

The Great Outdoors

Hello everyone! I hope the first half of 2023 has gone well for you all. There was lots of excitement in my family as I received an MBE in the New Year's Honours for 'Services to disability advocacy and charity work in West Sussex'. I'd had to keep it top secret as I found out at the beginning of December! I couldn't do any of my work without the support of many special people, including the rest of the Wellspring committee. Go to the back cover to read about ways you may be able to help us too.



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

This edition has lots of interesting articles about how we can get the most out of being outside in the fresh air and enjoying nature. Woodland Wonders Forest School runs Breathing Space, providing individual sessions and alternative provision in the woods or at Applefield smallholding. Turn over to page 2 to find out more.

If you're looking for a bit of a thrill, you'll want to read page 4 about an awesome dog called Scooter who helps people with additional needs go surfing on an adapted board! If you prefer to paddle your feet in the sea, go to page 5 to read how Selina Ragless has fundraised for beach wheelchairs in Worthing - they are going to help so many people!

On page 10 there's an update from CYCALL based in Brooklands Park and on page 11 are details of the newly opened adventure playpark with lots of accessible equipment.

I'm so pleased to have articles about two awesome young men I have met at Wheely Wonders. On page 6 George has told us about his Duke of Edinburgh Award hike and Leo has been on a school trip to Iceland (the country, not the shop!!), see page 13. On page 7 Phoebe, another young reader has written a lovely story about a special frog.

There's a report on our first three Wheely Wonders days of the year on page 8 - we loved having Gillian Keegan MP with us in April. Adam has been busy making music with different groups; his update is on page 15. On page 9 I've written about some of my favourite sunny weather walks. We have some wonderful places around West Sussex to look at the stars; find out how to get a telescope from Scopes4SEN on page 12. As always, please write and tell us about your adventures, hobbies or clubs - you can feature in the next edition!



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Lizzie Baily MBE

lizzie@wellspringwestsussex.org.uk

We are extremely grateful to **The Wellesley Charitable Foundation** for their grant towards our creative arts projects. Also thank you to **Localgiving** for their **Magic Stars grant** and to **The Thornton Trust** for their continued support. We are very pleased to receive funding from **The Boltini Trust** for Wheely Wonders. Thank you to everyone who donated through **Localgiving** and **Lizzie's Facebook fundraiser**, your support is so valuable to us. Also thanks to **Southern Mobility Vehicles** for their donation and advertising with us (see page 14).

Breathing Space

Breathing Space offers opportunities for children and families to access the therapeutic and holistic benefits of forest school and care farms.

What do we offer?

We offer regular and one off sessions and alternative provision for groups, individuals, and families. These are designed and adapted for all ages, abilities and needs. Requirements will be discussed on application.

What are the Benefits?

- Improve mental health and wellbeing.
- Offer the time and the safe opportunity to de-stress and off-load worries and anxieties that may be a burden.
- Make lifelong memories.
- Gain invaluable life skills.
- Provide learning opportunities to similar groups for example, food related issues, bullying, anxiety, confidence etc.
- Personal development.
- Form positive friendships.

Woodland Wellbeing

Spending time in woodlands is particularly therapeutic and can reduce stress levels improving mental and physical wellbeing.

Located in a private woodland in Walberton, near Fontwell, Chichester, our Woodland Wellbeing sessions follow the Forest School ethos, supporting and developing:

- Communication skills
- Confidence and self esteem

- Increase social and emotional development
- Resilience



- A love of nature
- Learning about yourself
- Positive friendships and experiences

Activities include:

- Fire lighting, campfire cooking
- Woodworking and natural crafts
- Team building, games, and challenges
- Life skills
- Alternative learning opportunities
- And much more!



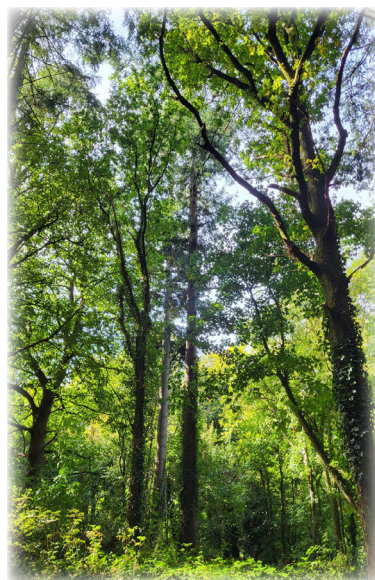
Therapeutic Care Farm

We run our care farm sessions at Applefield Smallholding, in Sidlesham, Chichester (where we also run Wheely Wonders) using therapeutic approaches

to improve mental health and wellbeing. Spending time with animals and being a part of their care has endless holistic

benefits for participants including:

- Reducing stress and anxiety.
- Nurturing a sense of responsibility.
- Offering a purposeful and caring role.
- Hands on learning opportunities.
- Providing a safe environment to work through issues.
- Increasing self-confidence and resilience.



