705100** Email: **c.bladen@southdownhousing.org**

www.southdownhousing.org

Housing related support service aimed at vulnerable young people 16-25yrs, living in the Chichester District.

Outreach 3 Way Housing Services, Crawley

Tel: **01293 514958** **www.outreach3way.org**

Housing services for adults with learning difficulties in the Crawley area.

Outreach 3 Way Housing Services, Worthing

Tel: **01903 234355** Email: **janet.hawkes@outreach3way.org**

www.outreach3way.org

Housing services for adults with learning difficulties in the south of West Sussex.

Pericles, West Hoathly

Tel: **01342 810133** Email: **enquiries@pericles.org.uk** **www.pericles.org.uk**

Two adult placement houses for up to three people with learning difficulties.

Small training and work centres, for adults (18+) with mental health problems and or learning difficulties.

Sanctuary Housing, Linden Road, Bognor Regis.

Tel: **01903 206576** Arun District Council Housing

www.sanctuary-housing.co.uk

Supported housing for young people 16-25yrs, at risk. Application forms for accommodation from Arun District Council, Allocations Department.

Self-Directed Support Network

www.kc.csip.org.uk/about.php?grp=36

A community of people who want disabled people of all ages, older people and their families to get more control over their support and services.

Southdown Housing Association, Lewes, East Sussex

Tel: **01273 405800** Email: **info@southdownhousing.org**

www.southdownhousing.org

Provides supported living services for people over 16 with learning difficulties in Horsham, Burgess Hill, Worthing and Mid Sussex.

Southdown Housing Floating Support Scheme

Tel: **01903 705100** Email: **n.isaacs@southdownhousing.org**

Scheme for people 18-40 yrs, who have support needs arising from mental health problems, learning difficulties or other needs. Provides a floating support service to people in Adur, enabling them to either move into new accommodation or stay in existing accommodation.

Southdown Housing Independent Living Schemes

Chichester - Tel: **01243 839048**

Horsham and Crawley - Tel: **01403 263202**

Horsham Housing Service - Tel: **01403 215560**

Mid Sussex Housing - Tel: **01444 477574**

Worthing and Adur - Tel: **01903 705100**

Worthing Housing Services - Tel: **01903 221063**

Southdown Housing West Sussex Signpost Service

Mid Sussex and Horsham - Tel: **01403 751062**

Email: **signpost.north@southdownhousing.org**

Worthing and Adur - Tel: **01903 705108**

Email: **signpost.south@southdownhousing.org**

Preventing homelessness by helping people over 16 who are experiencing or are at risk of homelessness.

Southern Housing Group

Tel: **01403 215204** Horsham District Council Housing Services

Provides accommodation for young people 18-25yrs designed to equip them with skills to live on their own and gain employment. The young person must have a local Horsham connection. Contact Horsham District Council.

Supporting Independence Ltd

Tel: **01903 884656** Email: admin@supportingindependence.co.uk

www.supportingindependence.co.uk

Supported living scheme for clients with mild to moderate learning difficulties and mental health problems who wish to live in the community but require support.

Supporting People, Chichester

Tel: **01243 382818** West Sussex Team Administrator

www.westsussex.gov.uk/living/housing/housing_support/supporting_people.aspx

Offers vulnerable people the opportunity to improve their quality of life by providing a stable environment to enable independence.

Sussex Oakleaf

Tel: **01444 459517** Applications www.sussexoakleaf.org.uk

Supported housing scheme for adults with mental health problems.

United Response Southern Area Office

Tel: **01903 732736** Email: diane.warner@unitedresponse.org.uk

www.unitedresponse.org.uk

For people with learning disabilities, includes residential services and supported living. Mental health schemes based at Littlehampton include the Supported Housing and Community Support Worker Schemes.

West Sussex Supported Living Scheme (SLS)

Tel: **07739 479565** South SLS South (covering south of the downs)

Email: sally.dickens@westsussex.gov.uk

www.westsussex.gov.uk/living/social_care/people_with_disabilities/adults_with_disabilities_or/learning_difficulties/supported_living_scheme.aspx

Tel: **07739 479566** North SLS North (covering north of the downs)

Email: jenny.north@westsussex.gov.uk

Works with service users, carers, statutory and non-statutory agencies to deliver a range of short stay, long stay and outreach services, promoting independence. Enables people with learning difficulties and a variety of additional health needs to live in their own home. Referrals through the local Adults Services Help Desk.

Residential Care Homes

Ashwood Cheshire Home, Chesswood Road, Worthing

Tel: **01903 230930** Manager Email: **Ashwood@LCDisability.org**

Community home for adults with learning disabilities in Worthing.

Care Management Group, Hove, East Sussex

Tel: **01273 551023** **www.caremanagementgroup.com**

Provides specialist services for people of all ages with learning difficulties and associated complex needs.

Dignity Group Ltd Singleton, Nr Chichester

Tel: **01243 811482** Email: **mailbox@dignitycaresupport.moonfruit.com**

www.dignitycaresupport.moonfruit.com

Residential and day care services for 65 people with learning disabilities.

Disabilities Trust Burgess Hill, West Sussex

Tel: **01444 239123** Email: **info@disabilities-trust.org.uk**

www.disabilities-trust.org.uk

Provides a range of services for people with physical disabilities, acquired brain injuries, learning disabilities and autism. Runs two residential centres for people with physical disabilities in Sussex, Ernest Kleinwort Court in Burgess Hill and Shinewater Court in Eastbourne. Also has a service for adults on the autistic spectrum in Lindfield, called Hollyrood, and two supported houses nearby. The Brain Injury Rehabilitation Trust has opened a new service at Slinfold, Horsham.

Hillcrest Care Ltd Havant, Hampshire

Tel: **02392 492165** Email: **george.fanning@hillcrestcare.co.uk**

www.hillcrestcare.co.uk

Two residential homes located in Littlehampton.

L'Arche, Bognor Regis

Tel: **01243 863426** Email: **bognor@larche.org.uk**

www.larchebognor.org.uk

Provides person-centred support to adults with learning disabilities within a community structure. Has three registered care homes and also supports people in their own homes.

Mencap West Sussex (Personal Support) Haywards Heath

Tel: **01444 459460** Email: **jayne.penn@mencap.org.uk**

www.mencap.org.uk

Offers residential placements for adults with a learning disability.

St Bridget's Cheshire Home, Rustington

Tel: **01903 783988** Email: **stbridgets@lcdisability.org**

Accessible, residential home for adults with a physical disability.

Sussex Health Care

Tel: **01403 217338** Email: **norfolkldodge@sussexhealthcare.co.uk**

www.sussexhealthcare.org

Caters for younger people with disabilities within 18 care homes.

Tozer House, Chichester.

Tel: **01243 776703** Email: **paul.buckwell@westsussex.gov.uk**

Accessible residential care home owned by West Sussex County Council for adults aged 19 and over with learning difficulties. Also offers respite care.

West Sussex Forum Ltd, Worthing.

Tel: **01903 202100** Email: **westsussexforum@btconnect.com**

www.caringinfo.com

Provides a list of member nursing and residential care homes in the local area.

Also has a weekly Bed Vacancy Register.

Worthing & District Scope

Tel: **01903 522399** Email: **admin.wscope@tiscali.co.uk**

www.worthingscope.org.uk

Provide services to people with cerebral palsy and similar disabilities.

Other Housing Related Resources

Asphaleia, Worthing

Tel: **01903 522966** Email: **headoffice@asphaleia.co.uk**

www.asphaleia.co.uk

Provides services to marginalised young people aged 16-24. Services include homes & outreach services, tailored learning and training programmes with personal mentoring to meet individual needs. A supported living and domiciliary care service.

Housing Options, Sutton, Witney, Oxfordshire.

