

Technology for Communicating



I hope that by the time you read this, the sun will be shining and we will all be able to enjoy being outside without the hassle of putting on coats and hats!

This edition has lots of information about different types of technology that can help with communication.

Enable Me is a charity that provides a range of activities for disabled children and young people; one of their activities is the Anim8 Club for children with Autism/Aspergers.

Find out how some of the participants made 2-D animation films by turning over to page 2. Key Stage 5 students at St Anthony's School can now enjoy time at Chichester College - more about this partnership on page 4 and on page 5 some of the college students give their views on the technology that supports their learning. Wellspring is funding music workshops run by committee member Adam; on page 6 he gives details of his recent sessions and if you want to try out DJ-ing why not go along to Music Technology Sessions in Horsham (page 7).

A parent has written to tell us about the difficulties she and her son had in finding the best communication aid - read her story on page 9. If you have any experiences you want to share please send them to us and we will print your story! On page 10, take a trip down memory lane with me as I recall how technology has progressed in my life time! PACSO's Got Talent! evening was held in March to celebrate the end of 15 years at The Venue. PACSO is now looking for a new home, more on page 13. If your children enjoy art and craft, find out more about my Saturday Craft Club on page 15. Please take a look at the revamped Wellspring website and don't forget to 'Like' us on Facebook to keep up to date with news and events (page 14).



**WELLSPRING
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- 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

Email: enquiries@icis-info4life.org.uk

www.icis-info4life.org.uk

Anim8 with Enable Me

Enable Me is a registered Charity based in Littlehampton that aims to raise disability awareness and improve the lives of disabled people. It does this by providing a range of different services and activities that are designed and delivered by disabled people. As well as working in schools, providing volunteering opportunities for disabled people and providing disability awareness training, Enable Me also offers a range of tailored 'Short Breaks' activities for disabled children and young people in West Sussex that are funded by the West Sussex County Council 'Short Breaks for Disabled Children and Young People' programme. One of those 'Short Breaks' activities that has proven very popular since it was first introduced in 2011 is called 'Anim8'.

So what is Anim8...?

Enable Me 'Anim8' After School & Holiday Clubs offer unique opportunities for children & young people with Autism/Aspergers (aged 7-18 years old) to learn how to make 2D stop-motion film and animations in a safe, friendly, supportive, structured and creative environment.

The classes are small, with a maximum of 6 young people at any one time and are generally focused, calm and always welcoming to participants and their parents/carers.

Anim8 introduces young people to 2D animations using arts & crafts materials, cameras, laptops, computer software and even good old-fashioned drawing and painting skills, enabling each participant to create characters and to make their own short films.

Anim8 is a unique Club that can make a real difference to young people's lives, improving their health & well-being, their skills and confidence and opportunities to socialise and

make new friends. Families whose children attend Anim8 benefit from having a much-needed 'short break', safe in the knowledge that their child is safely looked after and having a great time.

Quote 1: *"Anim8 has brought 'E' out of himself – he is far more communicative and seems more comfortable and confident in himself."* (Parent/Carer, Crawley)



Quote 2: *"Anim8 is a place which my son considered his own, away from his family, his school friends and something he did that was different to everyone else... He called Anim8 'My club'."*



What happens at an Anim8 Club...?

Anim8 Clubs offer participants the chance to engage in:

- Making 2D animations/films
- Arts & crafts
- Drawing
- Painting
- Model-making

Participants will get a chance to use the specialised equipment, which includes:

- Cameras
- Laptops
- Computer software

Where does Anim8 take place and how much does it cost?

Anim8 After School Clubs run as a 5 week course, or as 1 day Holiday Club, with each session lasting 2 hours.

Enable Me Anim8 Clubs take place at:

- **Manor Green College, Crawley.** Sessions are on Saturday mornings, 10.30am-12.30pm.
- **Fordwater School, Chichester.** Session days vary, but times are 15.30-17.30.
- **St Wilfrid's Catholic Primary School, Burgess Hill.** Sessions are on Saturday mornings, 10.30am-12.30pm.

