Hello! Welcome to the second edition of Wellspring this year! I hope that the new term has started successfully for everybody, especially if you or your child has started at a new school. The government has launched a Green Paper on Special Educational Needs and Disability. To find out more about this, go to page 8.

This edition is full of information about Arts and Crafts. The Enable Me Project has received Aiming High Short Breaks funding to run a multimedia project for children with Autism - page 2 has more details. Time Aside Sensory Art workshops have also received Short Breaks funding and are open to the whole family, so look at page 3 to find out when and where these are taking place. If you are more interested in dance and drama, look at page 4 for information on two groups who welcome children and young people of all abilities! QEII School in Horsham has specialist status in Performing Arts; page 5 shows some of the amazing things they have achieved! For young people with learning disabilities in the Horsham area, the Blue Oasis club is the place to go, so check page 6 for further details! Wellspring has received funding from The Alchemy Foundation to provide free places for special needs children and their brothers and sisters to attend my Craft Club. Read more about this on page 7. Turn to page 11 to read about exciting new developments at Brooklands Pleasure Park which have been implemented by We Play Too. The Phoenix Centre is a brand new youth centre in Bognor Regis, don’t miss out reading page 13 for details.

The Wellspring Transition Guide is finally available and there’s more information about it on the back cover.

Please send in anything you think other readers would like to know, we always appreciate your feedback!

Lizzie Baily
lizzie@wellspringwestsussex.org.uk

Contact ICIS for information on services offering care, support or advice in West Sussex.
TelephoneNumber: 0800 859929
e-mail: enquiries@icis-info4life.org.uk
www.icis-info4life.org.uk
We’re delighted that the WSCC Short Breaks Grants Panel* has decided to fund this exciting new project and in total, there will be 40 clubs taking place between October 2011 and March 2012 as follows:

10 Clubs in Worthing
(at The Maybridge Keystone Centre starting 31 October)

10 Clubs in Littlehampton
(venue & start date to be confirmed)

10 Clubs in Crawley
(venue & start date to be confirmed)

There will also be 10 Clubs in either Chichester or Burgess Hill (location to be decided soon).

*Like all West Sussex ‘Short Breaks’ funded projects, for Anim8, we can only accept children and young people who are in receipt of the medium or higher rate care component of the Disability Living Allowance (DLA).

Want to know more?
Contact Ann or Nik at Enable Me
Tel: 01903 734400
Email: office@enablemeproject.org.uk
www.enablemeproject.org.uk

Anim8 Project

Kids, Whatever you like to do - Try Anim8 - have lots of fun with film, animation, video and computers!

Mums and Dads, if you have a child with Autism, these Workshops are designed for them! Free taster session.

‘Anim8’ is a visual/multi-media project for children & young people (5-18) on the autistic spectrum that will allow them to use film & animation techniques in a safe and creative environment to have fun exploring new ways to communicate with their families, peers and the rest of the world in their own unique ways!

Impulse Leisure Inclusive Activities

- Impulse Leisure at Lancing Manor and Southwick clubs are starting new inclusive junior activities for disabled children and their families commencing Monday 17th October for a period of 20 weeks (term time only).
- Weekly sessions at Lancing Manor include Music with Sussex Academy of Music, Multi Sports Seagulls Specials, Cricket with Marlow Sports and Mighty Mites. Whilst at Southwick there is Fencing with Rob Parsons, Dance with Lets Dance Studio and Trampolining.
- In addition every 3rd Sunday of the month at Lancing Manor is a Sensory Art workshop with Time Aside. (see page 3)
- These sessions are being run in partnership with ‘Short Breaks for Disabled Children’ who have provided the funding necessary for the wide variety of activities on offer.
- For further details and booking please call Lancing Manor Tel: 01903 524624 Southwick Tel: 01273 238111
- For timetable of activities and discount coupons, download the flyer from www.impulseleisure.co.uk/news-1/short-breaks-for-disabled-children
Sensory Art Workshops supported and funded by WSCC ‘Short Breaks’ programme for Children and Young People with Disabilities and their Families.

As ‘Time Aside’ Sensory Art providers, we meet many types of needs. The great joy of ‘Sensory Arts’ is seeing children, young people and adults alike, discovering that they are OK about having a go exploring and playing with materials without expectation or fear.