Tel: **08454 561497** Email: **enquiries@housingoptions.org.uk**

www.housingoptions.org.uk

Housing advice and information service for adults with learning disabilities, carers and professionals.

Keep Warm Keep Well

www.direct.gov.uk/en/HomeAndCommunity/InYourHome/KeepingSafeAtHome/DG_10027755

Aims to reduce cold-related illness and death during winter.

Information Services & Advice

Asian Peoples Disability Alliance/APDA

Tel: **0208 902 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.

British Institute of Learning Disabilities

Tel: **01562 723010** Email: **enquiries@bild.org.uk** **www.bild.org.uk**

Committed to improving the quality of life of people with learning disabilities by advancing education, research and practice.

Buddys Worthing Mencap

Tel: **01903 202030** Email: **buddyswms@btinternet.com**

www.buddys.ukf.net/

Drop-in information centre for people with learning disabilities, their carers, friends and supporters, living in Worthing, Arun and Adur. Wed - Sat 10am-2pm.

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

- see Health Needs - General, page 16

Directgov

www.direct.gov.uk/DisabledPeople

Single point of access to government services and information.

Disability Law Service

Tel: **0207 791 9800** Email: **advice@dls.org.uk** **www.dls.org.uk**

Confidential, free legal advice by solicitors to disabled people, their families & carers.

Disabled Living Foundation

Helpline: **0845 1309177** Mon-Fri, 10am-4pm Textphone: **02074 328009**

www.dlf.org.uk **www.livingmadeeasy.org.uk**

Advisory service on disability equipment and assistive technology.

ICIS : information for life

Enquiry Line: **0800 859929** Mon-Fri, 10am-12.30pm & 1.30pm-4pm

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. Maintains the West Sussex Carers website and West Sussex Carers Emergency Alert Card scheme.

Moving On Up

Helpline: **01246 541675** Mon & Wed 10am-12pm **www.movingonup.info**

Website for young people 14-25yrs with a learning disability from minority ethnic communities to find out about transition.

Royal Society Mencap National Learning Disability Helpline

Helpline: **0808 8081111** Mon-Fri 9am-5pm, Wed 9am-1pm.

Typetalk and Language Line: **18001 0808 808 1111**

Text Helpline: **07717 989029**

Tel: **01217 225900** Email: **help@mencap.org.uk** **www.mencap.org.uk**

Advice and information services for people with learning disabilities on benefits, housing and employment; leisure activities, recreational services (Gateway Clubs), residential services and holidays.

South East - Tel: **01905 740500** Mobile: **07775 998297** Annabel Forbes,

Community Action regional officer Email: **annabel.forbes@mencap.org.uk**

Work with affiliated groups, District Committees and Learning Difficulty Partnership Boards.

Tel: **01403 754857** Mobile: **07908 468519** Claire Webley

Email: **claire.webley@mencap.org.uk**

West Sussex & Hampshire community based advisor.

Mobile: **07432 740100** James Hodge Email: **james.hodge@mencap.org.uk**

Partnership officer for Mencap affiliated groups.

Scope Dial UK - Scope Information and Advice Services

Tel: **01302 310123** Email: **dialuk@scope.org.uk** **www.dialuk.info**

Free, independent advice on all aspects of disability.

Signposts Mid Sussex

Tel: **01444 616232** Email: **info@signpostsmidsussex.org.uk**

Mon, Friday 10am-4pm, 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: **hello@thebigbridge.org**

www.thebigbridgewestsussex.org

Online information resource for people with learning disabilities, parents, carers and professionals.

Trans-active

Email: **trans-active@mencap.org.uk** **www.trans-active.org.uk**

Project in which teenagers with and without severe learning disabilities, and their parents or carers work together using multimedia to explore choices when they leave school. The project is about using and giving support, making plans, making friends and having fun and enables people with disabilities to work through their options. Includes links to organizations that can provide information on all aspects of transition.

Transition Information Network

www.transitioninforonetwork.org.uk

Information about money, health, education, employment, housing, transport and leisure, relationships and legislation, for parents, carers and people who work with and for disabled young people in transition to adulthood.

Transition Moving on Well

www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/@dh/@en/documents/digitalasset/dh_083593.pdf

A good practice guide for health professionals and their partners on transition planning for young people 14-25 with complex health needs or a disability.

Valuing People Now

www.valuingpeople.gov.uk/index.jsp

Government strategy for people with learning disabilities. Section on transition.

Voice for Disability

Tel: **01903 244457** Email: **info@wsad.org.uk**

www.voicefordisability.org.uk

Advice, information, support and social contact for people with disabilities. Some money available for special disability grants.

www.askdes.org.uk

Second hand disability equipment to buy or sell.

Wellspring West Sussex

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

www.wellspringwestsussex.org.uk

Provides information to children and young people with disabilities and special needs, and their parents and carers in West Sussex.

West Sussex County Council/WSCC

24 hr helpline: **0845 7581232**

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

West Sussex County Council transition website

www.westsussex.gov.uk

Search for 'transition to adulthood'.

Worthing and District Scope

Tel: **01903 522399** Email: admin.wscope@tiscali.co.uk

www.worthingscope.org.uk

Advice, support and information for people with cerebral palsy and similar disabilities.

Learning Difficulties

Assessment Service for Autistic Spectrum Disorder/Asperger's Syndrome

Tel: **01903 843538** www.sussexpartnership.nhs.uk

Offers two assessments per month for people of all ages with a provisional diagnosis. Referrals must come from the team who have assessed the person and will be supporting them such as a CTPLD or CMHT.

Down's Syndrome Association

Tel: **0845 2300372** 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**

National Autistic Society/NAS Advice Line

Tel: **0207 833 2299** Autism Helpline: **0845 0704004** 10am-4pm

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

www.autismdirectory.org.uk Autism Services Directory

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

Royal Society Mencap National Learning Disability Helpline

see Information Services & Advice, page 25

Physical Disabilities

Arthritis Care/Young Arthritis Care

Tel: **0808 8004050** Helpline Tel: **0808 8082000** 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.

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.

Disabled Living Foundation

Helpline: **0845 1309177** Textphone: **02074 328009** Email: info@dlf.org.uk

www.dlf.org.uk

Advisory service on disability equipment and assistive technology.

HemiHelp (Hemiplegia Support Group)

Tel: **0845 1232372** Email: info@hemihelp.org.uk www.hemihelp.org.uk

Provides support and information to young people with hemiplegia.

Jennifer Trust for Spinal Muscular Atrophy

Tel: **0800 9753100** Freephone Helpline Email: jennifer@jtsma.org.uk

www.jtsma.org.uk

Support group for people with Spinal Muscular Atrophy and their families.

Grants available towards specialist equipment. Network of contact volunteers.

Meru

Tel: **01372 725203** Email: info@meru.org.uk www.meru.org.uk

Designs and custom makes specialist equipment for people 0-24 yrs with disabilities. Helps when no ready made solution exists.

Muscular Dystrophy Campaign/MD Group

Tel: **0207 803 4800** Freephone: **0800 6526352**

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

Research into treatments for people affected by muscular dystrophy or by a related neuromuscular disorder.

OT Connect

Tel: **01903 839100** Email: ot.connect@westsussex.gov.uk
WSCC Occupational Therapy services for people with a disability.

Phab - England

Tel: **0208 667 9443** Email: info@phab.org.uk www.phab.org.uk
Sussex - Tel: **01273 821789** Email: sussexphab@creatingfutures.org.uk
Organisation aiming to integrate people with and without physical disabilities.
see local groups under Sports & Arts in West Sussex, pages 40 + 43

REMAP (Rehabilitation Engineering Movement Advisory Panels)

Tel: **0845 1300456** Email: data@remap.org.uk www.remap.org.uk
Chichester & Worthing Panel - John Stoton, Chairman Tel: **01243 552290**
Crawley and District Panel - David Heap, Chairman Tel: **01403 261854**
Engineers, who apply technology and basic skills to the design and production of aids and the adaption of existing aids. 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.

