

Travel & Tourism

Hello everybody! Hopefully by the time you read this, the weather will have turned warmer and drier and we can all enjoy getting out and about. This edition is full of ways to help people with disabilities and special needs to enjoy outings and holidays.

It's always helpful to hear about places that others have found accessible and fun so please do write and tell us if you have an exciting adventure this summer and we will print your stories next time! I have shared my past holiday experiences on pages 14 and 15 and am loving my new accessible car we bought last summer from Southern Mobility Vehicles who are advertising their company on page 2.

The middle pages of this edition have information and sources of help for travel on page 7 and holidays (page 8 and 9). If you are looking for a local outing turn to page 10 for details of places in West Sussex that are accessible. Keep these pages handy over the summer!

For advice on air travel, find out how the Queen Elizabeth Foundation can help on page 12 as well as details of how they support young people with disabilities who are interested in learning to drive!

Accomable (page 6) was set up by two disabled friends and is a brilliant website listing worldwide accessible accommodation. Road Runner Motorhomes (page 4) offer the hire of their wheelchair accessible motorhome so you can travel easily in the UK or further afield! Muscular Dystrophy Trailblazers have been campaigning for the safety of wheelchair users on buses. Find out more about this on page 5. Chichester Down Syndrome Support Group made a dance video earlier in the year - find out more on page 11. Super Scopers

(page 3) is a group for families and arrange trips with the support of their staff. I'm looking forward to meeting some of their families at a Wheely Wonders forest school and craft day on my smallholding soon! Details of these days can be found in the last newsletter and on our website.

Our next edition is looking at Transition and we'd love to hear from any readers starting at a new school or college. Enjoy the summer!

Lizzie Baily

lizzie@wellspringwestsussex.org.uk



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

Inside this Issue:

| | |
|--|--------|
| Southern Mobility Vehicles | page 2 |
| Super Scopers | 3 |
| Road Runner Motorhomes | 4 |
| Muscular Dystrophy Trailblazers | 5 |
| Accomable & SimonsAble | 6 |
| Useful Travel Information | 7 |
| Holiday Grants | 8 |
| Accessible Outings | 10 |
| Chichester Down Syndrome Support Group | 11 |
| QEF for Disabled People | 12 |
| Lizzie's Holiday Memories | 14 |
| Christine Richards Therapies | 16 |

THANK YOU to the West Sussex Travel Society Charity and The Rowan Bentall Charitable Trust for their generous donations towards the cost of this newsletter. Thanks also to Christine Richards and Southern Mobility Vehicles for donating to Wellspring and advertising with us.

Southern Mobility Vehicles

We are Southern Mobility Vehicles and we only sell wheelchair accessible vehicles. We invite you to come and browse our wide selection of low mileage, freshly prepared vehicles at your leisure. There is never any pressure and we make sure we have all the time in the world to talk you through the different vehicles we have and how certain features and benefits might work for you. The good news is the kettle is always on!



Maybe you need to buy a wheelchair accessible vehicle, but until recently you didn't know what one was. Well don't worry, you're not alone. We meet with so many people who are desperately searching for the right wheelchair accessible vehicle (WAV) and some have been on a fruitless search for over a year and others are at day one and wondering where on Earth to start. After all, it's not like you can just punch in the exact model you want and get a hundred results on Autotrader.



We deal in all sizes of vehicles from 2 seats plus a wheelchair user up to 16 seats plus multiple wheelchairs which are suitable for care homes, schools and charities. We can build and bespoke vehicles too so if you are looking for a larger vehicle and you need 10 seats plus 3 wheelchair spaces we can build to your specification. All work is carried out by a certified conversion company to your build and we are here to advise on vehicle suitability.

Please feel free to call us or visit is any time and a warm welcome awaits. The ability to travel makes a huge difference to the lives of thousands of disabled people across the UK. Wheelchair accessible vehicles (WAVs) can be driven by carers, friends or family members, and in many cases disabled people are able to drive the vehicle themselves.

Of course, you can tell us exactly what you are looking for too and we will show you what we have that could work for you. We regularly buy in vehicles specifically for customers because after all we can't stock every wheelchair accessible vehicle available and if we did the choice would be mesmerising! We keep a wide variety right across the range, so you can sample most of the vehicles that are available today in one place. Why not come along and see what we have in stock right now or visit us

at www.southernmobilityvehicles.co.uk to find you four wheeled freedom. We are located 3 miles north of Bognor on the A29 just south of Westergate and our postcode is PO20 3SU if you want to look to see where we are. Feel free to call us on **01243 544444** or **01243 586444** if you'd prefer and we look forward to seeing you soon. Please mention that you found out about Southern Mobility Vehicles in Wellspring West Sussex newsletter!



Lizzie says "We were very pleased to find Southern Mobility Vehicles so close to home and would recommend the helpful service we received from our first enquiry to driving away in our chosen car.

Patrick was extremely helpful and patient in finding a suitable vehicle that I could fit my large electric wheelchair into and was happy to let me drive into any vehicle I wished in the yard. We were able to take vehicles out to test

drive them and Patrick was happy to take on the challenge of finding us a manual Kia Sedona which was not in stock.



I have had my new car for 7 months and with the locking plate installed (all arranged by Patrick as a one day job), I am finding loading in much quicker and journeys more comfortable. We can also take my niece and nephew on outings as there are two full size seats in the back!"

Super Scopers

Way back in 2003, Worthing, Littlehampton & District Scope created the new role of Community Liaison Worker. A key part of that role was to assist the setup of a family support group. 15 years later, a small but impactful service has developed. Super Scopers is a group with a focus on families with children with additional physical needs. It welcomes the whole family, grandparents, cousins, siblings, everyone.

