



# WELLSPRING

## -WEST SUSSEX-

Registered Charity Number 1100226

YP 1/05

## Young People's edition

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

Hello! This special extra edition of Wellspring is aimed at young people aged between 13 and 25 years old and those who work with them.

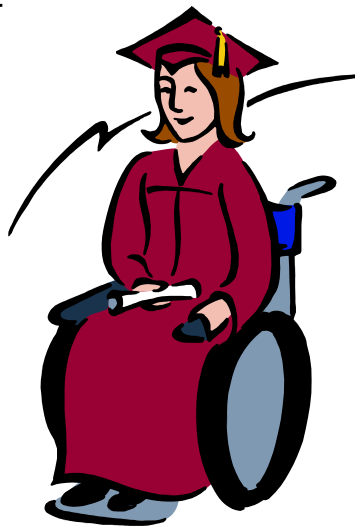
If you need help or advice, look on pages 2 and 3 where you'll find details of your local Connexions centre.

If you enjoy surfing the Net you will love pages 4 and 5 where there are loads of interesting and useful website addresses.

Are you caring for a young disabled person? Turn to pages 6 and 7 to find out what you should and shouldn't do!

There is financial advice on pages 8 and 9, and on pages 10 and 11 there's information for all you sporty readers.

Don't forget, you can achieve anything if you set your mind to it! I have now completed my Childhood Studies degree and have my graduation ceremony in October.



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*Lizzie Bailly*

**MANY THANKS TO CONNEXIONS FOR THEIR  
GENEROUS FUNDING FOR THIS ISSUE**

# Connexions

We are especially grateful to Connexions for their generous donation which helped this edition to be possible.

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

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

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

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

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

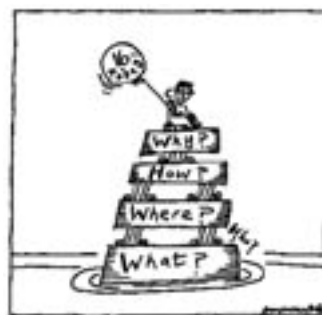
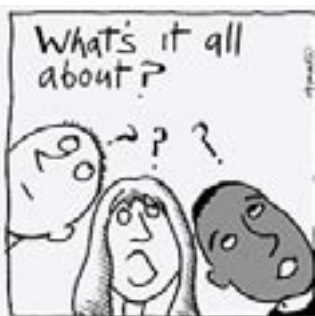
Speak to a PA by webchat or email:

**[www.connexions-direct.com](http://www.connexions-direct.com)**

**VISIT**

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

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



Disclaimer: These cartoons were taken from [www.after16.org.uk](http://www.after16.org.uk)

## LOCAL CONNEXIONS CENTRES

### LITTLEHAMPTON

Connexions Careers Centre  
Sussex Training Littlehampton,  
Suite 2,  
20a High Street,  
LITTLEHAMPTON  
BN17 5EE

Opening hours: Monday 9am-12pm and 1pm-4pm by appointment only.  
Phone: **01243 771666**

### HAYWARDS HEATH

Connexions Careers Access Point (Outreach)  
Mid Sussex Learning Centre,  
Victoria Gate,  
119-127 South Road,  
HAYWARDS HEATH  
RH16 4LR

Opening hours: Mon 2pm-5pm Wed 2pm-5pm  
Thur 9am-1pm Fri 9am-1pm  
Phone: **01403 261465**

### WORTHING

Connexions Careers Centre  
Revenue Chambers,  
Chapel Road,  
WORTHING  
BN11 1BG

Opening hours: Monday, Tuesday, Thursday  
and Friday 9am-4.30pm.  
Wednesday 10am-4.30pm.  
Phone: **01903 205612**

### EAST GRINSTEAD

Connexions Careers Centre  
The Library Building,  
32 West Street,  
EAST GRINSTEAD  
RH19 4SR

Opening hours: Tuesday 9am-12.30pm  
and 1.30pm-4.30pm.  
Thursday 9am-12.30pm and 1.30pm-4.30pm.  
Phone: **01342 321564**

### CHICHESTER

Connexions Careers Centre  
1-3 The Chambers,  
Chapel Street,  
CHICHESTER  
PO19 1DL

Opening hours: Monday, Tuesday,  
Thursday and Friday 9am-4.30pm.  
Wednesday 10am-4.30pm.  
Email: **chichestercareers@vtis.com**  
Phone: **01243 771666**