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Activities include:

- Helping to support the welfare and care of the animals.
- Farm work, mending animal enclosures, fencing and making safe and clean environments for the animals.
- Invaluable work experience, learning opportunities and life skills.

Our Team:

- Jen and Tam are experienced forest and beach school leaders. Jen has extensive SEND experience with children and adults and Tam is also a trained teacher who has many years of experience working with children and young people in alternative learning settings.
- Louis, Kerry, and Sam T are our support staff who bring lots of different skills to the sessions.

Louis is an ex-soldier who has since worked with vulnerable children within care homes and other settings and is an experienced Forest School assistant.



Kerry has extensive experience working within SEND settings and works as our forest school one-to-one SEND support.

Sam K is a student and forest school assistant who has grown up within SEND and forest school settings. He supports alternative provision, holiday clubs and SEND Wellbeing sessions. This is Otto, Tam's puppy therapy/forest school dog

in training. He loves making new human friends, playing and lots of cuddles!

Contact Us:

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Email: **woodlandwondersforestschool@gmail.com**

www.woodlandwondersforestschool.co.uk



Pegasus Scheme

Sussex Police's Pegasus scheme is for people who find it hard to communicate with us – we keep your pre-registered information safe on our computer and we can access it quickly if you call us. You don't need to repeat all your details.

Who can register?

- Anyone who has a disability or illness that may make it hard to communicate with the police in an emergency or difficult situation.
- Registration is free.

How it works

- You'll be issued with a card and a personal identification number (PIN) and if you need to call us, say 'Pegasus', tell us your PIN and we'll access your details right away, which will save you time.
- You can also show your card to a police officer, member of police staff or other emergency services staff if you need

assistance in person and they'll know you may need extra help and support.

- You can change or update your details at any time.
- If you agree, we'll share your Pegasus information with other participating emergency services (fire, ambulance) and local authorities.

Pegasus terms and conditions

- Your information will be stored on a secure database owned by the police.
 - Access to the database is controlled, but we may share your details with our partners, such as other emergency services, so they can help you.
 - If you're under 18 you must have your parent or guardian's consent.
- To complete a quick and easy online application form to join the scheme go to www.sussex.police.uk and search for Pegasus.



Scooter Surf Therapy

Rescued from the streets of Portugal in 2015, Scooter has gone on to rescue scores of humans as the UK's only Surf Therapy Dog. Scooter Surf Therapy Dog CIC is a not for profit community interest company set up by Scooter's Mumma Kirstie Coy-Martin. A police officer of 27 years and keen surfer and paddle boarder, she found that being on the water riding waves or just paddling along being at one with the ocean massively improved her mental health and general well-being. As Scooter was already a regular therapy dog, visiting hospitals and schools, she had a lightbulb moment and wondered if she could combine the power of the water with the magic of the mohawk. Yes that's right, Scooter has a blue mohawk! After an 8 month training course to make sure Scooter was happy and confident on the board the CIC is ready to take off and is offering Surf Therapy sessions for children and young adults with physical, mental and learning disabilities in the West Sussex area.

Kirstie is a qualified Adaptive Surf Coach with further qualifications in Understanding Children and Young People's Mental Health, Autism, Mental Health First Aider, Peer Supporter and a Beach School teacher.

Kirstie and Scooter currently run free Salt Water Therapy sessions called Fluro Fridays and Salty Saturdays for adults and young people over the age of 14 years old once a fortnight

through the summer and are now taking bookings for 1-2-1 Adapted Surf Sessions for children and small adults with physical disabilities using their specially adapted board which has a bucket seat and safety handles. With the adapted board the participant gets to experience and feel the thrill of riding waves with Scooter on the front of the board for encouragement, Kirstie on the back steering and an army of trained volunteers in the water to make sure the surfer is safe and happy.