Local families have been key in influencing the growth of this Worthing based group. Super Scopers offers play worker support for the children, space for parents to relax and chat, accessible facilities and the availability of advice and support. The relaxed and informal atmosphere provides somewhere that the whole family can be together. Whilst the group is often held in one of our accessible centres, parents increasingly want to go out and about together. They find the support of the group provides not only a helping hand, but more importantly the security and support of people who understand. Sometimes being out parenting a child with a physical disability and siblings is tough to say the least.

When your child has additional physical needs, a family trip to utilise local leisure facilities, comes with its own challenges. Where can we park? Can we get in the building? Can we access everything? Do venue staff know how to offer us support? Where will I go to the toilet?

Super Scoper families have a vested interest in promoting the need for disabled facilities. Wherever we go, many families will offer feedback to venues about their experience and couple of parents are passionate campaigners for disability causes.



It is good to see positive changes in the local area. Woodland Wonders Forest School have recently introduced a Wheely Wonders session. They will be providing a day's forest school & craft exclusively for Super Scopers later this year. We have a local leisure park, Brooklands that has accessible play equipment, accessible bikes and Changing Places toilet facilities. Chichester Flip Out has introduced SEND sessions and have been asking for opinions on Changing Places toilets.

Super Scoper families strive to make the most of every opportunity, take every experience and inadvertently educate as they go. Families have fun together, offering a welcoming, relaxed place to be.

If you want to know more about Super Scopers or how you can support the group, please Tel: **01903 821437**
Email: community@worthingscope.org.uk
www.worthingscope.org.uk

Worthing Scope are part of the Guild Care Group

Road Runner Motorhomes

Road Runner Motorhomes is a family enterprise, based in West Sussex in the UK. We are a small, family run, Community Interest Company (CIC) offering disabled people the opportunity to hire a fully equipped wheelchair accessible motorhome at a significantly discounted rate.

Our son, Matt, has Duchenne muscular dystrophy and is confined to an electric wheelchair. Over the years we have enjoyed many family holidays, but often found taking Matt's wheelchair on a plane both challenging and stressful.

Another problem we had to face was trying to find well equipped, suitable wheelchair accessible accommodation - and a profiling bed was a very rare luxury! So we decided to buy an accessible motorhome and further adapt it to fully suit Matt's needs. To do this we enlisted the professional help of one of the country's leading motorhome companies - Coachbuilt GB.

We now have stress free holidays in the UK and throughout Europe - and so can you! So, if you are looking for independence, freedom and an easy way to travel, your home on wheels awaits!

Our aim is to make going on holiday accessible and achievable for those with a disabled family member. At Road Runner Motorhomes we are focused on providing families with the highest levels of customer satisfaction. We will do everything we can to meet your expectations and we're sure you'll be happy with what we can offer.

The motorhome is an Autotrail Cheyenne 840d SE, which has been fully adapted for wheelchair use, whilst still maintaining

the appearance and features of a standard motorhome.

The motorhome sleeps four people. It has a four point wheelchair restraint system to enable a disabled person to travel in their wheelchair and three seat belted seats for able bodied people to travel in.

Entry, for the wheelchair user is via an electrically operated cassette lift (please note that the door into the motorhome is 67cms wide) and there is also a retractable step for ambulant use.



The open lounge area has a fixed sofa which converts into a very comfortable double bed. The driver and passenger seats rotate to complement the lounge area. There is a

21" flat screen TV with incorporated DVD player and a fold away dining table. There is also a bench seat and a fold away jump seat, which has a three point seat belt, to enable a third able bodied passenger to travel in the motorhome.

Heating and hot water are gas powered (gas bottles

are supplied) and there is also supplementary 240v heating and hot water. A 240v hook up cable is provided for use at camp sites.

The motorhome has one double bed, one single bed and one single profiling bed (bed linen is not supplied). The single bed, which is opposite the profiling bed, can be folded away against the wall to make the rear bedroom more spacious.

Please note the size of the profiling bed is 1.72m long x 66cms wide. The profiling bed does not raise and lower. It has a fixed height of 69cms.

A bedrail, which is extendable and folds down, can be supplied if required. Ceiling hoist tracking, with an Oxford Voyager portable hoist, runs from above the



WELLSPRING
-WEST SUSSEX-

profiling bed to the wet room. When not using mains power, there is a 240v inverter to power the profiling bed and to charge a wheelchair or run a BiPAP machine.

There is a 21"flat screen TV with DVD player in the rear bedroom.

The kitchen area is very well equipped with a 3 ring gas hob/1 electric hot plate. A gas oven with separate grill. A stainless steel sink with chrome mixer tap. Opposite the sink is a large gas/electric fridge with freezer compartment. Above the fridge is a microwave. All cutlery, crockery, glassware and kitchen linens are supplied.

At the rear of the vehicle is a wet room. The ceiling hoist tracking runs from over the profiling bed to the cassette toilet. The toilet doubles as a shower chair for the disabled person. There is also a separate shower cubicle and a vanity sink unit. (Towels are not supplied).



Prices start from as little as £550 a week and, subject to availability, we can be very flexible on dates. Prices are normally based on a weekly hire, but the motorhome is also available for long weekends. If you want to go further afield, and would like to hire the motorhome for two weeks, we offer a discount for the second week.

At Road Runner Motorhomes we are focused on providing families with the highest levels of customer satisfaction. We will do everything we can to meet your expectations and we're sure you'll be happy with what we can offer.