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- Anim8 After School Clubs cost £3 per session
- Anim8 Holiday Clubs cost £5 per session

We do have waiting lists for some of our Anim8 Clubs, depending on which Club it is and where it is located. The best thing to do is to contact the Enable Me office on **01903 734400** to find out more. Subject to funding, we can deliver Anim8 Clubs anywhere in West Sussex and have previously run Clubs in Hassocks, Horsham, Littlehampton and Worthing.

Who are Anim8 Clubs for...?

Anim8 Clubs cater for children and young people between the ages of 7 – 18 years old with Aspergers/Autism.

Although Anim8 Clubs cater primarily for children & young people with Autism/Aspergers, many participants who have attended Anim8 have other associated conditions as well, but that does not affect their eligibility or suitability for Anim8 in any way.



Info for Parents/Carers...

Enable Me welcomes direct contact from parents/carers, so if you are a parent/carer, please get in touch. Equally, we are happy to work with other agencies that provide referrals.

Parents/Carers are welcome to attend and participate in the sessions and to discuss with the Anim8 Tutor anything to do with the child's progress in the Club. Animation work is made available to take home at the end of each session which helps to demonstrate to parents/carers what each participant produces in the Club.

We gather information using feedback forms (and other methods where appropriate) at the Clubs to monitor progress and always encourage regular 2-way communication with parent/carers. Our aim is to provide 'Short Breaks' that are fun, but also, that help each young person fulfil their potential, so it is important to us to record how participants are progressing.

Inclusive and accessible...

Enable Me does not run Anim8 Clubs in its own premises, but we make sure that venues that we use are fully accessible.

Visual timetables are used as required and where necessary, ear defenders can be provided. Depending on the venue, there is a reception area and a 'quiet area' available.

Like other Enable Me Clubs, our Anim8 Clubs are designed to cater for all children & young people, regardless of their ability/additional needs and we do our best to ensure that is the case at all times.

Quality...

The Anim8 Tutor is supported by Enable Me volunteers and professional Carers who support all participants, so that they can fully engage in the Anim8 activities. The Anim8 Tutor is Autism Awareness trained and PTLLS trained.

Enable Me provides external Carers in our Clubs who are fully insured and trained and who are there to provide professional expertise and support to ensure quality and safety is maintained at all times.

For further information...

For any other information Anim8 (or any other Enable Me Clubs), or if you just would like to have a chat to see how we might be able to support you and your child, please contact either Sue or Loraine on:

Lorraine Perry – Anim8 Tutor:
anim8@enablemeproject.org.uk

Sue Pegrum – Office Manager:
office@enablemeproject.org.uk

Tel: **01903 734400**

www.enablemeproject.org.uk

www.facebook.com/pages/Enable-Me-Anim8

www.facebook.com/pages/Enable-Me-Project

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St Anthony's HUB @ Chichester College

After several months of planning between St Anthony's School, parents of prospective students, Chichester College and the Local Authority, the HUB was opened in September 2012.

The Hub was established to provide appropriate local provision to meet the transition and progression needs of young people with Autism as they enter Key Stage 5 through a collaborative approach to learning between the College and St Anthony's School.

An effective combination of College and St Anthony's staff teach on and provide support for the whole programme both in and out of lessons. In all, the provision offers them progression, a range of qualifications, improved understanding of their own autism and future possible access to supported employment and further/higher/University education.

Each student accesses a personalised learning pathway which combines a full-time college course at an appropriate level – chosen with guidance by the student - with supportive academic, personal/social development and enrichment activities as befits individual requirements. Such “supplementary “ activities are qualifications centred around employability, communication, study skills and health and safety along with support to access a wide range of college facilities such as the gym, the restaurants, the library and “the Bungalow” –where qualified and experienced lecturers teach social communication skills in structured sessions and workshops. They can further develop social skills through regular interactive events.