Once an expression of interest is made, Kirstie asks the parents or carers and the surfer, to complete a Pen Portrait of themselves so the session can be specially tailored to their individual strengths and challenges and so the best beach location for accessibility can be decided upon; either West Wittering or Bracklesham Bay. Both have car parks with

disabled bays and toilet facilities. West Wittering has beach wheelchairs. The bucket seat is available to try out on its own out of the water to make sure the surfer fits comfortably in it and feels confident before the session. Life jackets and helmets (complete with mohawk) are worn for extra safety and some wetsuits, boots and gloves

are available to borrow beforehand so the surfer can get changed in the comfort and privacy of their own home. GoPro cameras are fitted to the board so brilliant film and photos are captured to remind the surfer of their very special day.



If you would like to discuss booking an Adaptive Surf session please email Kirstie:

kirstie@scootersurftherapydog.co.uk

Sessions cost £25 per person to cover the cost of insurance and lifeguard. We believe everyone should have access to the water and relish a challenge so don't assume your child/young person would not be able to do it!



beach or regular schools to give talks about what he does and how important our mental health and wellbeing is. Scooter has his own children's book Called Scooter The Surfing Dog Finds His Forever Home, telling the story of how he came to live with Kirstie, how it's cool to be different and it's ok not to be ok.

Aside from his water activities Scooter is also available to attend youth groups,

Check out Scooter's website www.scootersurftherapydog.co.uk for more details of all his work.

Worthing Beach Wheelchairs

Since the last update I've managed to raise £3032.50 minus the JustGiving fees. I've been working closely with the lovely Polly Bishop, the Engagement Officer for Independent Lives charity. Her passion and dedication to this project has been of great help and importance. We've had a meeting with Councillor Vicky Wells and Jeff House the Coastal Officer for Worthing, in which we discussed the future plans for making Worthing Beach accessible.



We are currently awaiting the items receiving their health and safety certification and servicing, the booking system is in hand and will be up and running within a couple of weeks...we need to finalise details. Risk assessments are being written and will be published then we will be good to go!

The beach wheelchairs and equipment will be stored at the Coastal Office in Worthing.

There will be space to store your chair whilst hiring the beach chair. In the future we will be looking into hoists, changing facilities and such like. It's all a work in progress and we want to make sure we get it right for everyone. Ideally we'd love to have more chairs in the future, but again small steps!

We have since purchased a child's beach wheelchair and a rollator with the funds; there is a small amount of funds left over which will be used to fund any other equipment needed such as chair harnesses etc. We understand that there are many different people young and older with varying disabilities that will require different adaptations to be able to use the beach and this is something we are still working on. We also now have an adults' chair.



This is just the beginning for accessibility to our beautiful beach so watch this space! To keep up to date, search for Worthing Beach Wheelchair Fund on Facebook.

Selina Ragless

George Goes for Gold

My name is George Harris and I'm 26 years old. I'm in a family with mum, dad, my sisters Lexie and Emma and brother Jonny. I live in Chichester. I really like laughter with my friends and chatting!

The Chichester schools I went to were Portfield, St Anthony's then sixth form at Fordwater. I loved all of them but especially maths and sports at Fordwater. Then in September 2016 I went to Lufton College in Yeovil, Somerset. Moving to College from home, I was unhappy at first, shy and a bit homesick. Making new friends and getting to know the teachers helped me settle in.

My favourite things there were working at the coffee shop called, 'Cow and Apple', playing football and in June 2018 we went to Geneva for a Football Tournament tour which I really enjoyed. Other things I enjoyed at College were science when we made things, all sports and drama. I was in a show called 'Grease' and was Mickey. The food was nice which sometimes I helped with. I made lots of friends there and still see Peter, Florence and Daniel and am in touch with others. I also enjoyed the trampolining, and parties.

I had lots of Awards and Certificates of Achievement at Lufton including for showing maturity in problem solving, working as part of a team, being a good role model and helping someone settle into college. Certificates were in recognition of my valuable contribution to land-based sessions, sporting achievements,

independence, dance, recognition of outstanding team work and for catering and marketing. I was on the Student Council for two years running and was given a Certificate of Achievement.

I was given the Football Association People's Cup 2018 Certificate for Participation and an Achievement Award in March 2017 for competing in the Somerset Apache Stealers Inclusive Swimming Gala. I walked six miles on the 'Lufton 2 Snowdon' Sports Relief Challenge and was a volunteer for the National Trust.