Look around our website and if you have any comments or questions, please feel free to contact us.

www.roadrunnermotorhomes.webs.com

Sue Berry

Muscular Dystrophy Trailblazers

On March 8th the Government announced new measures to ensure the safety of wheelchair users when accessing wheelchair spaces on buses. The announcement followed the Supreme Court case brought by Doug Paulley last year on the 'reasonable adjustments' which bus operators should provide for wheelchair users.

Muscular Dystrophy UK Trailblazers are delighted by the announcement as in our End of the Line report (2016) we discovered nearly two thirds of respondents had experienced problems getting on a bus owing to the attitude or behaviour of the driver or fellow passengers. According to the Government news story announcing the new measures, disabled people "make 10 times as many journeys by bus as by rail". This makes it even more imperative for there to be ease of access to these services.

Along with the announcement, Transport Minister Nusrat Ghani said: "Passengers with disabilities must have the same

opportunities to travel as other members of society, and it is essential that the services they rely on are accessible and work for them."

Trailblazers manager Lauren West said:

"We are really pleased the Government is taking action to make it easier for wheelchair users to access buses. In our End of the Line report, launched in 2016, we called on the Government to ensure accessibility in transport works so spontaneous travel is possible. With disabled people more likely to use bus travel, the Government needs to ensure disabled travellers have equal and consistent access to buses. We are hopeful these new measures will make this a reality."

For further information contact Trailblazers.

Tel: **020 7803 4846**

Email: trailblazers@muscular dystrophyuk.org

Emma Vogelmann

Writing for Muscular Dystrophy UK

**Muscular
Dystrophy UK**
Fighting muscle-wasting conditions



Accomable

Accomable started with a simple mission: to enable anyone to go anywhere.

Accomable was founded in the summer of 2015, by Srin Madipalli and Martyn Sibley – two childhood friends with Spinal Muscular Atrophy who have travelled all over the world. Frustrated by the difficulty of finding accessible places to stay and reliable information, Accomable was created to make it easier for everyone to travel, regardless of disability.

In the early days, Srin set out on a road trip across Europe to find out how many truly accessible properties were out there. With the help of friends and social media, he quickly discovered some unique accessible stays. As the recommendations started pouring in, the platform began to grow, along with an engaged community following. At this point, it was clear, it was time to scale.

Soon afterwards, Accomable secured a grant from the Skoll Centre for Social Entrepreneurship at Oxford University and raised £300,000 in funding from a group of leading angel investors. Over the next year the Accomable team accelerated the growth of the platform to list fully verified, accessible properties in more than 60 countries worldwide.

In November 2017, Accomable was acquired by Airbnb - an incredible opportunity, which will enable them to take their dream and mission to a global level, working together, to make the world a more accessible place.



To browse the current 529 worldwide listings go to www.accomable.com

www.facebook.com/accomable

SimonsAble

I am 39 years old. I have achieved a lot in my life, including completing a Social Psychology degree and living independently with a team of personal assistants.

With my life experiences and having dealings with Social Services and other organisations, I decided to set up a Disability Consultancy called SimonsAble. Through that I offer mentoring services



for parents free of charge. These mentoring services provide moral support and practical advice on a wide range of topics.

I believe everyone is an individual and so work with each family, their way. If anyone wants to find out more information about me and the services I offer please get in touch.

Email: Simon@SimonsAble.com
www.simonsable.com



Useful Travel Information

Blue Badge

You are eligible for the Blue Badge parking concession scheme if your child either:

- receives the higher rate mobility component of Disability Living Allowance (DLA)
- is aged two or above and has severe walking problems
- is under three and has a condition which means they either need to be accompanied by bulky equipment or kept near a vehicle at all times.

www.gov.uk/apply-blue-badge

Bus Travel

All local authorities operate schemes allowing disabled people of any age to apply for a bus pass or voucher for free bus travel. In some areas an essential, named carer accompanying the disabled person is also entitled to free travel.

Motability

Helps disabled people hire a car. Your child must have the highest rate mobility component of DLA or the enhanced rate of the mobility component of PIP and the award must have 12 months left to run.

www.motability.co.uk

RADAR Keys

The National Key Scheme (NKS) offers disabled people independent access to locked public toilets around the country. The Radar NKS key can be purchased from the Disability Rights UK website for £4.50 without VAT or £5.40 including VAT. The key is only available VAT free to individuals and by purchasing a key VAT free you are declaring that you are eligible to claim VAT relief and that the key is for your domestic and personal use. The website also has a list of NKS toilets by region and this is available for a donation of £3.50. www.disabilityrightsuk.org/shop RADAR keys can also be purchased from other sources such as Amazon.co.uk. Also available on the website - Holidays in the British Isles – a guide for disabled people, cost £12.99 Doing transport Differently – a guide written by and for people with lived experience of a



disability or health condition who would like to access public transport, cost £3.99

Rail travel

A disabled person's railcard entitles disabled people and a companion up to a third off most train fares. www.disabledpersons-railcard.co.uk You can book to get help at any station for any train

journey. The train company can organise for someone to: •meet you at the entrance or meeting point and accompany you to your train •provide a ramp on and off your train if you need one

•meet you from your train and take you to your next train or the exit •carry your bag (up to three items of luggage as per the National Conditions of Travel) For more information check

www.disabledpersons-railcard.co.uk/travel-assistance/

Road Tax

You can get a 100 per cent rebate on Vehicle Excise Duty if your child is awarded the DLA mobility component at the higher rate or PIP mobility component at the enhanced rate.

