



## Mind Matters

Hello everyone! I hope you all had a great summer and that the new school year started well for you all. If you would like to tell others about somewhere exciting you have visited recently, send us your news with photos and you will feature in the next edition of Wellspring!! This edition is focusing on Mental Health and I have really enjoyed finding out about the many avenues of support that are available for every age group. By the time you are reading this you will probably be preparing for Christmas, see page 12 for information on how to support those with autism during the festive season.



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

On pages 4 and 5 there are details of the ways Carers Support West Sussex can help those looking after people with any special needs or disability. They provide regular meetings, telephone and online help as well as groups for young carers. Mind is another charity working to improve the mental health of parents, young people and children; details of their services on page 3. Richmond Fellowship (page 6) provides support for young people and adults with mental health conditions through various programmes including supported housing and counselling. The West Sussex Wellbeing programme has hubs around the county to offer advice on healthy living for families in each area. You will find some general information about these hubs just inside on page 2 and details of how to reduce winter costs on page 13. If your child needs support with anxiety or behaviour issues you may be interested in Equine Partners (page 11) where working with horses is a way to overcome difficulties. Younger children may enjoy relaxation through Story Massage, see page 10. Do your children love jumping? Flip Out in Chichester (page 16) has an exciting new timetable including many sessions for children with special needs. Farm Buddies (page 7) offer support to people of all ages through visiting farms and helping look after animals. The Staniforth family have opened the doors of their home to offer support to other families; find out more about Olive Tree Cottage on page 14. If you would like a family day out enjoying forest school,



farm and craft activities, turn to pages 8 and 9 to read about Wheely Wonders, a new venture a friend and I are running on my smallholding. We would love to meet new families next year!

*Lizzie Baily*

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A big **THANK YOU** to West Sussex Travel Society Charity, the Rotary Club of Bognor Hotham and John Wiley and Sons Ltd for their generous donations towards the cost of this newsletter. Thanks also to Christine Richards for donating to Wellspring and advertising with us (see page 15).

# West Sussex Wellbeing

West Sussex Wellbeing is a prevention programme which is commissioned by West Sussex County Council Public Health and is delivered by the District and Borough Councils in; Adur, Worthing, Arun, Chichester, Crawley, Horsham and Mid-Sussex. The purpose of The Wellbeing Programme is to support residents to reduce their risk of cardiovascular disease, stroke, diabetes type 2 and preventable cancers, with the long term aim of reducing health inequalities and dependence on primary and secondary care services. Those caring for loved ones with additional needs don't always put their health first. It is important to keep fit and well to maintain the level of care long term.

Each Hub has projects developed to meet the need of the people in their area.

Projects include low level activity classes for people who are sedentary or inactive, courses on cooking healthy foods on a budget, one to one motivational advice, family-based projects and provision of advice and practical measures to improve

residents' energy efficiency and reduce fuel bills.

From participating in projects offered by the Wellbeing Programme, carers could experience the following benefits:

- Weight management
- Improvement in diet through an increase in nutritional knowledge
- Increase in physical activity which is ideal for lowering stress levels, among other benefits
- Raising awareness of sugar intake to prevent the risk of developing type 2 diabetes
- Warmer home conditions and reduction in fuel bills
- Reduction in alcohol consumption
- Stop smoking
- Healthy mind-set
- Increase in confidence levels through working towards achieving sustained behavioural change.

west sussex  
wellbeing



For more information for what is on offer in your area visit the West Sussex Wellbeing website:

[www.westsussexwellbeing.org.uk](http://www.westsussexwellbeing.org.uk)

which has specific pages for each District or Borough.

## Useful Information

**Contact – for families with disabled children** have information on Family Life and Growing Up, sex and relationships on their website: [www.contact.org.uk/advice-and-support/your-child-and-your-family/](http://www.contact.org.uk/advice-and-support/your-child-and-your-family/)

**Emotional support for young people (Coastal West Sussex):**

Youth Emotional Support (YES) service for 11-18 at FindItOut Centres Email: [emotionalwellbeing.yps@westsussex.gcsx.gov.uk](mailto:emotionalwellbeing.yps@westsussex.gcsx.gov.uk)  
Leaflet: [www.westsussex.gov.uk/media/6590/youth\\_emotional\\_support\\_yspace.pdf](http://www.westsussex.gov.uk/media/6590/youth_emotional_support_yspace.pdf)

**Reaching Families** has Factsheets on Building Self-Esteem and Mental Health available to view and download free from their website: [www.reachingfamilies.org.uk/factsheets.htm](http://www.reachingfamilies.org.uk/factsheets.htm)

**Sussex Mental Healthline**

Tel: **0300 5000 101** – Available Monday to Friday 5pm – 9am, and 24 hours at weekends and Bank Holidays

**Young Minds** is the UK's leading charity committed to improving the wellbeing and mental health of children and young people. [www.youngminds.org.uk/for\\_parents](http://www.youngminds.org.uk/for_parents) or call free **0808 802 5544** Mon-Fri 9.30am-4pm

# Mind - Coastal West Sussex

## Support for families

Are you a parent feeling low, isolated, anxious or suffering with depression? We can help you cope with family life.