We recognise that Social Communication Skills are an essential part of everyday living. Qualified and experienced lecturers teach social communication skills in structured sessions and workshops. Learners are encouraged to build their existing skills, develop self-awareness and independence, thereby helping to manage social situations with greater confidence. Our Social Clubs, at both Chichester and Brinsbury, are staffed by qualified and experienced Learning Assistants who are available to support and mentor learners as the need arises. We provide a



friendly, welcoming space, to encourage learners to develop friendships, play board games, talk, share interests and enjoy the social side of college life. We also organise a range of outings and activities throughout the year according to the interests of social club members.

The aim for all our students in college is for them to achieve their full potential and take their place in society. In the case of our ASD students we feel that the Hub and ‘The Bungalow’ have played a particularly significant role in providing a safe, familiar and supportive environment from which they can access learning and independence in a post-16 college setting, this is supported by the extremely positive feedback they have provided.

For more information about the Hub and Student Support at Chichester College contact Eileen Darby, Head of Learning Support & Resources

Tel: **01243 786321** Ext No. **2110**

Email: eileen.darby@chichester.ac.uk

Chichester
college

Technology @ Chichester College

My name is James Thomas and I am the Professional Learning Coach for ILT in Additional Support. My colleagues who support learners in and out of the class contact me if they think a technology assessment would benefit their students. An assessment usually takes between 30 minutes to 1 hour and is designed to ensure that the student is being recommended the most appropriate equipment. I need to know what their course entails (note taking, research, typing etc.) and I recommend technology based on this.



MyStudyBar (mindmapping/speech to text) and Inspiration (Mindmapping). We also have Dictaphones, Flipcams and PSPs to make audio, photographic and film recordings. Specialist equipment is available for people with visual impairments (magnifiers, braille machine and large keyboards) and hearing impairments (hearing loop).

Student needs are assessed at interview and the appropriate, tailored support is put in place.

We have Learning Assistants to provide support in-class, Communication Support Workers who work with those with hearing impairments and Specialist Lecturers to assess for exam concessions and offer support out of class.

Most of the software is based on the college network. For example, we have Read and Write Gold (text to speech),

Students' Responses

- 16 year old with Aspergers studying L2 Painting & Decorating uses an iPad/iPhone to record and watch back and see things instantly.
- 19 year old with Dyslexia studying Agriculture uses Read & Write Gold for proof reading her own work and developing independent study skills. She recommends it as she can now work alone whereas at school she had to have a reader.
- 19 year old with Dyslexia studying Animal Management L3 uses Read & Write Gold for reading long pieces of work & for writing more quickly. She recommends it as it is very helpful if you are a slow reader.
- 20 year old with Dyslexia studying Animal Management L3 uses Read & Write Gold for structuring paragraphs, checking spelling and planning work.
- 20 year old with Autism uses Voki* to develop social skills. (*Voki is a FREE online service that lets you create customized speaking characters)
- 22 year old with ADHD studying L3 Music Technology uses Apple Macs, Logic, Windows & Studio software which helped with understanding the subject.
- 19 year old with Aspergers studying Painting & Decorating BTEC uses PSP to flick through pictures and a computer as typing is easier than writing & clear to see.
- 17 year old with Dyslexia studying AS Business Studies, Economics & Sociology uses Inspiration software to create very clear mind maps.
- 21 year old with Autism studying Horticulture uses www.echalk.co.uk website for learning how to tell the time.

Adam's Music Workshops

Rhythm and music transcend disability.

The unique thing about music is that it creates an open arena enabling creativity for everyone.

I've been fortunate enough to have been associated with Wellspring for a number of years and facilitated many rhythm and music workshops for children and young people with disabilities, funded by Wellspring.

This year with funding from the Sussex Community Foundation, I am delivering a programme of Afro-Brazilian percussion workshops in West Sussex; four of which have been warmly received by Chestnut Tree House, a children's hospice offering respite provision.