Transport to School and College

Local authorities may be able to provide your child with free or partially subsidised transport to their school or college. By law in England, local authorities have to make free transport arrangements for certain groups of eligible children aged between five and 16. Local authorities must also have arrangements to support young people over 16 who need help to get to college because of a SEN or disability. For more information get in touch with your local authority and ask about their transport policy for disabled young

people and also see the website Contact - for families with disabled children

www.contact.org.uk for the following information leaflets

- Transport to School and College Information for Families in England
- Transport for Young People over 16 in England



Holiday Grants

Aerobility

Offers disabled people the opportunity to fly an aircraft. Provides "experience of a lifetime" trial flying lessons to the terminally ill and disabled. Have developed aircraft adaptations, hoisting techniques and other solutions to ensure that flying is accessible. All types of disability are accepted though there are restrictions on weight. See website for the cost of a flight and to complete the online application form at www.aerobility.com

Andy Fanshawe Memorial Trust

Provides grants to help disadvantaged young people take part in outdoor activities. The funding is open to schools, youth groups and individuals. There is no formal application form as applications are accepted by email (preferred) or letter. www.andyfanshawe.org

Buttercup Children's Trust

Supports children (under 18 years) and their families in the UK who have a wide range of serious and terminal illnesses. Able to offer financial assistance towards hospital travel, respite, medical equipment, holidays and travel expenses. To apply download an application form from the website. Supporting evidence from a health professional or social worker is required.

www.buttercupchildrenstrust.org.uk

Calvert Trust Kielder

Offers residential respite care provision for adults over 18 that combines care with challenging outdoor activities.

Tel: **01434 250232** www.calvert-trust.org.uk

CLIC Sargent

Cancer charity for children and young people. Owns Malcolm Sargent House in Ayrshire which offers family breaks and specialist weekends for young people, siblings, and bereaved families. Also has luxury self-contained caravans in Exmouth in Devon, Pagham in West Sussex, Fleetwood in Lancashire and Filey in Yorkshire. Have nine "Homes from Home" in eight centres around the UK where the family can stay while their child is receiving treatment. The house, "Homes from Home" and the caravans are free to families for one week stays. To book a break contact the Holiday Administrator. Tel: **01292 671233**
Email: MSH@clicsargent.org.uk

Cystic Fibrosis Holiday Fund

Funds holidays and short breaks for children under 18 with cystic fibrosis.

Tel: **020 7616 1300**

Email: info@cfholidayfund.org.uk

Climbing Out

Works with young people facing life changing injury or illness. Runs 5 day residential outdoor activity programmes that aim to help young people regain their confidence and self-esteem as well giving them the opportunity to realise that they can still achieve. Activities include kayaking, gorge scrambling, hill walking. All costs are covered by Climbing Out.

For more information contact Kelda Wood.

Tel: **01743 892961**

www.climbingout.org.uk

Dizzy Divers

Helps disabled and disadvantaged children and adults learn to scuba dive. Provides funding

towards training through specialist organisations. Participants are asked to make a donation (if they can afford it) with the cost. Training is available nationally as individuals are put in touch with their nearest organisation best suited for their particular

needs. Age restrictions may apply and are set by the training organisations - usually 13 years+.

All scuba diving training requires a medical declaration and/or Doctors certificate.

To apply Tel: **07824 559 038**

Email: support@dizzydivers.co.uk

www.dizzydivers.co.uk

Donna's Dream House

Providing free holidays in Blackpool for terminally ill children.

Tel: **01253 752222**

Email: len@donnasdreamhouse.co.uk

Happy Days

Funds and organises holidays, residential trips, days out and theatre trips for children and young people aged 3 to 17 years with learning difficulties, physical or mental disabilities. Also support other disadvantaged young people including young carers of parents or siblings. See website for how to apply.

www.happydayscharity.org



Joshua Wilson Brain Tumour Charity

Founded to help families living with childhood brain tumours and post-operative complications. Provides grants to families living in England and Wales for hospital expenses and travel, holidays and respite.

www.joshwilson.org.uk

Jubilee Sailing Trust

Operates two ships, the Lord Nelson and the Tenacious designed for mixed ability crews to sail together. They sail to UK, Ireland and European locations as well as the Carribean and Canary Islands during the winter. All places are subsidised up to 50% of the total cost. However additional bursaries are available for first time voyage crew to ensure the voyages are affordable for all. Open to disabled and able bodied people over 16 years.

www.jst.org.uk

Julie Tullis Memorial Award

Provides small grants to female mountaineers and disabled climbers or mountaineers (both male and female) to help them achieve their climbing or mountaineering ambitions.

Applications for the Award are to be made through the British Mountaineering Council (BMC) on their Expedition Grant Form.

www.thebmc.co.uk

Newman Holiday Trust

Provides summer holidays to children with special needs aged 5 to 16 years.

Able to take 120 children with a ratio of one to one care each year to a variety of UK locations. As the Trust receives a high number of applicants with physical and learning difficulties it selects the children who would benefit the most from the holiday. Online referral application.

www.newmantrust.org

Over the Wall

Offers free therapeutic recreational activity camps for children and young people aged 8-17 years with a wide range of life limiting illnesses and conditions. Aims to build self confidence, self esteem and resilience through activities such as abseiling, canoeing, archery, swimming, drama, music, arts and crafts. Also offer camps for siblings and family weekends. All are free of charge. Medical care is available at the camps but they are unable to accept children who require one to one nursing care.

Applications can be made on line. A medical form will be required for completion by the child or young person's medical professional.

www.otw.org.uk

Sebastian's Action Trust

Provides respite holiday in the Hampshire countryside to families with a child or young person with a life threatening or life limiting medical conditions. Complete the expression of interest form at www.sebastiansactiontrust.org

The Children's Hope Foundation

Aims to improve the lives of children and young people affected by illness, disability or poverty. Provides funding for anything (with a few exceptions) that will benefit the child such as medical equipment, computers, holidays and days out. Also has a caravan holiday home in East Sussex for children (and their families) between the ages of 3-17 who have special needs. The caravan is not adapted but does have a ramp for disabled access. Complete the form on the website to apply www.childrenshopefoundation.org.uk

The Family Holiday Association

Helps disadvantaged children and their families with a holiday break in the UK.