Sensory Art Workshops provide creative fun for the whole family using a rich array of materials. Sessions meet all communication, access and esteem needs, in an atmosphere where there is acceptance for all and fun. No art skills are required. This is non-directive natural play with a special focus, where all are valued and imaginative connections are possible.

Children and young people with disabilities from 0 to 19 yrs, siblings and extended family are welcome. Please note all children and young people will need to be accompanied by parent or carers at all times.

Workshop Dates and Locations

**Tangmere**
Chichester Rural Children and Family Centre, Bishops Road Tangmere. PO20 2JB
- 2011: Saturday Nov 12th
- 2011: Monday Dec 19th
- 2012: Saturday Jan 21st
- 2012: Wednesday Feb 15th
- 2012: Saturday Feb 25th
- 2012: Saturday March 17th

**Lancing**
Impulse Leisure Centre, Manor Road, Lancing. BN15 0PH
- 2011: Sunday Nov 13th
- 2011: Sunday Dec 4th
- 2012: Sunday Jan 15th
- 2012: Sunday Feb 5th
- 2012: Sunday Feb 26th
- 2012: Sunday March 25th

Session times: 10.30am to 1.30pm.
Cost: £5 per family per session.
You can access part or the whole of sessions as preferred.

Please do contact us if there are any points we have not touched on here such as any specific requirements. We are here to help. Looking forward to seeing you!

Andrew Baker and Sueloo Brown
Tel: 01730 810166
Mobile: 07967 828654 or 07792 903236
Email: andrew@timeaside.com
or sueloo@timeaside.com
www.timeaside.com/shortbreaks
Ariel Young Othellos

Drama, Dance, Singing for Children with Special Needs aged 7 –19.
Saturday 8.45am - 9.45am. Oakmeeds School, Burgess Hill.

Ariel Drama Plus Academy has taught and promoted its inclusive creative process of teaching in theatres in Sussex with outstanding results. What we do makes a difference and therefore we spread our methodology further so more students can benefit from the experience.

We work on a mission statement that everyone is welcome, and everyone is valued as equals.

We will be starting a Crawley class in January which we are very excited about. The venue is St Wilfrid’s in Crawley.

"This is an invaluable experience for him, as it has boosted his confidence and self esteem greatly and enhanced his social skills beyond our expectations. In short Othellos and the whole Ariel Drama Academy family have transformed his life”
Parent of an Othello student

Ariel Othellos Plus

Drama, Dance, Singing for Adults with Special Needs aged 17+.
Tuesdays, 7.00 - 8.30pm. QEII School, Comptons Lane, Horsham.

If you would be interested in joining any of the groups, or require more information, please contact us.

Tel: 01444 250407 or 01444 254466
Mobile: 07795 116079
Email: nicci@arielct.co.uk
www.arieldramaplus.co.uk

Shine Theatre Group

Shine Theatre Group is an inclusive theatre group which is based in Hurstpierpoint, West Sussex. Shine offers a range of classes during the week to suit all abilities, who can learn through Singing, dance and drama. In 2000, we introduced an inclusive part of Shine where all children, whatever their ability, can work together to produce professional, inspiring performances.

Shine now runs Shining Stars which is a group held on a Friday from 5pm to 6pm at the Scout HQ in Hurstpierpoint. This is a Drama class, run by Michael Burnie, for students with learning difficulties.

Students learn through, performance, teamwork, exercises, voice work and many fun games. There are currently spaces in this class for anyone who would like to come along and try a session.

Shine is about to start rehearsals for a concert at the Hove Town Hall, to raise funds for the Martlets Hospice. To see more of our work, please look at our website at www.shinetheatregroup.co.uk

If you have any questions regarding our group, please call Mel Upton
Tel: 01273 832855
At QEII we have always seen the potential for teaching our students through performing arts. All students at QEII have extremely complex learning needs and our creative curriculum enables them to reach their full potential particularly in terms of self-esteem, confidence and independence.

Our reputation for performing began to grow in 2007 when we entered the National Rock Challenge dance event and performed alongside our mainstream peers. Our ‘Monster Rock’ was spotted and we were asked to perform it on many occasions. One really memorable event was when we were invited to perform it at the National Dance Teachers’ Conference at the Laban Centre in London.

Since then our performing arts has gone from strength to strength. We celebrated gaining our Gold Artsmark in 2009.