### HORSHAM

Connexions Careers Centre  
Malborough House,  
50 East Street,  
HORSHAM  
RH12 1HN

Opening hours: Monday-Friday 11.15am-5pm  
Email: **horshamcareers@vtis.com**  
Phone: **01403 261465**

## JOKES

**"Do you turn on your computer with your left hand or your right hand?"**

**" My right hand."**

**" Amazing!Most people have to use the on/off switch."**

**Did you hear about the monkey who left bits of his lunch all over the computer?  
His dad went bananas.**

**I've been on my computer all night!**

**Don't you think you'd be more comfortable on a bed like everyone else?**

**Why does history keep repeating itself?  
Because we weren't listening the first time!**

**PE Teacher: Why did you kick that ball straight at the school computer?  
Pupil: You told me to put it in the Net.**

**Why did the footballer hold his boot to his ear?  
Because he liked sole music!**

**Where do you find a birthday present for a cat?  
In a cat-alogue!**

# Websites

Lizzie recommends:

**[www.bbc.co.uk/ouch](http://www.bbc.co.uk/ouch)**

Ouch is a fantastic online magazine for disabled people run by the BBC. Articles cover all aspects of disability and are written by famous people such as Tanni Grey-Thompson. You can email your views and responses to articles through the website and join in with the discussions on Ouch's lively messageboard. Get the latest news on areas affecting disabled people here too!

**[www.after16.org.uk](http://www.after16.org.uk)**

Teenagers and young people in the UK who have an impairment or disability and are wondering what opportunities and services there should be when they leave school. Parents, carers and professional workers will probably want to use it too!

**[www.teenagehealthfreak.org](http://www.teenagehealthfreak.org)**

Cringe-free health information specifically for teenagers.

**[www.bullying.co.uk](http://www.bullying.co.uk)**

Help and advice if you are having a hard time

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

Text bullying is when someone abuses or threatens you by text, and it's just as bad as them doing it at school or in the street. All bullying is wrong and this site is here to help you make a text bully stop.

**[www.skill.org.uk](http://www.skill.org.uk)**

National bureau for students with disabilities, information, advice and help.

**[www.studentzone.org.uk](http://www.studentzone.org.uk)**

Information for students on a wide range of subjects, including careers, travel, legal, finance, health and sports.

**<http://www.ukyouthparliament.org.uk/4598.html>**

The UKYP aims to give the young people of the UK, between the age of 11 and 18 a voice, which will be heard and listened to by local and national government, providers of services for young people and other agencies who have an interest in the views and needs of young people.



**<http://www2.youngtransnet.org.uk/portal/westsussex.asp>**

This is the interactive website for Young TransNet in West Sussex. You will be able to take part in on-line surveys & referendums and find out what's happening in West Sussex, to promote sustainable transport. We want to encourage more of you to walk, cycle, use public

transport and car share, and also find out what prevents you from doing so. So why not have your say on issues of transport that affect you every day... (Jess Titchener - West Sussex Youth Council)

**[http://www2.westsussex.gov.uk/yourcouncil/youthcabinet/home\\_nopoll.htm](http://www2.westsussex.gov.uk/yourcouncil/youthcabinet/home_nopoll.htm)**

The West Sussex Youth Cabinet is about making sure young people in West Sussex can have their say about things that are important to them, and know that someone is listening.

**www.boox.org.uk**

Reviews by young people of the latest books

**www.sussexsport.org**

Find out about all sorts of local sporting opportunities here. Includes a section on disability sports.

**http://www.cpsport.org/**

Find out about sporting opportunities for those with Cerebral Palsy.

**www.artswork-westsussex.co.uk**

Artswork West Sussex is a website devoted to arts activity for young people

**www.drc-gb.org**

Disabilities Rights Commission website. Provides information and advice on all aspects of disabilities.

**www.scope-west-sussex.org.uk**

Resource unit for people aged 18-45. We have moved away from the traditional activities of day care and concentrate on leisure activities, due to the positive affects they have on self esteem.

**www.darefoundation.org**

We help provide effective solutions to improving practice and services for disabled people through open learning, workshops and research initiatives.

**www.ritesite.org.uk**

The RITE Project aims to involve disabled young people, parents, carers and service providers in workshop programmes to effect seamless and successful transition into and through full time education.

**www.disabilityalliance.org**

Loads on information and advice on disabilities and related issues.