In charge of the BBQ on Duke of Edinburgh

Now the Duke of Edinburgh Award! In 2019 I went on the 35 mile Ten Tors Challenge which is a two day trip on

Dartmoor, stopping at different points to check in. It was flat, hard and rough to walk on. Being with my friends made it easier.

Before we went there was lots of practising including going over and under an assault course, climbing both indoors and outdoors and of course – walking!



A long day of walking on Ten Tors

We went by coach from Lufton to Ten Tors and it was fun being with my friends and singing on the way. When we got there we slept with our friends in tents. The staff got all the meals for us – breakfast, lunch and dinner with a BBQ.

On the first morning we just got on with it and set off on our walk; I found it quite easy and I really liked the walking. Just as well because it was nearly all walking! The walk was over the Tors with my friends and staff.

One of my friends got bad feet and had to go back but at least he did some of it.

At the end of the two days I came to the end and had DONE IT! I felt really proud and enjoyed all of it. I was given a badge.

On 19th May this year, I went to Buckingham Palace with mum and dad to receive my Duke of Edinburgh Gold Award and afterwards we went to a pub in London for a drink, meal and celebrated what I've done.



I'm at Chichester College now and things I enjoy are Ten Pin Bowling UK which runs from Appledram. I used to go along to PACSO. I also really like drumming and working at a café called, 'Wagtails'.

If there's something you'd like to do in your life, why not give it a go!

By the way I'm a young man with Down Syndrome.

George Harris

The First Aid Frog

Far, far away in a wonderful land of fairies and elves and the like lived a frog called Bluebell. Her full name was Bluebell Jacqueline Camilla Daydream. She lived in a hole in the forest next to a mushroom. One day she woke up as usual, no one in her hole except herself.

She felt elated because she saw a small gift at her door. She unwrapped it quickly, wondering what it was. It was a first aid kit. She wondered and pondered until she felt sure, wondering what it was for.

Then she heard a very loud scream, it was a baby beetle. It had cut its leg. She put a bandage on it and the baby beetle walked away.

Another scream, and another, each scream was as shrill as the next. Then she heard a very big scream that filled the forest with fright. A large, bulky animal strode across the clearing, it had brown fur and sweet, kind eyes. The creature had a wound on its leg and it

was howling in pain. Bluebell asked its name, it said it was called "Sloth".

"I'll put a bandage on" said Bluebell.

"Will it hurt much?" asked Sloth.

"Probably, but not too much" said Bluebell.

Then she got to work using her first aid kit. Sloth screamed "OUCH OWWWW" but nevertheless she carried on. Sloth said "Ouch" a couple more times but now she was finished. Sloth walked off feeling good as new, sad that she was returning to Central America.



To this day Bluebell is called the Emergency Frog. So if you get hurt, she will come. And the moral of the story is, do first aid, learn first aid and you could help a friend or even save a life.

By Phoebe Jones, aged 9

Wheely Wonders Spring 2023

We had a lovely time at our first Wheely Wonders of 2023, funded by **Localgiving Magic Stars**. Families spent time with the animals on arrival then headed to the wood with Jen and Sam for Woodland Wonders Forest School activities - bug bunting, fun on the swing and in the hammock and making wooden snails and caterpillars. Back on the field before lunch, it was fire lighting and marshmallow time!

At Lizzie's Craft Club we got ready for the Coronation by decorating flags and crowns. The afternoon ended with fun and games provided by Chris North and a wonderful show where each child was given the opportunity to perform in their own way.

It was great seeing children meeting their friends again as well as welcoming three new families. We were so pleased to welcome Gillian Keegan MP and her husband Michael back. She spent lots of time chatting to everyone and shared a lovely video about her visit on her Facebook page.

On St George's Day it was a drizzly start to Wheely Wonders but the families were happy to come back to Applefield! It was great to see one family who hadn't been for a couple of years. After feeding the animals, Tam and Richard helped everyone to saw discs to make owls as well as doing leaf printing at Forest School. Luckily it wasn't too damp for fire lighting and enjoying marshmallows! The sun came out for Craft Club where we decorated flags and crowns again and did some Coronation colouring.



Yellow the grown up lamb and Biscuit the dog just loved joining in all the fun!

Thanks to **The Wellesley Charitable Foundation** for funding this.

On Sunday 14th May, the first Applefield lambs were born so all the Wheely Wonders families were able to quietly have a look at them as well as feeding the goats and donkeys on arrival.