In September 2010 we were awarded Specialist Status in the Performing Arts in recognition of the high standard we have reached. This involves an increased commitment to share our skills with other schools and the wider community.

In 2009 we embarked on the Shakespeare for Schools Project and a group of senior students performed Twelfth Night at Leatherhead Theatre, the Capitol Theatre Horsham and the Performing Arts Hub at Central Sussex College. Once again we were spotted and chosen to be one of three schools nationally to perform at the Lyric Theatre in the West End.

We are delighted to be participating in Shakespeare for Schools again this year with senior students performing in Romeo and Juliet and a sensory based Midsummer Night’s Dream.

Last year was a particularly busy year for us as we embarked on a whole new set of projects as part of our new specialist schools status in performing arts.

THE QEII STUDIO 2010/2011

The Creative Arts Programme at QEII has been greatly enhanced by the new Studio which was officially opened in July 2010.

The Specialist Art Room provides a dedicated facility for pupils to explore all aspects of the Art Curriculum and the learning outcomes have been outstanding. At the Awards Evening in July the achievements were celebrated in a Gallery that was set up in the Art Room.

As well as the Art Room, the main hall in the Studio has been used extensively. The retractable seating has now been fitted enabling audiences to get a ‘birds-eye’ view.

DRIVING INSPIRATION PROJECT

We were privileged to be chosen as the West Sussex School to take part in this pre-Olympic project. The emphasis was on the Cultural Olympiad and we were joined at school for two weeks by choreographer Mark Smith and artist Rachel Gadsden.

The final part of the project took place at Stoke Mandeville. Our work received rapturous applause and our art work has already been commissioned for the Olympic Exhibition at the Stoke Mandeville Stadium next summer.

RED CROSS DANCE FOR LIFE

To complete the 2010/2011 School Year with a standing ovation at the Indigo O2 was magical. We were invited to be the guest performers at the Red Cross ‘Dance for Life’ Final on Sunday 17th July. Back in April we embarked on our first week-long workshop with Court Meadow School which culminated in a performance at Clair Hall in Haywards Heath, in the area heat of the ‘Dance for Life’ Competition.
Horsham District Council (HDC) have always kept inclusive and accessible services high on their agenda and over recent years they have provided a range of events and activities for young people with disabilities and special needs.

The Blue Oasis Club, a night club for people with learning disabilities, has been going for nearly a decade and provides a regular social hub for people to meet up with friends and showcase their talents. More recently they successfully applied for Aiming High for Disabled Children funding and put together a comprehensive programme of activities which includes badminton, baseball, cricket, dance, DJ’ing, drama, percussion, screen printing, table tennis and video production.

Community Development Officer Nick Jenkins says ‘providing opportunities for people to take part, learn new skills, showcase and celebrate each others achievements have always been close the HDC Community Development team’s heart and we try and ensure everybody has access to facilities and activities. A long time ago we teamed up with the Brighton based arts charity Carousel and organised a Blue Oasis Club based on their very successful Blue Camel Club. This really started the ball rolling in Horsham and the club nights have now become firmly fixed in the local events calendar and are largely run by, and for, people with learning disabilities. The club nights really have an energetic and celebratory vibe with disabled DJ’s, dancers and live bands all sharing their stuff with packed audiences. Ultimately these clubs allow for quality social contact time with friends and peer groups in a safe and creative environment with people showcasing their skills; and everybody seems to have a smile on their face. The Blue Oasis Club is held 4 times a year with the dates already set for 2012 – 22 February, 16 May, 5 September and 14 November. There are also clubs in Crawley and Worthing.

The team have also recently extended the range of activities on offer by securing just over £100,000 from the Aiming High for Disabled Children Fund. Nick says ‘we had worked in partnership with local groups like You Can Do It for a little while and when the Aiming High money was made available a couple of years ago we jumped at the chance to give our young people in Horsham the chance to take part in activities which they may not have been able to before. This programme of work has achieved two major things; most importantly it has vastly increased access to quality inclusive activities for our young disabled groups and individuals. The difference this has made to people lives has been amazing with participants not just being able to genuinely join in but it has also positively impacting on their confidence, motivation, self esteem, fitness and social interaction; the regular activities also crucially allow for planned schedule breaks for parents and carers. Logistically the programme also has made a big difference to our ability to facilitate activities as we have put together a comprehensive disability awareness training programme for all our staff and practitioners, trained a flexible and knowledgeable bank of workers to support the activity sessions, increased our networks and contact with disabled groups and individuals and, perhaps crucially, allowed us to bring the issue of access and inclusivity to the very heart of our work practically and politically at a time when some services are under certain economic pressures’.

