



WELLSPRING

-WEST SUSSEX-

Registered Charity Number 1100226

Issue no.3- 2004

Help Us To Improve

You can do this:

By sending in a letter

By submitting an article

By volunteering to join the Committee

By completing the questionnaire on page 11

By giving suggestions for future editions

By visiting the website and leaving a message

On page 11 you will find a questionnaire about the newsletter, it would be very helpful if readers could complete and return this as soon as possible. There is also a copy on the website

www.wellspringwestsussex.org.uk

Thank you.



Lizzie Baily

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

Inside this Issue:

Counselling for parents & carers of those with special needs	page 2
Help needed for Lizzie's research project	3
Local parent carer support groups	4
Springboard project	6
Brighton children in the director's chair	7
Understanding Differences + Eczema support group	8
Feedback from Cobnor	9
Kyran's Hot (and spooky) Stuff	10
Feedback Questionnaire	



Contact ICIS for information on services offering care, support or advice in West Sussex.

Telephone: 0800 859929

e-mail: enquiries@icis-info4life.org.uk

www.icis-info4life.org.uk

Thanks to the Local Network Fund and Mid Sussex District Council for their generous grants towards this issue

COUNSELLING FOR PARENTS AND CARERS OF THOSE WITH SPECIAL NEEDS

The Spring 2004 edition of Wellspring concerned feelings and emotions and I thought that readers might be interested in the service that I have recently launched in the Chichester and Arun areas.

Learning that a child has some form of special need may bring particular anxieties and generate responses within families that are unexpected and often frightening. Responses vary enormously because everyone is a unique individual. How we behave depends upon a complex combination of factors, which relate both to our own personalities and also to things that have been happening to us since the day we were born. Sometimes, however, it may seem as if others (both professionals and family and friends) expect us to respond in a predictable way and that their help and advice is based on this prediction, so not quite reaching the heart of our feelings and



'missing the point'.

I am a qualified private counsellor with experience of working with families in this situation and I offer counselling support on a one-to-one basis for parents, any other family members or other carers who would like to understand better and work with their feelings. This may be to ease anxiety or distress, or perhaps simply to be able to express things in a secure, confidential setting, which are hard to talk about elsewhere. I work according to BACP ethical guidelines.

An initial consultation, which is free of charge, can be arranged to explore ideas. Charges for subsequent sessions are negotiable according to ability to pay. I am based near Chichester and Bognor Regis.

For further information, telephone me on **07977 941907** or Email:

counselling@goldings.fsnet.co.uk

Kate Dunn

Multi-Sports Festival

This will now be held on Saturday 2nd October 2004 at Westgate Leisure Centre in Chichester from 12pm till 5pm. There will be taster sessions in table cricket from Sussex County Cricket Club, special needs and wheelchair football from Brighton and Hove Football Club and other events such as trampolining, boccia, short tennis, badminton and table tennis.

For more information and to confirm the final list of events, please contact Chris Yelling at Chichester District Council, phone **01243 534871** or email:

CYelling@chichester.gov.uk

HELP NEEDED FOR LIZZIE'S RESEARCH PROJECT

I put this request into the last edition of Wellspring, but have not received any feedback from anybody yet. Please seriously consider if you and your family could help with my final project. If I do not find anyone to help me, I may have to entirely rethink my final project for my course.

In September I will be starting my final year of my Childhood Studies degree course. The main section of assessment for the third year is a 9000 word Independent Study. For this, I have chosen to research the effect of having a disabled child/children in a family. I have to refer to previous research that has been carried out on the subject matter, but a large part of the project is my own investigation and research.

To do this I am looking for families with a disabled child who would be willing to be interviewed or given questionnaires to complete. I want to gather information from parents, grandparents, brothers and sisters as



well as from disabled children themselves, if possible. It would be preferable if a complete family would consent to being subjects in my study (i.e. parents, grandparents and siblings). This would enable me to make comparisons between the responses to questions given.

I will be looking at how a disabled child/children in a family can affect various aspects of life. Some of the areas that I will be investigating are:

- Social life
- Leisure time
- Inter-family relationships
- Friendships outside the family
- Looking at ourselves and how others see us

I do hope that some readers may be interested in helping me with my research. If you think you and/or any of your family could, or would like to find out about the project in more detail, please contact me through the usual Wellspring address, or email me:

lizzie@wellspringwestsussex.org.uk

Lizzie Baily

Correction: The last issue acknowledged funding from Worthing Borough Council, this should have read Worthing Community Partnership. Apologies for this error.