The Families in Mind services are working in partnership with Children and Family centre staff and health teams to improve the mental health and well-being of parents of young children. We offer support for parents prior to having a child, once their child is born and then until their child and or children reaches school age. Also, giving support to the partners of anyone with a mental health problem if required.

## Enjoy Your Baby - five friendly discussions sessions

During term time we run supportive sessions which will help parents make positive changes. This is an open group and will have a subject to focus our discussion. This is for parents of 0 to 2yr old children.

For more information Tel: **01243 642917**

## Play and Chat

We would like to invite you to the centre for a play and chat.

Tracy Ashcroft from Coastal West Sussex Mind and a Family

Support Worker are available during this time for advice and support. This is for all parents of children of pre-school age.

## Worthing

Footprints Children and Family Centre, Lyndhurst Road, Worthing. Mondays 10am - 12 noon

## Bognor Regis

The Treehouse Children and Family Centre, Bersted. Wednesday 12pm - 2pm  
Between 2pm-3pm you can access individual support with the team

## Individual Support

Tracy Ashcroft is available for individual support advice on Friday mornings in Chichester and Tuesdays and Wednesdays from 2pm - 3pm in Bognor Regis. Please phone her to make an appointment or to have an informal discussion. Contact Tracy for more details.

Tel: **07918 643208**

## Support for younger people

Are you a young person or concerned about a young person, and looking for support with mental health?

Support for you if you are aged 16-25

Are you:

- worried about your mental health
- feeling anxious or depressed
- self-harming or having thoughts about it
- having family problems or are struggling with

friendships at college or at work because of your mental health

- diagnosed with a mental health problem and are looking for support
- getting help from services but this is coming to an end as you are reaching 18

If you are facing any of these things we have dedicated youth workers who can help.

Our youth workers offer one-to-one support at our offices and in other places including local colleges. We have a flexible approach to introductions so we can arrange where best to meet you and if it would be helpful for someone to support you with your first meeting. We will work with you to help you understand what you need and support you to try and achieve goals that you have set for yourself.

## Group activities

We also run regular social activities. These are small groups which are relaxed and informal. The young people who come are involved in deciding what activities would suit them best and some

previous examples are outdoor activities at Lodge Hill, music workshops and drop-in sessions for a chat at friendly venues.

The aim is always to keep it light-hearted and fun. There is no pressure to join in or to stay for the whole session.

We also have groups for dog walking and volunteering at animal hospitals. This is an opportunity for people to get together in a relaxed way, to get outside and try something new within their community.

## Parents and Carers

If you are a parent and worried about your child you can ring us and we will offer advice, information and support to you even if your child does not wish to talk to us themselves.

## I'd like some help. What do I do next?

Getting in touch is easy. You, or someone supporting you (a friend, family member or professional) can call or email us for information. If you're a carer for a young person and are looking for support and advice, you can give us a call too. Please ring the location closest to you to find out what we offer in your area.

## Worthing, Adur and Chanctonbury:

Tel: **01903 268107**

Email: [worthinghub@coastalwestsussexmind.org](mailto:worthinghub@coastalwestsussexmind.org)

## Littlehampton and Bognor Regis:

Tel: **01903 721893**

Email: [littlehamptonhub@coastalwestsussexmind.org](mailto:littlehamptonhub@coastalwestsussexmind.org)

## Chichester and Midhurst:

Tel: **07946 988212** or **07496 988212**

Email: [midhursthub@coastalwestsussexmind.org](mailto:midhursthub@coastalwestsussexmind.org)



# Carers Support

## How Can We Help You?

Many carers do not see themselves as such because they see themselves as a parent, spouse or partner, son or daughter, relative, friend or neighbour. 1 in 10 of the population are carers. As a result carers often miss out on services, support, advice and benefits which may be available.

Carers Support can help carers from all communities across West Sussex by providing practical information and emotional support.

## Carers Support Workers

Our Carers Support Workers provide individual support to people caring for someone with any long term illness or disability. This includes access to our Carer Wellbeing Fund, a range of equipment to support independent living and information on financial support that may be available.

Our specialist workers offer practical and emotional support to help you in your caring role including:

- Mental Health
- Learning Difficulties
- Autism and Asperger Syndrome
- Drugs and Alcohol
- Parent Carers
- Young Adult Carers
- Dementia Carer Wellbeing

## Emotional Support Service

This service is for those carers who need time to talk through their concerns and feelings. We offer:

- Counselling sessions with a specially trained counsellor
- A Telephone Call Back Service, as caring can sometimes be isolating and hearing a friendly voice every now and then can help to relieve this
- Online counselling through our website
- Other support for emotional wellbeing and relaxation Information

We can provide:

- Local and national information on services available for carers and the people they care

for including benefits and financial information

- A free newsletter
- A website [www.carerssupport.org.uk](http://www.carerssupport.org.uk) with helpful information and links to other useful carer and support organisations

## Events and Activities

We regularly arrange events and activities for carers such as:

- Workshops and open meetings, where you can have your say, including our 'Carers Voice Network'
  - Carers Support Groups
  - Skills Training to help carers look after their own health and wellbeing
  - Access to low cost complementary therapies
    - Social Events and Networking
    - Online forums & blogs
- We have a Carers Planning Group to help plan some of our events such

as Carers Week, Carers Rights Day and Conferences. The Group includes carers from the Carers Voice Network and colleagues from partner organisations - Crossroads, Carers Health Team, Red Cross and Carers UK.