For more information contact Nick Jenkins
Tel: 01403 215216
Email: nick.jenkins@horsham.gov.uk
I have been running my craft club since 2006 in the custom built art studio in the garden at my home in Sidlesham. The studio is wheelchair accessible and I welcome children of all abilities aged 4 to 11 to join the club. I have an assistant with me every week and all materials and refreshments are provided!

The club runs on term time Saturdays for 5 or 6 weeks from 2.30-4pm. Each Craft Club course covers a different theme. The club is structured with up to 3 activities each week. Children get to take home everything they have made as well as a photo certificate showing them at work.

In 2010 I was able to provide 9 free places at the club to special needs children and their brothers and sisters. These places were funded by Wellspring West Sussex with the generous support of The Alchemy Foundation and we have received further funding from them so that I can continue to offer FREE PLACES during 2012!!

“I was overjoyed at finding out about Lizzie’s Craft Club because at last both my children could attend a club together, be supported to achieve, and enjoy themselves and each other! As a parent of children with differing needs, Lizzie’s Craft Club uniquely provided a prolonged and focused activity over several weeks, that they were both challenged by and really enjoyed.” Grainne, parent

“I love doing different art every time I go. It is the fun that I have which makes it special and the teacher Lizzie is great. You will never want to stop going!” Jennah, aged 11

If you would like to book your child in for one of my Craft Clubs in 2012, please contact me. Do mention that you read this article!

Lizzie Baily
Email: lizzie@lizziebaily.com
www.lizziebaily.com

Creative Heads was formed in 2009 after I teamed up with two friends, Maria and Becky, to run combined craft, photography and creative writing workshops. At our workshops, Maria takes photographs of children in dressing up clothes, glasses and hats which we bring with us. The photo is then printed out and can be used to personalise the craft activity I provide, or the books made with Becky.

We have provided our workshops at leisure centre fun days across the county for the past two years as part of the Aiming High for Disabled Children project run by West Sussex County Council. It has been wonderful to see the creativity of all the children (and parents!) at our workshops and it has been especially exciting when we have met the same enthusiastic children at different locations.

Most recently we ran a workshop at the Dame Vera Lynn School for Parents 10th Anniversary party attended by over 100 children!

If your group or club are interested in booking us for a workshop, please contact me at the same address as for Craft Club.
‘Support & Aspiration’
Special Educational Needs & Disability Green Paper – West Sussex Pathfinder

The Green Paper, launched in March 2011, includes proposals which if introduced will mean the biggest programme of reform in the education, health and care support for children with special educational needs (SEN) and disabilities in 30 years. The Government asked Local Authorities to apply to be pathfinders and a partnership of councils called the South East 7 (SE7) has been chosen to be a pathfinder area for the potential reforms to the way disabled children and young people, those with learning difficulties and other special educational needs are assessed and provided with support.

The SE7 is a collaboration of councils involving West Sussex County Council, East Sussex County Council, Brighton and Hove City Council, Kent County Council, Hampshire County Council, Medway Council and Surrey County Council. The area serves 1.3 million children including more than 24,000 with special educational needs.

The Government wants to fundamentally reform the SEN system to address problems including:
- parents having to battle to get the support their child needs
- SEN statements not joining up education, health and care support
- children falling between the gaps in services or having to undergo multiple assessments.
- multiple layers of paperwork and bureaucracy adding delays to getting support, therapy and vital equipment
- a confusing and adversarial assessment process, with parents’ confidence in the system undermined by the perceived conflict of interest where the local authority must provide SEN support as well as assess children’s needs
- Ofsted and others suggest that too many children are being over-identified as SEN, which prevents them from achieving their potential because teachers have lower expectations of them.

