



Musical Technology

Hello everyone! I hope you have all had a good extended summer and have been able to enjoy being outside as much as I have!

This edition has a wealth of information about the amazing ways music can be produced using different technologies.

Find out about the facilities and workshops that take place at QM Studios in Horsham on page 2 and there is also information about SprungDigi, the first arts festival for people with learning disabilities taking place next year. Wellspring musician Adam has been running some workshops with the support of a music student, John who has answered some questions about his role on page 3. Adam's top 5 music apps are on page 7. Chris North uses different instruments and interesting devices with children and young people of all abilities in his Lifemusic sessions - see page 4. There are lots of interesting music related websites on page 6 and page 8 has details of organisations offering grants and funding.

The Revs are a band made up of 6 people with learning disabilities and a support worker - their story is on page 5. Read all about my musical moments on page 9 and details of my craft club can be found on page 13. If your group or club is looking for a new activity, get in touch with Maria Riese who runs Polka Photography, more details on page 10.

The **next edition** of Wellspring will be focusing on **Special Education** and we would really love to hear from any schools in the county who would like to share art work and stories or celebrate special events taking place. Details of how to get in touch are on the back cover. Please also get in touch with us to tell us if you are happy to **receive the newsletter online** - see page 15 for details. Don't forget to **'Like'** Wellspring West Sussex on **Facebook** to keep up to date with local events and news!



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

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Lizzie Baily

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Thanks to **The Henry Smith Charity** for their continued support and funding that has enabled this newsletter to be produced.

QM Studios

Horsham's excellent music facility QM Studios which is run by the Horsham District Live Music Alliance is having a refurbishment and upgrade. The studio which is situated behind the Drill Hall on Denne Rd, Horsham was set up in 2000 by sound engineer Graham Ansell and Trevor Beadle from Horsham District Council. The studio has three rehearsal rooms, one of which is linked to a control room for recording. The recent upgrade includes an Apple iMac computer running Logic Pro X (a Digital Audio Workstation) with two audio interfaces giving 16 channels of digital multi tracking.



recording vocals over the top and mixing it all together. I have seen young people with disabilities accessing and learning complicated software and enjoying what it has to offer. The studio has plans to build a vocal booth in the near future too that will be fully accessible to use and

with their professional microphones, preamps and digital capabilities it is proving a great resource for all.

Already we have had groups from Ingfield Manor, the Strawford Centre as well as the Reaching Higher Project to enjoy the facility and we are committed

to making it a fully accessible and professional resource.

We have been delivering DJ and Music Tech workshops there for the past couple of years as part of the WSCC Reaching Higher programme and the studio lends itself well to these inclusive workshops welcoming young people of all abilities. Our participants have been writing and arranging their musical ideas on Logic,

For more information on studio bookings please contact Mandy on **07813 049666** or check out www.hdlma.co.uk for info on the studio.

Adam Gellibrand
Music Leader

SprungDigi

SprungDigi is a Arts Council funded project headed up by Horsham District Council which enables learning disabled people to get creative and connecting with the world through digital tech. It will work with a wide range of artists who work with digital all the time and it will take artwork to different places and spaces to express themselves in way that surprise and delight.



take place in Horsham during the summer of 2015. SprungDigi hopes to highlight and address the isolation that learning disabled people are currently facing across the country through drastic changes in social care.

www.sprungdigi.co.uk

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Community Development Officer (Arts)

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Music Students

John Woolven is 19 years old and has Aspergers, but doesn't consider himself as having a disability. He has answered some questions about his involvement with Wellspring funded music workshops run by committee member Adam Gellibrand..

Where are you studying at college and which subjects?

BTech Level 3 Extended Diploma in Pop Music. Second year at Chichester College.

How did you meet Adam?

I met Adam participating a music workshop that took place at QM Studios in Horsham. I was drumming and working with other musicians throughout the day.

What made you want to help with Adam's workshops?

I wanted to help Adam as we became friends and I enjoy working with him. I also like to encourage other people to enjoy music and get involved. Also to gain experience in workshop delivery, Brazilian and African music and instruments.

What role do you play at the workshops?

Assistant Facilitator. I help unload the percussion instruments, set them up

and tune them. I demo each instrument and explain how to hold the sticks and strike the drum. I also illustrate body position and playing techniques. During the workshop I play various drum and percussion parts which bolster the group rhythms and exercises. Occasionally I lead an exercise or warm up.



Do you enjoy helping Adam and why?

Yes. I meet lots of new people and make friends and socialise which is important to me. It's a great opportunity to practice my

own playing and techniques. It boosts my confidence around people and I really enjoy working with Adam.