**www.there4me.com**

A site from the NSPCC providing advice to 12 -16 year olds

**www.thesite.org**

A guide to life for young people aged 16 - 25

**www.youthinformation.com**

This site by the National Youth Agency is for young people and has recently won the Purple Youth GOLD award for best information website.

**www.dfes.gov.uk/youngpeople**

Info, resources and advice for young people, and for people working with young people.

**http://www.youngncb.org.uk/**

Young NCB is the free membership network for all children and young people run by the National Children's Bureau.

**www.myfuturechoices.org.uk**

A website from the Transition Information Network.

**www.careers.co.uk**

**www.sussexcareers.com**

Confused about what to do next? Need help and advice about the choices open to you? We provide free, impartial and up to date information, advice and guidance on what your options are. So whether you want advice on courses and qualifications, information on jobs and training or guidance about a particular career, we are here to help.

**www.nacro.org.uk**

If you're aged 16-18 and looking for a challenge then Nacro's RE:Fresh training course is for you! Re: Fresh is a FREE interactive personal development course run by Nacro and is available to anyone living in Brighton and Hove and East and West Sussex. The course is challenging and engaging and you will receive a £40 weekly allowance. RE: Fresh is an ideal opportunity to develop new motivational skills and to explore new ways of learning. Re: Fresh may be your first step to a new qualification, college course, apprenticeship or the job of your dreams.

**www.aroughguidetofe.org.uk**

A website by young people with info on Further Education colleges.



# What makes a good helper?

Carers, helpers, personal assistants, enablers....whatever you want to call them, as a disabled young person you are likely to receive support from one source or another.

One of the biggest changes as you grow up is trying to become more independent and do more without your parents or a family member to help.

There are a number of points that a new employee should be aware of and my sister Alex and I have come up with a few of the most important that we have come to recognise through our own personal experiences. Alex recently gave a talk to some students at Chichester College who are training to become carers and she used the points we had thought of to help them.

## A GOOD HELPER SHOULD

**Always come down to the disabled persons height**

*When having a conversation with a disabled person, make sure you have eye contact with them.*

**Always talk to the disabled person directly**

*Remember that assisting them is the reason you are there and if you need to find something out ask the disabled person!*

**Look happy in your job!**

*Make sure you seem as if you are enjoying your job, even if you are tired or have other things on your mind.*

**Always check before taking action e.g. when tidying up.**

*It is important to remember that the disabled person may like things done or set out in a certain way, so that it is easy for them to find things.*

## A GOOD HELPER SHOULD NOT

**Stand above the disabled person's height**

*It can be uncomfortable for the disabled person to have to look up all the time, or even impossible.*

**Talk over the disabled person as if they are not there**

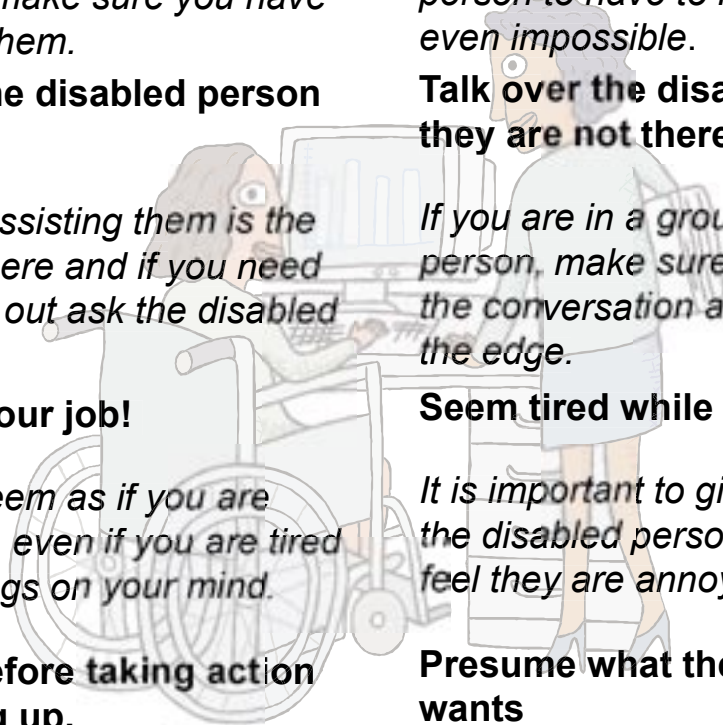
*If you are in a group with the disabled person, make sure they are included in the conversation and aren't just sitting on the edge.*