Why not call us today to talk about how we can help you?

Tel: **0300 028 8888**

or Email: [info@carerssupport.org.uk](mailto:info@carerssupport.org.uk)

**We offer access to a Carer Wellbeing Fund to enable you as a carer to do something for yourself.**

*"The money means that I can continue to go to the gym again this year. I feel as though my health has really improved."*

As a carer registered with us, you are welcome to apply for a grant from our Carer Wellbeing Fund. We will help identify any concerns you have about your caring role, your goals, and how we may be able to help you achieve these.

The money from the fund can be used flexibly on purposes which would enhance a carer's health and/or wellbeing; for instance carers have previously used the money such as gym or swimming sessions, breaks away, massage and de-stressing therapies. If you identify a purpose that we can't consider from the fund,



our support workers will try to suggest other possible sources of funding that you could apply to. As there is limited funding, we may not be able to consider the whole cost of what you are asking for, but will try and make a contribution when we can, subject to demands on the fund.

You can apply for a Carer Wellbeing Fund for things like:

- A short break away without the person you're caring for
- Gym membership
- A pamper break
- Therapies
- Educational courses

Just bear in mind that applications to the fund are not guaranteed so please don't commit yourself in advance to any arrangement.

Applying to the fund is easy; just contact us and we'll help you get started on an application. We aim to give you a decision within 4-6 weeks of getting your application.

### **Shine: Events, Workshops, Groups**

Shine is Carers Support West Sussex's Young Adult Carers Group, within this group we run not only support groups but also run workshops and fun events and activities. We offer emotional support and a chance to make friends with other young adult carers in a similar situation and discuss the things that effect you the most. The kind of things we talk about are:

- Making and maintaining relationships and friendships.
- Work and education.
- Time out from your caring role.
- As well as video games, TV, films etc anything we want to.

We are working together with West Sussex County Council and their Young Carers Service to run 'My Future' Support Groups in Crawley, Haywards Heath, Worthing and Bognor for 16 - 25 year olds.

If you are 16 - 17 years old and want to find out more about the groups - Tel: **01903 270300**

or Email: **youngcarers@westsussex.gov.uk**

If you are 18 - 25 years old and want to find out more about the groups and our services

Tel: **0300 028 8888**

Email: **shine@carerssupport.org.uk**

Why not visit our **Carers Support West Sussex Facebook Page**

### **Caring for someone with an Autistic Spectrum Condition, Asperger's or Learning Difficulties**

We can offer a flexible programme of support to improve the personal health and wellbeing of Carers for people with of adults an Autistic Spectrum Condition, Asperger's or Learning Difficulties

Our support workers can help you access:

- Training and workshops
- Information about Wills and trusts for dependent adults
- Planning for the future
- The Mental Capacity Act
- Help and support with Carers Assessments
- Support groups and local drop-in sessions
- Information about other organisations and services that may help you and the person you care for
- Help accessing relevant services for help with completing forms

### **P.A.P.A. Workshops**

P.A.P.A. Stands for Positive Adult Parenting/ Partnering of Autism. This workshop explores the complexities of supporting an adult on the Autistic Spectrum (ASC) whether they be your child, partner, spouse or friend. The workshop will cover:

- Autism Spectrum Conditions
- Neurodiversity
- Communication
- Change and Motivation
- Relationships
- Anxiety and Mental Health
- Sensory Differences
- Reflection
- Looking Ahead

These workshops have proven extremely popular with Carers, see below for feedback from Carers about the Workshops. For all events please visit our Events page on our website.

*"This course should be given to any parent/ carer for an autistic person (in an ideal world!) – It helps you understand and gives you strategies to cope. I am so glad I went."*

Call us on **0300 028 8888**

Mon to Fri 9am-5pm, 9am-7pm on Weds and 10am-12pm on Sats

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

**www.carerssupport.org.uk**

# Richmond Fellowship

Richmond Fellowship is a national mental health charity, delivering over 140 services nationwide to over 9,000 people. For over 55 years, we have provided innovative, people centred recovery services and are now one of the largest voluntary sector providers of mental health support in England.

Our mission is to make mental health recovery a reality. We believe that recovery is a journey, and is different for each person. While there is no single definition of recovery, the achievement of the best possible quality of life for each individual lies at the heart of everything we do. We provide a range of mental health services in West Sussex:

## Supported Housing (Horsham)

Our supported housing service in Horsham provides residential placements for individuals with mental health support problems, who are over the age of 18 and live in the local area. The service helps to bridge the gap between living in a residential recovery setting and moving to independent living, by supporting individuals during the transitional period and encouraging independence. One

of our Recovery Workers explained: *"Our Horsham supported housing service provides the opportunity for individuals to get support to help maintain their emotional and physical wellbeing, with a clear view to moving back into the community"*.

Our excellent team of Recovery Workers work closely with each resident on a one to one basis to build and deliver a tailored support plan, centred on building the skills and confidence they need to live independently in their own homes. Applications for a residential placement can be made either by self-referral or by referral from an external organisation. Residents can live at the house for up to two years and once they move on from the service, they can continue to be supported in the local community by our outreach or peer support teams.