SCOPE Response

Tel: **0808 8003333** Email: response@scope.org.uk www.scope.org.uk
Helpline provides information on cerebral palsy, disability issues.

Voice for Disability

see Information Services & Advice, page 26

Sensory Impairments

Sensory Services Team - West Sussex

Tel: **01243 642555** Textphone: **01403 275515**

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

Provision of services for people with sensory impairments.

Deafness and Hard of Hearing

Action for Deafness

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

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

Sign language and lip reading classes, information and advice and equipment for people with hearing impairments.

Action on Hearing Loss/RNID (Royal National Institute for Deaf People)

Tel: **0808 8080123** Information Text: **0808 808900**

Email: **informationline@rnid.org.uk** **www.rnid.org.uk**

Information, awareness training, residential care, communication services, employment services, telephone relay service (Typetalk), Tinnitus Helpline.

Brighton, Hove & West Sussex Deaf Children's Society

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

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

British Deaf Association

Textphone: **05603 115295** Email: **bda@bda.org.uk** **www.bda.org.uk**

User-led organisation to protect and advance the interests of deaf people.

Provides information on British Sign Language courses.

National Deaf Childrens Society - Southern England

Tel & Textphone: **0808 8008880** Heather Fletcher, Family Officer

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

Advice and information on all aspects of childhood deafness 0-25yrs.

Royal Association for the Deaf (Rad)

Tel: **0845 6882525** Minicom: **0845 6882527**

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

Advice, advocacy and employment for deaf people

Sussex Deaf Association

Tel: **01273 671899** Mobile: **07958 655127** Text: **0758 655117**.

Email: info@sussexdeaf.com Email: teena@sussexdeaf.com

www.sussexdeaf.co.uk

'Drop-in' Thurs 10-4pm. Communication support, advocacy, assistance with benefit forms and runs social groups/outings. Deaf Awareness Training and British Sign Language courses.

Blindness and Visual Impairment

4Sight Resource Centres

Bognor Regis - Tel: **01243 828555** Crawley - Tel: **01293 657090**

Shoreham by Sea - Tel: **01273 454343**

Email: enquiries@4sightsussex.co.uk www.4sightsussex.co.uk

Action for Blind People

Tel: **0207 635 4800** RNIB Helpline: **0303 123 9999**

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: info@blatchingtoncourt.org.uk

www.blatchingtoncourt.org.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: **0800 7811444** Family Support

Email: FamilySupport@nbc.org.uk Family Support and Information

Tel: **01278 764766** Grants Tel: **01278 764770** Education Advocacy Central

Tel: **01704 562750** Activity Holidays

Tel: **01278 764767** Customeyes (Large Print Books) Tel: **01278 764770** ICT

Tel: **01932 820539** Include Me Too!

Enables young people up to age 25 to achieve educational and recreational goals.

RNIB - Royal National Institute of the Blind

Tel: **0303 123 9999** Helpline: **03031 239999** Email: helpline@rnib.org.uk
www.rnib.org.uk

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

Royal London Society for the Blind

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

Provides education, training and employment services. Run Dorton House Nursery, School and College.

ROVI - Rehabilitation Officers for the Visually Impaired

Tel: **01243 642555**

Helps with developing coping strategies tailored to the individual and can supply either high or low-tech aids.

Seeability Look Up

Helpline: **01372 755066** Email: info@lookupinfo.org www.lookupinfo.org

Provides help to partially sighted or blind adults with learning disabilities.

The Voice of Progress - Talking Newspaper, Bognor to Lancing

Tel: **01903 776569** Email: n.myer@btopenworld.com

www.voiceofprogress.co.uk

Worthing Society for the Blind

Tel: **01903 235782** Email: info@wsftb.org.uk www.wsftb.org.uk

Organisation for sight impaired people of all ages in Worthing.

Yews Talking Book Service, Mid Sussex

Tel: **01444 417953** Email: jjharris@talktalk.net

www.yews-talking-news.org.uk

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 over 18.

Sense/National Deaf Blind & Rubella Association

Tel: **0845 1270060** Text: **0845 1270062** Email: info@sense.org.uk

www.sense.org.uk

South East - Tel: **0845 1270076** Textphone: **0845 1270062**

Individually tailored education programmes; residential and community supported living services; respite provision including specialist holidays, day services, employment services and intervenor services.

Speech & Language

1Voice

Tel: **0845 3307862** Email: info@1voice.info www.1voice.info

Networking & support for adults & families, who use communication aids.

Afasic - Unlocking Speech & Language

Helpline: **0845 3555577** Email: info@afasic.org.uk www.afasic.org.uk

Advice, information and support.

Aidis Trust

- see Computers, page 7

Dyspraxia Foundation - West Sussex

National Helpline: **01462 454986** Email: jen@blackcatpc.co.uk

www.dyspraxiafoundation.org.uk

West Sussex Contact: **01243 866053** Email: nicky.lawrence@fsmail.net

Aims to support individuals and families.

Sequal Trust

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

www.thesequaltrust.org.uk

Provides communication equipment for severely disabled people.

Speech and Language Therapy for People with a Learning Disability

Tel: **01243 813400** Email: karen.ali@sussexpartnership.nhs.uk

(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.

Sports & Arts in West Sussex

Resources by area

Adur and Worthing Sports & Arts

Adur - Tel: **01273 263319** Community Sports Development Officer (Special Needs) for adults and children, Tammy Waine

Email: tammy.waine@adur-worthing.gov.uk

Worthing - Tel: **01273 263347** Annabelle Trent

Email: annabelle.trent@adur-worthing.gov.uk

Tel: **01273 263104** Leisure Development Manager Julian Stevens

Tel: **01273 263274** Arts Development Officer, Pamela Driscoll

www.adur.gov.uk

Leisure Card, Worthing

Tel: **01903 502237**

Gives reduced rates at facilities at selected times for people claiming Jobseekers Allowance, Income Support or Incapacity Benefit. Cards can be obtained from Worthing Leisure Centre and Worthing Aquarena.

Adur Petanque Club (French “Boules”)

Tel: **01903 503716** Email: veeat23@aol.com www.adurpetanque.co.uk

Initial help and concessionary fees for people with disabilities to play petanque .

Adur Special Needs Project

Tel: **01273 441866** Email: info@adurspecialneedsproject.co.uk

www.adurspecialneedsproject.co.uk

Playscheme and respite project (5-23 years). Interactive youth club, Lancing Youth Centre, Tues eve 6.45-8.15pm. Also 18+ club.

Aquarena, Worthing

Tel: **01903 231797**

Swimming lessons for disabled people of all ages with a dedicated lane with a hoist. Sundays, 6.45pm-8pm. Swimmer: £2.40; Carers go free.

AMF Bowling, Worthing

Tel: **0844 8263041** Email: ukworthingcentre@amfbowling.co.uk

www.amfbowling.co.uk

Indoor ten-pin bowling, initial help and concessionary fees for disabled people.

Ferring Country Centre

Tel: **01903 245078** Email: **office@feringcountrycentre.org**

www.feringcountrycentre.org

Support, guidance to adults with learning disabilities, also a Riding Therapy unit.

Field Place

Tel: **01903 244034** Email: **pauline.ruddock@worthing.gov.uk**

The Boulevard, Worthing.

Wheelchair accessible bowling green.

Gateway Club, Lancing

Tel: **01903 764647** Methodist Church Hall, Chester Avenue, Lancing

Club for adults with learning difficulties.

Saturdays 3-5.45pm (September to May). £2 a week.