LOCAL PARENT CARER SUPPORT GROUPS

MID DOWNS

Parent Carers Support Group – Crawley, Horsham and Haywards Heath

Support for parents of children with special needs.

Meetings are held in the Committee Room, CCVS Annexe, The Tree, 103 The High Street, Crawley.

Ann Boss 01293 553395

Crawley Dads

Meets Wednesdays 7-9.30pm at the Arena Suite, Crawley Leisure Centre.

Provides the opportunity for dads of all ages and circumstances to have a break, meet other dads, exchange ideas, learn how to be a more effective parent and enjoy group outings and activities. There is no charge

Alan Train 07899 817727

www.crawleydads.org.uk

Parents Helping Parents

A support group set up as part of the Sure Start service for Crawley for parents and carers who have children under the age of four with special needs. Meets every Tuesday at Broadfield Barton Community Centre from 10am till noon.

Mandy Ford 01293 518656



WORTHING, EAST ARUN & ADUR

Down's Syndrome Support Group - Worthing & Littlehampton

Offers support for parents.

Hazel White 01903 203317

Guild Care - Ashdown Club for Children with Special Needs

Children with a wide range of special needs can play. Open every Saturday.

Jill Lancaster 01903 528600

Adur Special Needs Project

For children and young people aged 5 - 18 with special needs. Club nights at Quayside Youth Centre, every Wednesday. The Glebelands Weekend Project takes place every second and fourth weekend.

Joseph Shanahan 01273 441866

Bognor Regis & Chichester

Parent Carers Support Group - Chichester (PACSO)

A voluntary group providing support for parents and carers of children and young people with disabilities.

07904 240249 www.pacso.org.uk

Parent Carers Planning Group

The next meeting of this group will focus on respite care.

It will be on Wednesday October 13th at 10.30am at Pulborough Village Hall. All parent carers are welcome to attend as their views on the current situation regarding the availability of respite care are particularly welcome.

Please contact Jon Philpot on **01243 852765** or email **Jon.Philpot@westsussex.gov.uk** for more information.

- *If your group is not mentioned on these pages, please send us details to the address on the back*

LOCAL PARENT CARER SUPPORT GROUPS

Countywide Organisations

Sussex Association for Spina Bifida and Hydrocephalus - SASBAH

Provides for the care, welfare, interest, treatment, education and advancement of people with spina bifida and/or hydrocephalus in East and West Sussex
Maria Maloney 01903 507000

Hyperactive Childrens Support Group

Provides information and support to parents of children who are hyperactive.
Sally Bunday 01243 551313

Face to Face

A one-to-one parent befriending service offering emotional support to parents discovering their child has a disability. The service is delivered by trained parent volunteers.
Rachel Lickiss 01342 832123

LEUCAN – Children with Leukaemia Cancer Parents Support Group

A self help/support group for parents of children with leukaemia or other forms of cancer. Offers friendship, support and advice.
Dr I Camburn 01903 884955

Home Start

Committed to promoting the welfare of families with at least one child under the age of five. Trained volunteers, who all have parenting experience, offer emotional and practical support. Volunteers welcomed.

Crawley & Horsham - Liz Roe 01293 416327

Arun - Alison Elliott 01243 869611

Worthing and Adur - Hilda Sherwood 01903 236916

Mid-Sussex - Paloma King 01444 250557

West Sussex Action Group (Autistic Spectrum Disorders)

Parent/carer led group campaigning for services for children aged 14 and over through to adults with Autism and Aspergers.

Elaine Whitelock 01903 211725

West Sussex Parent Partnership Service

Advice, information and support to the parents and carers of children who have special educational needs
Helpline 01243 752115

Unique - Rare Chromosome Disorder Support Group

A group run by and for parents of children with rare chromosome abnormalities diagnosed from ante-natal onwards.

Marion Mitchell 01293 525504

Children's Information Service

Information regarding all aspects of childcare in West Sussex for parents, carers, providers, professionals and employers.

01243 777807

Sussex AD/HD Support Group

Support group for people with and/or caring for someone with AD/HD, Attention Deficit Hyperactivity Disorder.

Brigit Solomon 01293 428025

Portage Service

A home visiting educational service for children with additional support needs, helping parents to help their pre-school children.

Worthing

Beverley Miles
01903 242558

Horsham and Mid Sussex

Sonja Maskell
01444 243150

Chichester

Sharon Webb
01243 536182

Crawley

John Parry
01293 615325

Sussex Autistic Society

For support, membership advice and information about autism for families in Sussex. Helpline available Monday - Thursday 10am - 12.30pm.