What would your advice be to other young people with special needs wanting to get involved with music workshops?

Just do it! Try really hard and realise when you are doing music your disability can become a real ability.

James Thornton, aged 20 has Dyspraxia and told us about his experiences with apps that help him with his HND Jazz course at Chichester College...

What technology helps with your studies?

I have used 'Aurasma' which is a form of augmented reality software. I have used Sibelius.

How does it help?

Sibelius helps me to write out music scores.

Aurasma turns images into helpful videos. You can scan these images on your mobile phones so that you can learn on the move.

How long have you been using it?

Aurasma 6 months, Sibelius 2 years.

Would you recommend it? Why?

I would very much recommend Sibelius as it helps you in writing out scores and you can listen back to them easily.

What would your advice be to young people with special needs wanting to get involved with studying music?

There's lots of assistive technology out there to help you with studying music.

Lifemusic Technology

Music is a wonderful way to experience enjoyment, have fun and express ourselves.

'Lifemusic' is what I provide; it's totally inclusive, gives an opportunity for participants to explore instruments and sounds and then create a composition through improvisation.

I have eighty or so instruments ranging from djembe drums and tambourines through to chime bars, bells and boomwhackers but this article is about my use of technology.

In my lifetime I've seen the amazing way technology has opened up an array of opportunities and possibilities for all of us to make music.

There are many accessible computer programmes which make it possible to join drum loops, overlay with guitars and keyboards and then add a voice. (If you need more information on these programmes have a word with your child's School or contact the Music Department at your local College or University)

Technology has provided designers with the facility to synthesise sound and enable users to create atmospheres which would have been impossible even twenty years ago.

In my technological 'Musical Kit' I have a number of resources which are of real value and add something special to the whole 'Lifemusic' experience.

The Soundbeam

The Soundbeam was developed quite a while ago now and in time has been improved and modernised. It consists of 'sensors' which pick up the slightest movement and then through technology, translate that movement into sounds.

There are switches which are very easy to use and bring in other sound effects to the mix.



The Soundbeam can be used by individuals and even the flicker of an eyelid can trigger chords or atmospheres from 'Hitchcock' to the 'Scottish Isles'!

Alternatively a group of participants moving in whatever way across the sensors, can create the most amazing sound landscapes. Colourful play parachutes or juggling scarves moving up and down in front of the sensors can be used to translate movement into sight and sound.

Dance can be interpreted by using the 'Soundbeam' and seeing and hearing the relationship between us and the space we're in.

Recently working in a School with a group who'd chosen a poem on a 'spooky' theme, one of the boys 'flew' a black cardboard bat across the sensors to generate the ghostly 'other worldly' background needed.

So the 'Soundbeam' is truly inclusive enabling anyone with even the smallest of movements to contribute to the whole sound composition.

More details on their website

www.soundbeam.co.uk

The Kaoscillator

Korg is at the forefront of synthesiser design and this 'neat bit of kit' uses the same chip

at its centre as some of the more expensive synthesiser keyboards. It consists of a small handheld box with a screen, dials and a rectangular pad which you move a finger across to change pitch, note, tone and sound.

Even the gentlest of touches on the pad can affect the sounds generated.

It's also possible to record a loop and then play on top of that.

It needs a separate amplifier (I use

a portable amplifier) but it could be played through any amplifier system.

I've seen some second hand older versions on eBay for around £60 to £70.

Latest Kaoscillator info: www.korg.com/uk



Stylophones

Copies of the original Stylophones (as used in David Bowie's 'Space Oddity') are available for around £20.

They're small, fully portable and have a mini keyboard which you move a stylus across to create different notes. There's also vibrato if you want it.

The only minor problem is the fragile wire joining the stylus to the circuit board which you need to be aware of.

www.stylophone.com



create and like or dislike. They can think about how some sounds are creepy and others are just fun, enjoy 'cause and effect'.

It's also usually possible to plug in a separate amplifier. Hearing impaired children have a better opportunity to 'feel' sound through this means.

CONCLUSION

This article has just scratched the surface of music technology. I hope this has given you an idea of how I use technology - along with fabrics and sensory materials - to bring an environment to life. By purchasing suitable instruments second hand at car boot sales or on eBay, you can build a very servicable technological music kit for yourselves and your child.



Keyboards

I have three keyboards which I use in Workshops. One has a whole range of effects from choirs and orchestras through to drums and 'sound creations'. Another is a straightforward piano keyboard. The third and more complex is the Korg 'microKorg' - a state of the art synthesiser through which you can create more or less anything! All three are ideal for children and young people to experiment with and hear for themselves the sounds they

If you have any questions I'm more than happy to do my best to answer them!