Tel: **020 3117 0651**

Email: grantofficer@FamilyHolidayAssociation.org.uk

The Harriet Davis Seaside Trust for Disabled Children

Provides four self-catering holiday houses in Pembrokeshire for families with disabled children at economic prices.

Tel: **01834 845197**

Email: helen@harriet-davis-trust.org.uk

The Henry Smith Charity – Holidays for Children

For organisations, schools and youth groups organising holidays for disabled children under 13 years or for children who live in an area of high deprivation. Funding is usually between £500 and £2,500 and is normally limited to two-thirds of the total cost of the trip.

www.henrysmithcharity.org.uk

Victoria Convalescent Trust

Provides grants towards convalescent, recuperation and respite care short breaks for any age. Applications must be through an approved organisation.

Tel: **020 8502 9339**

Email: vic.c.trust@gmail.com

The Youth Cancer Trust

Provides free fun activity holidays at their centre in Bournemouth for young people aged 14 to 30 years with cancer or other malignant diseases. Also available for those in remission or living with the effects of cancer. www.youthcancertrust.org

Accessible Outings

Arundel Castle

Free electric buggy to transport visitors around the Castle Grounds. Most of the Castle is accessible to wheelchair users.

www.arundelcastle.org

Arundel Wetlands (WWT Property)

Wheelchair accessible boat safari

www.wwt.org.uk

Borde Hill Gardens

Borde Hill Lane, Haywards Heath RH16 1XP

Tel: **01444 450326**

Most of the garden is accessible to those with limited mobility. Mobility map available.

www.bordehill.co.uk

Chichester Canal

Wheelchair accessible canal boat trips

www.chichestercanal.org.uk/boat-trips

Chichester Marina

Birdham, Chichester

PO20 7EJ

Easy Access Walk along The Salterns Way. Lovely accessible café to visit.

Easy parking.

www.visitchichester.org/activity/salterns-way

www.idealcollection.co.uk/brands/the-boathouse-chichester



Fishers Farm Park & Activity Centre

Wisborough Green

Mobility Scooter; free to hire

www.fishersfarmpark.co.uk

Mill Hill, Shoreham

BN43 5TG

0.3 mile circular route accessible walk, starting point at Mill Hill Upper Car Park. Wheelchair friendly picnic bench.

www.adur-worthing.gov.uk/media/media,144644,en.pdf



Nymans Gardens (National Trust)

Staplefield Lane, Handcross RH17 5EB

Buggy tours of the garden and woods; three tours a day (March to October), two tours for the remainder of the year. The tour lasts approx. 1 hour.

www.nationaltrust.org.uk/nymans

Pulborough Brooks Nature Reserve (RSPB)

"Tramper" All Terrain Mobility Scooter; free to hire

www.rspb.org.uk

Shoreham Beach Boardwalk

On road parking, accessed from Beach Road Shoreham BN14 5LJ

Boardwalk from Shingle Road to Ferry Road

Solar Heritage Boat Trips

- Chichester Harbour

Boat trips on a solar powered catamaran which glides peacefully along with plenty of time to enjoy the views of Chichester Harbour.

Wheelchair lift on boat, please telephone to make arrangements.

Tel: **01243 523275**

Southwater Country Park

Cripplegate Lane, Southwater RH13 9UN

70 acre country park with three lakes.

Easy access paths around a lake. On-site café. Free to visit. Parking charges apply.

www.horsham.gov.uk/parksandcountryside/parks-and-countryside/
www.conservancy.co.uk

Sussex Prairie

Morlands Farm,
Wheatsheaf Road,
Nr. Henfield.

An outstanding 'naturalistic' garden spanning 8 acres. Step free access, plenty of seating, firm and level surfaces. Lovely café.

www.sussexprairies.co.uk

Wakehurst Place, Ardingly, Haywards Heath

2 Mobility Scooters; Free to hire; must be booked at least 24 hours in advance

www.kew.org/wakehurst

West Wittering Beach (nr. Chichester)

Two 'Sandcruiser' beach wheelchairs
www.westwitteringbeach.co.uk

Wey & Arun Canal, Loxwood, Billingshurst

"Wiggonholt" accessible canal boat

www.weyandarun.co.uk

Woods Mill Nature Reserve

Horn Lane, Nr. Henfield BN5 9SD

The nature reserve has an all-weather accessible path and boardwalk across the lake and reedbed.

www.sussexwildlife.org.uk

Information from:

www.asouth4all.co.uk/west-sussex
www.facebook.com/groups/asouth4all

Chichester Down Syndrome Support Group

Chichester Down Syndrome Support Group put creativity and dance centre stage to help celebrate inclusivity for World Down Syndrome Day.

The group, which supports over 60 local families with youngsters ranging in age from newborn to their late 20s, has been rehearsing for six months for the dance video which was released this week.

The support group takes pride in raising awareness of Down Syndrome within the community and every week since September, 25 children with Down Syndrome and their siblings have attended dance classes run by teacher Suzanne Hill. In December, they performed to their mums and dads and it went down a storm.