Alice Walker 01273 846846

Child Brain Injury Trust

Support group for children with a brain injury (upto 21 years) and their families. Informal meeting on a monthly basis.

Sheila Riches 01273 828041

Cystic Fibrosis Trust – Sussex

The Trust offers a befriending and advisory service and promotes awareness.

Christine Applewhite 01243 527150

Deaf Children's Society - Brighton, Hove and West Sussex

Voluntary organisation providing support for parents, carers of deaf and hearing impaired children.

June Garner 07717 223362

- The information on these pages is for your guidance and is not a recommendation by Wellspring.

Springboard Project

BUNNY HOPPERS is a new addition to Springboard Project's Membership Scheme and is for children under 5 who require special support together with their families.

Springboard has been operating the "Grasshoppers" scheme for young children with disabilities and special needs since 1989 and more recently has formed the "Outburst" group for teenagers who wish to move up from "Grasshoppers". For these two groups, we provide a Saturday Club and Holiday Activity Scheme which also provides respite for the parents and carers.

BUNNY HOPPERS has been recently formed to act both as a feeder group for "Grasshoppers" and as a forum providing information for parents if their toddler requires some form of special support with a disability or condition.

BUNNY HOPPERS currently meet on the second Sunday of every month between 2pm and 5pm with "on-site" respite from our Activity Leaders and volunteers.

A support service for the parents is just as important at a vital time in the child's life and we can access or advise on many levels of information:

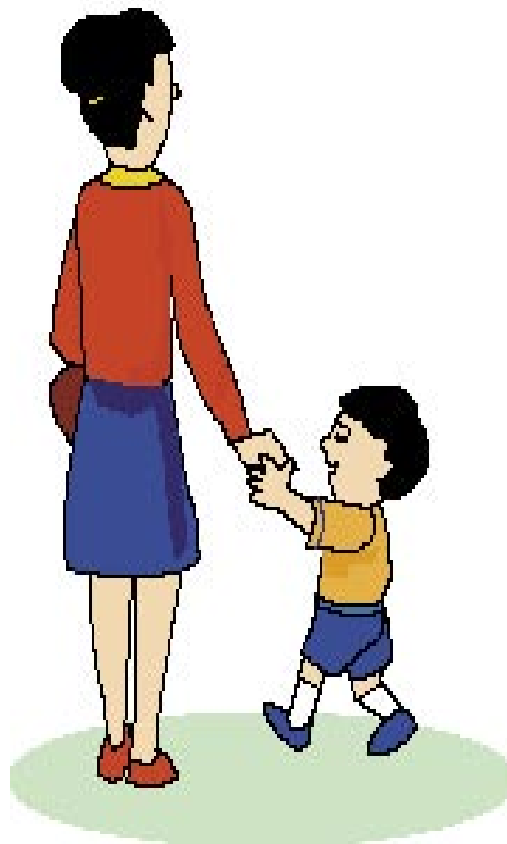
- Links with the local community
- Access to a local Health Visitor
- Working with national and local voluntary organisations
- Communicating with local statutory services
- Providing an in-house resource library

Annual Membership is £10 a year, and is renewable 1st April annually. There is a £3 contribution for each activity session, which is held monthly on Sunday afternoons. Dates are available on request.

Bunny Hoppers membership also includes daily

membership to Springboard House during normal opening hours (Monday to Friday 10am - 5pm).

Once the child has reached the age of 5, we will be pleased to move the membership to the Grasshoppers Group. For details please phone: 01403 218888.



BRIGHTON CHILDREN IN THE DIRECTOR'S CHAIR

Children from Brighton have directed and starred in a unique video for parents and young children. The video - *All Join In* - is a partnership between the NSPCC and local company Triangle. The project aims to help disabled and non disabled children aged four to seven learn to play together. The video is also designed to help parents and childcare professionals promote inclusive play among children.



NSPCC consultancy and research manager Ro Gordon says; “The children who made this video have an important message for all of us – children and grown ups alike: ‘Give us time and opportunity to see how we can get along and we will.’ As adults, whether parents or professional workers, we must make sure that we don’t pass on our fears and anxieties about difference to our children.”

This is a video about friendships, play and difference. The lively and interactive format is engaging and relevant for all children, regardless of their abilities or background.

Ruth Marchant, one of the directors of Triangle, says: ‘This project has taken us to the edge of what we know about involving very young children. Having the children in the middle of the planning, the filming and the editing led to moments of utter chaos, but has created something powerful and unique. All of us learnt along the way.’