Chris North

www.freedomthroughfun.co.uk

Lifemusic details:

www.lifemusicmethod.blogspot.co.uk

The Revs

A Worthing band set up by learning disability and autism charity Outreach 3 Way have launched their debut album, Rev It Up.

The Revs are a six piece band made up of five members who have learning disabilities and a support worker. They were supported by Outreach 3 Way's Out There project to write, record and perform their own songs at various events and venues across the region.

On 21st July at Worthing Leisure Centre, the group launched their album, which uses a mix of genres to tackle both positive and negative social issues including government cuts, overcoming depression and love.

The band formed three years ago and their first performance was at a club night for people with learning disabilities.

Richard DeNiese, Sports and Leisure Development Officer for Out There, helps manage the band and is very proud of what they have achieved. He said: "When the band first got together they played at the club night and were so successful they've gone on to perform at lots of other events. They've also played alongside mainstream bands at the Rockhouse in Brighton. They are very popular and it's great to see how much confidence they've gained through this project."

Outreach 3 Way is a charity that provides support for people with learning disabilities and autism in Sussex. It is part of the national not-for-profit support provider Dimensions, which supports around 3,5000 people with learning disabilities and autism across England and Wales. For more information visit www.outreach3way.org

Music Websites

The British Paraorchestra

www.paraorchestra.com

A high profile and professional orchestra made up of gifted musicians with disabilities. View audio and video clips with details of their music, concert dates and application details.

Can-Do-Musos

www.candomusos.com

Can-Do Musos showcases musicians and bands from all over the world who live with the day to day challenge of a disability.

Drake Music Project

www.drakemusic.org

Provides workshops, research and development and training to make musical composition and performance accessible to disabled children and adults who are unable to use conventional instruments.

Electronic Music is for Everyone

www.mybreathmymusic.com

Comprehensive information about the range of electronic instruments available to disabled players.

Expressive Software Projects

www.espmusic.co.uk

ESP specialises in Music Software and Hardware for PC, Mac and Acorn. Their aim is to make music more accessible using technology as a tool.

Golden Chord

www.golden-chord.com

A personalised music transcription service providing music-related materials and sheets in Braille.

The Hindhead Music Centre

www.hindheadmusiccentre.co.uk

Hindhead Music Centre in Surrey introduce their courses for all ages and abilities including children with disabilities.

Living My Song

www.livingmysong.org.uk

A UK organisation providing information and resources to support access to music, particularly for people with physical disabilities and other special needs. There is a strong emphasis on ICT.

MIDIcreator

www.midicreator-resources.co.uk

The new home for MIDIcreator, "an instrument that allows music to be created in a host of different ways". It is controlled by sensors or switches, so it is ideal for making performance opportunities available to switch-users.

Music and the Deaf

www.matd.org.uk

A unique charity that brings music and the performing arts to deaf people. Includes training workshop details, newsletters and a deaf musicians forum.

Music Technology & Curriculum Access

www.musicedutech.com

Using music technology to improve access to music and enhance music learning for all, particularly for pupils with disabilities. The site provides examples of successful use of technology in the music classroom and provides links for further exploration.

Nordoff Robbins

www.nordoff-robbins.org.uk

A charity that transforms the lives of disabled and special needs children and adults through the power of music.

The Orpheus Centre

www.orpheus.org.uk

Disabled and non-disabled young people come here to write songs, make dances and put on shows that are explosive, exhilarating and excellent.



RNIB

www.rnib.org.uk

The Royal National Institute for the Blind offers much support for visually-impaired music-makers. Type "music" into their search box to see an extensive list of relevant musical links.

Skoogmusic: Accessible Musical Instruments

www.skoogmusic.com

Children who cannot use traditional instruments can now make music of their own with an easy-to-use invention developed at the University of Edinburgh. Site offers details of this touch sensitive colourful, squeazy cube that allows severely disabled to play and enjoy music. Watch an online video clip.

Sound Sense

www.soundsense.org

This community music organisation now incorporates the National Music and Disability Information Service.

Unique Perspectives

www.click2go.ie

An innovative company, whose products include Quintet, "...an exciting new musical instrument that enables people with disabilities to play music using switches," and Point-It, a USB compatible joystick which may be of interest to disabled users of GridPlay and Midigrid.

Youth Music

www.youthmusic.org.uk

Supports young people to develop their creative and social skills, make positive contributions to their community and improve their wellbeing. Type "disabled" into their search box to Download the full "Engagement with Technology in Special Educational and Disabled Music Settings" report.