Organiser Kath Lake said: *"The starting point was a little shaky, but from small beginnings... That's perfect as it just fitted very neatly :-)*

Children have improved their co-ordination, strength and stamina, along with concentration and attention. We couldn't believe how far they had come in just one term. Children who had been too shy to take part in September were now joining in with gusto in front of their families. What a transformation! They have loved the social aspects of the class and the sense of achievement from performing routines with their friends. With Suzanne's expert, dedicated lead and with her boundless levels of energy, we have seen our children grow, develop and learn new skills."

Local media company beechtobeach Ltd, along with art director, Louisa Moxey, donated their time and expertise to capture the whole project on video.

The end result was a video of the children dancing to 'Uptown Funk' by Mark Ronson and Bruno Mars, which was released on YouTube on March 21st to celebrate World Down Syndrome Day.

The group is hoping the video will be shared widely to show everyone what amazing things children with Down Syndrome can achieve with the right support and opportunities.

Isabelle Lack, who is 24 and has Down Syndrome, said: *"I really enjoyed making the dance video. Being part of the dance group with Suzanne has inspired me and I'd like to be involved with more dance videos. I love it."*

Other supporters include J W Sports in Bognor, which supplied and printed T-shirts at cost price and fundraiser Natalie Hodges, who helped generate money for the cost of the dance classes and village hall hire.

John Lewis, The Pagham Pram Race, Chichester Father Christmas (Trevor Ware), the Co-op and Business Network Bognor Regis provided much needed funds and grants to help support the project.



Dance teacher Suzanne said: *"I have loved every minute teaching this fantastic group of young people to dance. They are enthusiastic and such great fun to be with. They continue to educate, amaze and impress me every week with their new skills."*

Parent Natalie Hodges said: *"It gives them huge confidence and also helps with their speech and coordination. Watching the video every time makes me smile and I feel so proud of what our children and young adults have achieved. There are no limits."*

Cheryl Poynton believes the group are *"Dispelling myths, changing misconceptions and re-writing the future"*

To watch the video visit:
www.youtube.com/watch?v=1NXApJB6lhY

To donate, visit the fundraising page at: www.mydonate.bt.com/charities/chichesterdownssyndromsupportgroup
www.facebook.com/groups/chichesterds

Queen Elizabeth's Foundation for Disabled People

What services do you provide for families with children with disabilities/special needs who are thinking about a holiday?

Queen Elizabeth's Foundation for Disabled People (QEF) has two main services that can help families with a disabled child looking at a holiday. The first is our Tryb4uFly service, which offers advice and equipment hire that can help with air travel. An assessment is a great way to go through all of the concerns, and to try out different types of seating and transfer equipment. At our Mobility Centre in Carshalton, Surrey, we've actually got a realistic aircraft cabin with real airline seats. This means that our occupational therapists can help a family to decide on the most suitable equipment – and then they can hire it from us. There are Tryb4uFly centres around the country, including Birmingham and Leeds, as well as near London in Carshalton.

We also offer accessible holiday accommodation in either a bungalow on the South Coast or a canal boat that has a fully accessible shower and toilet, hoists and tracking on the ceiling, and lifts and ramps, as well as charging facilities for powered wheelchairs. It's rare to find accessible accommodation that lets you travel about and take it with you, which is something that people find a great advantage to a trip on our canal boat.

You can find out more about these services at: www.qef.org.uk/our-services/accessible-travel



How can you help families with young disabled children?

Our partner charity MERU has the most to offer to families with young children with disabilities. MERU builds the Bugzi – a powered wheelchair for children up to 25kg.

What's special about the Bugzi is that it uses CAPS Seating System and tray, which will be familiar to paediatric OTs, so that it can be adjusted as the child grows. The control system is also very adaptable, so that when a child is first introduced to the Bugzi, they have a button to press which turns them in a circle. Even though this is simple, it's often the first time that some children will have moved themselves independently. More buttons and then a joystick can be introduced as skills and confidence develop.

MERU also has a range of other assistive equipment for children, including gadget support stands – the Flexzi – and the Rokzi adaptations for school chairs to make them more supportive for children with low core strength.

Additionally, MERU offers adapted toys. Young children learn how the world works through play – especially cause and effect. A lot of early years' toys involve squeezing the toy or pushing a button and having something happen.

However, for many disabled children, this can be difficult, as they don't have fine motor skills or may have other impairments.

These toys are aimed at making play and learning more accessible. It may seem like a small thing for a child to be able to press a button and make a toy sing or light-up, but the



first realisation that 'if I do this, then something happens' is a crucial part of development. A disabled child that's introduced to switches or accessible controls via an adapted toy will be gaining the basics of how to go on to control a powered wheelchair like the Bugzi too.

As well as a range of ready-adapted toys including popular characters from hit movies like Frozen and Minions, MERU can adapt toys on request too.

You can find out more about these at www.meru.org.uk

How do you support young people with special needs with learning to drive?

One of the steps on anyone's journey of growing towards increased independence is learning to drive.

With the right kind of support, training and equipment, more and more people with disabilities are getting on the road and a driving assessment at either our Mobility Centre, or one that we can recommend, is the best place to start.

Potential learner drivers in West Sussex will also be interested to know that we're soon to open a new mobility centre in Worthing where assessments will be held.

For obvious safety reasons, a high level of vision impairment, or some types of epilepsy, are barriers to driving that unfortunately can't yet be compensated for, but there is a wide range of equipment and experience that can give young disabled people the best chance of getting on the road.

Everyone is different, and everyone's support requirements are different, and the assessment is the key to unlock the next stages of learning to drive.