The pathfinders will test the core proposals from the Green Paper: a single assessment process; ‘Education, Health and Care Plan’; greater engagement of the voluntary sector; and the use of personal budgets. There are also some optional elements to test and in West Sussex we have identified 2 linked projects through which we intend to test the core and some optional elements:

- We already have a pilot of personal budgets in place for families with disabled children and young people who are known to the Child Disability Teams. Families are currently going through the process of assessment and support planning with some ‘live’ budgets already in place. West Sussex is also part of the national pilot of personal health budgets for disabled children and these pilots are linked and overlapping. We propose to integrate these but also to incorporate elements of educational funding to develop an education, health and social care plan with a personal budget attached.
- We also intend to develop a single assessment and plan with early years children, building on existing multi-
disciplinairy work, including health, education and family support. We believe this would be strengthened by offering families access to a personal budget at the beginning of their child’s journey, working within a broad ‘Early Support’ approach.

The reforms proposed in the Green Paper are aimed at making sure the child and their families are central to the process and fully involved at each stage. They will lead to simpler assessment processes which will look at all of a child's needs including their learning needs, their health needs and their care needs. In many cases this will lead to a single support plan.

We will be working very closely with West Sussex Parents Forum and local parent groups as well as our voluntary sector colleagues.

If you would like any more information or would like to get involved then please contact:

- West Sussex Parents Forum
  Tel: 07528 418149 Email: parents@westsussexparentsforum.co.uk
- Debbie Buckwell, Strategic Commissioning Manager for Disabled Children
  Tel: 07921 291059 Email: debbie.buckwell@westsussex.gov.uk

Changes to the Helpdesk arrangements for Disabled Children and Young People

From September 19th 2011, the Child Disability Service helpdesk function will be moving to the single Children’s Access Point (CAP) at County Hall North, Horsham. This will replace the three existing Helpdesks currently located in the Child Disability Teams in Horsham, Bognor Regis and Worthing. These changes only affect the Helpdesk arrangements for new contacts or enquiries. The management of the Child Disability Service and the service itself remain unchanged. Anyone requiring help or support for a disabled child or young person, who does not have an allocated social worker, should make contact through the single, countywide telephone number used by the CAP: 01403 229900. This includes enquiries from professionals working with children and members of the public. Enquiries will be dealt with by a qualified social worker from the Child Disability Service. The person handling the call will provide advice or information, redirect or signpost the caller to other agencies, or take a referral.

If a referral is required this may include a recommendation to undertake a Common Assessment Framework. Where the information provided suggests there is a serious child protection issue, a social care intervention can take place without a family’s consent. However, where there is a lower level of concern, in line with government guidance, the referral will not be taken without the family’s consent. For more information about these changes please contact:

Jon Philpot - Principal Manager Child Disability Tel: 01243 752896 Email: jon.philpot@westsussex.gov.uk
Lynda Bell - Acting Service Manager Child Disability Tel: 01243 642858 Email: lynda.bell@westsussex.gov.uk
Hey there!
While you're here, why don’t you take a go at the word search? You could also read some words of wisdom. Don’t forget to check out what’s hot and what’s not. If you feel like doing arts and crafts, but lack the inspiration, have a look at the story about a painting dog below. If he can do it, anyone can…

Kyran & Ernie the Chicken

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

Words of Wisdom:
If you’re going to use cups to clean your paintbrush while making pieces of art, don’t forget about the cup. I can assure you that painty water is not the tastiest or safest of beverages. I think I’ll stick to drinking bottled water the next time I paint, just in case…

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

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DID YOU KNOW?

Sam, a service dog from Maryland, America, is no ordinary mutt. In his spare time he prefers painting to chasing cats. Some of his paintings have sold for more than £1,000. Nicknamed ‘the doggy Da Vinci’, Sam’s paintings have even featured in art galleries. Talk about a creative canine…

You can find a video of Sam painting here: http://www.youtube.com/watch?v=EbnpKqHQsd0

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& ARTS & CRAFTS

Words:
Arts, Craft, Fun, Sculpture, Painting, Make, Create, Sketch, Drawing, Colour

WHAT’S HOT?
Painting!!

WHAT’S NOT!
Messy Paint!

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We Play Too

EXCITING NEW VENTURE FOR
WE PLAY TOO!
We Cycle Too and
the We Play Too Playground

We Play Too would like to tell you about our latest project – We Cycle Too! This will be the first of its kind in the south and will be very much welcomed by all. Brooklands Pleasure Park have also created many extra initiatives which will make this the largest fully inclusive public park in the South of England and perfect for EVERYONE to enjoy.

On Sunday 26th June 2011 we had a fun day out to enjoy various entertainment and of course the ‘official ribbon cutting’. This was a double celebration as it coincided with the completion of We Play Too Phase II. This includes an additional wheelchair swing, musical sensory equipment, sensory springers, a themed bench and assisted saddles for the pony rides.

