

Sports & Leisure

Hello! I hope that this year has started well for our readers and that you have been enjoying the sunshine during the Easter holidays. It is great to be able to go outside without a coat and hat!

This edition has lots of information on sports and leisure facilities in your area, so take a look on pages 10 to 14 to see what is available near you and turn to page 2 to read my thoughts!

I have really enjoyed running craft workshops at the Aiming High for Disabled Children fun days at leisure centres around the county. Find out where Aiming High funding is being used near you on pages 3 to 7 and if you go to any of those places, do write and tell us about your experiences! The Enable Me Project is working to raise disability awareness by providing a range of assemblies, disability sports and other interactive activities. Find out more on page 9.

Read about a new website called Reach Out on page 8 which was set up with Aiming High funding. On the front page of the website you can watch a film all about music workshops which are part of Wellspring's Creative Arts programme.

Another part of the programme is my Craft Club and we have just received more funding from the Alchemy Foundation so that free places are available to children with special needs and their brothers and sisters. Contact me to find out more!

The Wellspring Transition Guide will be available soon. If you would like copies, please contact us through the address on the back.



artwork by Lizzie

Lizzie Baily

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**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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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

ASKDes Kids

For details of second hand children's disability equipment to buy or sell, contact Voice for Disability
01903 244457 or visit www.askdes.org.uk

Lizzie's Thoughts on Sports

I have been amazed while putting this edition together, at how many sporting opportunities there are for children and young people with special needs across the county. I am sure there's something for everybody out there!

I always enjoy watching the Paralympics on television and seeing the great achievements of really determined people, whatever their disability. As a child, sport and exercise were an important part of my week, to keep my muscles moving.



I had hydrotherapy sessions once a week which I really loved, especially the bit at the end when I wasn't being stretched by my physio! I managed to earn some swimming badges through these sessions and my favourite achievement was having to swim in my pyjamas! I also went swimming at our local leisure centre every Saturday and sometimes Sunday. I liked the feeling that I could walk in the water and I used to worry people by spending so much time exploring underwater! We also had a 12ft above ground pool in our garden which we used during the summer. I still enjoy swimming, but the travelling and changing take longer than the swim, so it is tiring.



local Riding for the Disabled group. We all loved it and I continued riding every week until I was 14 with a lovely friend who came to help saddle up. This was a great way for me to get lots of fresh air as well as being able to keep my balancing muscles working. I always rode the same pony; Angel who was very special and I think she knew me, even though other children rode her. She would walk faster and faster on the homeward straight, as she always got a special treat when we'd finished!

I also went to ballet classes until I became too heavy to be held up. I really enjoyed joining in as much as I could, and in the circle dances I was pushed in my chair while I did the arm movements. I loved the music and again, feeling a full member of the group.

I would really encourage parents of children with disabilities to join in with any sport they feel interested in. It is a really good way to meet other children and feel part of a team. I found all the sports that I did much more enjoyable than my regular physio sessions!

Don't forget to write and tell me about your sporting experiences and achievements!

While I was at my first school the special needs children went every Thursday to the

Lizzie Baily
lizzie@wellspringwestsussex.org.uk

AskDES Kids

Are you looking for affordable second hand disability equipment for your child, or do you have an item you wish to sell?

AskDES Kids is an extension of a very popular service run by the charity Voice for Disability which allows you to do just this. AskDES provides people with the opportunity to buy and sell second hand disability equipment, through a dedicated website www.askdes.org.uk.

You can also ring up the Voice for Disability Information and Advice line at **01903 244457** to get up-to-date listings of items for sale.

Aiming High for Disabled Children Projects within West Sussex

Aiming High for Disabled Children was a three year project which ended in March 2011. The outcome of this project has produced many new facilities, services and activities for disabled children in West Sussex. Please find below a detailed list of services, projects and facilities that have received funding. Contact details are provided if you would like further information. Your child/ young person must be receiving middle/high rate Disability Living Allowance to receive these services.



Angmering Children & Family Centre – Nr Worthing

Saturday morning sessions for children with additional needs and their siblings. Carers available for extra support and a chance for parents to stay and have a coffee. Sensory days, fun workshops and trips available.
Tel: **01903 270470**

Ashdown Club – Worthing

Providing sessions during the school holidays and Saturdays for disabled children aged 5-18 years.
Tel: **01903 528607**
Email: ashdown@guildcare.org

Autism Sussex – West Sussex

Providing a buddy scheme or small groups for 0-19 years.
Tel: **01424 773366**
www.autismsussex.org.uk

Bognor Regis Nursery School & Children's Centre – Bognor Regis

The centre has extended its resourcing to include some specialised equipment to enhance further young children's play and learning opportunities. There are also plans to develop a support group for parents with Special Educational Needs.
Tel: **01243 642924**
Email: office@bognorregis-nursery.w-sussex.sch.uk