Impulse Leisure - Wadurs Pool

Tel: **01273 238000** **www.impulseleisure.co.uk**

Aqua therapy on Mon and Thurs mornings for all ages with disabilities.

1 to1 support provided.

Henry House Hydrotherapy Pool

Tel: **01903 232875** Monday-Saturday, 8am-9pm

Email: **henryhouse1@ntlworld.com** **www.henryhouse.net**

For people with physical disabilities and mobility problems. Advance booking.

Mencap Worthing Summer Fun Day

Tel: **01903 235249** Email: **pauline.heryet@btinternet.com**

www.worthingmencap.ukf.net

For anyone with a learning disability held at Worthing Leisure Centre. Advance booking required. Also has a beach hut at Littlehampton available to families of people with learning disabilities at no hire charge.

Out There! Worthing

Tel: **01293 544773** Mobile: **07515 098811**

Email: **richard.deniese@outreach3way.org**

Sports and leisure club for adults over 18 with learning difficulties. Worthing Leisure Centre & Field Place. Tues 7-8pm or 8-9pm. Termly fees equivalent to £5 a week.

Passies Pond & Match Lake

Tel: **01273 465257** Email: **passie@btconnect.com** **www.coombes.co.uk**

Some initial help is available for people with any disability.

The Pines, Worthing

Tel: **01903 691001**

Day centre for adults with learning disabilities.

The Rowans

Tel: **01903 218022** Email: **Rob.Scott@westsussex.gov.uk**

Day centre for adults with disabilities. Fully-adapted multi gym, access by G.P. letter.

Seagulls Specials - Brighton and Hove Albion FC

Tel: **07919 051848** Teresa Sanders, Head Coach

Tel: **07803 902044** Nikki Richardson

Email: **teresa.sanders@bhafc.co.uk** **www.seagulls-specials.org.uk**

Football training with one to one support and guidance for people with physical and learning difficulties. Wheelchair football also available. St Andrew's School alternate Saturdays 10-11.30am.

Sidney Walter Centre

Tel: **01903 209960** Tel: **01903 237343** Youth Office

Email: **sidneywalter1@aol.com**

Social and physical fitness centre. Youth groups on weekday evenings, and specialist gym and exercise classes for people with disabilities.

Sussex Seals Sports and Leisure Club, Worthing

Tel: **01903 212749** Email: **angiek-smiley@tiscali.co.uk**

Worthing Leisure Centre and Field Place. Sports and leisure club for anyone over 16 years with learning difficulties. Tuesdays 7.00-8.15pm.

Sussex Wasps, Brighton

Tel: **01273 701235** Email: **archerphil@ntlworld.com**

A disabled sports club for people of all ages and abilities.

SWBC Tigers

Tel: **01273 858548** Email: **gary@swbctigers.com** **www.swbctigers.com**

Wheelchair basketball club that meets Monday, 7-9pm at the Moulscombe Leisure Centre in Brighton.

Welcome In Thursday Club, Crescent Road, Worthing

Tel: **01903 234497** Email: **welcome_in@btconnect.com**

Social club for people 15 - 50 years with special needs. Thurs 7-9.30pm.

Wittering Divers Ltd

Tel: **01243 672031** Email: sales@witteringdivers.co.uk

www.witteringdivers.co.uk

Scuba diving with support for people with physical and learning disabilities over 15.

Worthing Disabled Swimming Club

Tel: **01903 263704**

Swimming club for adults with physical impairments at Oakgrove College, Worthing. Thursdays 12.05-1.05pm, during school term.

Worthing Visually Impaired Bowls Club

Tel: **01903 773973**

Worthing Pavilion Bowls Club. Wednesday 9.30am-12pm

Indoor and outdoor bowls club for visually impaired people over the age of 20.

Arun Sports & Arts

Tel: **01903 890301** Community Development Manager, Carrie Reynolds

Email: carrie.reynolds@inspireleisure.co.uk www.arun.gov.uk

Aldingbourne Trust Art and Craft Service, Bognor

Tel: **01243 838535** Email: HelenR@aldingbournetrust.co.uk

Email: creativeart@aldingbournetrust.co.uk www.aldingbournetrust.co.uk

Offers a wide range of tuition in art activities for adults with learning disabilities.

Arun Dolphins Swimming Club, Littlehampton

Tel: **01903 726531** Email: adajy512@aol.com

Swimming club for people over 5 with physical, sensory or learning disabilities.

Weds 6.30-7.30pm.

Arun Sports Association for the Disabled, Bognor

Tel: **01243 583868**

Sports club for people over 9 with disabilities Sunday, 2-4pm.

Arun Sunshine Group, Littlehampton

Tel: **01903 731223** www.arunsunshine.org.uk

Sundays, 2 - 5pm. Fortnightly, for adults with learning difficulties providing social and recreational activities. £2 a session.

Blue Wave club nights and outreach programmes

Tel: **01903 725451**

7-10pm for people with learning disabilities.

Lavinia Norfolk Centre, The Angmering School

Tel: **01903 773146** Mark Andrews Email: **slatter@angmeringschool.co.uk**

www.angmeringschool.co.uk

Hydrotherapy pool with hoist, suitable for disabled people and wheelchair users, can be hired when not in school use, contact Michelle Smith.

Leisure Connection, Littlehampton, Bognor Regis, Arundel

Tel: **01903 731681**

This discount scheme is for leisure facilities and offers customers a wide range of opportunities to get involved in fun and healthy activities in their leisure time.

Lifemusic

Tel: **01243 265880** Email: **rod.paton@gmail.com** Email: **info@lifemusic.org**

www.lifemusic.org

Provides direct access to creative music for all ages and abilities.

Links Gateway Club, Bognor Regis

Tel: **07986 884568**

Willowhall Hall, Rose Green, Bognor Regis.

Tues, 7-9pm, term time, 80p per visit.

Social and sports club for adults with learning difficulties

Lions Club, Bognor Regis

Tel: **0845 8337495** Email: **welfare@bognorlions.co.uk**

www.bognorlions.co.uk

Annual, free, It's a Knockout event in October for adults with learning disabilities.

The Arena in Westloats Lane, Bognor Regis, with certificates for every contestant.

Monday Youth Club/The Smiley Club

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

The Flintstone Centre, East St, Littlehampton.

For young people, 11-25 yrs, with disabilities. Mon 7-9pm term time.

The Oak Community Project, Rustington

Tel: **01903 779739**

Day service for adults with a learning difficulty.

Riding for the Disabled, Arundel Farm Riding and Driving Centre

Tel: **01903 785713** Email: **sandyroud@talktalk.net** **www.arundelrda.org.uk**

Horse riding for physically disabled people over 4 and under 10.5 stone (riding weight), Tuesday 1.15-3.30pm during term time.

Stomp Discos

Tel: **07786 252966** Email: myrnaeccles@gmail.com

Newtown Social Club, Bognor Regis. Monthly 7.30-10.30pm (over 18)
£3, carers free.

Social evenings for adults with learning disabilities.

Sussex Squids, Littlehampton Swimming and Sports Centre

Tel: **01903 521954** Email: geeeames@ntlworld.com

Swimming club for people over 8 with any disability. Last Saturday of month,
6-7pm.

West Coast Tornados Littlehampton Community School

Tel: **07799 268886** Carl Scott, Manager/Coach

Email: CarlScott07@googlemail.com www.westcoasttornados.webs.com

Wheelchair basketball club for over 10 years. Friday, 7.15-9.15p. £3 per session.

Chichester Sports & Arts

Tel: **01243 534871** Community Sports Development Officer, Amy Roots

Tel: **01243 534857** Sports and Physical Activities Development Officer,
Ben Polhill

www.chichester.gov.uk

(The) Aldingbourne Trust, Chichester

Tel: **01243 544607** Email: centraloffice@aldingbournetrust.co.uk

www.aldingbournetrust.co.uk

Day services to adults with learning difficulties.