There were lots of fun Forest School activities with Jen and Sam – journey sticks, sheep on sticks, dragonflies, clay tree people and sawing wood for necklaces, plus fun in the hammock and swing, before fire circle time.

At Craft Club, we decorated pots using collage and stickers – it was a lovely colourful scene watching the unique ideas appearing. There were also some fantastic scratch art pictures created.

We ended the afternoon with Chris' magic show and singing with Celyn. It was also great to have Carole and Bernie from the Wellspring committee volunteering with us for the afternoon.

We received a grant from **The Boltini Trust** for this one!

It is so special to see the children who we have known for a while now growing up and learning new skills. We love meeting new families and helping children gain in confidence. If you would like more details about Wheely Wonders days, please email lizzie@wellspringwestsussex.org.uk.

Lizzie Baily

Whizzy Lizzie

Near my house is the Medmerry cycle track where I love the freedom of whizzing along in my electric wheelchair. We have a bridle path that runs from our lane to the main road and the start of the track. The bridle path has been sloping sideways and it has always felt rather perilous; one neighbour told me she'd once come off her bicycle into the ditch! To avoid this, I've had to go in the car to get to the track. In February I emailed our Parish Clerk about the problem, and in March I received an email from a lady at WSCC. She told me that it may take over a year for any work to be done as funding would need to be decided, but it may be a project for volunteers. Just after Easter, a neighbour let me know that the path was indeed being improved by volunteers and a neat wooden wall had been installed along the most sloping part. I was then able to go from our front door for a lovely hour's walk, and now weather is warmer, I hope to make it all the way to the viewing point with the Isle of Wight on the horizon! I may even make it all the way to Selsey one day!



I am looking forward to soon visiting the Arundel Wetlands Centre where a Changing Places toilet is being installed. This will make such a difference to me and I know it will for many of you too; at last we can enjoy a longer visit there!

Two other local walks I really enjoy are either side of Chichester Harbour. One is from the car park at Itchenor where the path goes through some beautiful trees down to the water and then continues along the beach. I was very happy to find a decking walkway at a point that used to be very narrow, and I have also discovered a gentle slope where I can actually drive very close to the water if there's not too much seaweed!



The other walk is at Cobnor Point where the path is smooth and goes over two bridges and ends up in a little glade – a perfect picnic spot. Every time I have been over the bridges, I tell myself “look forward not down!” as they seem very high when the tide is out!

If I am feeling brave, I can cross the main road at the end of our bridle path and this goes into the Pagham Harbour RSPB nature reserve. There are several smooth pathways to choose there and at high tide, it's a really beautiful scene. Near to the car park there is also an accessible hide where you can look for lots of varieties of birds.

A short ride in the car takes me to the other side of the Medmerry Reserve (car parks on Easton Lane, Sidlesham or Earnley) and from there I can have an hour whizzing along until I finally reach a quiet beach. Along the way there are tidal pools with cows grazing alongside different types of geese and ducks. Another part of the Reserve can be accessed through the Seal Bay caravan park in Selsey.



As you can probably tell, I love being outside near water or at the beach so an outing along the seafront at Bognor, Littlehampton or Worthing are on my list for the summer! In September 2019 I went with my parents and Limitless Travel to Llandudno where there is a really long promenade and pier. It was a quiet morning when we were there, so I put my maximum speed on and did an 8mph zoom for nearly a mile! The town has sea on both sides so we spent the rest of the day exploring; the other coast was beautiful with Snowdonia in the distance.

I could tell you about more of my adventures but will save them for another article!

Lizzie Baily
lizzie@wellspringwestsussex.org.uk

CYCALL

I am sitting here looking at the lovely spring sunshine and daffodils out of my window, excited about the first CYCALL session of the season. CYCALL is an inclusive cycling project based at Brooklands Park in Worthing. We have 40 adapted bikes including wheelchair bikes, hand propelled bikes and side by side tandems. CYCALL sessions are very sociable and we provide refreshments. We have many outdoor games to play including Boccia, table tennis and table football. We also have sensory toys and a little snug for quiet time away (this is also my retreat!!). Brooklands Park is undergoing redevelopment at the moment but the works are near to conclusion. There is a lovely new play area (see opposite page). In due course, there will be a cafe and Changing Places facility opening. We currently have a wheelchair accessible Portaloo in situ.