**Seem tired while on the job**

*It is important to give off the right vibes to the disabled person and not make them feel they are annoying or a burden.*

**Presume what the disabled person wants**

*Remember that the disabled person may not want things done in the same way every time even if they like a routine.*



### **A GOOD HELPER SHOULD**

**Stand or sit away from the disabled person if they are happily occupied**

*It is important to respect the disabled person's space if they want to be alone.*

**Respect the disabled person's privacy at all times**

*Be sensitive to the mood the disabled person is in - don't make them talk if they want to be quiet.*

**Remember you are at work, and not available for chatty calls on your mobile.**

*Emergency calls are different, but make your friends and family aware of when you are at work.*



### **A GOOD HELPER SHOULD NOT**

**Stand behind the wheelchair and lean on it**

*If the disabled person is busy, try to look for a job to do, or bring you own activity to do while your assistance is not required.*

**Come into the disabled person's private space e.g. their bedroom uninvited**

*Remember that the disabled person has feelings and that they may not want you there just yet.*

**Talk on mobile phones to other friends while doing the job at the same time**

*Remember you are at work – the disabled person can't always leave the room and may not want to hear your conversation.*

*Lizzie Bailly*

## **West Sussex Young Peoples' Disabilities Network Meeting on Friday, 29th July 2005 at Billingshurst Village Hall**

The West Sussex Disabilities Network had a meeting in July at Billingshurst Village Hall of West Sussex'Young People's Disabilities Network .

The meeting was aimed at young people aged between 16 and 25 and living with a disability.

Are you getting the services that you need to live a fully-independent life?

Would you like to speak up for young people who live with disabilities, and share your experiences with them?

If your answer to any of these questions is **Yes** then come to our meetings

The programme was:

WSDN – our work, and support to our members - presented by Di Cowdrey, Chairman - WSDN;

Living independently as a young person with disability;

Workshops: what are your concerns and needs? Followed by feedback session "You Tell Us";

"What we have learned today and what we will do about it" - action-planning by young people present and WSDN representatives.

Contact WSDN for details of future meetings.

Telephone **01243 841400** or email [wsdn@btconnect.com](mailto:wsdn@btconnect.com) or fax **01243 842288**.

## THE INFORMATION SHOP for young people



The Information Shops for young people in West Sussex are located in Horsham – Shoreham – Chichester – Worthing – Bognor – Burgess Hill.

All shops offer the same service of Information, Advice, Support and Counselling for young people aged 13-25 yrs. Any young person can access the services at the Information Shop through coming into the shop or phoning and talking to a worker.

Also available is a sexual health service with free condoms, pregnancy testing advice and support. A counselling service is also part of some Information Shops service.

Information Shops offer support and information on drug issues.

Workers are trained to work with debt management, benefits, disability benefits and support young people with these issues. A vast range of information on education, employment and training, justice and equality, money, housing, health, family and relationships, sport, travel and leisure is held. All services are free and confidential and no appointment is necessary. A BSL level 2 signer is available at Horsham information shop.

For more information please call one of the Information Shops in your area:-

Horsham	01403 270345
Shoreham	01273 452462
Bognor	01243 865533
Burgess Hill	01444 243922
Chichester	01243 839093
Worthing	01903 210315



# Money Matters

Is lack of money stopping you from getting into work, training or education? A Development Award from the Prince's Trust could solve that.

### What you can get

- grants from 50 to 500 to help you get into education, training or employment
- volunteer support to help set goals, make decisions and find other programmes or support

Contact the Trust for more info **0800 842 842** or fill in the form online at **[www.princes-trust.org.uk](http://www.princes-trust.org.uk)**

**The Snowdon Award Scheme** provides grants to physically impaired students to help them make the most of further or higher education or training.

Grants awarded, from £250 to £2,000 (in exceptional circumstances, £2,500), are used for a range of extra needs, which are not being met by statutory or other sources. These are typically interpreter or notetaker support, personal carers, computers, wheelchairs, travel or accommodation costs.

Applications are welcomed from students of any nationality, provided they are studying at a college or university within the United Kingdom. Our remit gives preference to those aged between 17 and 25; but we acknowledge that disability can occur at any time in later life and mature students will be supported if funds allow.