The video shows how children sometimes struggle and then succeed in understanding and accepting each other. Amelia and Amy, aged 6 and 7, from Brighton who star in the video explains; “Sometimes we liked each other, sometimes we didn’t like each other, sometimes we weren’t sure how we felt, sometimes it took time to understand each other.”



Fourteen local children starred in *All Join In* and more than 200 other children gave their feedback and helped edit the video to ensure it accurately portrayed their viewpoint.

Children were involved in every aspect of the video including the editing and filming. The film crew took their lead from the children, shooting everything from a child’s eye level with scenes filmed inside tents and boxes and under furniture.

The video is available to buy. To purchase a copy

phone Triangle on **01273 413141** or visit our website:

www.triangle-services.co.uk

Understanding Differences

A self-help group for families

The main aim of the 'Understanding Differences' Group is to raise awareness to support children who have experienced difficult times. This will be achieved through:

- **a Children's Support Pack** – by involving children (with parental consent) to produce simple stories in their own words and drawings about their own difficult time, so they can share their experiences and express their feelings and emotions. By listening to others they will learn that they are not alone.
- **a Parent's Support Pack** – containing stories, advice or useful information from parents will provide support for other families in the future, so parents can learn from each other.
- **a Support Group** – opportunity to meet others who understand living with a short, long term or permanent condition, and who know the effects this has on other family members. Parents and children meet every 4th Monday of the month in Tilgate.

Members stay in touch by e-mail and post messages on:
understandingdifferences@groups.msn.com but for those who do not have internet access, a newsletter is produced. If you would like to find out more about this new group, please contact Donna Nevill on **01293 408570**, or by e-mail at:
understandingdif@aol.com

Haywards Heath and District Eczema Support Group

An exhibition of Alternative Therapies

Monday 4th October 2004

7.00 – 9.30pm

Age Concern Hall, Perrymount Road, Haywards Heath

Practitioners will provide information about their particular therapies and be available to answer questions particularly with regard to treating eczema. Some of the therapies included will be: Homeopathy, Herbal Remedies, Acupuncture, Osteopathy, Naturopathy, Hypnotherapy, Aloe Vera, Aromatherapy.

Information from the National Eczema Society will also be on display. Refreshments will be available.

For more information please call one of our local contacts:

Christine **01444 451056** or Nicola **01444 457687**

Or visit our website at: www.communicate.co.uk/sussex/eczema

Feedback from Cobnor

The Family Fun Weekend was held on June 12th and 13th and was very successful. The weather was fantastic and all the staff at Cobnor Activities Centre went out of their way to make all the visitors very welcome. The new accessible Motor Launch acquired by Cobnor was very popular, as were the other water activities.

Here is a sample of the comments about the event:

Great day out & trying things we can't normally access

It was a brilliant day. Thank you.

A brilliant day enjoyed by all of us, particularly enjoyed the clown.

A lovely day out - everything made easy.

THANK YOU FOR ALL YOUR HARD WORK.



It was so refreshing to have inclusion for the whole family.

Very impressed with the staff. All were very

patient, friendly &

helpful.

Loved it. Thank you

Thank you to everyone who filled out the evaluation forms for the Child Disability Team, it is so nice to hear that the event was enjoyable for the whole family.

The most popular activities were:

Abseiling	Art/Craft
Face Painting	MOTOR LAUNCH
Sailing	Salt Dough

If anyone would like to find out more about taking part in any of the regular activities at Cobnor, please contact Liz on **01243 572791** or email: cobnor@cact.co.uk

Kyran's Hot (And Spooky) Stuff!

Whadd'ya think of my Halloween costume?



Yo,
Kyran here hopin' you had a great summer holidays, cos' now it's the spookiest time all year... Halloween! I hope you enjoy this issue, packed with Halloween madness! So until next time it's goodbye from Kyran!



Monster name game!



1. NOT DEAD, AND NOT ALIVE.



Monster name game answers...