Adam's Top 5 Apps

Adam Gellibrand has told us about 5 great apps he recommends:

'Spotify'

An online jukebox app for mobile or tablet. It's free with adverts, however there are upgradable versions



Spotify

'Djay'

An award winning DJ app for iPad, iPhone and iPod you can link with Spotify and your iTunes music library. Great fun. £13.99 from the App Store but money well spent.



'Garage Band'

Music production app for Apple products. Free on a lot of Apple devices, but a few pounds otherwise.



'Mad Pad'



An app that lets you film, edit and manipulate the footage. Hours of fun and you can layer footage and audio. £0.69 when I last looked.

'Piano Infinity'

Everything you need in a piano app. Great sounds, with recording and learning facilities. Free to download.



Music Grants

The Arts Council

The Arts Council provides grants from £1,000 to £30,000 (average £5,000) for individuals or arts organisations involved in arts-related activities that benefit people in England, or that help artists and arts organisations in England to carry out their work.

Tel: **0845 300 6200**

www.artscouncil.org.uk/funding

Educational Grants Advisory Service

The Educational Grants Advisory Service helps students who are over 16, "taking their first steps on the educational ladder", primarily assisting students who cannot receive statutory funding. Priority to lone parents, disabled, refugees, people from underprivileged backgrounds. It gives advice on how and where to obtain funds. Send a SAE to Family Welfare Association 501 – 505 Kingsland Road, London, E8 4AU Tel: **0207 241 7459**

The Hooper & Downer Educational Foundation

People under 25 who live, or whose parents live, in the area of benefit, which is the parishes of Amberley with Stoke, Ashington with Buncton, Ashurst, Bramber with St Botolphs, Greatham, Parham, Pulborough, Steyning, Storrington, Sullington, Thakeham with Warminghurst, Upper Beeding, Washington, West Chiltington, Wiggonholt and Wiston, all in West Sussex.

Grants can be used for books, educational outings equipment/instruments, school uniforms, special educational needs, study or travel overseas. Apply on a form available from the correspondent. An endorsement by a teacher or tutor is required if applicable, and also information on family circumstances.

Contact details: Rectory Office,
Rectory Road, Storrington, West Sussex
RH20 4EF Tel: **01903 742888**

Prince's Trust

Development Awards help tackle financial barriers that may be preventing you from accessing education, training or employment.

You may be eligible for a grant if you are a UK resident, and you are:

- Aged 14-16 and not expecting to achieve five GCSEs (or equivalent) grades A-C
- Aged 16-25 and not in education, training or employment

EXAMPLES WHAT CAN BE FUNDED INCLUDE:

- tools or equipment for a job or qualification e.g. hairdressing kit, carpentry tools, chef's whites
- course fees
- interview clothes
- license fees e.g. CSCS card (construction) or SIA license (security)
- childcare costs to help single parents access short term education
- transport to a new job until first pay cheque

Speak to someone about all Prince's Trust programmes and any general enquiries by calling **0800 842842**

Alternatively, text "Call Me" to **07983 385418**

Take it Away

An Arts Council initiative designed to help more people get involved in learning and playing music. The scheme allows individuals to apply for a loan of up to £2000 for the purchase of any kind of musical instrument and pay it back in 9 monthly instalments, interest free.

Address: Take it Away, Arts Council
England, 14 Great Peter Street, London,
SW1P 3NQ

Tel: **020 7973 6452**

www.artscouncil.org.uk/takeitaway

Lizzie's Musical Moments

While I've been working on this edition I've been thinking about my musical experiences. I've always loved watching orchestras playing and when I was a child, I thought that I would like to play the triangle or the piccolo!

I started learning the piano when I was six years old. One of the first pieces I learnt to play was Good King Wenceslas. My first piano teacher would organise termly concerts at her house where I played the keyboard alongside other children that she taught. This was a really good experience because although it felt scary at first, it was fun to play music as a group! While I was a Brownie, our pack all worked for our Entertainer badge. For the main event we put on a special evening of music and drama for our families and I had to play the piano. I remember feeling quite frustrated as the piano in the school hall was much stiffer to play than ours at home and I was a bit disappointed in how my piece went. However nobody else seemed to notice and I got a big clap and was awarded my badge!

From the age of 9 I started having my weekly lesson at school with quite a strict teacher who used to make me play lots of complicated scales and made sure I practised every day – and she could always tell if I hadn't! I think it did help me though as I got better at the piano and I was able to play properly with both hands. I liked playing Disney songs, especially the Bare Necessities and Can You Feel the Love Tonight. My best achievement was learning how to play Walking in the Air from The Snowman when I was 11!