All Sports Club, The Venue, Chichester

Tel: **01243 779075** Email: liz.spandley@virgin.net

Sports and activities for disabled people aged 16+. Wednesday, 6-7.30pm.
£1 per week.

(The) Apuldram Centre, Chichester

Tel: **01243 783370** Email: info@apuldrum.org www.apuldrum.org

Day care centre for adults with learning disabilities.

Carriage Driving for the Disabled, Goodwood.

Tel: **0845 2415320**

Adults only and there are weight restrictions.

Chichester Fencing Club

Tel: **01243 822753** Email: **sharonblackman@googlemail.com**

www.chichester-fencing-club.org.uk

Fun fencing tuition and coaching. People with disabilities welcome.

Chichester Festival Theatre

Tel: **01243 784437** **www.cft.org.uk**

Offers 50% discount for people with disabilities and their companion.

Chichester Harbour Water Tours Ltd, East Witttering.

Tel: **01243 670504** Email: **info@chichesterharbourwatertours.co.uk**

www.chichesterharbourwatertours.co.uk

Chichester harbour tours with access for wheelchairs.

Chichester Ronin Judo Club

Tel: **01243 527753** **www.chichesterjudoclub.co.uk**

Judo lessons for people of all ages. Endeavours to cater for all.

Cobnor Activities Centre, Chichester

Tel: **01243 572791** Email: **sail@cobnor.com** **www.cobnor.com**

Sailing and canoeing, for people over 8 years with any disability. All equipment supplied except wetsuits which can be hired. Chairboat for hire with qualified crew, for up to 5 wheelchairs or 12 passengers.

Fishbourne Bowling Club, Chichester

Tel: **01243 790016** Email: **anwhitney@talktalk.net**

Bowling club for all ages held at Blackboy Lane, Fishbourne.

Get Active Festival

Tel: **01243 534799** **www.chichester.gov.uk**

Free annual event, local sports groups offer free taster sessions for all.

Pallant House Gallery Partners in Art Scheme

Tel: **01243 774557** Email: **pallant@pallant.org.uk** **www.pallant.org.uk**

Helps disabled adults access the arts, paired with a practising artist.

Phab Club, Chichester

Tel: **07866 108967** Email: **chichesterandwitteringsphab@gmail.com**

Friday, 7-9.30pm term time. Social, sport & leisure activities, days out and holidays for people with and without disabilities from the age of 6.

Riding for the Disabled, Chichester

Tel: **07906 501404** Email: **slpointing@aol.com**

For disabled adults at Hunston. Alternate Tuesdays, 2-3.30pm.

Scope, Chichester & Bognor

Tel: **01243 775330** Email: **info@scopews.plus.com**

www.scope-west-sussex.org.uk

Activities & resources for physically disabled adults Mon to Fri 9.30am-4pm.

Six Villages Archery Club

Tel: **01243 545160** Email: **ceb28@btinternet.com**

Six Villages Sports Centre. Lime Avenue, Westergate.

For people over 8 of all abilities. Sun 9am - 1pm, Fri 6pm - 8pm (June to Aug).

Starburst Arts

Tel: **01243 788544** Email: **deborah.allso@westsussex.gov.uk**

Opportunities for adults with and without physical, learning and communication difficulties to work together in three studios, fine arts, theatre and 3D.

Chuck The Box is an integrated dance company run within Starburst Arts for nine people of any age with & without disabilities.

Stomp Discos

Tel: **07786 252966** Email: **myrnaeccles@gmail.com**

Swanfield Community Centre, Chichester. Social evenings for people with learning disabilities. Monthly 7.30-10.15pm (over 16s). £3, carers free.

Sussex Otters Swimming Club for the Disabled, Westgate Leisure Centre, Chichester

Tel: **01243 781259** Email: **sussexotters@sussexotters.org.uk**

www.sussexotters.org.uk

Sussex Otters is a swimming club for disabled people. Sat, 4.30-5.30pm. £2 a session. £6 a year

Crawley Sports & Arts

Tel: **01293 585350** Matt Lethbridge, Crawley Wellbeing Manager.

Tel: **01293 438152** Carolyn Murphy, Arts Development Officer

www.crawley.gov.uk

Active Crawley Card

Tel: **01293 438000**

The Active Crawley Card serves as membership for K2 as well as providing information about sports and other leisure opportunities within Crawley.

Discounted use of the leisure centres, and other leisure opportunities in Crawley.

Blue Bird Club

Tel: **01293 585350** Matt Lethbridge, Crawley Wellbeing Manager.
Club nights 7-10pm and outreach programs for people over 16 with learning disabilities.

Flamingoes Club (Swimming for the Physically Disabled)

Tel: **01293 585300** Email: kevin@ford0180.freeserve.co.uk
Tuesday, 7.45-8.45pm. Swimming for people of all ages with physical disabilities. Carers required if possible but not essential.

Footloose Dance Group

Tel: **01293 438156** Email: liz.hart@crawley.gov.uk
Manor Green Primary School. Dance group for people with learning disabilities, aged 6-25 years. Wednesday 5.15pm - 6.30pm

Gateway Club, K2 Leisure Centre, Pease Pottage Hill, Crawley

Tel: **01293 516703**
For adults with a learning disability. Tuesdays, 7-9pm (term time). 50p a session.

Moving Barriers Club, K2 Leisure Centre, Pease Pottage Hill, Crawley

Tel: **01293 585350** Email: matt.laird@crawley.gov.uk
www.crawley.gov.uk/active
Sports Club for young people with any disability. Fri, 5pm-7:30pm £2.

Outreach 3 Way Day Centre

Tel: **01293 655450** Head of Day Services www.outreach3way.org
A day and resource centre for adults with learning disabilities.

Outreach 3 Way One to One Plus

Tel: **01293 655454** Jilly Constable Email: jilly.constable@outreach3way.org
Tailor-made support so that people with learning difficulties can go on holiday. A Days Out service for day trips and leisure activities with support. Also manages the Genie in a Bottle dating service.

Outreach 3 Way Saturday Club, Crawley

Tel: **01293 655454** Email: louise.launchbury@outreach3way.org
Saturday club which runs on alternate Saturdays from 10am - 3pm, for adults with learning difficulties.

Phab Club, Crawley (junior)

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

Dormans Youth Art Centre, Dormans, Gossops Green, Crawley

Club for physically disabled and able-bodied young people age 11-25. Friday 5.30-7.30pm.

Horsham Sports & Arts

Tel: **01403 215447** Community Dance Officer, Emily Williams

Tel: **01403 215640** Horsham Leisure Link, Sports Development Officer, Ian Ford

Tel: **01403 215637** Community Recreation Officer, Paul Taylor

www.horsham.gov.uk

Ariel Othellos Plus, Horsham

Tel: **01444 250407** Email: **information@arielct.co.uk**

www.arieldramaplus.co.uk

Drama, dance and singing for adults with special needs. Tuesdays 7-8.15pm

Blue Oasis Club nights and outreach programmes

Tel: **01403 215216** Email: **nick.jenkins@horsham.gov.uk**

7-10pm for people over 16 with learning disabilities. £3 and carer free.

Forest Flyers Football Club

Tel: **07889 389315** Email: **poundhillsecltd@aol.com**

Forest Recreation Centre, Forest School, Horsham on (Saturdays 10-11.30am).

Gateway Club, Horsham

Tel: **01273 492465**

Forest Youth Wing, Forest School, Comptons Lane, Horsham.

Club for adults with learning difficulties. Thursdays 7-9pm. £1.50 per week.

Horsham Table Tennis Club

Tel: **01403 215634** Mobile: **07764 146338**

www.horshamtabletennisclub.co.uk

Caters for players aged over 7. Has dedicated coaching for disabled players.