- 1. Zombie
- 2. Goblin
- 3. Mummy

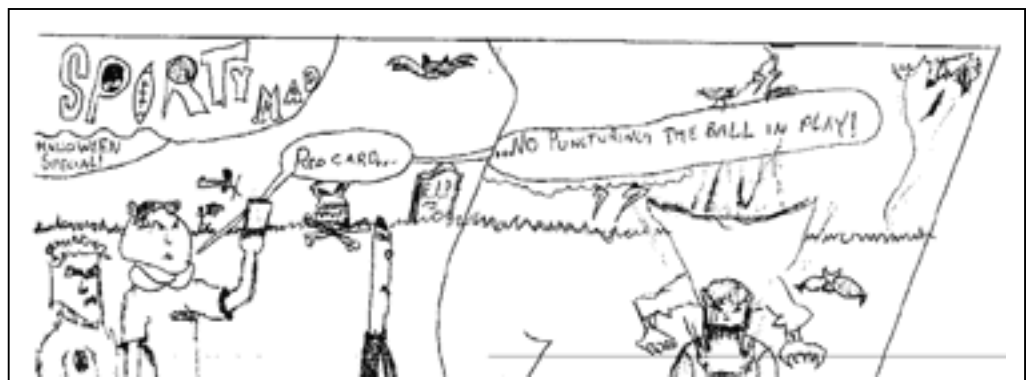


2. VICIOUS LITTLE CREATURES, ALWAYS FOUND FIGHTING ELVES.

If you want to tell me how your Halloween was, or just want to contact me the email address is Kyran@wellspringwestsussex.org.uk or, if you prefer post, 26 Goldsmith Road, Worthing, BN14 8ER



3. USUALLY FOUND IN EGYPT.



Feedback Questionnaire

Please take a few minutes to complete this questionnaire and return it to:

Wellspring West Sussex, 26 Goldsmith Road, Worthing West Sussex BN14 8ER.

How do you receive Wellspring?

- Direct by post
- Through your school or your child's school
- Other (please specify e.g. via Social Worker) _____

Do you have access to the internet?

- Yes
- No

Do you pass your copy to others to read?

- Yes
- No
- If yes, how many extra people read your copy? _____

Would you be happy to have your copy of Wellspring emailed to you rather than posted, if so could we have your email address _____

If yes, have you visited our website at www.wellspringwestsussex.org.uk?

- Yes
- No

Do you find the newsletter easy to read?

- Yes
- No

Did you find it?

- Accessible
- Interesting
- Informative

Would it be helpful if the newsletter was available in other formats?

- Large print
- Tape

Optional information

Name _____

Age _____

Phone _____

Email _____

Would it be helpful if the newsletter included Makaton or other symbols?

- Yes
- No

Area of disability that affects you or that you have an interest in _____

What do you find interesting in the newsletter?

(Please tick all those that apply)

- Lizzie's page
- Kyran's page
- Parent carer contacts
- Useful info/Articles
- Webwise
- Suggestions for future editions of the newsletter

This information will be held by Wellspring West Sussex and may be used in accordance with the aims of the organisation but will not be passed to any third party.

Thank you for taking the time to complete this form



Please write to us at:

Wellspring West Sussex,
c/o 35 Worthing Road,
East Preston,
Littlehampton,
West Sussex
BN16 1BQ

info@wellspringwestsussex.org.uk



Contact ICIS for information on services offering care, support or advice in West Sussex. Telephone: **0800 859929** e-mail: enquiries@icis-info4life.org.uk www.icis-info4life.org.uk

Wellspring West Sussex is a registered charity set up to provide information, dialogue and discussion with and for children and young people with disabilities, and their parents and carers across West Sussex. It produces a quarterly newsletter—**Wellspring: West Sussex** which has a circulation of approximately 2700 copies. During the year it organises or supports a number of activities for young people with disabilities, and their families. The organisation is managed by a committee of volunteers, parents and carers, young people and representatives from the voluntary and statutory sectors. It is funded by grants from various sources including statutory agencies.

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.

Wellspring West Sussex acknowledges the support of:

- Child Disability Team
- ICIS: Information for Life
- Parent Partnership Service
- West Sussex Carers Network

The next edition (Issue 4) will be on **Communication**. If you would like to contribute any articles or letters to this edition, please send or e-mail to the above addresses by **November 30, 2004**.

WELLSPRING ONLINE!

Don't forget to check out the Wellspring website and leave a message or comment on the message board!

www.wellspringwestsussex.org.uk

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WELLSPRING—A newsletter for you?

If you wish to receive a regular copy of the newsletter but are not on our mailing list yet, please fill in your name and address below, cut out this portion of **Wellspring** and post to our address shown below (or e-mail details to the address above)

Your Name

Your Address

Send to: **The Editor, Wellspring, C/o 35 Worthing Road, East Preston, Littlehampton, West Sussex BN16 1BQ**

INB. The names of readers are kept on an electronic database. This database is used only for the newsletter 'Wellspring'

*Please let us know if you change your address or if you are receiving more than one copy of Wellspring