One of the most lovely things about CYCALL sessions is being in 'the great outdoors'. Cycling is great for our health and wellbeing but the magic combination is physical activity outdoors. The Woodland Trust states that *"Scientific studies have shown that 'green exercise' can improve self-esteem and mood, as well as reducing anxiety disorders and depression"*.

CYCALL is volunteer led and we are always looking for new people to help at our sessions. We are particularly keen to welcome people who may encounter barriers to volunteering.

CYCALL sessions run on Wednesdays (10.30am-12.30pm) Thursdays (11am-1.30pm) Fridays (12-2.30pm) and Saturdays (11am-2.30pm).

We also take bookings from groups, organisations and SEN schools.



CYCALL is a very friendly community of support, love and fun. CYCALL attends local community events throughout the year including fetes, festivals, Worthing Mental Health Awareness Week and Dementia Awareness Day.

A highlight is Worthing Carnival when the CYCALL family dress up in themed costumes. The 2022 Carnival celebrated 'all things 80s'. We were delighted to be joined by members of Worthing Mencap who expertly rode CYCALL's fleet of bikes. We even had a dinosaur riding a bike!

We are always delighted to receive feedback which helps our Trustees to understand the

local need and the difference that our sessions make. We were so pleased to hear this comment: *"So fantastic as always. A beautifully run charity with the personal touch for each individual that comes to use the bikes. 10/10"*

CYCALL volunteers are at the heart of our project. One of

our volunteers reflected; *"You have no idea how much I enjoyed being there today. I feel honoured that you would let me join your wonderful little community"*.

If you would like to find out more about CYCALL please visit our website

<https://cycall.info/>

Email: cycallworthing@gmail.com

Tel Martine: **07784 918122**

Martine Walters



Brooklands Adventure Playpark

The highly anticipated Brooklands adventure playpark in Worthing is now open for children, families and visitors to enjoy. This new facility has been designed so that people with specific needs can enjoy the park and all it has to offer.

The fun, safe and inclusive space for children of all ages and abilities includes music areas, sensory areas and various pieces of accessible equipment including a roundabout and swings, adventure play pieces for older age groups and accessible paths within the play area allowing easy movement for all.

In addition, much of the equipment and design elements uses natural materials with locally sourced wooden structures including willow tunnels and igloo.

Cllr Rosey Whorlow, Worthing's Cabinet Member for Health & Wellbeing, said: *"It's really exciting that the Brooklands adventure play area*

is now ready for our children, young people and families to enjoy. This 30-piece play area offers so much in terms of opportunities for creative play, whilst also encouraging children to enjoy building up their agility and fitness in such a fun and pleasurable environment.

The two larger climbing frames are not for the faint-hearted and they offer older children suitable challenges. The addition of sensory elements is wonderful for those with sensory processing needs."

Parent Leonie, visiting the park with her sons, said: *"This park is wonderful. My son who has*

autism is non-speaking and has Sensory Processing Disorder. The park has a sensory walk and such a range of different activities that it brought a big smile to his face. It's lovely to have a playground with sensory activities integrated as both my children get to enjoy what they need at the same time."



Cllr Vicki Wells, Worthing's Cabinet Member for the Environment, joined families as they explored the park. She said: *"I am delighted to see the park open. The space includes classic*

pieces of equipment that are accessible, ensuring that playtime can be enjoyed by many more of our residents.



A simple experience taken for granted by most children, playing on the swings, has been accommodated with the inclusion of two accessible swings so this basic pastime can be enjoyed by those in wheelchairs too. It was a real privilege meeting Paige and her family as she

experienced the swing for the first time, safely in her wheelchair.

I love the thoughtful touches of parking bays for large buggies or pushchairs and the wheelchair accessible picnic tables. I'm sure this super space will be appreciated by all. Huge thanks to the teams who have worked so hard to deliver this fantastic new playground."



The cafe with Changing Places toilet is under construction and it is hoped they will be ready to open in good time for the Summer season - with a grand opening to mark the occasion.

Scopes4SEN

Astronomy is our hobby. Over the years, we have travelled all around the world to view solar eclipses, Venus and Mercury transits and much more besides. As time went by, because we enjoyed it so much, we felt that children with special educational needs (SEN) and vulnerable adults should also be given the chance to look through a telescope and explore the Moon, the planets and the stars. Because astronomy equipment is expensive, many schools and colleges are unable to afford even a fairly basic telescope. We believe all children should have the opportunity to explore the Moon, the stars and the Planets! Having a telescope, gives them a space to explore, to exercise their imagination, and dream of new possibilities. Our "Reach for the Stars" project is aimed at schools, hospitals, retreat centres, trusts, and also home schooling families that cater for children with special educational needs and institutions for children with disabilities.