Our latest venture, We Cycle Too! has been created to enable children with disabilities to experience the joy of cycling. Cycling can have enormous physical and emotional benefits and this facility will enable the children to fully take part in an activity which they can enjoy with their friends and family.

This unique project costing £200,000 has been financed from the West Sussex County Council’s Aiming High for Disabled Children programme, in partnership with Worthing Borough Council. The specialist bicycles will be for hire to organisations, schools and families with children with disabilities. These are various bicycles, including ones where children can be seated on a bike with their parent or personal assistant. For many of these children it may be their first experience of cycling! There is a purpose built 400m track with a choice of long or short routes. An extra 12 blue badge car parking spaces with full accessibility has also been created.

For further information on We Play Too please Email: lyn@weplaytoo.org.uk
Tel: 01903 203819 or 07712 202100
www.weplaytoo.org.uk

To book We Cycle Too or for further information regarding We Cycle Too please Email: wecycletoo@hotmail.co.uk or call 07572 985176

My Network

A new drop in service for people with learning disabilities offering information, advice and support plus the opportunity to make friends and take part in activities.

We can help with:

• Finding Local Clubs • Making Friends
• Health Problems • Healthy Eating
• Handling Money • Making Appointments

…and lots more!

Tuesdays and Fridays
2pm to 5pm
at Buddys Café
Contact JENNY

Tel: 01903 202030 Email: buddyswms@btinternet.com
121 South Farm Road Worthing BN14 7AX
Established and run by parents of children with special needs, the Parent and Family Care Foundation provides a number of services for parents and families in West Sussex including:

- **Short-term professional counselling** – the foundation provides parents of children with special needs in West Sussex with access to 6 FREE sessions with a professional counsellor.

- **Training** – the organisation has run various workshops on a wide variety of issues for parents and extended family including understanding challenging behaviour, learning through play, disability awareness, an introduction to Makaton, etc.

- **Fundraising Support** – the charity has extensive experience in fundraising and therefore helps other small parent led organisations with raising money through grants

- **A Parent & Family Guide to Special Needs in West Sussex** – this is a new and exhaustive guide to special needs now available to download from the charity’s website. The guide contains chapters on a number of important issues including diagnosis, benefits and money matters, special educational needs, survival strategies, social & leisure activities, etc. It also contains a directory of over 400 local and national organisations and a jargon buster.

Commenting on the guide, Co-founder & Project Manager, Brian O’Hagan said “the feedback we have had from parents and professionals has been fantastic. We hope for more feedback before making the book available in print format.”

To download the guide please email us at guide@parentandfamilycare.org.uk. You will then receive a reply with the link you need to access the page containing the guide. You can download the entire book or specific chapters on issues that interest you right now. However, we would recommend downloading the guide in its entirety.

For further information on the charity, please contact Brian O’Hagan, Co-Founder & Project Manager
Tel: 07939 192388
Email: info@parentandfamilycare.org.uk
www.parentandfamilycare.org.uk
West Sussex Youth Service is proud to open its new state of the art youth club in Bognor Regis. The new Phoenix Centre has opened on the Bognor Regis High School site and is truly state of the art. The centre has been possible due to a successful bid for ‘My Place’ funding from Graham Vagg, Service Manager for West Sussex Youth Service.

The centre was also part funded by the Aiming High funding to develop the centre to meet all of the community’s needs. The centre boasts all of the usual facilities for young people, but also incorporates a fully accessible kitchen, a sensory room and also has hoists and changing facilities to meet the needs of most young people. Mr Vagg says “I am so excited about this centre and the opportunities it offers, but I am also pragmatic in thinking that a building is just a shell, it is the people who make it work and move it forward”.

Mr Vagg has laid down the challenge to readers of Wellspring to come and visit the centre and they know what you think!!! They are happy to work with organisations to develop specific groups and to give all young people somewhere to go and something to do. Mr Vagg is also looking for young people to join the centre’s steering group, so that they can start to evolve the provision to meet the needs of all young people.

For further information please contact Graham Vagg on 01243 777800 to arrange a visit or talk about opportunities to set up youth work sessions.