Broadbridge Heath Leisure Centre – Horsham

Purpose built sensory room for disabled children. Changing room adaptations so that we have adult and junior changing facilities with toilet, sink and adjustable changing bed, shower and a hoist system from all areas. Rebound therapy sessions for 5-19 year olds weekly for disabled young people with more profound needs to access the trampolines. Swimming lessons for 5-19 year olds weekly at both The Pavilions in the Park and Billingshurst Leisure Centre with changing beds added to the facilities at both sites with pool chairs also. For more information please contact
Broadbridge Heath Centre: **01403 211311**
The Pavilions in the Park: **01403 219200**
Billingshurst Leisure Centre: **01403 787500**

Brooklands Pleasure Park – Worthing

Fully accessible wheelchair carriage for the 'Diddy train'. Hoist for the pony rides and a fully accessible motorised swan boat.
Tel: **07967 361847** www.diddlys.com

Changing Places – West Sussex

Chanctonbury Leisure Centre – Storrington
Lancing Manor Leisure Centre - Lancing
The Triangle – Burgess Hill
The Dolphin – Haywards Heath
Bluecoat Sports Centre - Horsham
Five West Sussex leisure centres will be fitted with a disabled toilet facility. Changing Places toilets provide a hoist and a height adjustable changing bench as well as a centrally placed toilet to enable carers, whether family or paid, to meet the full toileting needs of the cared for person. This project will remove the toileting barrier with respect to mobility and transfer as

well as significant continence needs to enable children and young people with complex physical needs/learning difficulties to access leisure centres with confidence and dignity.
Tel: **01444 477012**

Chestnut Tree House

Chestnut Tree House offers a range of services for children and young people in Sussex and SE Hampshire who have life limiting and life threatening conditions. We offer those children, their families and carers short breaks, palliative care, end of life and bereavement support in the following ways:

- Assessment, advice and care for children and young adults with life limiting or life threatening conditions 24 hours per day.
- Short breaks and end of life care provided at Chestnut Tree House by specialist staff.
- Short breaks and end of life care in the child's own home by specialist staff.
- Support for the whole family following diagnosis through out the whole disease process by the multi disciplinary team at Chestnut Tree House
- Bereavement support which includes befriending, counselling and spiritual care
- Support and advice on the Transition from paediatric palliative care services to adult services

Tel Care Team: **0845 450 5820**

Email: admin@chestnut-tree-house.org.uk
www.chestnut-tree-house.org.uk

Chichester Nursery School, Children & Family Centre

A parent and toddler group for families with children under 5 who have additional needs. The group meets once a month on a Wednesday afternoon 1-3pm.
Singing with signs every Thursday morning 9.30-10.30. A fun filled stimulating session for all children under 5 and their parents. Led by a regional Makaton tutor. Singing with signs is an inclusive group for anyone interested in using signs with their children.
Beginners and Advanced Makaton courses run termly. Beginners 4 week course on Monday mornings. Advanced 2 Saturday sessions
Tel: **01243 642950**
Email: hello@chichester-nur.w.sussex.sch.uk

Cool2Care

Set up by the father of a disabled son Cool2care is an innovative, youthful, agency-style social enterprise which supplies skilled and cool carers or buddies to disabled children. All our carers are screened, CRB checked and trained before placement. We liaise closely with you to fully understand your needs as a family and also those of your child before introducing a choice of suitable care-workers. All that is left is for you to interview the care worker before employing him/her. Cool2care will support you before, during and after the recruitment process.

Tel Jacqui Parfitt, Family Liason Manager:
07872 502751

Email: jacqui.parfitt@cool2care.co.uk
www.cool2care.co.uk

Crawley Borough Council

This project is an inclusive BMX track to ensure that disabled children & young people can integrate with their peers. Specially adapted cycles have been purchased and will include part time instructors.

Tel: **01293 585350**

www.crawleyextreme.wordpress.com

Crossroads – West Sussex

Crossroads Care West Sussex is on hand to give short breaks to disabled children and young people aged 5-19. Crossroads Care will meet the disabled child or young person along with their parents and carers at home to talk about what is wanted. An average of three hours a week per family, free of charge. The intention of these short breaks- for visits, creative activities, sports, hobbies and social get together. The intention is to empower disabled children and young people to fulfil their potential and to live as ordinary life as possible.

Tel: **01903 790270**

East Grinstead Library & Children's Centre

Support group for parents with children with special needs and also music therapy sessions.

Tel: **01342 332970**



Enable Me

Inclusive after school and holiday sports clubs for disabled children and young people and their siblings/friends, aged 5-19. Thanks to Aiming High, the brand new Enable Me 'Sports bus' is fully kitted out with a whole range of specialised sports equipment that means we can deliver sports sessions tailored to meet local needs anywhere in the county!

Tel Nik Demetriades: **01903 734400**

Email: office@enablemeproject.org.uk

full details on page 9

FAB Service – West Sussex

Fun and Breaks – a short breaks service for disabled children and their families.

Tel: **01243 777100**

Email: fab@westsussex.gov.uk

www.westsussex.gov.uk/fab

Findon Valley Children & Family Centre – Worthing

Saturday morning sessions for children with additional needs and their siblings. Carers available for extra support and a chance for parents to stay and have a coffee. Sensory days, fun workshops.