When I moved to secondary school I started having my piano lessons on Saturdays with my sister's teacher. We would go alternate weeks and I didn't have to do so much practice which was good as my homework was taking up more of my time. As I got older I found it much harder to move my fingers on my left hand as

it started to get stiffer, so the teacher invented a pad attached to a pencil so I could press the notes while still playing normally with my right hand. When it became too difficult for me to sit in my wheelchair without my tray, I took along my mini keyboard and played that instead.

Music was a big part of life at my junior and senior schools with all girls either playing an instrument or singing. We did lots of concerts and plays and at the end of Year 6 we did a musical show called The Evacuees. I played one of the newsreaders (narrators)

but had to learn all the songs too. It was really exciting to be in a show and everybody had a wonderful time working and rehearsing together. I always enjoyed singing but I didn't get into the junior school choir. In year 8, any girls not in the orchestra automatically had to do choir so I was very happy about that!



Singing at the school summer fair!

When my family moved to Sidlesham I was nearly 15 so I started to be much busier with studying and working hard for exams and then my degree, so I slightly lost touch with my music (although Boyzone, Westlife and S Club 7 helped with my revision!). I was very pleased when I saw a notice in the staff room at the school I work in, announcing a community choir for staff, parents and friends! I've now been going every week for 3 years and it is a really fun part of my week.

I would encourage all children to take part in music, whatever your ability. This edition has shown me the incredible things that can be achieved by even those who can't move very much. At a recent respiratory clinic I had my best results for a few years and the consultant said that singing is a great way to keep healthy! I would still like to play the triangle one day!

Lizzie Baily
lizzie@wellspringwestsussex.org.uk

Polka Photography

Over the past several years that I've been running Polka, I've heard from organisations, parents and carers of children with disabilities that there is a shortage of activities enabling the whole family to be actively engaged and interact with each other in a positive, fun, and creative way. There is also a shortage within organisations of new ideas and activities to bring to the children.

My workshops cope with a wide range of physical and developmental needs through hands-on support within the activity, and can be easily tailored to the requirements and needs of the individuals taking part. The organisations themselves sum it up best:

"We would highly recommend Maria's photography workshops, particularly to anyone, and any groups who work with children and young people with special needs/disabilities. Everyone had a great fun time – the children had the freedom to dress up and play at the same time. Maria took MANY fantastic photos! This was a workshop where the whole group was able to take part, including all our staff and volunteers...We will definitely be asking to book more workshops."

Jacqui, Your Space Your Time

What you get:

- * Props and dressing up activity
- * Professional photo shoot for each participant
- * Instant printout of photos
- * Craft activity creating a special memento of a special day

In the end, this is about children, young people, carers and parents sharing and playing together, creating together, having a fun time...and leaving with a special memento and memories to take home.

I know that it's hard work finding funding these days. As you know, I've got years of experience helping organisations deliver

exciting projects that meet their funders' and organisations' objectives. And if you've already got your funding, it's even more important that you provide the best value and positive, fun experiences for your children, young people, and parents/carers.



How Polka benefits your children, young people, and families/carers:

Dressing up stimulates the imagination and creativity. Combining dressing up, photography, and craft activities provides a multisensory experience for those taking part - and a positive experience

and sense of achievement to those with a wide range of difficulties. Based on post-workshop evaluations with organisations and participants, my workshops provide a long-lasting memory of participants' activities and achievements as well as a visual reminder/memento of the event.

The structure and content of the event enable participants to have more exciting and challenging experiences, to interact and share a positive creative experience, not just with each other, but as part of a group working together.

How Polka benefits your organisation:

Your evaluation...

Photos make great examples to support your evaluation. They provide fantastic visual feedback, and parents love to comment on them to the organisation and social media!

Your promotions...

You can use the photos to promote your organisation. Professional images always attract attention, raise your profile and are great for advertising, publication, your newsletters, website or just to share on social media.

Your funding...

Your organisation can purchase a compilation DVD with all the photos of the event. Offering the photos to families allows you to get some money back: a great deal for parents who

have the opportunity to purchase additional professional photos, and a great deal for you to put money back in the pot.

Everyone's a winner!

So book now – we would love to make this work for you and your funding objectives!
To find out more contact me on **01243 536937**
Email: **hello@polkaphotography.com**

Thinking Funding for 2015? Think Polka!
www.polkaphotography.com

Maria Riese



Carousel

Carousel works to promote the active involvement of people with a learning disability in the arts, teaching new artistic skills and developing existing talents. Their art provision is recognised nationally and internationally for its high quality and unique approach.

Carousel supports artists with a learning disability to create their own music and develop recording and performing skills.

Their projects include Shut Up and Listen, Carousel Singers, Blue Camel Club and the Oska Bright Film Festival.