Every year, around 100 students are supported with grants amounting to over £100,000. Students' disabilities include sight and hearing impairments, paralysis, cerebral palsy, arthritis, chronic fatigue syndrome, joint and bone diseases and lupus.

Telephone: **01403 211252**

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

**Direct Payments** is a cash payment to people who need help from the Social & Caring Services (S&CS) to live independently. The Direct Payment enables those people to arrange and pay for personal assistant services as an alternative to the S&CS provided service.

The Direct Payments team provides information, advice and support to people interested in managing their own personal assistant arrangements. For more info contact Barry Ruffell WSCC Liaison Officer

on **01903 875950** Email: **directpayments@ilawestsussex.org**

# VOLUNTEER ORGANISATIONS

## OUTSET

Outset is an independent county-wide youth organisation that is unique to West Sussex. It acts as a volunteering agency and aims to support and encourage young people aged 13+ to make a personal commitment to volunteering. This is achieved by providing opportunities for young people to perform a wide variety of useful and worthwhile tasks within the community. The nature of the tasks not only benefits the community but also contributes to each young person's own development and to the development of a greater sense of community and civic pride. As a volunteer you choose the type of activity you wish to be involved in. Your interests are skillfully matched to a wide range of projects in the community or you may wish to create and develop a project of your own. Volunteers give anything from one or two hours a week. Many 16 and 17 year olds give a free extra-curricular session within the school day. Other volunteers give time after school and at weekends. Each year well over 1000 young people give in excess of 60,000 hours to helping individuals, groups, organisations and projects within their local communities.

Tel: **01798 831153**

email: **outset@ukonline.co.uk**

Web: **www.outsetyouth.org.uk**



## BUDDIES

Buddies is a new scheme devised to provide access to local recreation and leisure facilities in Crawley and Horsham for youngsters aged 11-18 needing special support with friendship volunteers of their own age group.

The aim of the Buddy Scheme is to enable young people aged 11 -18 with disabilities or needing additional support to take part in community activities and widen their circle of friends in their area. Volunteers of the same age range are recruited from local schools and colleges who form their own friendships and are free to arrange local activities or outings under the guidance of the Buddies Co-ordinator. This can include anything from a shopping trip to ten-pin bowling or the cinema. Even a simple home visit is possible, which can often be taken for granted by most teenagers.

The scheme is run by the Springboard Project, contact Tess Ashton for more details on

**01403 218888**

or email

**buddies@springboardproject.com**

Web:

**www.springboardproject.com/Buddies.htm**



# WEST INDIES VISIT TO THE ANGMERING SCHOOL - 12th JULY 2004

The touring West Indian cricket test squad visited The Angmering School on Monday 12<sup>th</sup> July 2004 in the evening to meet and coach 25 cricketers from the different year groups at school, the teams that were represented were Year 7, 8, 9 boys teams and the girls school cricket team.

The West Indies arrived on their team coach to the delight of the students at the school, the whole squad were on the coach as they arrived direct from training at Arundel, they dropped the 5 West Indians off who were taking part in the event – these were: Gus Logie (Coach), Imran Khan (Media Liaison Officer) and three test players, off spinner Omari Banks and batsmen Sylvester Joseph and Devon Smith.

The students were split into 2 teams and played a game, with Gus Logie giving expert coaching. During the game Omari Banks bowled his off spin at one of the

students and then a lucky (or unlucky) student had the opportunity to bowl at test batsman Sylvester Joseph, who demonstrated how hard he hits the ball.

Just before the end of the evening Devon Smith fresh from playing in the Natwest Series Final at Lord's on Sunday faced an over from one of the students.



The evening finished by the players and management signing autographs for the lucky students and have pictures taken with them.

We were very grateful for the West Indians to give up their time like this ahead of a match against the MCC and they were really good with the students and seemed to have fun.

The session was organised by Ben Locke, who works at the school.



Do you enjoy taking part in sport, but find it difficult because of a physical, learning or sensory difficulty?

Would you like to know about sports clubs and services that provide extra support to help you get involved?