The service houses up to 8 residents at one time and each resident has an individual en-suite bedroom and access to a fully-fitted communal kitchen and several shared living spaces, where they can socialise and practice independent living.

## Outreach Support (Horsham and Chichester)

Both our Horsham and Chichester services offer a community led outreach support service for people living in the surrounding area on a short or long term basis.

Our short-term outreach team work with individuals who are living independently in the community, but from time to time require support in relation to a

specific goal. This can include help applying for benefits, resolving housing issues, finding voluntary work and building confidence and living skills. This support usually consists of 12 sessions and takes place outside the home in the community.

Our long term outreach support service is for people who are enduring mental health problems and have complex needs. Referrals for this service are accepted from community mental health teams.

## Peer Support

Individuals living in Horsham and Chichester can receive our peer mentoring services, either through self-referral or external referral. This involves up to 10 1:1 support sessions with one of our peer mentors who is open about their own lived experience of mental health and recovery. The aim is to inspire hope and belief that recovery is possible and for the mentor and mentee to

work together to discover the individual's goals and talents.

## Contact Point drop-in service

Our free contact point service is for people needing advice and guidance quickly. The support covers a range of issues, including practical

support, housing support, employment support and signposting to wider agencies. These informal sessions are held in public places within Horsham and Chichester and are not a crisis intervention. For dates and times, please contact the individual services.

## Pathfinder alliance

Richmond Fellowship is also part of the West Sussex Pathfinder alliance, alongside 11 other local mental health organisations. These organisations work together to provide a pathway of mental health recovery support, so people can move freely between services and be supported across all areas of their wellbeing. All of our services run local mental health hubs in Horsham and Chichester on a weekly basis, allowing individuals to access a range of different services at one time.

If you would like to know more about Richmond Fellowship and the services we provide, please visit our website at [www.richmondfellowship.org.uk](http://www.richmondfellowship.org.uk) or Email: [communications@richmondfellowship.org.uk](mailto:communications@richmondfellowship.org.uk) To get directly in contact with our West Sussex services and enquire about receiving support, please

Email: [westsussex@richmondfellowship.org.uk](mailto:westsussex@richmondfellowship.org.uk).

Contact numbers:

Horsham - **01403 241866**

Chichester - **01243 780420**



# Farm Buddies

More than 8000 people of all ages per week use farm visits nationwide to improve wellbeing and of those, Mental Health is the third biggest sector, after Learning Difficulties and Autism.

For Luke (name changed), a 19 year old with ASD who has a wide range of interests including a love of the outdoors, what better way of adding to his wellbeing than spending time on a farm helping with the animals and setting up his easel and paint (another of his great loves) to his heart's content in a peaceful, natural and secure place.

FarmBuddies found the perfect setting for Luke on a 40 acre conservation project where the head steward successfully combines education, agriculture, conservation and ecotherapy to produce a stunning anxiety free outdoor learning experience.

The success of a programme of visits depends on the careful matching of the farm with the person and their individual interests and needs, be it more support due to a learning difficulty, autism, anxiety, depression or another mild or moderate mental health issue. It often comes as a surprise how low-tech farming can produce so many beneficial changes in a person, improving lives for all involved.

Luke's Mum is delighted:

*'Luke loves Farm Buddies! It has been brilliant for his self-esteem, concentration levels and general enjoyment of the great outdoors. He has been put to work on a number of tasks - from planting trees, to building fences and dams, to feeding livestock and clearing overgrown areas. Each task has been meaningful and Pete the facilitator has*

*shown a real passion in his explanation and education around 'farm procedures and the natural world'. He is also very in tune with the children who have accompanied our son and never demanded too much - and yet has pushed them to achieve and stick at a task.*



*He tailors each task to the individuals need and is extremely kind and supportive. He also has a great sense of fun! We always leave the sessions tired but very happy - with rosy cheeks and a real sense of wellbeing at having connected to and communed with nature. And with greater*

*understanding of how a land project is run and how the changing seasons bring about new challenges. I thoroughly recommend it."*



FarmBuddies is a Not for Profit Social Enterprise helping farmers expand the social impact of their farms. We welcome Social Farming enquiries from any interested parties across the South East region looking for regular one day a week farming opportunities near them. The FarmBuddies administration office is based at Petersfield in Hampshire.

Contact FarmBuddies for a list of Social Farms accessible from your town/city:

Tel: **01420 538793**

Email: **mary@farmbuddies.org.uk**

Twitter: **@farmbuddies**

**www.farmbuddies.org.uk**

*Mary and Stephen Sellers*



**FarmBuddies**

# Wheely Wonders

Earlier this year, my family got back in touch with a friend, Jen Keil who used to bring her son Sam to my Craft Club. We found out that she was running Woodland Wonders Forest School and offered her our smallholding in Sidlesham as one of her sites. Jen was contacted by Kirsty Lester who wanted to know about the suitability of forest school activities for children with special needs as her 5 year old son Alexander is disabled. Kirsty came to meet Jen here and after looking around the farm we told her about my Craft Club.