Shut Up and Listen Projects

Hear music and spoken word pieces created by learning disabled musicians on Shut Up and Listen Radio. Their digital projects are a chance for new artists to be tutored by learning disabled DJs and musicians to learn about various music technologies and to create their own music.

The Blue Camel Clubs are nights for people with learning disabilities to get together and enjoy the Shut Up and Listen radio show, live bands and DJs. Films, live performances and exciting visuals from VJs are also featured.

The Oska Bright Film Festival

is for short films and digital media made by people with a learning disability. People with learning disabilities can be script writers, actors, camera people, sound people, directors and producers or other things. All films for the next festival must be with us by 30th April 2015. For more information visit the Carousel website.



Contact details

Carousel. Community Base,
113 Queens Road, Brighton BN1 3XG
Tel: **01273 234734**
Email **enquiries@carousel.org.uk**
or **sual@carousel.org.uk**
www.carousel.org.uk

Wheelchair Fencing

Wheelchair fencing was introduced into the International Stoke Mandeville Games in 1954, when a demonstration was given by a paraplegic from the Spinal Unit at Rockwood, Cardiff, and his able-bodied instructor, Professor Reynolds. Dr Ludwig Guttmann, was very quick to recognise the potential for fencing as an addition to the sports practised from a wheelchair.

It was on the programme of the very first Paralympic Games in Rome in 1960, and has had competitions in every subsequent Games. IWAS Wheelchair Fencing (IWF) maintains a healthy Championship and World Cup programme attracting an increasing number of countries to participate in all 3 weapons in both individual and team events.

A local young person involved in wheelchair fencing is 24 year old Jonathan Collins who has Spina Bifida and Hydrocephalus.



Jonathan was encouraged to try the sport 2 years ago by a friend, so he contacted the Chichester Fencing Club and there met wheelchair fencing trainer, Vivian Mills. He said *"fencing makes me feel better if I'm stressed as I find it helps getting anger out and I enjoy it a lot"*. Jonathan would recommend fencing to others because *"it helps you lose weight and improves your concentration and strength and stamina"*

The Chichester Fencing Club runs on Friday evenings from 6-7.30 for juniors and 7.30-9.30 for seniors at Chichester High School for Girls in Kingsham Road. For the wheelchair fencers there is considerable flexibility in these timings.

Please contact Sharon Blackman if you have any questions or are interested in attending one of our sessions. Tel: **01243 822753**
E-mail: info@chichester-fencing-club.org.uk
www.chichester-fencing-club.org.uk

Muscular Dystrophy Campaign

On 31st August an event at Felpham Leisure Centre, Bognor Regis was held to raise funds for the Muscular Dystrophy Campaign. The huge indoor sports hall and some outdoor space at the Leisure Centre was filled up with 9 separate stages of various activities that contributed to completing a distance of a mile on the last day of the UK wide Move a Mile for Muscles series of events. Families that turned up loved the challenges and there were games for those wanting to do their own thing. In addition to getting certificates there was Jewellery, hand-made cards and refreshments for people to purchase. The raffle and tombola had loads of prizes and lots of tickets were sold. A big thanks to all who came, the staff and management at the centre and especially to



local volunteer Athina Willis who conceived and managed her first event with style with all proceeds going to MDC. Also a big thanks to the team who helped yesterday; Jill, Anne, Rod, Michelle, Mariana, Lauren, Hamish and Paul. Well done for a fun day and rewarding day.

Paul Tomlinson
Volunteer Fundraising Manager
– Muscular Dystrophy Campaign

Mobile: **07920 824 212**

Office: **020 8688 9373**

Email: p.tomlinson@muscular-dystrophy.org

Facebook Group: Muscular-Dystrophy Campaign (South East) Fundraising

For more information on the Muscular Dystrophy Campaign go to www.muscular-dystrophy.org
Join us at: www.twitter.com/targetmd

www.facebook.com/musculardystrophycampaign

Lizzie's Craft Club

Wellspring has been given funding from The Alchemy Foundation to enable me to continue offering **FREE places at my Craft Club to children with special needs and/or their brothers and sisters!**

My craft club is open to children aged 4 to 11 of any ability and runs on term time Saturdays from 2.30-4pm for 6 weeks at a time. It takes place in my custom built art studio at my home in Sidlesham. Each course is structured with up to 3 activities each week. Children take home everything they have made at the end of the course as well as a photo certificate of them working. All materials and refreshments are provided!



I was really pleased to welcome Orla aged 10 with Cerebral Palsy to the Autumn Craft Club this year. She said "I really liked Craft Club because we got to do lots of different things. My favourite was making a scarecrow and sewing." Orla's mother, Theresa said "Lizzie's Craft Club was a small intimate group

with lots of chatting, giggling and making. The children were given lots to do and make and were encouraged to be independent and make their own decisions".