I am passionate about creating an opportunity for everyone to enjoy the activity; I will always try to create a platform for anyone with any level of ability to participate. This is the foundation to my work; ensuring that no matter what level of ability, I will find ways to ensure all participants are able to join in. An example of this was demonstrated when a young person with profound disabilities and limited movement, joined the session with their support worker. I didn't feel content to simply assume he would enjoy the session as a passive bystander, so I encouraged the support worker to guide his arm so that he could take a lead role in conducting the



group. This meant that he was not only included in the workshop, but played a fully participative role. His face lit up! He was aware that he was leading the group through an exercise and he felt part of the session.

In general, the sessions comprise of participants exploring dynamics (playing loudly and softly as a group), playing together in rhythm, learning Brazilian based call and response parts and learning Brazilian influenced rhythms. Part of my role is to continually assess the needs

and abilities of the group as well as the dynamics and adjust the session content accordingly. This allows for me to encourage individuality, ensure full inclusion of each and every member of the group and for example should a participant wish to express themselves further

in the session, or shows a natural ability in music and rhythm, I can encourage them to assume a leading role.

Feedback from staff and parents at Chestnut Tree House has been very positive and encouraging. The sessions have been an opportunity for the children, staff and parents and siblings to come together and enjoy drumming as a group. Under such challenging life circumstances for these children, it has been heart warming seeing a positive reaction from them; no matter how big or small. Using music to communicate can really make a difference.

*Adam Gellibrand
Community Musician*

10 Tips for Communication

1. Reduce background noise

Choose a quiet place so you can both concentrate on the conversation.

2. Face the person you are talking to and make eye contact

However, remember not all children and young people will be happy, or able, to look you in the eye. Those with autism may find this particularly difficult and young people using some sort of communication aid, book or board will have to look at what they are doing.

3. Say if it's the first time you have talked to a person who uses an alternative method of communication

This will give the other person the opportunity to show you the best way to communicate with each other.

4. Ask what helps

Ask them to show you how they use their AAC system to help you understand what, if anything, you need to do to make communication successful.

5. Establish how they communicate 'yes' and 'no'

This may not always be the obvious nod and shake of the head.

6. When you ask a question, wait for a reply

This sounds obvious but for some people it may take them longer to reply than you may usually wait for an answer.

7. Be patient

Sometimes it can be tempting to finish off a person's sentence for them and some welcome this as a way of speeding up communication. However, others may find this annoying so always ask if the other person is happy for you to do this.

8. Always be honest about how much you have understood

This will give the other person opportunity to explain points that have not been understood, or ask for support.

9. If you don't have enough time, then agree to meet later

You will need to give time to the conversation.

10. Check back and recap

When finishing a conversation, make sure that you both agree you have said all what you wanted to and check you have both understood everything that was communicated.

Information taken from www.scope.org.uk

Music Technology Sessions

A quick word on our music tech sessions...

Horsham continues to provide a hub for music clubs funded by West Sussex County Council, Short Breaks for Disabled Children (formally Aiming High).

We have been running a DJ/Music Tech session at QM studios for a couple of years now. The young people involved use DJ mixing consoles, iPads and Mac computers to play, manipulate and create music.

We have recently installed Logic Pro X on our in house Mac computer. This state of the art software is a powerful tool for creating, editing and arranging music and beats. The young people involved have started to work on their

own tracks using sequencers, loops, software instruments; even recording audio to produce their musical ideas.

The sessions run from 6-8pm on term time Fridays at QM studios, Dukes Square, Denne Road Horsham, RH12 1GZ

If you'd like to get involved with these sessions which run in partnership with Horsham District Council, please contact the project co-ordinator, Helen Crooks at helen.crooks@horsham.gov.uk. If you would like to speak with me, please feel free to email me: apgellibrand@hotmail.co.uk



*Adam Gellibrand
Lead Facilitator*

Technology Support

AbilityNet

Freephone: **0800 269545**

Email: enquiries@abilitynet.org.uk

www.abilitynet.org.uk

Helps disabled adults and children use computers and the internet by adapting and adjusting the information and communication technologies they use.