We then decided to offer Alexander and his friends and parents a full day here at Applefield at the beginning of July and named it Wheely Wonders! When the families arrived they went to meet our goats, Jigsaw and Puzzle and give them some leaves to munch on. Then they fed the chickens and looked to see if there were any freshly laid eggs. After this they all went to our woodland where Jen and her helper Jane had set up a hammock and swing in the trees. The children went on a bug hunt and played in the mud kitchen as well as making wooden medals. On their way round they picked up feathers and leaves on a Journey Stick to remember the visit. Rosemary our donkey and Applejack, Nutmeg and Pepper the ponies were very pleased to be visited and given carrots as the families all walked past on their way to the fire circle in the field where marshmallows were toasted! After a picnic lunch everyone came to my art studio for Lizzie's Craft Club. We painted photo frames, decorated musical shakers and made personalised bracelets. It was lovely to see the parents all relaxing and enjoying making things and having fun with their children.



personalised bracelets. It was lovely to see the parents all relaxing and enjoying making things and having fun with their children.

We ran a second Wheely Wonders day for children with physical disabilities in August and were extremely happy to welcome a new family who had seen it advertised online. This time during the Forest School morning the children went on a colour hunt, collecting leaves, flowers and berries to match the colour of the square on their sheet and stuck these on with double sided tape. Back

at the fire circle they made bird food to take home. At Craft Club in the afternoon everyone painted a farm scene and added foam stickers to create an image of their day as well as using stencils and fabric paint and pens to make a personalised bag. As it was a lovely sunny day we finished up with tea in our garden which our dogs loved; Holly our Beagle enjoyed lying under the apple tree with Kirsty and Alexander!



In September we had the third day and again were thrilled to find we had more new families booked in. Chris North came to join in the fun with a car full of musical instruments, parachute and balls which he used to entertain everybody with at intervals throughout the day. Wellspring Secretary Debbie came to help with

Craft Club and Chris' support was invaluable. Forest School activities included sawing to make medals and stringing conkers to make necklaces and making a mini fire in a shell. The children took home an autumn collage and a painted leaf shaped wind chime from Craft Club



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which was held in the field this time. Chris brought his hedgehog and badger puppets to see what was being painted and they caused lots of laughter from the children. Before tea we all enjoyed a spectacular bubble show from Chris and Fin who had come to enjoy the day with his brother. While we had tea around the camp fire we sang songs with more puppets followed by a fabulous magic show where all the children were asked to join in with the magic words and helping Chris to hold things while he performed his tricks. It was absolutely wonderful to see the parents and children all laughing and relaxing together.

In October, Jen and I ran our first day for children with additional needs called Curious Minds. We met more

lovely new families and the children enjoyed playing outside all day. Jen helped them to make magic wands with sticks, feathers and leaves as well as wooden necklaces and spinners. I really enjoyed visiting the fire circle to see all the children trying to light their own mini fires and hearing their excitement when they saw that they had managed to make flames appear! My Craft Club session was held in our glasshouse on the field which felt very warm despite a cool breeze outside. The children got very involved with making snails, hedgehogs and other creatures using clay, conkers and pine cones. They also created beautiful autumn

collages finished with foam and felt stickers which one mother said was perfect for her visually impaired son.

We have just run A Wheely Wonders Halloween and Jen and I both did spooky activities in our glasshouse due to the wet weather. Everyone enjoyed mess free pumpkin decorating and made frightening collages! We are already looking forward to more days next year!



Here are some thoughts from Kirsty:

*"We've been to a few Wheely Wonders Forest School and craft sessions, we have found them very inclusive and everyone is so friendly and helpful. Alexander enjoys meeting and feeding the*

*animals; being outside and exploring nature - he especially likes lying in the hammock and seeing the trees move and hearing the wind rustling between them.*

*For me, it's really lovely that we get to take things home as a reminder of the day, often sensory and themed. We have decorated a special tote bag in Craft Club which we can now use for trips out, along with shakers and photo frames. I am so glad we found out about these and have had lovely days making memories and new friends at Applefield."*

As well as running Wheely Wonders and Curious Minds days with me, Jen runs Little Wonders Farm Adventures, a parent and toddler group here at Applefield on term time Wednesday mornings 9.30 – 11.30am. During school holidays and half terms, Woodland Wonders run themed Forest School mornings and afternoons both at Applefield and Nuthurst near Horsham. Birthday parties are also available.



If you would like any more information or would like to book a special day for your

group please get in touch with us!

Tel: **07786 368800**

Email: [woodlandwondersforestschooll@gmail.com](mailto:woodlandwondersforestschooll@gmail.com)

[www.woodlandwondersforestschooll.co.uk](http://www.woodlandwondersforestschooll.co.uk)

[www.facebook.com/woodlandwondersforestschooll](http://www.facebook.com/woodlandwondersforestschooll)

Lizzie's Craft Club runs during term time on Saturday afternoons from 2.30 4pm in my accessible art studio. I welcome children of primary school age of all abilities. Each course follows a theme and children take home all crafts at the end of term. All materials and refreshments are provided. Free places for children with special needs and siblings funded by Wellspring West Sussex.

[www.lizziebaily.com/craftclubintro.htm](http://www.lizziebaily.com/craftclubintro.htm)

[www.facebook.com/LizziesCraftClub](http://www.facebook.com/LizziesCraftClub)

Lizzie Baily

[lizzie@wellspringwestsussex.org.uk](mailto:lizzie@wellspringwestsussex.org.uk)

# Story Massage

Story Massage is fun, flexible and fully inclusive. You will love it! People find that something quite magical happens when you combine simple massage strokes with the words of a story.