It isn't an exam or test, but starts with a chat, then a physical and cognitive assessment, and a go on a static driving rig. This will tell the assessor a lot about whether it is safe for the person to drive. The rig also

measures cognitive and physical tolerances and helps to identify the right type of controls and adaptations. The assessment will also consider other aspects such as pain and fatigue management, and pressure care. Once the assessment has built up a picture of the support needed, we should be able to recommend a driving instructor with the experience and knowledge to provide the right kind of support and training. Or, if the person lives close enough, they can take lessons at our Mobility Centre in Carshalton or Worthing.



We also have a private track, where someone can get used to driving in a modified vehicle without the added stress of having to deal with traffic at an early stage. It's even possible for a young

person to have an assessment and start to drive on our track before they're legally allowed on the road.

Learning to drive isn't easy or cheap for anyone, and it may feel like there are a lot of difficulties and costs, but most disabilities should not be a barrier and help and advice is out there!

You can find out more about how we can help you learn to drive – or get back on the road after acquiring a disability or impairment – at www.qef.org.uk/mobility

For more information on QEF visit www.qef.org.uk or Tel: **01372 841100**



QEF

queen elizabeth's
foundation for
disabled people

Lizzie's Holiday Memories

While working on this edition of the newsletter, I've been remembering family holidays and trips, both near to home and abroad I have been on over the years and some good and not so good experiences!

When I was 3 we travelled with one of my cousins from our home in Berlin by car train to Austria. We spent lots of time in the mountains and I had to sit very still on my cousin's lap as we ascended in a chair lift one day. We travelled around Salzburg in a horse and carriage and sang Do-Re-Me a bit too loudly for the driver's liking!



Two years later, we had a caravan holiday in the south of France where the weather was not very sunny and the sea stormy and full of jellyfish which prevented anyone going on the beach for a few days! One day we went to another beach where my father decided to try out my brother George's surfboard. After a while we realised that Daddy was a speck in the distance! Mummy couldn't leave 3 children alone on the beach and couldn't speak much French either! Luckily a windsurfer was further out to sea and managed to pull Daddy back on the incoming tide where they both washed up further along the coast. We had a very celebratory supper that night!

The following three summers were spent on holiday in Cyprus. We stayed in the same apartment complex each year and the first two holidays took different cousins to help us. I spent a lot of time underwater in the pool there and being able to walk around in the water was fantastic. I made everyone laugh as I loved doing my maths workbooks, even on the beach! We didn't have another surfboard incident but our giant inflatable ring did get washed out to sea which made me very upset. A very kind person saw what happened and somehow managed to bring it back to us! On the last flight home I felt something dripping on my head which when it reached my mouth, tasted a bit like Fairy liquid but turned out to be a leaking bottle of champagne from the luggage locker above. Daddy was rather pleased to receive a complimentary bottle as an apology from the airline!

The next abroad holiday was a few years later to Guernsey. The flights were more uncomfortable this time for my sister Alexandra and me as we had both been wearing body braces since our last trip to Cyprus and sitting

out of our wheelchairs was very unusual. We stayed in a bungalow near the beach and enjoyed visiting lots of interesting places. As we couldn't take our Permobil wheelchairs on the plane, we took power packs which mounted onto our manual wheelchairs instead of the big wheels. This enabled Alexandra and I to be independent, but not as fast as we liked so we still had to be pushed on most of the outings. We had an early morning flight home and the air hostess came around with breakfast. She asked Daddy "Would you like Continental or English sir?" to which he replied "Yes please!". This has now become a family joke!!

In the summer of 2001 we set off on a huge adventure...a Transatlantic voyage on the QE2 and then on to Cleveland, Ohio to visit friends. We couldn't believe how kind and helpful everyone on board ship was, and every day there were things to do – our favourite was a Sound of Music singing morning! We sailed into New York at dawn and got up on

deck in time to see the sun rising behind the skyscrapers in the distance, which looked enormous even from far away!

I couldn't believe we were actually looking at the real Statue of Liberty having seen her so many times in films! We had our breakfast still on board but in the dock watching the traffic outside, which felt very odd after 6 days looking at sea! We had booked a minibus



taxi to take us to our hotel but the driver stopped at the wrong entrance so we had to come out rather terrifyingly, into the traffic on 7th Avenue (see photo)! The hotel staff were very welcoming and as soon as they saw our wheelchairs we were upgraded to an enormous suite on the 42nd floor! We switched on the television and were highly delighted to find that Teletubbies was on! Highlights from the three days spent in NYC included a trip up the Empire State Building, visiting a bookshop at 11.30pm and getting on a public bus with no issues about access. One of the days a very friendly lady stopped us in the middle of crossing a road to ask if Alexandra and I were twins and was so surprised when we told her there was 5 years between us! The next part of the adventure was taking an overnight Amtrak train to Cleveland. The journey took

longer than expected as we had to wait for a few hours for some extra carriages with no power on the train. It got dark while we waited so Daddy and I went to bed in the specially adapted disabled compartment; Alexandra and Mummy were in another one further down the train. In the morning I was woken early by the train going over bumpy tracks so got up and watched Lake Erie whizzing past. At Cleveland station the platform was a long way below the door but before we had time to worry, a portable electric lift had arrived! We spent 10 days exploring Cleveland with our friends being wonderful guides; everywhere we went we were welcomed and access was so easy for wheelchairs. As the train journey had been so long, our friend very kindly offered to drive us back to NYC. This was a 10 hour journey but we were happy to see lots of American scenery on the way. We fitted in a bit more sightseeing before sailing home again on the QE2 – we sailed out past the Twin Towers exactly a month before 9/11.