If you would like to know more or book places please contact

me: lizzie@wellspringwestsussex.org.uk
Visit www.lizziebaily.com for past craft club galleries and Like "Lizzie's Craft Club" on Facebook.

Anda Cards

Alexandra Baily is my older sister and like me she has Congenital Muscular Dystrophy. When she was a little girl, she only wanted to become an artist, or 'a circus lady', but didn't like physio enough for that!

After doing Art GCSE and A level at school, she continued her studies in art, textiles and graphic design at Chichester College. During her time at college, Alexandra set up 'Anda Cards' (Anda is her family nickname) to sell her designs.



help with the different stages of some of the designs.

Anda Cards are blank inside and are suitable for any occasion. There are 47 'Round the Year' cards and 40 Christmas and Winter pictures. If you would like to see the cards, we can send a sample pack or catalogue with order forms. The cards can be packed in any quantity of any design or in variety packs. They can be sold to groups who can then resell for a profit for fundraising at sales or fairs.

Since having to lean on her right arm for support, Alexandra learnt to paint using her left hand. Each picture takes her a long time to produce as she needs to have regular breaks, and someone to hold her wrist while painting. She uses watercolour, acrylic and silk paints as well as using her computer art program to

Anda Cards are available to buy throughout the year from the website www.andacards.com Please contact Alexandra at info@andacards.com if you are interested in supporting Alexandra with promotion and sales.

Lizzie Baily

Toy Libraries

Toy Libraries are based in Children and Family Centres and offer a wide range of toys to encourage play and learning for children.

What types of toys can be borrowed?

You can borrow lots of great toys that support a child's learning and development including:

- themed play packs • story sacks
- outdoor play equipment • sensory resources
- musical instruments

Sensory resources and toys

Some Toy Libraries stock a wider range of wonderful sensory toys and resources to help support children and their families. These are now available, along with lots of other fantastic toys, in the following areas: Mid Sussex; Langley Green and Ifield; Southwater; Lancing; Kingston Buci; Footprints - Lyndhurst Road site Worthing; Durrington; Felpham; Petworth; East Grinstead

and Haywards Heath. If you can't get along to one of the centres above, please talk to the staff at your local centre. They will be able to advise on how to get the toys to you.

How to borrow toys

Any family, childcare setting or professional working with children in West Sussex can borrow toys. There is a one off joining fee of £2.00 for parents or carers and £5.00 for settings, childminders and professionals. There are no additional charges. Parents or carers can borrow toys for up to 2 weeks. Childcare settings and professionals can borrow toys for up to 6 weeks.

For more information go to

www.westsussex.gov.uk/toylibraries

Tel: **01243 777807**

Email: family.info.service@westsussex.gov.uk

Tyler's Trust

About Tyler

In 2010, at the age of 12, Tyler was diagnosed with a brain tumour. He had immediate surgery in Southampton and he spent weeks in hospital, undergoing a further 6 operations. These treatments left Tyler in a wheelchair, his vision impaired, and with severe nausea issues. Part of Tyler's treatment required him to take steroids which caused him to gain weight. Over the following months, he fought to regain his fitness, through physio and hydrotherapy. He worked tirelessly to lose the weight, and become mobile again. This took a huge amount of courage and determination. Tyler then had to attend Moorefield's Eye Hospital in London, however after 3 operations, he has had to accept that the damage to his eyesight is permanent. In 2013, it was apparent that Tyler's health was deteriorating again, and in January 2014, he had to undergo 6 weeks of Radio therapy, and yet another operation. Throughout all of this, Tyler has remained positive and upbeat. He is determined to increase awareness of Brain Tumours in children. He has done many radio, video and newspaper interviews.

Who we want to help

During the months spent in various hospitals, Tyler was always really cheered up by receiving post, and little presents. During Tyler's time in Clic House, when he was undergoing his Radio Therapy, he came into contact with other children

having treatment. In his last week, he bought the 2 children in the house a comic and a toy. The response he received, was the driving force behind Tyler's Trust.

Tyler now wants to bring a little sunshine into local children's lives, who have been diagnosed with a Brain Tumour, or are suffering from a Life Threatening condition. His aim is to provide each child with a balloon in a box, together with a box of goodies, which will include items such as : Teddy Bear, Bandana, Mug, Journal, Pens, Sweets and a voucher. He does not want to forget any siblings, and they too will receive one of these boxes.

How you can help

We are currently fundraising and asking for donations for raffle prizes. Every penny raised will go directly to Tyler's Trust. We have no paid staff. We would also like to hear from you if you have any spare time and could volunteer for a couple of hours a week or even a month.