Leisure Access Card

Tel: **01403 215262** Email: **leisure@horsham.gov.uk**

Offers discounts at most Council-run leisure venues, a number of independently operated leisure centres and local attractions for those on a low income and claiming certain benefits.

Les Bonnes Boules de Handcross

Tel: **07775 844856** Nigel Sibbring

Email: **handcross-petanque@sibbring.com**

Petanque club open to anyone over the age of 8, able bodied and disabled.

Outreach 3 Way Saturday Club, Horsham

Tel: **01293 655454** Email: **louise.launchbury@outreach3way.org**

Saturday club for adults with learning difficulties.

Ready and Able Club

Tel: **01403 215637** Email: **paul.taylor@horsham.gov.uk**

Christ's Hospital Sports Centre. Club for people over 16 with any disability, and their carers. Meets Mondays, 6.15-8.00pm.

Riding for the Disabled, Cranleigh

Tel: **01403 823212** Email: **annieirving@btconnect.com**

www.cranleighrdagroup.co.uk

Monday 6-7.30pm and Saturday 9.30am-12.30pm. £6.50 a session

Riding for the Disabled, Horsham Carriage Driving, Manor Farm, Dunsfold

Tel: **01403 741355** Mrs C Porter Email: **carolporte@aol.com**

For adults and young people over 12, who are not physically able to ride.

Riding for the Disabled, South Downs, Brinsbury College

Tel: **01798 817544**

Horse riding for people with disabilities. Tues10am-12pm.

The Strawford Centre, Horsham

Tel: **01403 261488**

Day services for adults with learning difficulties with profound and complex needs.

Sunbeam Swimming Club for the Disabled

Tel: **01403 253200** Mr Robin Ayres Email: **ayres.r@btinternet.com**

Park Swimming Centre, Horsham. Swimming group Friday, 8-9pm, for all ages with any disability plus their families and volunteer helpers.

Special Task Force Plus, Penfold Hall, Steyning

Tel: **01903 765340**

Email: **specialtaskforce@ymail.com** **www.specialtaskforce.co.uk**

Special Task Force Plus is for those aged 18 and over with or without disabilities. £1 per session.

Mid Sussex Sports & Arts

Tel: **01444 477012** Caroline Harding, Participate Mid Sussex and Sports Development Officer

Tel: **01444 477207** Scott Harrison, Football Development and Health Officer

Tel: **01444 458166** Lin Parkinson, Community Development Officer

www.midsussex.gov.uk

Burgess Hill Gateway Club

Tel: **01342 325883** Mobile: **07592 609785** Email: **DianeKing1@talktalk.net**

Burgess Hill Football Club, Maple Drive. Social club for people with a learning disability over 16. Every other Wednesday, 7-9pm.

Burnside Centre, Burgess Hill

Tel: **01444 232786** Email: **burnside.centre@westsussex.gov.uk**

Centre for adults with a learning disability.

Gateway Club, East Grinstead

Tel: **01342 325883**

Wallis Centre, De La Warr Road. For people with a learning disability over 16. Every other Thurs, 7-9pm. £1 per session.

Haywards Heath Gateway Club

Tel: **01444 484350**

For adults with learning difficulties, Weds, 7-9pm. £1 per session.

Kangaroos

Tel: **01444 255120** Email: **jenni-kangaroos@freeola.com**

www.kangaroos.org.uk

Youth Club runs on two Tuesday evenings each month at The Yews, 55 Boltro Road, Haywards Heath for those aged 19 and over.

Kangaroos No Limits

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

Recreational activities for young adults 16 - 30 years, with severe learning difficulties.

Millstone Studio

Tel: **01273 831400** Email: **janer@independentlifestyles.co.uk**

www.independentlifestyles.co.uk

Small craft studio offering various activities for adults with learning difficulties.

Monica Cantwell Trust Special Needs Drama Group

Tel: **01342 833297**

Tuesday, 7.15-8.45pm. Lingfield and Dormansland Community Centre.

Olympos Marlins Swimming Club

Tel: **01273 833582**

Saturday 11.15-12noon, Monday 6.45-7.30pm and Wednesday 6.15-6.50pm.

'Starfish' classes at Haywards Heath and 'Dolphins' at Burgess Hill. Classes are for children over 7, most of whom have physical or learning disabilities.

Playing with Clay

Tel: **01273 844679** Email: janeyskelton@googlemail.com

www.skeltonworkshops.co.uk

Pottery workshops and parties for all age groups.

Riding and Driving for the Disabled, Burstow Park

Tel: **01342 325197**

Riding school used by Riding for the Disabled Mon-Thurs.

Riding for the Disabled, Crawley Down

Tel: **01342 325197**

Riding and carriage driving for disabled people. Mon to Thurs 10am-2.30pm.

Riding for the Disabled, Mid Sussex

Tel: **0845 2416343** Email: pip.sampson@btinternet.com

Brendon Riding School, Pyecombe. Provides riding for adults with disabilities on Monday mornings.

Seahorses Swimming Club for the Disabled

Tel: **01444 482842**

Dolphin Leisure Centre, Haywards Heath. Tuesday, 6.15-7.45pm.

Signposts Mid Sussex, Burgess Hill

Tel: **01444 616232** Email: info@signpostsmidsussex.org.uk

For people with learning disabilities. Frenz Group, Sat 10-12.30pm,

Starlight Club

Tel: **01444 452988** Email: valkarenian@yahoo.co.uk

Mid Sussex Christian Centre, Burgess Hill. For adults with learning disabilities on alternate Thursdays 7-9pm

Tadpoles Swimming Club for the Disabled, Olympos, East Grinstead

Tel: **01342 323819** Tel: **01892 770232** Email: **info@tadpoles.info**

www.tadpoles.info

Water therapy for disabled people of all ages, Thursday, 8-9pm. £2 membership. 50p a swim.

West Sussex Sports & Arts

ActiveSussex

Tel: **01273 643869** Email: **smason@brighton.ac.uk** **www.sussexsport.org**

Promotes participation in sport and physical activity.

Blue Umbrella Project

Tel: **01403 215216** Email: **nick.jenkins@horsham.gov.uk**

Club nights 7-10pm and outreach for people over 16 with learning disabilities. Blue Bird, Crawley. Blue Oasis, Horsham. Blue Wave, Bognor. Blue Starfish, Worthing.

Carousel

Tel: **01273 234734** Email: **enquiries@carousel.org.uk**

www.carousel.org.uk

Promotes the active involvement of people with learning disabilities in the arts.

Cinema Exhibitors' Association Card

Tel: **0845 1231292** Email: **info@ceacard.co.uk** **www.ceacard.co.uk**

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 from cinemas or from the website. Cards valid for 1 year. Cost £5.50.

Company Paradiso

Tel: **01273 440277** Email: **jon@companyparadiso.co.uk**

www.companyparadiso.co.uk

Works creatively with disabled people, in drama and video projects.

Global Tennis

Tel: **01403 253477** Email: **tennis@globaltennis.co.uk**

www.globaltennis.co.uk

Tennis activities for aged 4-16 and adults who are wheelchair users, with learning or physical difficulties.

Mencap Arts Spider

Tel: **01444 449088** Email: artspider@mencap.org.uk www.artspider.org.uk
Mencap learning disability arts project and Arts Development.

Music Man

Tel: **01273 890595** Mobile: **07503 071494** Ros Mobile: **07503 071491** Geoff
Email: geoff@theopenchord.com
Individual and group creative music and country dancing sessions for over 16s with learning disabilities.

Seagulls Specials

Tel: **01273 695400** Email: teresa.sanders@bhafc.co.uk
www.seagulls-specials.org.uk
Football training for children and adults with disabilities with one to one support

Sussex County Badminton Association

www.badmintonsussex.co.uk
Badminton organisation for people of all ages, has a game that can be played by people with disabilities.