Tel: **01903 270455**

Horsham Disability Project

M8s – Wednesday Night Term Time Youth Club for 13 – 25 year olds run at Horsham Youth Centre from 7 – 9 with trained Youth Support Workers. Aiming High has funded two Care support workers to enable young people with more profound needs to attend.

Saturday Club – A programme of different activities held from 10 – 4 at a variety of venues for young people aged 13 – 25.

ASB – Summer Activity week with a variety of activities and trips out each day for young people aged 13 – 25.

Avon Tyrell Residential – February half term each year – This year we took 28 young people away with carers where required.

Trips out – Mamma Mia, Wicked, Gatwick Airport, Brighton, Adur Water Centre to name but a few. Ideas suggested by our young people

9-seater accessible vehicle – This has been invaluable as we are now able to take young people in wheelchairs to various events and trips out.

We are now working with over 100 young people with additional support needs. Providing a variety of opportunities for the young people and their families.

Tel Jane Tickner: **07578 476930**

Email: jane.tickner@horshamyouth.org.uk

Horsham Leisure Link – Horsham

Weekly term time inclusive sports and arts courses for 5-19 year olds and siblings.

Badminton, Baseball, Cricket, Dance, DJ'ing, Drama, Percussion, Screen Printing, Table Tennis, Video Production and Tennis.

Tel: **07734 231052** www.horsham.gov.uk

Horsham Nursery School Children & Family Centre – Horsham

Sensory room which will be available for bookings of half hourly sessions. The room will be equipped with fibre optic carpets, sensory panels and an LED touch wall.

Tel: **01403 224444**

KANGAROOS – Mid Sussex

Teenscene Youth Club, Tuesday after school term time for young people aged 13-19 years. Each session is 2.5 hours and 1:1 support is available.

Holiday Club, for young people aged 13-19 years during the summer holidays, 12 sessions over a 3 week period. Social and life skills based. Sensory based activities will be available for young people with complex learning disabilities.

All Sports, Mondays after school during term time for 2.5 hours for children/young people aged 6-19 years. 1:1 support is available. Sports Camps, One to be held in August 2011 and then another during Easter 2012. Each camp will be for 3 days for young people aged 11-19 years.

Tel: **01444 255120** www.kangaroos.org.uk

Kids E-Learning

Kids e-learning is an effective internet based training solution which can be used by anyone that has contact with disabled children and young people, It is currently being used by Short Break workers, volunteers, sessional staff, youth & children's workers and permanent employees both within KIDS and also in local authorities and other organisations. The e-Learning suite is flexible enough to cover a



range of different requirements – from those who need a simple introduction and overview through to those working with disabled children and young people on a daily basis.

http://www.kids.org.uk/form/100428/105519/kids_elearning

To access login you need to obtain a password from Michelle Vanrooyan on **01243 642284**

Kingston Bucci Children & Family Centre – Shoreham

Lancing Children & Family Centre

Whizz Kid Wednesdays are aimed at children up to the age of 8 with any form of physical need. Its purpose is to provide support, a stimulating play space for children and a place for parents to share experiences with other families. There is an after school club too and siblings are welcome.

Fun Factory is a stay and play drop in for any child under 5 with additional needs and their parent/carers. The group offers a chance to take part in a range of play time activities whilst getting to know other families.

For more information and dates please call **01273 467998** or **01903 276898**

Langley Green Children & Family Centre – Crawley

Sensory/soft play room with interactive equipment. Families will be able to book time in the room and enable families to use the room outside the main opening hours i.e. early evenings and weekends. Children will be able to use soft play equipment, black out blinds, an interactive bubble wall, LED interactive light wall, activity panel, UV tactile panel, rope lights, aromatherapy and many other sensory items that can be chosen to suit the development needs of the child.

Tel: **01293 651747**

Library Service – West Sussex

Storytellers, artists and drama performers to be arranged for future dates. To be included on the mailing list to receive further information please Tel: **01243 382544**

Email: Russell.allen@westsussex.gov.uk



Littlehampton Leisure Centre – Littlehampton

State of the art interactive room which includes a light wall, light floor and 8 dance mats.

Choose from games which include dodgeball, musical squares and splat. Block bookings for schools and groups available or book the room for the whole family to enjoy for an hour.

Tel: **01903 725451** www.inspireleisure.co.uk

Lodge Hill - Pulborough

Accessible Eco Lodge fitted with a Molift small hoist, disabled wet room facilities, disabled toilet and shower. Ramp and access.

There is an electric buggy to transfer less able young people around the grounds together with special harness and equipment for all the activities.

Lodge Hill is a short stay residential centre for groups, schools

Tel: **01798 831411** www.lodgehill.org.uk

PACSO – Chichester

PACSO support parents or carers with a child or young person with a disability in the Chichester/Arun location.

Buddy scheme for children/young people aged 11-19 years

Group sessions for children/young people aged 5-19 this includes trips out and Saturday club.

Tel: **01243 533353** www.pacso.org.uk

Petworth Community Gardens – Petworth

An organic gardening group based in Petworth, working with volunteers of all ages and abilities from the local community. They have accessible paths and wheelchair accessible raised beds, accessible shed and toilet. They currently meet on a Tuesday and every other Thursday from 10am-2pm. They have an experienced garden trainer and two care support staff for each session.