## So what is Story Massage?

It is programme of ten simple massage strokes, each with a name such as The Circle or The Squeeze, and an accompanying symbol. These strokes are used to illustrate the words of the story through touch. Tracing a large circle can depict the image of the world while a drumming action can represent thunder or excitement.

Once you have learnt the ten simple strokes, you have access to a whole new 'language' to adapt familiar songs, nursery rhymes and stories such as The Hungry Caterpillar or Cinderella. You can also use your imagination to create new massage stories. We've heard from children, parents and carers who have written massage stories on such diverse topics as Bonfire Night, The Rugby World Cup, Going to the Seaside and Baking a Cake.

The joy of Story Massage is that it can so easily be adapted for everyone - whatever your age, ability or needs. Story Massage is given through clothes and no oils are used. The massage strokes can be applied to legs, arms, hands, feet – wherever is accessible and acceptable. The pressure of touch can also be varied from gentle to firm. Some children prefer to sit on chairs, on the floor or in their wheelchairs, others are more comfortable lying on the floor for a session.

## Positive and Respectful Touch

It is important that children give their consent to touch and are shown ways of communicating feedback. This creates a feeling a safety and builds trust. Maybe they would like the pressure changed, they would like you to stop or they just want to say how much they are enjoying it! Among the many benefits of Story Massage are engagement and communication.

The combination of touch and words encourages children to fully engage in the activity and this can lead to improved concentration, focus and a sense of calm and relaxation.

Many children, parents and carers have also told us how Story Massage offers a simple way of supporting verbal and non-verbal communication. Depending on their ability, some children may make eye contact or use expressive language while others find that Story Massage helps them to share their feelings in a safe and non-threatening atmosphere.



But above all, Story Massage is a fun and interactive activity that can be enjoyed by everyone at anytime, anywhere. Parents and carers say it is so rewarding when children sign to let you know:

"I want more!"

Here's what children have to say about Story Massage:

*"It makes me feel all warm and cosy inside."*

*"I feel special when my Mum gives me a massage story."*

*"When I'm doing Story Massage, I forget all my worries."*

*"I like being able to choose my favourite strokes."*

*"I ask for a Story Massage at night because it always helps me to sleep better."*

## Would you like to know more about Story Massage?

You can find out more about Story Massage from our website:

**[www.storymassage.co.uk](http://www.storymassage.co.uk)**

We have a book called Once upon a touch... story massage for children with lots of ideas. We also run day courses that are held around the country for individuals and groups. These days can also be organised as in-house training days and the training is now available as an online option. If you'd like to see Story Massage in action then do visit our YouTube channel too. You'll find all the links on the website.

*Mary Atkinson and Sandra Hooper,  
co-founders of Story Massage  
[info@storymassage.co.uk](mailto:info@storymassage.co.uk)*

# Equine Partners

Equine Partners CIC was founded in 2010 to provide support for children, teenagers and their families when life is tough, for whatever reason.

Working with horses, our visitors learn things about the horses and about themselves. There is no riding and previous experience with horses is not needed.

We work from the basic principle that everybody is doing the best they can with the resources they have available at the time. Our role is to enable them to discover resources from within themselves that they may not have been aware of and or offer some different ideas for them to try. This enables them to develop new ways of doing things that will begin to make life more comfortable for them.

We work mainly with family groups and also provide some 1-1 or group sessions. We also work with schools. During their time with us, visitors will spend time with the horses grooming and getting to know them, then playing a number of different games with the horses. With the aid of qualified facilitators, they will discover different ways to communicate, understand the way different family members think and process information, build relationships, manage emotions and understand how they can protect their own well-being whilst still taking responsibility for those they look



after, among other things. We can help families understand and work with conditions such as Autism, ADHD, sensory processing issues and coming to terms with other conditions or with life events such as bereavement. We also help with building self-confidence and self-esteem as well as recognise or develop life skills.



We usually suggest a series of 6 sessions as being a good number to get the most out of their time with us

Equine Partners CIC is a not for profit community interest company which means that all our assets

are locked for the benefit of the community. We do charge for our sessions. This plus some grants is how we pay for the costs of looking after the horses and providing the service. There are a number of ways to fund the sessions and we are always

happy to help with this. We are based at Wisborough Green just outside Billingshurst, West Sussex. When the weather allows we enjoy working outside and in wet weather we have a nice dry barn to work in.

For further information do please look at our website

[www.equine-partners.co.uk](http://www.equine-partners.co.uk)

Tel: 07739 359213

Email: [info@equine-partners.co.uk](mailto:info@equine-partners.co.uk)



# Autism at Christmas

Christmas can be an exciting and fun time, but people with autism may be confused or distressed by all the new activity.

With the help of readers of Your Autism Magazine, the National Autistic Society have compiled a list of tips that may help you through the festive period.

## Preparing

An autistic person can find any kind of change difficult. You could:

- use a calendar or visual timetable to prepare for Christmas, for specific events, to highlight school days and home days, or the night when Nana is coming to sleep
- talk about Christmas time and what this means for your family
- make a booklet about Christmas with pictures of Christmas trees, decorations and Christmas food - if your family member takes things very literally, they may become anxious if your Christmas does not appear exactly as the pictures
- liaise with school or college so that the same strategies and visual supports are used as at home, and so that Christmas preparation is started at the same time
- prepare the person for specific events, e.g. by showing them a photo of a man dressed as Father Christmas
- Encourage younger autistic children to share their concerns about Christmas by using a worry toy or try to help them by using a relaxation book (see website for details).