Sussex Sailability

Tel: **01273 464868** Email: secretary@sussexyachtclub.org.uk
www.sussexsailability.org.uk
For people over 12 with physical, sensory and learning difficulties.

Wellspring West Sussex Creative Arts Workshops

Adam Gellibrand Tel: **01403 210836** Email: apgellibrand@hotmail.co.uk
Music workshops to groups of disabled young people up to 25 in West Sussex.
Chris North Tel: **01243 774392** Email: chris@freedomthroughfun.co.uk
www.freedomthroughfun.co.uk
Basic circus skills workshops, music for wellbeing, story telling, magic, drama workshops, indoor and outdoor games including parachute games, for groups of disabled people up to 18 in West Sussex.

WheelyBoat Trust

Tel: **01798 342222** Email: wheelyboattrust@btconnect.com
www.wheelyboats.org
Provides a wheelchair accessible boat called the "wheelyboat", that can be used independently by disabled people, primarily used for fishing, but is also suitable for pleasure boating, bird watching etc.

Transport, Mobility & Wheelchairs

Action for Kids Charitable Trust/Go Kids Go

Tel: **0845 3000237** Helpline Email: info@actionforkids.org

www.actionforkids.org

Provides mobility aids not available on the NHS for young people with any disability aged 0-26 in the UK.

Banstead Mobility Centre/Queen Elizabeth's Foundation Mobility Centre

Tel: **0208 770 1151** Email: info@mobility-qe.org www.qef.org.uk

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

Children Today Charitable Trust

Tel: **01244 335622** Email: info@childrentoday.org.uk

www.childrentoday.org.uk

Provides financial help to purchase specialised equipment for disabled people 0-25 years. Equipment includes, but is not limited to: trikes, wheelchairs, walking aids, educational toys, communication aids and sensory equipment.

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 24

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).

English National Bus Pass

Adur and Worthing District and Borough 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 215444**

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 National English Bus Pass, gives free off peak bus travel for disabled adults and children over 5. Also the Companion Pass. Ask your local District or Borough Council.

Forum of Mobility Centres, Advice and Information

Tel: **0800 5593636** Email: **mobility@rcht.cornwall.nhs.uk**

www.mobility-centres.org.uk

Independent mobility centres which offer information, advice and assessment for people who have a medical condition which may affect their ability to drive or to get in and out of a motor vehicle.

Get Kids Going

Tel: **0207 481 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

Tel: **01825 890651**

Barnett Wood Bungalow, Black Boys, Uckfield, East Sussex TN22 5JL

One off grants of up to £1,000 to people of all ages in need living in Sussex.

Includes wheelchairs and washing machines. Applicants apply by letter with backing of a professional who knows the situation such as a GP or social worker.

League of the Helping Hand

Tel: **01444 236099** 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 with details of finances and personal circumstances.

Melanie Braysher Trust

Tel: **01428 651461**

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

Mobility Information Service

Tel: **01743 340269** Email: **mis@nmcuk.freemove.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: **01189 842588** 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 464566** Car Schemes **www.motability.co.uk**

Provides affordable convenient, and trouble-free motoring. Also offers financial assistance for mobility solutions in certain circumstances. Grants for driving lessons for young people with disabilities 16-24 years in receipt of the higher rate mobility component of Disability Living Allowance and a current Motability Scheme User.

RADAR/Royal Association for Disability & Rehabilitation

Tel: **0207 250 3222** Email: radar@radar.org.uk

www.radarsearch.org www.radar.org.uk

Organisation campaigning for disabled people's rights. 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 623650** 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.

Volunteering

Aldingbourne Country Centre, Chichester

Tel: **01243 542075** Email: centraloffice@aldingbournetrust.co.uk

www.aldingbournetrust.co.uk

Support to find voluntary or paid work in the local community.

Buddys Café Worthing Mencap

Tel: **01903 202030** Email: buddyswms@btinternet.com

www.buddys.ukf.net

Coastal Cookies, Worthing

Tel: **01903 239460** Tel: **01903 212430** Email: coastenterprises@aol.com

Email: pat.talbot@westsussex.gov.uk www.coastal.ukf.net

Work opportunities for adults with learning disabilities in catering and hospitality.

Enable Me project

Tel: **01903 734400** Nik Demetriades Email: office@enablemeproject.org.uk

Disability awareness training by volunteers for schools and community projects.

Garden Minders

Tel: **01903 695861** Email: gardenminders@hotmail.com

Offers voluntary work to people with mental health needs.

Outset Youth Action

Tel: **01798 831153** Email: info@outsetyouth.org.uk

www.outsetyouth.org.uk

Voluntary organisation for the personal development of people 13-25 years, by matching their enthusiasm and commitment through voluntary work.

Steps to Work Partnership West Sussex

Tel: **01403 258720** Email: irene.loft@westsussex.gov.uk

www.stepstowork.org.uk

Voluntary work for people with mental health needs, problems associated with substance misuse, physical and sensory impairments, acquired brain injury and learning difficulties.

Vinvolved West Sussex

Tel: **01798 831153** Email: liz.avenell@outsetyouth.org.uk

www.vinspired.com

For young people 16-25 years, who want to become a volunteer in West Sussex.

Volunteer Centre

Adur - Tel: **01903 854985** Mon to Thurs 9.30am-2pm.

Email: keri@adurcvs.org.uk www.adurvoluntaryaction.org

Arun (Bognor) - Tel: 01243 864220 Tues and Thurs 9.30am-12.30pm

Arun (Littlehampton) - Tel: 01903 731223 Mon, Wed, Thurs 9am-4pm

Email: avc@cvs-arunwide.org.uk

www.cvs-arunwide.org.uk/content/cvsa_projects/avc/role_of.php

Chichester and District - Tel: **01243 532765**

Mon-Thurs, 8am-4pm. Drop-in, no appointment on Tuesdays 10am-2.30pm.

Email: carol.allen@vcacd.org.uk

Crawley - Tel: **01293 657145** Mon, Wed, Thurs, Fri 8am - 2pm

Email: volbur@crawleycvs.org www.westsussexvolunteering.org.uk

East Grinstead - Tel: **01342 328080**

Mon and Fri 9.30am-1.30pm, Tues 9.30am - 12.30pm.

Email: loral.vb@egcvs.co.uk

Horsham District - Tel: **01403 232100**

Mon and Wed 1-6pm; Tues and Thur 10am-12noon, 12.30-2.30pm.

Email: horshamvb@hacvs.org www.westsussexvolunteering.org.uk

Worthing - Tel: **01903 528622** Mon-Wed 9.30am-3pm.

Email: organiser@worthingvc.co.uk

www.worthingcvs.org.uk/volunteer_ctr_4.html

Recruits volunteers and places them with organisations who register vacancies.

West Sussex Council for Voluntary Youth Services, Horsham

Tel: **01403 252139** Email: admin@wscvys.org.uk www.wscvys.org.uk

Supports voluntary youth agencies in order to help young people.

National

Community Service Volunteers (London & South East)

see Housing Options in West Sussex, page 18

Disability Awareness UK

Tel: **01243 513464** www.disabilityawarenessuk.org

Recruits young disabled 16-25 years or disadvantaged people and trains them to speak in public to promote general disability awareness.

Skill - National Bureau for Students with Disabilities

see Education and Learning Opportunities for Disabled Adults in West Sussex, page 12

Work Opportunities

Access to Work South East Business Centre

Tel: **0208 426 3110** Text: **0208 426 3133**

Advice and help for disabled people over 16. Grants for alterations to premises, special equipment, travel costs or support worker help and communicator assistance.