Tel: **07717 462780**

www.petworthcommunitygarden.org.uk

Rainbow Trust

Personal Short Breaks (countywide) on a one-to-one basis for children and young people 0-19 with a life-limiting or life threatening condition.

Tel Margaret Story: 02380 232129

Email: margaret.story@rainbowtrust.org.uk

Reach Out and Communic8 website

This is a comprehensive website for families, young people, and carers providing information, blogs, resources, videos and much more. *see page 7 for full details*

www.reachoutwestsussex.org.uk

Smile

One-to-one support services up to 5 hours per week for disabled children and young people 0-18 years old in Arun, Chichester, Crawley, Horsham and Mid Sussex

Tel Sue Stepney: **01903 787614**

Email: sue.Stepney@smilesupport.org.uk or sussex.enquiries@smilesupport.org.uk

Sports 4 All – Chanctonbury Leisure Centre, Storrington

Sessions are designed with siblings in mind as well so parents have a short break.

Trampolining – Mondays, 5-11 years

Gymnastics – Tuesdays, 5-11 years

Table Tennis – Thursday, 11-19 years

Multisports – Saturday morning, 5-19 years

Tel: **01903 746070**

Email: sportup@chanctonburysl.com

Springboard Project – Horsham/Crawley

Buddy Scheme in Crawley, Mid Sussex and Horsham for 12-18 year olds on weekday evenings and school holidays.

Grasshoppers Club in Horsham and Crawley for 5-12 year olds during Saturdays and school holidays and mid week sports club.

Tel: **01403 257699**

Email: activities@springboardproject.com.
www.springboardproject.com

Spurgeons

Buddy scheme for 2 hours per week for a maximum of 6 months to help disabled children and young people 5-19 access local services in their communities.

Tel Leonie Warnick: **01903 719515**

Email: lwarnick@spurgeons.org



Timeaside – West Sussex

Sensory art workshops for health, esteem and communication needs held in various venues within the county. All abilities, disabilities and differences catered for.

Tel Sueloo: **07792 903236**

Tel Andrew: **07967 828654**

www.timeaside.com

Toy Libraries – West Sussex

8 specialised toy libraries will be set up across the County. The toys and equipment will include sensory and developmental toys which can be borrowed by families and early year's practitioners for FREE.

By the summer term these will be set up in the following Children & Family Centres:

Petworth, Lancing, Felpham, Kingston Bucci,

Findon, Southwater,

Footprints – Lyndhurst Road, Worthing,

Langley Green, Mid Sussex Centres

Tel: **01243 777807**

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

We Cycle Too & Worthing Borough Council – Worthing

A purpose built track consisting of a short and long route of 400m. Specially adapted bikes will be available for hire. Children with disabilities will be able to ride a bike or be seated on a bike with their carer. An extra car park for blue badge holders will be available too.

Tel: **07712 202100**

We Play Too – Worthing

An inclusive public park set up two years ago with fully accessible toilet facilities and hoist. Offering large multi sensory musical equipment and another wheelchair swing, interactive rockers and adaptable saddles for the ponies plus much more.

Tel: **07712 202100** www.weplaytoo.org.uk

Welfare Benefits Advisor

FREE advice for parents with children that have additional care needs/disabilities. Disability Living Allowance renewals and applications, carers allowance, tax credits etc. Help is available to apply for all these benefits. Email: robert.hayes@westsussex.gov.uk

Westgate Leisure Centre – Chichester

Trampolining for six week courses for children or young people from 8 years plus.

Snorkelling for a six week course on Tuesdays 6.30pm for children/young people aged 8 years plus. Tel: **01243 521103**

Swimming Lessons for children/young people aged 8 years plus. Group lessons for a six week course fully funded on Tuesdays 6.30pm. Tel Jane: **01243 521112**

Worthing Leisure Centre – Worthing

Trampolining sessions for young people every Saturday from 2pm-4pm.

Tel: **01903 502237** www.worthing.gov.uk



Compiled by
West Sussex Parents Forum
March 2011

Reach Out/Communic8

An innovative and informative website for disabled young people, their families and the community of West Sussex.

ICIS was commissioned by West Sussex County Council's Aiming High for Disabled Children programme to develop an engaging and accessible information portal in consultation with disabled young people, parents and professionals.



The REACH OUT website contains a comprehensive information directory covering a broad range of topics, a calendar of local events, resources, publications and links to information and advice on education, money matters, transition, short breaks, respite, equipment, support groups and much more.

The site contains an innovative resource called **communic8** which Chris North, consultant for Aiming High has compiled. This holds imaginative techniques and tools exploring the creative ways we can communicate with each other; along with numerous inspirational videos of young people expressing their ideas, thoughts and feelings.

The site has something for everyone. It provides vital information in one place for young people and their families, empowering them to access the support and advice they might need. Reach Out and Communic8 will be an evolving resource; we want groups, clubs, schools and organisations to get involved, to bring this site alive with projects, videos, pictures, presentations, publications and much more.