Our next trip abroad was in 2005 when we were lent a chalet in the French Alps. As flying there was too complicated, we set off in our van on a 4 day



road trip, stopping after 3 hours each day and staying in Campanile motels, seeing new towns each day. The final part of the drive was up a very windy mountain road which was very exciting. We arrived at the chalet and soon after us, our friends from Sidlesham (who had a flat nearby) arrived with the ramp they had custom built to fit the step into the main room. The views were spectacular and the weather got hotter and hotter as the week went on. Daddy and I had a fantastic ride up a mountain in a cable car, which my manual wheelchair fitted into perfectly. We had a delicious lunch at the café at the top before another stunning ride down, this time sharing with a couple who we discovered were from Chichester! Alexandra found that the high altitude and hot weather made her feel quite breathless and we found as we journeyed home again she soon recovered.

In the years between all our big holidays we have been to lots of different self-catering cottages and houses around England and Wales. A couple of times when I was a child we rented a caravan in the middle of a field of sheep! The loo was in a shed in the

farmyard which was a huge thrill at bedtime! My parents always wanted to give Alexandra and me “normal” experiences and once pulled us backwards over a very bumpy field and up a hill so we could see the view from the top. Alexandra wasn't very amused by being thrown about on the way up but I think we were all happy we achieved it! As swimming was such an important part of our physio routine, we often looked for places with indoor heated pools. We found a lovely complex of farm cottages in Dorset where the pool was perfect with a jacuzzi too, but we also had one holiday in Wales where the pool was in a barn. The water was slightly green and not well heated so Daddy would carry me wrapped in a towel across the yard and back into a hot bath!

Two years ago I found out about the website Accomable (see page 6) and we booked a family holiday in Cornwall with George and his family. As it was a long drive we decided to stop overnight in Exeter and stayed in a Jury's Inn. I highly recommend this chain! The rooms are really spacious and the beds are very comfortable! The restaurant is in the same building too which is much less stressful than going across a service-station car park! When we reached the bungalow we immediately said “we are coming back next year!” as it was huge, 100% accessible and had stunning views across the bay. In the five days we were there,



we walked on the Coastal Footpath and visited local beaches – some much better than others for my Permobil, and had a day trip to the Eden Project where all the paths

were wide. In the disabled loo there was a button for visually impaired people and a voice gave a guided tour to show where the light, sink, loo, flush and hand-drier were! We were sad to leave last April, but tomorrow morning, we are setting off on our return visit, this time for seven nights! By the time you read this I will have come back and will probably be thinking about more travels and adventures!

If you go on an exciting holiday this summer, please write and tell me about it and your story will go in the next newsletter!

Lizzie Baily
lizzie@wellspringwestsussex.org.uk

Christine Richards Therapies



I am Christine Richards and I have worked in the complementary health sector for the past 11 years. I am also mother to an adult son who has epilepsy, is on the autistic spectrum with ADHD and learning disabilities.

Professionally trained and qualified in a number of therapeutic practices, I am a member of complementary therapy associations with published articles in leading industry magazines.

Two therapies I regularly use to benefit my clients are Reflexology and Functional Reflex Therapy (FRT).

Some of the many benefits of regular reflexology or FRT sessions are:

- * reduce stress and anxiety * induce relaxation and calm * help in sleep disorders * relieve tension
- * help improve mood * help concentration and focus * encourage social interaction * increase receptiveness
- * encourage a better state of mind for learning * supporting mental health issues * have a positive

Advertising with Wellspring

Please get in touch if you have a business or service you would like to advertise via our newsletters and website.

A full page advertorial (as on page 15) costs £50. You will then get a half page in 2 further editions of the newsletter plus your details on our website for a year.

For £25 you will have a half page and a smaller notice in 2 more editions plus listing on our website.

Wellspring West Sussex has a website and Facebook page!

www.wellspringwestsussex.org.uk

Please support us through

www.easyfundraising.org.uk - every time you shop at many online retailers, a percentage will be donated to us!

effect on issues that affect individuals and those around them in many areas of their everyday lives.

In my practice, I offer Reflexology or FRT in two different ways:

- (1) As a course of sessions for people with mental health issues to relax and reduce stress and anxiety
- (2) As short FRT workshops for parents and carers to come along to learn the techniques and tools of FRT to help reduce stress and anxiety for their loved ones. These workshops also give you the opportunity to meet other parents and carers in a similar situation.

For more information about Reflexology or Functional Reflex Therapy and how this may help you or a member of your family go to www.crtherapies.co.uk or contact me:

Christine Richards MAR, MCMA

Tel: **07801 941479**

Email: info@crtherapies.co.uk



Functional Reflex Therapy

The General Data Protection Regulation (GDPR) is intended to strengthen and unify data protection for all individuals within the European Union. If you are receiving an individual copy of this newsletter that means we hold your details on our mailing list for this purpose. We do not share our data with any third parties. Due to changes in the law from May 2018, we need to confirm that you are happy for us to continue to hold your details. If you DO NOT wish to continue receiving the newsletter please let us know by Email: lizzie@wellspringwestsussex.org.uk Post: 26 Goldsmith Road Worthing BN14 8ER Text: **07742 408868** If you do not contact us we will take this as confirmation that you are happy to continue receiving the newsletter.

The next edition will be *Transition*

If you would like to contribute any articles or letters to this edition, please send or e-mail to us by 7th September 2018.

Please write to us at:

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

info@wellspringwestsussex.org.uk

Printed by Shanks Printers & Finishers: 01903 716442

Typeset and designed by Lizzie Baily:

lizzie@wellspringwestsussex.org.uk

Wellspring West Sussex has a child protection policy in operation and copies can be made available on request. Any disabled child or young person in West Sussex who expresses concerns about what may be happening to them will be encouraged to contact one of the nominated agencies for help. This policy is also available on the website www.wellspringwestsussex.org.uk

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