We started the project "Scopes4SEN" at the end of November 2015 to give children with special needs the chance to stargaze with their own telescope at their school or college. After receiving our first 12 telescopes, we received donations of equipment from all over the world, both from manufacturers and individual donors.

Whilst schools were at first rather reluctant to accept equipment from us (they couldn't quite believe we were giving out telescopes for free!), after a year we had a waiting list.



Now we have donated nearly 800 telescopes along with other educational materials. Our aim is to inspire and to get pupils and teachers interested in science and astronomy.

Please get in touch:

- if you would like to donate a telescope, and it is in good condition and boxed, we arrange collection and send to a SEN location. If the telescope needs a fix, please arrange drop off or send yourself to Scopes4SEN.
- if you know a location who caters for special educational needs and are keen to have a telescope, please forward our contact details to them, so they can apply.
- if you would like to donate some funds.

Please do contact us via email
scopes4sen@yahoo.com

Support via our PayPal
**www.paypal.com/cgi-bin/
webscr?cmd=_s-xclick&hosted_button_
id=8F7M77MLAPYCJ**

Or via bank transfer, direct debit:
cafdonate.cafonline.org/17299



With your donation, you give children with disabilities or learning difficulties in a school or institute the opportunity to see the moon, the planets, the stars. Thank you for your support!!!

Scopes4SEN received the Prime Minister Points of Light Award in April 2023.
See www.pointsoflight.gov.uk/scopes4sen/

Testimonials

"Thank you so so much, it arrived and my sons were blown away - they are so excited to learn to use it but got it out straight away and we found the moon in the late afternoon sun!!! They were so excited. It's so much better than the binoculars they have been using and they could see so much more detail due to not having to try and hold them still. Happy faces and whooping all round."



"Hi, i just wanted to assure you that we have received our wonderful telescope, we are so very grateful to you, I've been sharing with other SEN home educators and so many SEN groups I'm a part of, you're the talk of my town, thank you again so much Patrick, it's the little acts of kindness that change lives."
Laura and Leah

*Patrick Poitevin
Tissington DE6 1NH*

Leo's Adventures

Hello, I'm Leo Miles Gilbert and I am 14 years old. I have a brother called Jasper who is 15 and a sister called Serena who is 11. I have 5 cats - Bob, Ben, Sammy, Nala and Tony. I live by the sea in East Preston.



I go to St Oscar Romero School in Worthing. I like school. My favourite subject is drama.



I love going to see musicals on stage and watching films and musicals on TV. I belong to a dance group called The Dance Crew. I enjoy performing with them.

I have recently got back from a school trip to Iceland. My favourite part was walking on the glacier. We needed crampons on our shoes and an ice stick. I drank from the icy water and it tasted salty! I found climbing up all the steps to see the top of the waterfall hard. I was excited to go on the trip. My parents



were cool about me going. My friends and Mrs Franks, a TA, helped me on the trip.

I started at Beavers then Cubs and now I am in the Scouts. I have enjoyed the camps and cooking sausages on the camp fire!

On Friday 12th May I went by mini bus with a group from my school to take part in DiscoverABILITY Day 2023. It was held at Sussex County Cricket Club. We did lots of different activities with balls such as batting, throwing and catching which was great fun. I went last year and my photo was picked to help promote the event this year. Because of this I made it onto the big screen at the cricket ground!

My advice for children and young people with additional needs is "Be careful but you will enjoy everything. Everyone helps you."

Leo Gilbert

ADVERTORIAL

Southern Mobility Vehicles

Here at Southern Mobility Vehicles Ltd we are specialists in wheelchair accessible vehicles or WAVs as they are often known. We invite you to come and browse our wide selection of low mileage, freshly prepared vehicles at your leisure. There is never any pressure to buy and we have all the time you need to help and advise you on which vehicles would work best for you. Different vehicles will have different features and benefits, and some will suit your needs better than others and we take the time to really listen to what matters to you, because after all, you may not have bargained on this ever being a need in your life. 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, don't worry, you're not alone. We meet with many people, some have just discovered them, others have been on a fruitless search for months and some of our customers know exactly what they want. What we know is that it isn't simple; it's not as if you can just punch in the exact make and model you want and get a hundred results on Autotrader.