Aldingbourne Country Centre, Chichester

Tel: **01243 542075** Email: centraloffice@aldingbournetrust.co.uk

Email: simonh@aldingbournetrust.co.uk www.aldingbournetrust.co.uk

Training for adults with learning difficulties in horticulture, organic vegetable production, social enterprises, art and craft skills. Support to find paid work.

Burnside Day Centre, Burgess Hill

Tel: **01444 232786** Email: burnside.centre@westsussex.gov.uk

Provides educational, leisure and recreation activities and work skills.

Care Co-ops Community Services, Brighton

Tel: **01273 685300** Email: info@careco-ops.org.uk www.careco-ops.org.uk

Support adults with learning difficulties and mental health problems. Placements in catering, horticultural, admin work at their café, farm and head office.

Coastal Cookies, Worthing

see Volunteering, page 52

Coastal Workshop, Rustington

Tel: **01903 859453** Email: **coral.avis@westsussex.gov.uk**

Day Centre with contract workshop for adults with learning difficulties.

Connexions Centres/Babcock Enterprise

see Education and Learning Opportunities for Disabled Adults in West Sussex, page 11

Duckyls Farm Centre, West Hoathly

Tel: **01342 811111** Email: **duckyls@aol.com**

Residential agricultural and horticultural training centre providing a supportive and homely environment for 7 adults with learning difficulties.

Employment Opportunities for People with Disabilities, Chichester

Tel: **01243 380140** **www.opportunities.org.uk**

Support and assistance to help disabled people find and stay in employment.

Ferring Country Centre, Worthing

Tel: **01903 245078** Email: **office@ferringcountrycentre.org**

www.ferringcountrycentre.org

Offers support and guidance to adults with learning difficulties. The horticultural unit covers all aspects of gardening.

Garden Minders, Worthing

Tel: **01903 695861** Email: **gardenminders@hotmail.com**

www.worthingmind.co.uk/gardening-prospects.asp

Offers paid and voluntary work to people with mental health needs.

Grace Eyre Foundation, Hove

Tel: **01273 201900** Email: **enquiries@grace-eyre.org** **www.grace-eyre.org**

Aims to provide person-centred support for people with learning disabilities.

Impact Workability West Sussex, Littlehampton

Tel: **01903 730044** Email: **workability@impact-initiatives.org.uk**

www.impact-initiatives.org.uk

Support for people with disabilities and mental health needs to access voluntary work, training programmes, educational courses and paid work.

Jobcentre Plus

see Financial Advice and Services, page 13

NEXTSTEP South East

Public Helpline: **0800 100900** www.nextstepsoutheast.org.uk

Free, impartial & confidential information & advice on employment and learning opportunities to adults over 20 in Sussex.

The Oak Community Project, Rustington

Tel: **01903 779739**

Day service for adults with a learning difficulty, who take part in a variety of programmes according to individual needs and wishes.

Outreach 3 Way Day Centre, Crawley

Tel: **01293 655450** www.outreach3way.org

A day and resource centre for adults with learning disabilities.

Paritas, Worthing

Tel: **01903 204035** Email: paritas@westsussex.gov.uk www.paritas.org.uk

Employment agency for people who have experienced mental health difficulties.

Pericles, West Hoathly

Tel: **01342 810133** Email: enquiries@pericles.org.uk www.pericles.org.uk

Work centres for adults with mental health problems and/or learning difficulties.

(The) Pines, Worthing

Tel: **01903 691001**

Day centre for adults with learning disabilities.

Prince's Trust Business Sussex Area Office, Hove

South East Tel: **01273 723399** East and West Sussex: **0800 842842**.

Email: info@prince-trust-org.uk www.princes-trust.org.uk

Helps unemployed young adults to become self-employed, 18-30 years, especially people with disabilities, people from ethnic groups and ex-offenders.

Queen Elizabeth's Foundation, Leatherhead, Surrey

Tel: **01372 841100** Email: sue.moller@qef.org.uk www.qef.org.uk

Support for disabled people over 16 via assessment, education, residence, vocational training, brain injury rehabilitation, mobility assessment & training.

Signposts Mid Sussex, Burgess Hill

Tel: **01444 616232** Email: info@signpostsmidsussex.org.uk

Service includes a job club for people with learning difficulties

Steps to Work Partnership, West Sussex

Tel: **01903 730044** Email: **Maxine.Thomas@impact-initiatives.org.uk**
www.stepstowork.org.uk

For people with mental health needs, substance misuse problems, physical and sensory impairments, acquired brain injury and learning difficulties.

Supported Employment

Tel: **01273 295961** Email: **set@brighton-hove.gov.uk**
www.brighton-hove.gov.uk/index.cfm?request=c1140101

Supported employment in Brighton & Hove and surrounding areas of East & West Sussex. Help people at risk of losing their job because of a disability, and help disabled people in the workplace with job support and coaching.

The Strawford Centre, Horsham

Tel: **01403 261488**

Services for adults with learning difficulties, and profound and complex needs.

Work Aid, Chichester

Tel: **01243 546035** Rachel Smither, Project Manager Mobile: **07508 038639**
Email: **workaid@aldingbournetrust.co.uk** **www.aldingbournetrust.co.uk**
Chichester - Aldingbourne Country Centre, Blackmill Lane, Norton, Chichester, West Sussex, PO18 0JP.
Bognor -The Salvation Army, Canada Grove, Bognor Regis, West Sussex, PO21 1DN

Supports people with learning disabilities to develop confidence, self-esteem and independence by providing opportunities for both paid and voluntary work. Courses on Road Safety, Travel Independence, Health and Safety, Food Hygiene, Rights & Responsibilities at work, Job Searching, and Communication Skills.

National Resources on Work Opportunities

Action for Blind People

see Sensory Impairments, page 31

Employment Matters

www.berr.gov.uk/employment/

Government website aimed to improve the quality of working life for individuals, and create the conditions for business success.

Enham Employment Services, Hampshire

Freephone Enham: **0808 1003134** Employment Services Tel: **02380 687710**

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

Supports disabled clients back into employment.

Job and Skills Online Search from Directgov

www.direct.gov.uk/en/Employment/Jobseekers/LookingForWork/DG_10030134

Government website with access to vacancies held in UK Jobcentres

New Deal for Disabled People website

www.direct.gov.uk/en/DisabledPeople/Emplimentsupport/WorkSchemesAndProgrammes/DG_4001963

Helps people on ESA find a New Deal for Disabled People job broker in their local area providing support to match skills and abilities to employers needs.

Remploy, Oxfordshire

Tel: **0845 8452211** Email: **rscenquiries@remploy.co.uk**

www.rempoy.co.uk

Enables disabled people to gain or retain employment.

Scope Employment Services, Cambridgeshire

Tel: **01480 309615** Email: **employment.support@scope.org.uk**

www.scope.org.uk/services/employment-service

Provides support for all disabled people to gain or return to paid employment

Scope Leadership Recruitment, London

Tel: **02076 197111** Email: **graduates@scope.org.uk**

www.scope.org.uk/graduates

A national scheme for employers and employees, which aims to provide disabled graduates (or of similar calibre) with their first step into a chosen career.

Shaw Trust Employment, Chippenham

Tel: **03003 033111** Office: **01225 716300** Minicom: **03003 033112**

Email: **enquiries-london@shaw-trust.org.uk** **www.shaw-trust.org.uk**

Works to enable disabled and disadvantaged people find routes to employment

Skill - National Bureau for Students with Disabilities

see Education and Learning Opportunities for Disabled Adults in West Sussex, page 12

Notes

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 special needs, 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 are very grateful to the Youth Opportunities Fund for the funding to produce and print this booklet.

Additional copies of this booklet are available from
Wellspring West Sussex
26 Goldsmith Road
Worthing
BN14 8ER

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





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the Transition Guide.
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