Aidis Trust

10 Ironmonger Lane, London EC2V 8EY

Freephone: **0808 800 0009**

Email: info@aidis.org

www.aidis.org

Provides free and impartial advice and support on technology to help disabled people across the UK. Aims to empower disabled people and those who support them, through knowledge of and support in using assistive technology, to help them communicate and increase their independence by using technology to help reduce isolation. Services are offered free of charge to those who are unable to receive statutory support in this area. Website has reviews of assistive hardware and software. Applications should be made in writing.

Computers For The Disabled

Tel: **01268 284834**

Email: bigpaulh@blueyonder.co.uk

www.cftd.co.uk

Registered charity which builds and supplies refurbished PCs at low cost to individual disabled people, day centres, schools, colleges and charities. Help and advice line open 7 days a week from 9.00am to 9.00pm.

Donate a PC

Tel: **07792 483427**

Email: donateapc@itforcharities.co.uk

www.donateapc.org.uk

Service for individuals and organisations to donate computing hardware (computers, printers etc) that they no longer need, to a UK charity. The service is primarily run for those who only have one or two items to donate.

Gardener's Trust For The Blind

Tel: **020 7253 3757**

Boundary House, 117 Charter House Street, London EC1M 6PN

Offers grants to blind or partially sighted people for computer equipment, courses, etc. Applications should be made in writing.

IT Can Help - British Computer Society Disability Group, Sussex

Tel: **0800 269545**

Email: sussex@itcanhelp.org.uk

www.itcanhelp.org.uk

Offers local computer assistance to individuals with disabilities, requests are handled by Abilitynet.

Recycle-IT! Ltd

Tel: **01617 934744** Mobile: **07796 630533**

Email: info@recycle-it.uk.com

www.recycle-it.uk.com

Not-for-profit computer recycling company providing low cost computers for voluntary groups, schools, churches and disabled people.

Roald Dahl Children's Charity

Tel: **01494 890465**

Email: enquiries@roalddahlcharity.org

www.roalddahlfoundation.org

Gives grants and buys computers for children and young people who have suffered a head injury or with visual impairment. See website for specific conditions. Applications on behalf of individuals must be made through a social worker or health care professional.

Sequal Trust - Special Equipment & Aids for Living

Tel: **01691 624222**

Email: info@thesequaltrust.org.uk

www.thesequal-trust.org.uk

An independent, nationwide fundraising charity which aims to assist severely physically disabled people by providing communication equipment for all ages.

Effective Communication

The following article is from a parent about her family's experience with the education system and accessing the communication resources which her son needs.

To be - or not to be, communicating, having conversations (or not) with effective communication and communication aids.

My son received his new eye-gaze computer the last week of last term. It took about a year to look into which one was best for him.

This included trials of eye-gaze computers/communication aids and how and who would fund this expensive piece of equipment.

A conversation was held over the phone by myself and my son's school, agreeing, over the Christmas period that this would be ideal for my son to try out his new piece of equipment. I truly believed the school had already had this conversation with my son – you would think so wouldn't you, as they were ringing telling me what was to happen? I now know never to 'assume'.

My son refused to use his new eye-gaze. After 'digging deeper' and trying my best not to make an 'issue' of this, I discover my son never had a conversation with anyone and was unaware this had been agreed.

I had said many times over the holiday period 'it will give you chance to get used to the new equipment' in a relaxed atmosphere. It transpired that my son was still under the impression he could take his G.C.S.E's with his old computer/communication eye-gaze. Again I was surprised that school had not had this conversation with him. I had to explain to him it was expected from school for him to use his new eye-gaze for his exams this year.

He refused, explaining he had spent hours on his new eye-gaze computer, it was slower than the new one (set so he could get used to this – which was at a speed he wasn't happy with) again without asking my son – just going ahead and doing it. My son is a 16 year old young man so I can understand his reaction.

This piece of equipment as you can imagine cost thousands and thousands of pounds, my question is "Whose eye-gaze computer/communication is it?" Surely if the equipment is delivered to school for my son, I should have been invited in, we all should have involvement - my son at the CENTRE of this.