For further information or to submit content please contact
Gemma Orpwood at ICIS on **01903 859929**
www.reachoutwestsussex.org.uk

Enable Me

Since 2005, the **Enable Me Project** has worked in schools and in the community to **raise disability awareness**. We do this by providing a range of assemblies, workshops, disability sports and other interactive activities that are delivered by a team of trained volunteers, the majority of whom are disabled. Firmly rooted in the community and working in partnership with other organisations across West Sussex and the South East region of England, Enable Me aims to:

- Increase disability awareness and promote social inclusion
- Challenge and change negative attitudes towards disability
- Provide training & volunteering opportunities for disabled people
- Build partnerships

Schools

If you are a from a school, are a teacher or involved in working with children and young people, please have a look at the Enable Me website to learn more about how we can help you with your inclusion work, with raising awareness in your school and supporting the work you do in a variety of National Curriculum subjects.

Disability Sports

As a result of being funded through the 'Aiming High for Disabled Children' transformation programme in West Sussex, Enable Me now runs inclusive after school and holiday sports clubs for disabled children and young people and their siblings/friends, aged 5-19. The clubs are led by a team of disabled sports coaches and offer up to 8 different disability sports, including wheelchair basketball, football and hockey, boccia, new age kurling, cricket and

tennis. Clubs are running in Crawley, Horsham, Littlehampton and Worthing areas at present; please check **our website** for more details.

Sports Bus

Thanks to Aiming High, the brand new Enable Me 'Sports bus' is fully kitted out with a whole range of specialised sports equipment that means we can deliver sports sessions tailored to meet local needs anywhere in the county!

Training

As well as providing sports clubs, Enable Me also offers training for organisations & professionals that work with disabled children & young people and their families.

Volunteering

One of our aims is to provide volunteering & training opportunities for disabled people and we know from feedback

from our team of volunteers that they really enjoy working as part of a team that's making a difference!

If you would like to be a volunteer for Enable Me, please email our office or telephone Ann Stimpson for an informal chat. We run a 6-week volunteer training course for disabled and able-bodied volunteers, prior to starting work for us. We have a variety of volunteer posts available - disabled sports coaches, disabled speakers for schools or workplaces, trustees (particularly a treasurer), administrators, fundraisers and able-bodied assistants.

For more information contact Nik Demetriades or Ann Stimpson on **01903 734400** or Email: **office@enablemeproject.org.uk**
Find out more about Enable Me's work here: **www.enablemeproject.org.uk**



Sports Facilities In your area

Adur and Worthing Sports

Adur and Worthing Council

Community Sports Development Officer
(Special Needs) for adults and children,
Tammy Waine Tel: **01273 263319**
Annabelle Trent Tel: **01273 263347**

Leisure Card Worthing Leisure

A Leisure Card which gives reduced rates at facilities at selected times for people over the age of 16 claiming benefits. Obtained from Worthing Leisure Centre and Aquarena.

Adur Petanque Club At Lancing Manor Park.

Help & concessionary fees to play French Boules.
Veronica Taylor Tel: **01903 503716**

Adur Special Needs Interactive Youth Club

Project Tues eve 6.45-8.15pm. Also 13+Club Pool, football, computers, table tennis, shuffle board, frizbee, art & crafts.
Tel: **01273 441866**

Aquarena, Worthing

Sundays, 6.45pm-8pm. Swimmer: £2.40; Carers go free. Swimming lessons for disabled people with a dedicated lane with a hoist.
Tel: **01903 231797**

AMF Bowling, Worthing

Indoor ten-pin bowling. Help and concessionary fees for people with disabilities over 5.
Tel: **0844 826 3041**

Ferring Country Centre

Riding Therapy Unit for age 5 and over. Support and guidance to adults with learning difficulties.
Tel: **01903 245078**

Fishing Coach

Works with disabled young people.
Simon Yorke-Johnson Tel: **01903 815658**

Impulse Leisure Wadurs Pool

Aqua therapy sessions on Mon & Thurs am
All ages with disabilities.
Tel: **01273 238000**

Mencap Worthing Summer Fun Day

At Worthing Leisure Centre for anyone with a learning disability. Advance booking.
Tel: **01903 235249**

Passies Pond & Match Lake

Some initial help is available for people with any disability.
Tel: **01273 465257**

Seagulls Specials – St Andrew's School

Alternate Saturdays 10-11.30am. Football training with one to one support and guidance for children and adults with physical and learning difficulties. Wheelchair football also available.

Teresa Sanders Tel: **07919 051848**
Nikki Richardson Tel: **07803 902044**

Sussex Seals Sports and Leisure Club Worthing

Worthing Leisure Centre and Field Place. Sports and leisure club for anyone over 16 years with learning difficulties.
Tuesdays 7.00-8.15pm.
Tel: **01903 212749**

Sussex Wasps Brighton

A disabled sports club for people of all ages and abilities.
Tel: **01273 701235**
Email: archerphil@ntlworld.com

SWBC Tigers

Wheelchair basketball club that meets Monday, 7-9pm at the Moulscombe Leisure Centre in Brighton. Teenagers to adults.
Tel: **01273 858548**

Welcome In Thursday Club

Crescent Road, Worthing. Thursdays 7pm-9.30pm Social club for people 15 - 50 years with special needs.
Peter Downey Tel: **01903 234497**

Wittering Divers Ltd - Scuba diving

Support and guidance for people with disabilities over 15.