## Schedules

Many autistic people have a strong need for routine. You could:

- keep the daily schedule the same as far as possible, including on Christmas Day
- incorporate a Christmas activity that they enjoy into their daily schedule, e.g. opening the advent calendar, or switching on the tree lights
- give them some Christmas-free time on their daily schedule - this could help you

to observe anxiety levels and make any adaptations for the rest of the day

- give them quiet time with a favourite activity in a Christmas-free zone at key moments that may be stressful, such as when other people are opening their presents.

## Decorations

Returning home to find a tree with flashing lights could be a bit of a shock. You could:

- involve the person in changes to the house, e.g. take them shopping for decorations, let them handle decorations, let them see decorations being hung up, or let them help putting them up
- consider decorating gradually, e.g. put the Christmas tree in position, decorate it the next day, then put up other decorations even later
- keep things that might overload them away from communal areas, e.g. flashing Christmas lights could go in bedrooms rather than the living room.



## Presents

Having a large number of presents could be overwhelming. You could:

- set a limit on the number of presents, e.g. one from mum and dad and one from grandparents - other family members could perhaps give money
- introduce presents one by one, instead of all at once
- put out a present next to a favourite item (e.g. a new toy next to a favourite toy)
- leave their presents unwrapped unless they like the sensation of unwrapping.

## Getting support

- Get support from friends and family, e.g. a grandparent could watch your child doing a favourite activity while you help your other children to decorate.
- Get ideas from other families, and share your tips with them in our online Community.

Information taken from  
[www.autism.org.uk/christmas](http://www.autism.org.uk/christmas)

# Winter on a Budget

Winter can be a hard time for families on a tight budget, with the combination of more coughs and colds going round, the increased cost of heating the family home and the dark nights meaning less chance of socialising.

There is a wealth of solutions on offer from the Wellbeing hubs across West Sussex, and they would welcome any enquiries and queries you may have about staying fit and healthy. In the meantime, they have got together with some suggestions to get through those darker Winter months healthier and – hopefully – wealthier. Finding the spare cash to heat your home properly can be a real challenge for many, but here are some top tips:

- Check your tariff - are you on the lowest possible one you can get? Find out if you can do better at one of the switching websites or phone lines (details below). Don't forget that even if you go on to a low tariff this may only last a year and you will have to check you don't get rolled on to an expensive standard tariff after that.
- Are you on a pre-pay meter? - would you like to pay direct debit, which is generally lower cost? Ask your supplier about changing, or ring the Energy Advisers at Arun Wellbeing (see contact details at end of article). They are happy to take calls from across the county.



• Have you got all the insulation you can get? If you have unfilled cavity walls or no insulation in your loft and you are on certain benefits, you could qualify for free insulation. This makes a world of difference to your home and finances. Ring the Energy Saving Trust on

**0300 123 1234** to see if you qualify

• Check whether you qualify for the Warm Home Discount, a £140 credit to your electricity account. Check with your provider to see if you qualify, or ring Arun Wellbeing.

• Check your heating and hot water system. Do you understand it, does it work properly? If you have any

doubts you can ring the Energy Advisers based at Arun Wellbeing.

• Does your local council provide any help with home repairs to improve the fuel efficiency of your home? Chichester District Council, for example, has a new Warm Homes Initiative which means you could qualify for a subsidized loan.

• Do you have fuel debt? Ask your supplier about ways to write this off or arrange a payment plan. Citizens Advice can provide debt and budgeting advice too.

Tel: **0344 477 1171** from landline and **03003 300 650** from mobiles.

*Arun Wellbeing*

Tel: **01903 737941**

[www.arun.westsussexwellbeing.org.uk](http://www.arun.westsussexwellbeing.org.uk)

## Little Stars

• I have worked with children for the last 14 years and Little Stars Rhyme and Sign has been running since January 2017.

• We run a group on a Tuesday morning at North Mundham Village Hall for ages 0-5 years and another group for 0-1.5 years.

• We also run 2 groups on Friday morning at Pagham Village Hall again for the two age ranges.

• It's a friendly singing with signs group using Makaton

Little  
★  
Stars

RHYME & SIGN



signs along to songs.

All sessions are drop in £3 per family.

So no pressure to sign up just pop in!! There's time after for children to play and explore and parents to meet other parents with a cup of tea and few biscuits!

For more information contact Laura.

Tel: **07759 605514**

or find Little Stars on Facebook.

# Olive Tree Cottage

We are the Staniforths and open our home to families with special needs children and the local community. We have 4 boys and 3 with special needs. We know how hard it is coping with issues relating to our children's needs and wanted to offer a friendly non-judgemental environment where parents can talk to another mum going through the same things. We have two boys on the spectrum and another with Cerebral Palsy. We've been through statements/ECHP, finding special needs schools, tribunals over school placements, lots of various OT, physio and school issues and are happy to chat and share our experience.