I was not invited into school on the arrival of the equipment. I rang and asked would it be suitable for me to come into school on that day, I was informed "no, it's not necessary". Clearly it is necessary for us all to be working together, and as they say "all on the same page".



It's time the school stopped being a 'closed shop' and not only welcome parents as they know their child/young person far better but to start treating young people (that happen to have additional/complex needs) with respect and the LEAST they should have done was to have a conversation with him about what the school expect of him, giving him the opportunity to respond. To dictate to a person, are they truly surprised by the response (of the young person and their parent?).

Yet we are the ones that are often thought as "challenging". I think this says more about the school than us!

*Sharon Langton,
with the permission to write this
from her son, Jim Langton - supporting each other*

Lizzie's Technology Timeline

While I have been working on this edition, I have been thinking about the technology I have used through my life so far, and the progress that has been made in a relatively short timeframe!

In my first classroom we had a BBC computer with a black screen with white letters operated by keyboard only. It would be a very special treat to be allowed to write a story on the computer! We could also play games which were loaded on from 8 inch floppy disks (which were actually floppy!). My favourite game was 'Granny's Garden' where you had to solve logic puzzles to complete the adventures.

1988



Sometimes my father would take me and my brother and sister to his office after work hours and we had great fun sending messages to each other on the two computers – this was a very early form of internal emailing! My father also remembers the time when the office computer memory was upgraded to 10 gigabytes which arrived on a flatbed lorry!! The equivalent memory now fits on a small USB drive!

1990

At home we had a children's educational 'computer' with games you inserted on little cards. We also had a Speak & Spell (famously used in the film E.T) and Speak & Maths. All these had an automated man's voice and I seriously imagined that he went back home to his family when I had finished playing!

1991



One morning my teacher was very excited to show us all the brand new PC with Windows 3.1 and she demonstrated to us how you could use something called a 'mouse' to make the arrow move around the screen, and even use it to draw pictures in a programme called Paintbrush.

1992

When my sister's word processing laptop was not sophisticated enough for GCSE coursework, we bought our first Windows 3.1 PC for home use and she used a home graphics software package called Arts & Letters Draw to create a theatre programme. Soon I was using the PC for some of my homework too, as I was starting to find handwriting more tiring. My favourite programmes from this time were Paintbrush and Creative Writer as well as a DOS run programme called My Own Stories where you could make pictures with backgrounds, people and other items provided in the galleries then add your own text!



1994

When I was in year 9, the whole school went to the hall for a special assembly where we were shown "The Internet". It was amazing! On the big screen we were shown the Yahoo search engine where you could type in something you wanted to find out, and a whole list of relevant websites appeared on the screen! I was very excited about this, so when we received a free disk in the post with a leaflet about a free AOL trial, I was disappointed to discover that I couldn't go on the internet at home without connecting our PC to a phone line. Later that year we decided to get 'The Internet'. It was very exciting, but we had to remember to disconnect

1998

when we had finished as every minute cost money on dial-up! One evening a policeman came to our door having received a call from us. We were rather confused until we realised our dial-up number contained 999!!

When I went to Chichester College to do French and German A levels, one of the key elements was listening in the language lab. I very quickly discovered that I couldn't operate the tape players which were on benches round the room. After an assessment of my needs I was provided with a Walkman with remote control functions in the headphone cable. I was then able to replay the cassettes at the same speed as everyone else.

Before I started at University I had another technology assessment and I was provided with a Dell Latitude laptop which I used throughout my three years and a minidisk recorder to use in lectures. I tried Dragon Dictate but I found it slow as it involved teaching it my voice, then when my laptop had to be cleared after a virus, I hadn't got the energy to start again! I found typing easier using an on screen keyboard called Wivik which stored my words, I also had support from staff who would type while I dictated. I used the minidisk recorder a couple of times but as I had a notetaker in lectures, I stopped using it. I later used a digital voice recorder when I was interviewing people for my dissertation. I was told I should have a page turner – which arrived in the most enormous box and required setting up from flat pack. It had an operating switch to a pipe which sucked the page up, then a little arm would flip the page over. It was such a hassle to set up with different sizes of books that I again found it was easier to be read to or have my support staff to turn pages, particularly as I often wanted to skip back to the index!