Tel: **01243 672031**



Arun Area Sports

Arun District Council

Community Development Manager,
Carrie Reynolds. Tel: **01903 890301**

Leisure Connection Littlehampton, Bognor Regis, Arundel

This discount scheme is for leisure facilities.
Tel: **01903 731689**

Albion in the Community

Wheelchair Basketball - In partnership with West Coast Tornados, a new Junior team for players aged (5-19), sessions are once a month at Angmering School on Tuesday 6-8pm. Open to all manual wheelchair users and players with a physical impairment.

Wasps Multi Sports Club - For young wheelchair users, at Angmering School fortnightly on a Tuesday from 6-7pm. Open to manual and Powerchair users. Offering a range of sports including Football, Hockey, Rounders, New Age Kurling, Basketball, table tennis etc.

Paul Brackley, Wheelchair Development Officer
- Albion in the Community,

Mobile: **07593 809674**

www.seagulls-specials.org.uk or

www.facebook.com/AITC-Seagulls-Specials

Arun Dolphins Swimming Club

Over 5 yrs. Littlehampton Swimming Centre.
Miss Joyce Adams Tel: **01903 726531**

Arun Sports Association for the Disabled, Bognor

Sports club for people over 9 with disabilities
Sunday, 2-4pm.

Tel: **01243 583868**

Bognor Regis swimming club

Bognor Regis Community College
Alan Porter Tel: **07811 101896**.

Enable Me After school club

see details on page 9



The Lavinia Norfolk Centre, The Angmering School

Hydrotherapy pool with hoist, suitable for disabled people and wheelchair users, can be hired when not in school use, contact Michelle Smith on the main number.

Tel: **01903 773146**

Monday Youth Club/ The Smiley Club

For young people, 11-25 yrs, with disabilities. Mon 7-9pm term time. Activities include cooking, dancing, street dancing, wheelchair dancing and discos. Sports include basketball, football, pool, table tennis, racquet sports and badminton.

Tel: **01903 714305**

Riding for the Disabled, Arundel

Tuesdays 2-3.30pm term time. Horse riding for physically disabled people over 4 and under 10.5 stone (riding weight), Riding at the Arundel Farm Riding and Driving Centre.

Tel: **01903 785713**

Southern Area Disability Sports Group.

Sporting activities for young disabled 5-16 yrs. at Angmering School. Athletics, boccia, wheelchair football, cricket, swimming, new age curling, dance, tennis.

Tel: **01903 778328**

Sussex Squids Swimming Club

Littlehampton swimming and sports centre. For people over 8 with any disability. Last Saturday of month, 6-7pm September to July. George Eames Tel: **01903 521954**

The Tuesday Group

5.30pm -7.30pm £2 a session. School age with learning difficulties. Play ball games, table tennis and pool, air hockey and football
Tel: **01903 502850**.

West Coast Tornados

Wheelchair basketball for children and adults play Friday 7.15 to 9.15pm. £3 per session. Littlehampton Academy School, Hill Rd, Littlehampton. Also monthly session at Angmering School.

Email: carlscott07@googlemail.com

<http://westcoasttornadoes.webs.com>

Chichester Area Sports

Chichester District Council

Community Sports Development Officer,
Amy Roots. Tel: **01243 534871**
Sports and Physical Activities Development
Officer Ben Polhill, Tel: **01243 534857**
www.chichester.gov.uk

All Sports Club ,Chichester

Wed 6-7.30pm. £1 a week. Sports & activities
club for people with any disability age 16+.
Tel: **01243 779075**

Chichester Fencing Club

Fun fencing tuition & coaching. People with
disabilities welcome. Equipment provided.
Tel: **01243 822753**
www.chichester-fencing-club.org.uk

Chichester Harbour Water Tours Ltd, East Wittering

Access for wheelchairs
Tel: **01243 670504**
www.chichesterharbourwatertours.co.uk

Cobnor Activities Centre, Cobnor Point, Chidham

Sailing and canoeing for people over 8 years
with any disability. Chairboat for hire with
qualified crew, for up to 5 wheelchairs or 12
passengers.
Tel: **01243 572791**

Get Active festival

Free annual event, local sports groups offer
free taster sessions for all the Family.
Tel: **01243 534799** www.chichester.gov.uk

Inclusive multi-sport club at Westgate Leisure centre

Under 16 £2 a session. Fortnightly Sunday
3.30-5.30pm
Amy Roots Tel: **01243 785651**

Phab Club, Chichester

United Reformed Church, East Wittering.
Friday, 7-9.30pm term time. Social, sport and
leisure activities, days out and holidays for
people with and without disabilities from the
age of 6.
Craig Rathbone Tel: **07515 262794**