Contact Janice Ellis Tel: **01243 553280**

Mob: **07738 007334**

Email: Janice.ellis2@btinternet.com

www.tylerstrust.co.uk



Reaching Families

Training Roadshow 2015

Handling Stress & Building Resilience

Learn how to recognise stress, reduce it and build your resilience

Wed 14th January 9:45am-12:30pm,

Venue: **East Grinstead Library**

Changes in Education

Learn how your child will be supported, including new code of practice, Education, Health & Care Plans and the Local Offer.

Wednesday 21st January 9:45am-12pm,

Venue: **Arena Sports Centre, Bognor**

Understanding Challenging Behaviour

Explore ways to respond to your child so that positive behaviour is encouraged and challenging behaviours are reduced.

Monday 9th February 9:45am-12pm

Venue: **Maybridge Children & Family Centre, Worthing (1st floor via stairs)**

Managing Sleep Difficulties

Learn about strategies that could help your child sleep better.

Monday 9th March 9:45am-12pm

Venue: **Crawley Library**

To book a place on any of the workshops please call our Outreach & Training Co-ordinators:

Rosemary Hudson: **07704 037664**

Email: **rosemary@reachingfamilies.org.uk**

Charlotte Unington: **07864 599474**

Email: **charlotte@reachingfamilies.org.uk**

We regret that we cannot accommodate children at any of the workshops so we kindly ask that you make alternative childcare arrangements. There is no charge for our workshops however we welcome donations to contribute to the costs of running the sessions. We suggest a donation of £3.00

Commission Us

Reaching Families are also available to deliver tailor made training to suit the particular needs of schools, parent support groups, other charities, etc. If your group would like training on a specific subject we can manage and deliver this for you including sourcing and commissioning trainers, marketing, administration, booking venues, organising catering and refreshments, follow up evaluation, etc. If you would like to discuss training for your school or group please contact our Project Manager Brian O'Hagan for an informal discussion of your requirements

Tel: **07939 192388**

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

Wellspring West Sussex has a new look website!

Visit **www.wellspringwestsussex.org.uk**
and let us know what you think!

You can "Like" Wellspring West Sussex on Facebook and keep up to date with events coming up!

Please support us through **www.easyfundraising.org.uk** - every time you shop on Amazon and many other sites, a percentage will be donated to us!

Please confirm that you would like to receive future copies of the newsletter in printed format or whether you are happy to be notified when the next newsletter is available to view on the website above. Send your Name, Postal address and email address with your preference to the address on the back page or email **lizzie@wellspringwestsussex.org.uk**

Thank You!

Just Wills

If you have a child with a disability there may be times when you have wondered about what to do to secure your child's future if anything happens to you. You may know what you want to happen but don't know which way to go about doing it.

The right will and trust can help

Writing Wills can be very simple. I can make it as easy as possible for you and guide you through the process. Planning for the future gives a real sense of peace of mind.

Consultation includes advice on:

- Guardians - who would look after your children until they are 18
- Executors - who would sort out your estate
- What you want to go to whom and when
- Protecting assets
- Special needs/disabled trusts
- Family protection Wills
- Lifetime trusts
- Funeral wishes
- Inheritance tax
- Lasting Powers of Attorney

Included at no extra charge:

- Consultation and advice in your home

My name is Phillip Henke and I have a disabled son who is now 24 years old. I understand the complexities involved with special needs and specialise in protecting assets. Having been a carer myself, I will always offer carers the very best prices that I can.

Tel: **01243 542189**

or **07777 664663**

Email: **phenke@justwills.co.uk**



Private Physiotherapy treatment in your own home or clinic sessions

Gina Farmer MCSP
Chartered Physiotherapist
gina@physio4kids.org.uk
www.physio4kids.org.uk

physio kids

Contact:
01243 376263
07711 826523



Charges apply. See website for details.

- Rehabilitation after Surgery
- Co-ordination Difficulties
- Poor Posture
- Developmental Delay
- Back Pain
- Muscle or Joint Pains also treated
- Please to call to discuss having blocks of physiotherapy during school holidays
- I have invested in a LiteGait Trainer in order to provide my patients with the opportunity to access this type of equipment. Patients can use the LiteGait during treatment appointments with me, and I also offer the option to hire it for short periods of time for home use.



Please write to us at:

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

info@wellspringwestsussex.org.uk

The **next edition** will be
Special Education

If you would like to contribute any articles or letters to this edition, please send or e-mail to us by 20th February 2015.

Printed by Shanks Printers & Finishers: 01903 716442
Typeset and designed by Lizzie Baily:
lizzie@wellspringwestsussex.org.uk

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