1999

.....



2000

2002



2005



2011

2015?!

While I was working for my GCSEs I was provided with a mini word processor but the screen only showed 2 lines of text so I didn't get on very well with that! I preferred to type my work on a PC at school or home and managed to achieve a typing speed of 15 words per minute just using my right hand!

I was awarded with a scholarship grant from the University of Sussex to support my learning. With this money I was able to buy a bright blue Apple iBook laptop which looked very modern and cool, but in reality I didn't get on very well with it as the keyboard was set behind the touchpad; when I typed my arm would move the cursor into a different position on the screen!

Since leaving university I have had a couple of upgrades to my home PC and the best advice I would give anybody (with a disability or not) is to have the largest screen possible (mine is 23") and a good set of speakers (not the inbuilt ones). I continue to use the Wivik keyboard as well as the Windows 7 version with my Logitech Trackman Marble mouse. I use Kindle for PC to read books and can communicate freely with all my friends and family on Skype, Facebook and email. I now do all my shopping online too!

I also use my iPhone for texting and reading. I am looking forward to seeing how

the inventions of the future will allow me and other disabled people to be even more independent!



Lizzie Baily

lizzie@wellspringwestsussex.org.uk

Let's All Communicate

This year's **Let's All Communicate** event is at
Fontwell Park Racecourse

Arundel, West Sussex. BN18 0SY

on **Tuesday 24th June**

Refreshments from 9am, Start 10am

Stalls open 9am- 3pm

Parents can 'drop in' throughout the day

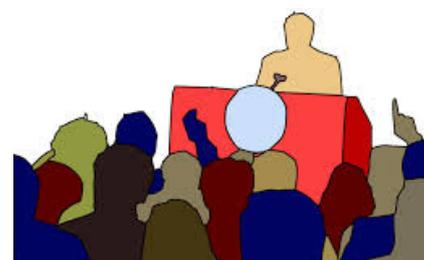
save
the
date®

Important
DATE!



Workshops include:

- Eating and Drinking
 - Visual Aids
 - Signing
- Intensive Interaction
- Sensory Stories



To book your place (free for parent and carers)
Email: short.break.team@westsussex.gov.uk
Detailing any special requirements

Reaching Families

Parent-carer led charity Reaching Families are pleased to announce the launch of a new website containing a host of information on their work empowering and informing parents and families of children with special needs in West Sussex.

The site contains up-to-date information on their training workshops, a new group counselling service for parents and a new support group in Worthing for parents of children attending mainstream schools. They have also launched a new series of localised fact-sheets on major childhood

disabilities that combine clinical information on a given condition with information on what support is available to children and parents locally.

"We're really proud of the site" said Project Manager, Brian O'Hagan. "We're particularly proud of all the images of local children families. We hope parents make good use of it and take the opportunity to join our mailing list".

The website address is
www.reachingfamilies.org.uk

Reaching Families

PACSO's Got Talent!

After months of uncertainty, The Venue in Chichester has been sold, which means a change of direction for the organisations that have their home there.

One of those is PACSO (Parents and Carers Support Organisation) which has been based at the Venue since its inception in 1999. Over the years, the charity has blossomed and now provides a wide range of support and activities for more than 160 children with a disability and their families.

PACSO is a real lifeline for the families that it works with, many of whom don't get any other respite. The fact that parents can leave all their children in PACSO's capable hands means that they get some time out for themselves during weekends and school holidays.

To celebrate the end of 15 happy years at The Venue, the Charity hosted PACSO's Got Talent, an evening of fun and entertainment, featuring many of the children who regularly attend PACSO clubs. Acts included singing, rapping, reciting nursery rhymes, dancing, Zumba and puppetry.

The Charity is now fundraising for a building of its own, but in the meantime its clubs will be held at Fordwater School in Chichester. Administration staff will be temporarily based at Tozer House, a short walk from the City Centre, whilst more permanent office space is found.