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

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

**ICIS : information for life**

35 Worthing Road, East Preston, West Sussex BN16 1BQ

[www.icis-info4life.org.uk](http://www.icis-info4life.org.uk)

[enquiries@icis-info4life.org.uk](mailto:enquiries@icis-info4life.org.uk)

Fax: 01903 777601

Registered Charity No: 1095945

Company Limited by Guarantee: 4603381

*we specialise in finding you help*

ICIS has developed, and maintains, the Sussex Disability Sports Database on behalf of the Sussex Sports Partnership  
01273 643869 [www.sussexsport.org](http://www.sussexsport.org)



**1994-2004**



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we specialise in  
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Formerly the Independent  
Combined Information Service

# Transition



The transition process begins in year 9 with the drafting of a Transition Plan. This takes place at the first review after the age of 14 and is a requirement of the Education Act 1996. The Local Education Authority (LEA) and the Connexions Service are responsible for ensuring delivery of the Transition Plan and both will be represented at the meeting, Social & Caring Services may also be involved.

The Plan should take account of targets set in previous annual reviews of the child's Statement of Special Needs and should build on the achievements made by the child at each stage of their education. Information should be gathered from a range of individuals who know the child, both in the school setting and also outside of the school environment. This enables a clearer picture to be produced of how the child has developed so far and what will help prepare them for adulthood.

The Special Educational Needs Codes of Practice covering England and Wales states that transition planning must include:

- What a young person needs to become more independent and confident
- What practical help or adaptations may be needed at home
- What special health needs require on-going support
- What the young person and family actually wants.

Contributions to the Transition Plan are made by parents and by the young person themselves. Parents have a vital role because they are aware of all the people who are actively involved in their child's life and collecting written information from all these people is very important.

Although the young person involved will have views on what they want to happen in the future, it is sometimes difficult for them to express how they feel and what their concerns are. It is important that they have an opportunity to talk to someone they trust before the review meeting so that any issues that may be worrying them can be discussed.

## The Timetable

**Year 9 - 14+** Transition Review meeting takes place following notification from the Local Education Authority, who will also notify Social & Caring Services.

**Year 10 - 15+** Review meeting to discuss the Plan and see if any

changes are needed. Visits to local colleges or other post-16 services may be made, and guidance from a Connexions Personal Adviser is available if this is wanted.

**Year 11 - 16+** Annual Review at which the Connexions Service should be present to ensure that the Transition Plan is updated. The relevant post-16 service chosen by the young person and their family should be approached and an application for a place made.

**Year 12 - 17+** Annual Review to ensure that the Plan is still in place, and at age 18 the transfer to the Adult Care Team takes place, although in some cases this may happen at ages 16 or 19.

It is the responsibility of the LEA to ensure that all the services identified in the Transition Plan are available for the young person until they leave school.

## What Happens Next?

The Education Department has a duty to notify the Social & Caring Services of all young people aged 13/14 who are considered to be disabled, this notification must be repeated in writing eight months before the young person is due to leave full-time education. On receipt of this notification the Social & Caring Services must co-ordinate a multi-agency assessment of the young person to take place no later than three months before their education-leaving date.

The young person and their carers are encouraged to take a full part in this assessment, they may also refuse the assessment and/or any particular service that may be offered if they wish. This would not count against them if they needed help in the future.

The final report from this assessment should be agreed with the young person, and then shown to all the relevant parties such as family members, other carers, professionals involved with the young person's care. At the review meeting following the assessment the social worker concerned should discuss what services are to be provided for the young person. A member of the Adult Care Team should be present at this meeting.

The parent/carer of a young person with disabilities is also entitled to an assessment from the Social & Caring Services and the local office should be contacted for more details about this.

*Information taken from the Contact A Family factsheet 'Transition in England and Wales'. This factsheet along with many other useful guides can be downloaded from [www.cafamily.org.uk](http://www.cafamily.org.uk) or telephone 0808 808 3555*

## **Adur Special Needs Project - Youth Club**

An evening youth club for disabled and able-bodied young people.  
Denise Starling 01903 754901

## **Arun Sports Association for the Disabled**

Meet on Sundays between 2pm and 4pm at The Arena, Bognor Regis Community College, Westloats Lane, Bognor Regis.  
Mrs K M Allen 01243 583868

## **Friday Zone**

Youth club for young people with special needs and/or autistic spectrum disorder. Age range is 11-19 years. One Friday evening a month 6.30-8.30pm.  
Nikki Stenner 01243 264439

## **Millpond Integrated Adventure Playground**

STARS Youth Club from 7pm - 9pm on the first Tuesday of each month.  
Nikke Gladwin 01293 542174