We deal in vehicles of all sizes, from 2 to 16 seats plus a wheelchair user as well as multiple wheelchair user vehicles which could be suitable for care homes, schools or charities. We convert new vehicles and can bespoke existing ones so whatever your needs are just



ask and we can advise on how we can make the right vehicle work for your needs.

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Please feel free to call us or visit is any time and a warm welcome always awaits. We know that the ability to travel makes a huge difference to the lives of wheelchair users and we have seen how they change lives. Remember

too that WAVs can be driven by carers, friends or family members, and in many cases wheelchair users are able to drive the vehicle themselves. Whatever your needs, come and talk with us, we are here to help.

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 Regis in Lee's Yard on the A29 just south of Westergate, our postcode is PO20 3SU. You can call us on **01243 544444** or **01243 586444** or, if you'd prefer please email us at sales@southernmobilityvehicles.co.uk

or find us on Facebook at **smv ltd**.



We look forward to seeing you soon and please mention that you found out about Southern Mobility Vehicles in your Wellspring West Sussex newsletter!

Music with Adam

This year, thanks to the **Wellesley Charitable Foundation** we have run some great inclusive music workshops with lots more to come.

My collaborative work with Wellspring has been going on for a number of years now. It was in 2009 that I started partnership work, so it'll be about 15 years of music making! It has been inspirational, creative and wonderful to see people come together.

I started this year back at Kingslea Primary School in Horsham, working with some Year 5 children on their SEN register. There were three sessions in total which ran alongside lessons with their whole class. We recorded vocals, made beats and edited music with some pro music software! The sessions were really valuable as it gave the children more time on the tech and enabled them to get ahead of the game with the classroom sessions. They really gained in confidence and at times were showing some of the other children how to use the software.

Here's some feedback from Mr Hill the Year 5 teacher: *"Thanks for everything you do for the children, they loved the sessions!"*

We also ran a drop in music session at QM Studios in Horsham for under 25s. The session featured some great DJs and there was a very special guest appearance from Dom Beatbox who has helped me many

times at Wellspring sessions. Dom got everyone involved in beatboxing; passing the mic around the room, while I helped keep the beat on the drum kit. It was such a lovely atmosphere with lots of instruments and tech used by all. A great music session with a positive social vibe!



Here's some feedback from a parent at the session: *"Henry was buzzing after the session and can't wait to DJ at the next Blue Oasis!"*

The Blue Oasis Club in Horsham is a great way to showcase our DJs and groups that have benefitted from funding through Wellspring West Sussex and it's also a great night out. There are club nights on 13th September and 15th November at the Drill Hall in Horsham. For more info email: info@qmstudios.co.uk.



I have lots more sessions planned for this year with the funding. I have five sessions scheduled for an after school club at Manor Green College delivering electronic music and DJ sessions. I'm back at the amazing PACSO Summer Playscheme

in August for drumming and DJ sessions – can't wait!! Also some very special news – Boom Tribe Inclusive Samba Band will be drumming alongside Chestnut Tree House at 'Pride' in Brighton! It'll be great to support them and bring awareness to their great work. Good times ahead, so watch this space!

Adam Gellibrand
info@qmstudios.co.uk

Volunteer with Wellspring

- Do you have some free time and experience you can share to support the committee? This could be secretarial work or looking for new sources of funding.
- Do you have desktop publishing skills to help produce articles for the newsletters?
- Would you like to gain experience supporting children and young people with additional needs in a relaxed environment? Come and help at Wheely Wonders or Lizzie's Craft Club. Attend an inclusive music session with Adam or a story workshop with Chris!
- Perhaps you could organise a fundraising event for Wellspring West Sussex or maybe just make a donation via <https://localgiving.org/donation/wellspringwestsussex/start> - just £5 would provide a place for a child at Lizzie's Craft Club.



Please see our website and Facebook page for details of our workshops and contact Lizzie if you are able to help us in any way.
THANK YOU!

www.wellspringwestsussex.org.uk
lizzie@wellspringwestsussex.org.uk

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 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!

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If you do not contact us we will take this as confirmation that you are happy to continue receiving the newsletter.



Please write to us at:

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The next edition will be *Hobbies and Clubs*

If you would like to contribute any articles or letters to this edition, please send or e-mail to us by 30th September 2023

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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.