'We know how difficult it is for some children to adapt to change,' said Operations Manager, Val Evans, 'which is why Fordwater School is an ideal location for us. A lot of the children we work with currently attend the School, and many more are familiar with it.' The Charity is also working hard behind the scenes to fundraise for their own premises. 'We are doing all we can to find the right setting,' said Val, 'although we know it may take a while to find the perfect place.'

If you would like further information about PACSO, or if you would like to fundraise on behalf of the charity, please contact Val Evans on **07597 316971**
www.pacso.org.uk
PACSO is also on Facebook!



Headway West Sussex

Headway West Sussex support people living with an Acquired Brain Injury, their families and carers. They are launching two FREE social walking groups in Worthing and in Bognor Regis. The groups will provide some light exercise, the opportunity to meet people who understand the issues surrounding living with or caring for someone with a brain injury and a chance to have a chat and a cuppa.

“Living with an Acquired Brain Injury or caring can be an isolating experience. The walking groups provide a safe and friendly environment for people to have chat, share experiences and get some fresh air. The groups are open to anyone living with an Acquired Brain Injury, carers, family members, friends and polite dogs with time for a cup of tea before the walk” said Samantha Dewar-English, Service Development Coordinator

The walks are designed with plenty of rest stops and are on flat ground and the cafes have disabled access. They meet on the 3rd Wednesday of the month.

Worthing

Starting time: Refreshments 10.00am
Walk 10.30am

Starting point: Sea lane Café, Marine Crescent, Goring By Sea, BN12 4HR.

Walk details: 1 mile each way, flat easy walk with plenty of rest stops.

Café: Wheelchair access, 12 steps up with handrail, toilets, seating inside and outside.

Bognor Regis

Starting time: Refreshments 1.30pm
Walk 2.00pm

Starting point: The Lobster Pot café, Esplanade, Bognor Regis, PO22 7AF.

Walk details: 1 mile each way on flat stone and grass pathway, plenty of rest stops.

Café: Wheelchair access, toilets, seating inside and outside.

Refreshments are not provided.

Dogs must be kept on a lead.

Please wear suitable walking shoes and clothing.

There will be a health questionnaire to complete before the walk and you may need to seek your doctor’s approval before you can walk.

The walks will take place in light rain and cold weather but if conditions are not suitable the group will still meet for tea & cake.

If a walk is cancelled the leader will inform walkers with as much notice as possible.

For more information and to register please call **07938 858153**

Email: info@headwaywestsussex.org.uk

Headway West Sussex is a charity working county wide to support the survivors of Acquired Brain Injury, their families and carers.

Brain Injury (ABI) is an injury caused to the brain after birth, the effects can be cognitive, emotional, behavioural or physical, ABI can catastrophically change the life of the person who has had the brain injury and those around them forever, nationally 89% said their injury had changed their personality.



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!

Lizzie's Craft Club

I am pleased to say that Wellspring has been given more 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!**

The 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.

Each course covers a different theme. The club 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!

Here are some comments I received from a parent:

"Both my children have attended Lizzie's Craft Club. Gabriel is 7 and has Downs' Syndrome, his sister Phoebe is 10.

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."

Melina Louca

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

lizzie@wellspringwestsussex.org.uk

Visit www.lizziebaily.com for craft club galleries and Like "Lizzie's Craft Club" on Facebook

Advertisements

R2R Tuition

Private Individual Social Skills Tuition for Children and Young People

Practical advice at your home for your child and support for you too. I believe I offer a unique and special service to parents and families at home. I use play based games, pictures and stories to demonstrate to children what is good social etiquette and behaviour. I am able to break down barriers that exist to a child with an autistic spectrum condition, allowing him or her to integrate more easily into school and everyday family life.

(Confidentiality Assured)



Corrine Gould
Tel: 01444 459380
Email: info@r2rtuition.co.uk
www.r2rtuition.co.uk



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



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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



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

The next edition will be

Musical Technology

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