## **Ready and Able Club**

Club for people aged 11 and over with any disability, and their family and friends, in the Horsham District area. Meets every Monday except Bank holidays from 6.15pm - 8.00pm at Christ's Hospital Sports Centre, Christ's Hospital School.  
Trevor Beadle 01403 215493

## **Seagulls Specials**

Offers football training for juniors and adults with any disability at various venues across West Sussex.  
Teresa Sanders 01273 648171

## **Steining Special Task Force**

A youth club for young people aged 11-25 years, with or without disabilities. Meet on first and third Saturdays of the month from 2.30pm-5.00pm.  
Claire Rigg 01903 815515

## **Icarus Wings Paragliding Club**

This is a small friendly part-time tow school operating on Thorney Island - near Emsworth in Hampshire. They have been operating for 35 years and have been based at Thorney Island for nearly 30 years. They specialise in towing paragliders and parascending canopies and have an unsurpassed safety record in introducing people to the sport. The cost of a tandem flight is just £25 which includes the cost of your BHPA third party insurance.  
[www.icaruswings.co.uk](http://www.icaruswings.co.uk)





**Please write to us at:**

Wellspring West Sussex,  
c/o 26 Goldsmith Road  
Worthing  
West Sussex  
BN14 8ER

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

**Wellspring West Sussex** is a registered charity set up to provide information, dialogue and discussion with and for children and young people with disabilities, and their parents and carers across West Sussex.

It produces a regular newsletter—**Wellspring: West Sussex** which has a circulation of approximately 2700 copies. During the year it organises or supports a number of activities for young people with disabilities, and their families. The organisation is managed by a committee of volunteers, parents and carers, young people and representatives from the voluntary and statutory sectors.

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



Contact ICIS for information on services offering care, support or advice in West Sussex.  
Telephone: **0800 859929**  
e-mail: [enquiries@icis-info4life.org.uk](mailto:enquiries@icis-info4life.org.uk)  
[www.icis-info4life.org.uk](http://www.icis-info4life.org.uk)

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

**Wellspring West Sussex** acknowledges the support of:

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

**WELLSPRING ONLINE!**

Don't forget to check out the Wellspring website and leave a message or comment on the message board!

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

The next usual edition (Issue 3) will be **Transport** If you would like to contribute any articles or letters to this edition, please send or e-mail to the above addresses

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Your Address .....

Send to: **The Editor, Wellspring, C/o 26 Goldsmith Road, Worthing, West Sussex BN14 8ER**  
NB. The names of readers are kept on an electronic database. This database is used only for the newsletter 'Wellspring'  
\*Please let us know if you change your address or if you are receiving more than one copy of Wellspring

# Sport

## MBE for Ade

Congratulations to Ade Adepitan, the Great Britain wheelchair basketball player who was awarded an MBE for his services to Disability Sport. Ade, is one of the most visual wheelchair basketball players in the UK following his exploits as a children's TV presenter on BBC television, a "Holiday" programme presenter and one of the three wheelchair basketball "hip hop" dancers regularly seen as a link between BBC programmes.



ability focus groups and works tirelessly for the promotion of disability sport. His skills on court have served him well, becoming the GB "free throw" talisman, having won matches from the line in both a crucial quarter final Paralympic match against the USA in Athens in 2004 and again in overtime in the final of the recent Visa Paralympic World Cup in Manchester against arch rivals Australia. His presentation will be made by the Queen later in the year at Buckingham Palace.

*Taken from [www.gbwnba.org.uk](http://www.gbwnba.org.uk)*

Ade is a patron to a number of dis-

## Man U's Tim

Manchester United goalkeeper Tim Howard suffers from something called Tourette's syndrome, a neurological disorder of the central nervous system that causes involuntary tics, spasms and muscle twitches.

In rare cases, Tourette's syndrome can cause sudden verbal outbursts and swearing, but Howard doesn't have those symptoms. He was diagnosed with Tourette's when he was 9 years old. His mom first noticed symptoms associated with obsessive-compulsive behavior, repeatedly counting and touching and straightening things. But early on, he refused to let the affliction overshadow his ambition -- and he has become an activist, trying to dispel the ignorance and myths about the disease. He has always refused to take medication for fear it might dull his senses and reflexes. "It's just a battle of the will, your willpower versus what your mind is telling your body to do," says Howard. "And so it's about suppressing those physical movements, those vocalizations. It's tough to explain, I suppose."

But he says he can do it.

*Taken from [www.cbsnews.com](http://www.cbsnews.com)*