Riding for the Disabled, Chichester

Alternate Tuesdays, 2-3.30pm. Horse riding for
disabled adults & children at Hunston.
Sally Pointing Tel: **07906 501404**

Sussex Otters Swimming Club for the Disabled

Westgate Leisure Centre, Chichester.
Sat 4.30-5.30pm.
Tel: **01243 781259**

Crawley Area Sports

Crawley Borough Council

Matt Lethbridge, Crawley Wellbeing Manager.
Tel: **01293 585350**
www.crawley.gov.uk

Active Crawley Card

The Active Crawley Card serves as
membership for K2. Discounted use of the
leisure centers, and other leisure opportunities
in Crawley.
Tel: **01293 438000**

Flamingoes Club

Swimming for the physically disabled, all ages
Tues, 7.45-8.45pm. Carers required if possible
but not essential.
Tel: **01293 585300**

Moving Barriers Disability Sports Project

K2 Leisure Centre. Fridays, 5pm-7:30pm
£2. For children and young people with any
disability.
Tel: **01293 585350**

Riding & Driving for the Disabled, Burstow Park

Monday to Thursday. Riding school used by
Riding for the Disabled for adult and children.
Tel: **01342 325197**

Horsham Area Sports

Horsham District Council

Community Dance Officer, Rosa Kentwood,
Tel: **01403 215232**
Horsham Leisure Link, Sports Development
Officer, Ian Ford Tel: **01403 215640**
Community recreation Officer Paul Taylor.
Tel: **01403 215634**
www.horsham.gov.uk

Leisure Access Card

Offers discounts for those on a low income and claiming certain benefits at most Council-run leisure venues and local attractions.

Tel: **01403 215262**

Forest Flyers, Seagulls Special Football Sessions

Saturdays 10-11.30am.

Forest Recreation Centre age 7-18yrs.

Steve Cooling Tel: **07889 389315**

Horsham Leisure Aiming High for Disabled Children Programme

Activities for disabled children 5-19 years.

Tom Carter Broadbridge Heath Leisure Centre:

01403 211311

Billingshurst Leisure Centre: **01403 787500**

Pavilions in the Park: **01403 219200**

Horsham Community Cricket Project

Over 12 with disabilities

John Burroughs Tel: **01403 215642**

Horsham Table Tennis Club at Greenway School

Caters for players aged over 7. Dedicated coaching for players with disabilities.

Paul Taylor Tel: **01403 215634**

www.horshamtabletennisclub.co.uk

Les Bonnes Boules de Handcross

Petanque club open to anyone over the age of 8, able bodied and disabled.

Nigel Sibbring Tel: **07775 844856**

Ready and Able Club

Christ's Hospital Mondays, 6-7.30pm.

Club for people over 16 with any disability, and their carers.

Tel: **01403 215637**

Riding for the Disabled, Cranleigh

Mon 6-7.30pm and Sat 9.30am-12.30pm.

Annie Irving Tel: **01403 823212.**

www.cranleighrdagroup.co.uk

Riding for the Disabled - Carriage Driving, Horsham

Carriage driving for adults & young people over 12, who are not physically able to ride.

Mrs C Porter Tel: **01403 741355**

Email: carolporte@aol.com

Riding for the Disabled, South Downs

Brinsbury College.

Mrs Jill Brown Tel: **01798 817544**

Sunbeam Swimming Club for the Disabled

Pavillions Swimming Centre, Horsham.

Friday, 8-9pm, for all ages with any disability.

Tel: **01403 253200**

You Can Do It! Club

Age 0-11 years. Facilitating inclusive sports and arts activities for children with additional needs such as Down syndrome, cerebral palsy, autism and others.

Caroline Johnston Tel: **01403 273301**

Mid Sussex Area Sports

Access All Sports

Sports for young people with a disability, age 8-18 years. Every Thursday, term-time 5.30-7.30 at Kings Leisure Centre, Moat Road, East Grinstead.

Steve Hill Tel: **01342 321185**

Mid Sussex District Council

Sports Development Officer, Caroline Harding, Tel: **01444 477012**

Football Development and Health Officer, Scott Harrison Tel: **01444 477207**

www.midsussex.gov.uk

Pay as You Go card

10% off charges for leisure activities at Olympos Sites.

Tel: **01444 457337**

Gateway Club, East Grinstead

Wallis Centre. Social club for people with a learning disability over 16. Every other Thursday, 7-9pm.

Tel: **01342 325883**

Olympos Marlins Swimming Club

Sat 11.15-12noon, Mon 6.45-7.30pm & Wed 6.15-6.50pm. Disabled people over 7.

'Starfish' class, Haywards Heath. 'Dolphins' at Burgess Hill.

Tel: **01273 833582**



Riding for the Disabled, Crawley Down

Mon to Thurs 10am-3.30pm. Riding and carriage driving for people with disabilities.

Tel: **01342 325197**

Seagulls Specials football training

For children and adults with disabilities, one to one support and guidance. Wheelchair football.

Tel: **07919 051848**

Seahorses Swimming Club for the Disabled

Dolphin Leisure Centre, Haywards Heath
Swimming club for disabled people. Tuesday, 6.15-7.45pm.

