



Information Booklet





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Wellspring West Sussex has been running since 1997. We provide information to children and young people with special needs and disabilities and their parents and carers through our newsletters and website. We also offer a variety of workshops through our Creative Arts Programme.

Wellspring is an entirely voluntary organisation. Lizzie Baily is the Chair of the committee and newsletter and website editor; she herself has Congenital Muscular Dystrophy and uses an electric wheelchair at all times. Lizzie has been on the Wellspring committee for over ten years and writes her own personal page in each edition of the newsletter.

Each newsletter has a theme, and gives details of local events that are inclusive, new equipment that may be available, support groups and other resources that may be useful to young disabled people. There are regular contributions from young disabled people, other voluntary groups and statutory organisations. The newsletter is a vital source of contacts and information for families and young disabled people in West Sussex and is unique in its inclusive approach to disability and special needs. We receive positive feedback from our readers who comment favourably on the accessible format and wealth of information we are able to provide.

Our Creative Arts Programme provides music, drama and poetry workshops to groups of children and young people with special needs and disabilities.

The drama and poetry workshops are run by Chris North, who was one of the founding members of Wellspring and is still a member of the committee.

The music sessions are run by community musician Adam Gellibrand who is also on the committee. Chris and Adam adapt each session they provide to the needs of the participants of the group.

Wellspring also funds free places for children with special needs and their brothers and sisters at Lizzie's Craft Club, run by Lizzie our Chair. This is a small group that meet for six Saturday afternoon sessions in the custom built accessible studio at Lizzie's home. We have received extremely positive feedback from everyone who has experienced our workshops and with further funding we hope to be able to continue to be able to offer our Programme to more children and young people across the county.

Wellspring West Sussex relies on external funding to be able to produce newsletters, and provide our Creative Arts workshops.

Most recently we have received funding from the Big Lottery Fund for £7580 which will enable us to provide more music and poetry workshops to groups of disabled children and young people. We are always working hard to find new funds to cover costs for the newsletter. Below is an outline of the costs for one edition of the newsletter.



Costs per Edition

Printing 1000 copies	£850
Postage – 350 stamps (2 nd class large letter 74p each)	£392.20
Envelopes & Labels	£45
Total cost to produce 1000 copies	£1287.20

Paint Pots of Music and Poetry

We recently received funding from the Big Lottery Fund to provide free music and poetry workshops.

The music sessions enable the participants to learn Afro-Brazilian rhythms and to play different instruments in a band environment, develop potential skills on that instrument and to experience playing together with other group members. These sessions offer the opportunity for self-expression that particularly helps those who may struggle with conventional means of communication and expression.

The project also aims to give disabled children and young people the chance to access digital music technology to create, manipulate and enjoy music making in a professional, flexible and accessible environment. We hope to teach new skills such as sound editing, mixing and recording, acoustic drumming, guitar skills and singing to give disabled children and young people the chance to get creative with technology and develop skills on instruments.

Adam Gellibrand provides music and drumming workshops



In its broadest sense, poetry can be totally inclusive. These workshops with Chris North will enable children and adults to enjoy being creative together and they will experience the many different forms of poems in their varied shapes and styles.

They can enjoy the rhythm of poetry and the use of musical instruments to encourage movement.

The use of various subjects and objects in a poem enable the development of understanding of that part of our world. Excitement



and fun through poetry encourages listening and attention skills, builds confidence and also awareness of those around us.

Chris is passionate about the benefits of this approach to poetry and communication and uses a variety of resources – including fabrics, everyday objects, sensory materials, sign language as well as words – to make the sessions live!

“Many poems use words to paint a picture in your head”.

“If normal sentences are orange squash, poetry is like the syrup before it is diluted”.
CBBC Newsround.

Lizzie's Craft Club

As a child, I would have loved to attend a craft club, so I am extremely pleased that Wellspring have the continued support of funding from the Alchemy Foundation to enable me to offer free places to disabled children and their brothers and sisters at my Craft Club.



I have been able to offer these places to six children this year and it has been wonderful to see the disabled children becoming more confident each week, especially as their parents are able to leave them at the

club. The children are always extremely proud to show what they have created with me and are able to take all their work home as well as a photo certificate of them at work over the course they attended.





Here is some feedback I have received from the children and their parents:

"I really liked craft club because we got to do lots of different things. My favourites were making a scarecrow and sewing" Orla, age 10

"I love Lizzie's Craft Club. I've been before and it's the best. We are making things for Easter and they are lovely, I meet a friend

who I don't see often and she is so nice, I love chatting to new people and to Lizzie too. I love it and think you would too." Emily, age 11

"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." Theresa, parent



"The craft club is very well organised with plenty of activities and the children come away with fantastic arts and crafts that they have made. The pride and smile on their faces when they show me their creations and explain how they were made is priceless.

It is quite rare to find an organisation where disabled children and their siblings are both able to attend. It also gives the parent a couple of "me time" hours (which are very rare!) in which to relax, knowing that the children are safe, looked after, and enjoying themselves."

Mel, parent