Take a look at some videos of the Phoenix Centre at the early stages here [www.yourspacewestsussex.co.uk/youth_clubs/coastal_areas/thePhoenixCentre.aspx](http://www.yourspacewestsussex.co.uk/youth_clubs/coastal_areas/thePhoenixCentre.aspx)

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**New Social Club**

For people over 18 with disabilities

Come and meet new people and have some fun!

1st and 3rd Monday of the month starting Monday 7th November 2011

Subs £2 and refreshments available, 7pm to 9.30pm

Fitzalan Howard Centre, Pavilion Road, Worthing

Tel: 01903 821437

Please note that if you have personal care, mobility, medication or eating and drinking needs that you cannot meet independently then you must bring a carer.
Changeworks Family Therapy

As a Family Therapist I offer emotional support to families. I have experience of working alongside families with issues arising from child disability and complex needs, including life limiting illness and bereavement. Talking and listening together can improve many aspects of family life and support significant relationships. Family Therapy encourages people to reflect on events and allows the sharing of thoughts and feelings with other family members. This approach can be especially helpful if relationships are under stress.

I provide home based sessions and cover all West Sussex.

Fees are charged on an hourly rate. Please see the payment guidance on my website for more information. Changeworks would actively support families who would like to approach shared funding options with GP’s or statutory services.

If you think Family Therapy might be of help to your family, please contact me.

Lynsey Waterhouse Tel: 07759 786715
Email: lynsey@changeworkssussex.co.uk
www.changeworkssussex.co.uk

Tracey Cambridge - Osteopath for Babies and Children

Fully qualified and registered osteopath since 1997 who specialises in the treatment of babies and children. Clinic at her home in East Grinstead. See website for charges.

“Sometimes problems don’t become apparent until a child gets older, for example developmental delays, or a squint or lazy eye. Teething pains are often worse in a baby who was delivered by forceps. A toddler may fall many times onto his or her bottom whilst learning to walk, and the repeated shock absorbed through the pelvis may cause problems sleeping. Of course Osteopathy cannot change the diagnosis of children born with a congenital condition, but it can alleviate some of the physical problems associated with that condition. For example, babies and children with Down’s syndrome often have problems breathing because of narrowed sinuses. For best results, treatment should begin before the age of 5 years as after this the bones start to harden and the stresses and asymmetries caused by birth cannot always be completely eliminated.”

Tel: 01342 323851
Mobile: 07743 825610
Email: tracey@sussex-cranial.co.uk
www.sussex-cranial.co.uk
Who are Independent Lifestyles?

• A Social Care Provider established in 2002 for adults with Learning Disabilities, Acquired Brain Injury & Complex Needs
• Registered with the Care Quality Commission
• We have Supported Living services offering 24hr support
• We have a day service for developing creative skills
• We have a day service and a night respite service for people with Autism
• We also support people in the community, living on their own or with family/friends/carers

What does the Support Agency do?

• Supports people with Learning Disabilities, Acquired Brain Injury, Physical Disabilities and Mental Health needs in the community
• Following assessment, provide compatible & suitably trained individual staff or a team of workers with appropriate qualifications & skills for the role
• Meet all Care Quality Commission regulations & requirements
• Provide mandatory & specialised training for all staff including NVQ
• Monitor & review service outcomes through Quality Assurance practices

For more details about the services on offer please visit;

www.independentlifestyles.co.uk

Or contact Jo Fisher on 01273 831699
Mobile: 07588 862317
Email: agency@independentlifestyles.co.uk

Private Physiotherapy treatment in your own home or clinic sessions

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

Charges apply. See website for details.

Gina Farmer MCSP
Chartered Physiotherapist
https://www.physio4kids.org.uk

Contact:
01243 376263
07711 826523

The advertised individuals and organisations are for your guidance and are not a recommendation by Wellspring West Sussex.

If you would like to advertise here, please email lizzie@wellspringwestsussex.org.uk
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We are pleased to announce that our
TRANSITION GUIDE
for young people with disabilities and special needs, their parents and carers
is now available!
The Guide has been put together by Wellspring West Sussex with funding from the Youth Opportunities Fund and gives details of local and national support groups, organisations, charities and clubs who offer support to disabled young people through the transition years.

If you would like a copy of the Transition Guide, please email or write to the address above.

The next edition will be Paralympics
If you would like to contribute any articles or letters to this edition, please send or e-mail to the Wellspring addresses by 27th January 2012

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