Tel: **01444 482842**

SMART Club Olympos, Burgess Hill,

Wednesday, 5.15-6.45pm. Over 16s, Saturday, 2-3.30pm. £3.60. Sports sessions for people with learning and/or mobility needs. A range of sports are offered such as, football, tennis, table tennis, unihoc, boccia, goalball & bouncy castle. 8-16 yrs.

Tel: **01444 876000**

Sussex Springers

Trampoline Club. Age over 5. Held at Fun Abounds Trampoline Centre, 21 Bell Lane, Uckfield. There is an inclusive session on Wednesdays at 5.30 – 6.30pm for children with special needs. May also be other sessions during the day at the Centre.

Tel Stella Jackson: **01825 768479**

Mobile: **07747 622212**

Tadpoles Swimming Club for the Disabled

Thursday, 8-9pm, Olympos, East Grinstead. Water therapy for disabled people of all ages, £2 per annum and 50p per swim.

Tel: **01892 770232**

West Sussex Sports Resources**ActiveSussex**

Active Sussex is an organisation involving clubs, local authorities, education services, schools and governing bodies of sport all working in partnership to increase opportunities for participation, competition and skills improvement across Sussex.

Sports Development Unit, Sadie Mason

Tel: **01273 643869**

Rachel Land Tel: **01273 644185**

Marlow Sports

Provide a range of services including sports coaches for schools, clubs and for individual children and adults. Specialise in working with people with a disability or special needs. Provide inclusive sports camps and sport themed parties for children and adults.

Tel: **08443 588988**

www.marlowsports.co.uk

Out There West Sussex

Sports & Leisure Project for adults (18+) with learning disabilities across West Sussex. Short Mat Bowls, Swimming, Table Tennis and Gym sessions are currently available at The Triangle, Burgess Hill on Wednesdays at 10am. Other sessions are planned for other areas of the county.

Tel Ian Burlinson: **01293 544776**

Tel: **07912 486239**

Sussex Sailability

Sailing for people over 14 years with physical, sensory and learning difficulties

Tel: **01798 812265**

www.sussexsailability.org.uk

Information supplied by ICIS Information For Life, compiled for Wellspring by Bernie Daly

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

physio kids

Contact:

01243 376263

07711 826523

**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.

Challenging Behaviour Foundation

Challenging behaviour: a guide for family carers on getting the right support
The Challenging Behaviour Foundation is delighted to announce that three new 'At a glance' guides aimed at family carers supporting people whose behaviour is described as challenging are now available. There are separate guides for adults, teenagers and children.

The guides have been developed in collaboration with the Social Care Institute for Excellence (SCIE).

The guides help family carers to:

- Understand what good support and services look like
- Work in partnership with staff who are involved with the family
- Find information on what to do and who to contact if the family's needs are not being met

To download the guides visit:

www.scie.org.uk/publications or

www.challengingbehaviour.org.uk

'False Economy', the summer issue of 'Challenge' (newsletter of the Challenging Behaviour Foundation) is now available. This issue looks at how Government cuts are likely to impact on people with severe learning disabilities and behaviour described as challenging and their families.

Regular articles include 'your questions', 'what parents say' and an editorial by Vivien Cooper, Chair of Trustees and Founder of the Challenging Behaviour Foundation.

'Challenge', the newsletter of the Challenging Behaviour Foundation, is produced three times a year and is available free of charge by emailing:

info@thecbf.org.uk or downloading from

www.challengingbehaviour.org.uk

For more information Tel: **01634 838739**

Parents for Autism

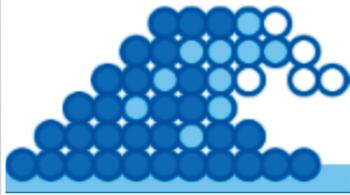
- Run 'By parents For parents' and is an opportunity to meet other parents, share advice and support as well as hearing interesting speakers.

- Maybridge Children's Centre,
The Strand, Worthing, BN12 6DR
7.30pm – 9.15pm
(£1 Donation to include refreshments)

- Diary dates for 2011:
Monday 13th June 2011
Monday 19th September 2011
Monday 7th November 2011

If you would like further information please contact Lindsey on **01903 538303** or Email: lindseybutter@ntlworld.com or join our Facebook group Parents for Autism.

parents
FOR AUTISM



Wellspring
West Sussex

Please write to us at:

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

info@wellspringwestsussex.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 regular newsletter—**Wellspring: West Sussex** which has a circulation of approximately 2500 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 next edition will be
Arts & Crafts
If you would like to contribute any articles or letters to this edition, please send or e-mail to the above addresses by
2nd September 2011

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lizzie@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 ONLINE!

Don't forget to check out the
Wellspring website!

www.wellspringwestsussex.org.uk

Wellspring West Sussex acknowledges the support of:

- Voice for Disability
- Aiming High for Disabled Children
- ICIS: Information for Life

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 is supported by is supported by West Sussex County Council, the voluntary sector and volunteers.

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 26 Goldsmith Road, Worthing, West Sussex BN14 8ER**
NB. 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