Our home is in Felpham, Bognor Regis about 5mins walk to the beach. We have a great garden to play in with a sensory hut. Ducks to see,



our own trained therapy dog, cats and rabbits to cuddle and feed. We offer tea, coffee and cake for donations and light lunches too. Come for a while or stay for a few hours. There is no charge and we have lots of links with local charities and organisations that can help.

We offer pre-loved clothing and food parcels for those in crisis or just need a little help too.

We are home for visitors on Thursdays and Fridays 10am-4pm and on Saturdays 10am-2pm.

*Samantha Staniforth*



Tel: **07496 076846**  
**Olive Tree Cottage,**  
**Community Open House**  
 is on Facebook  
 Olive Tree Cottage,  
 40 Links Avenue,  
 Felpham, Bognor Regis,  
 West Sussex P022 7BX

## Home Start

Are you a parent? Could you offer a local family your practical and emotional support? Home-Start Chichester and District is a voluntary organisation that supports families with young children. You would be trained and supported to offer valuable personalised support to families, enabling them to give their children the best start in life.

### **Volunteers Needed**

Our next volunteer training course will start on 11th January 2018

Training sessions will be on Thursdays for 8 weeks 9.30am -2.30pm at the Chichester Children & Family Centre & Nursery School.

For more information please contact us

Tel **01243 773477**

Email: [admin@home-startchichester.org.uk](mailto:admin@home-startchichester.org.uk)  
[www.home-startchichester.org.uk](http://www.home-startchichester.org.uk)

Home-Start Chichester & District, a company limited by guarantee.

Registered in England no. 6552088

Registered office: Chichester Nursery School Children & Family Centre,

St James Road, Chichester, PO19 7AB

Registered charity no. 1123768

**Home  
Start**  
 Support and friendship  
 for families

# Christine Richards Therapies



I am Christine Richards and I have worked in the complementary health sector for the past 11 years. I am also mother to an adult son who has epilepsy, is on the autistic spectrum with ADHD and

learning disabilities. Professionally trained and qualified in a number of therapeutic practices, I am a member of complementary therapy associations with published articles in leading industry magazines. During this time, I have worked with over 250 regular clients suffering from mental health issues, stress, anxiety or hormonal issues to help create positive change in their lives. I have also worked with charities and companies such as the RSPCA and Kuoni to provide relaxation for staff and teams.

Two therapies I regularly use to benefit my clients are Reflexology and Functional Reflex Therapy (FRT).

Reflexology dates back to Ancient Egypt, China and India and was introduced into the West as 'Zone Therapy' by Dr William Fitzgerald, an Ear Nose and Throat specialist in 1913. Eunice Ingham developed this Zone Therapy into what is now known as reflexology. She found that any congestion or tension in a part of the foot is mirrored in the corresponding part of the body. Reflexology is based upon similar principles as acupuncture, whereby each part of your body is connected by energy flowing in zones within the body and by stimulating reflex points with the hands/fingers on your feet or hands this helps relaxation and aids wellbeing throughout the whole body.

**The Functional Reflex Therapy (FRT)** framework for Reflexology was designed for children and adults with autism, learning difficulties, special educational and additional needs to help reduce stress, anxiety and depression. It is also proving to be beneficial for more vulnerable adults with dementia and Alzheimer's.

The Functional Reflex Therapy, Rainbow Relaxation Technique is a series of repetitive relaxation techniques drawn from the same principles as reflexology and each technique is

named and corresponds to a specific area of the body. This encourages you to think about these specific areas of the body as the therapy is delivered and they are linked to a colour of the rainbow which gives an easy recall routine.

Some of the many benefits of regular reflexology or FRT sessions are:

- \* reduce stress and anxiety
- \* induce relaxation and calm
- \* help in sleep disorders
- \* relieve tension
- \* help improve mood
- \* help concentration and focus
- \* encourage social interaction
- \* increase receptiveness
- \* encourage a better state of mind for learning
- \* supporting mental health issues
- \* have a positive effect on issues that affect individuals and those around them in many areas of their everyday lives.

## Testimonials and Comments

*He is fine this week, he was calm even the class teacher noticed. Thanks for that.*  
AY (Brighton)

*Christine makes you feel so at ease with her pleasant personality and empathetic nature. Her sessions treat a variety of health issues/concerns and are unbelievably relaxing and therapeutic. I feel completely rejuvenated afterwards.* (Horsham)

In my practice, I offer Reflexology or FRT in two different ways:

1. As a course of sessions for people with mental health issues to relax and reduce stress and anxiety
2. As short FRT workshops for parents and carers to come along to learn the techniques and tools of FRT to help reduce stress and anxiety for their loved ones. These workshops also give you the opportunity to meet other parents and carers in a similar situation.

For more information about Reflexology or Functional Reflex Therapy and how this may help you or a member of your family go to

**[www.crtherapies.co.uk](http://www.crtherapies.co.uk)**

or contact me:

Christine Richards MAR, MCMA

Tel: **07801 941479**

Email: **[info@crtherapies.co.uk](mailto:info@crtherapies.co.uk)**



Functional Reflex Therapy

# Flip Out

Chichester Flip Out have recently launched their brand new timetable. A huge part of this includes new activities for customers with special needs and disabilities. Flip Out feel very strongly about everyone being able to use our arena and have worked hard to make this happen.

Firstly customers with special needs and/or disabilities are welcome at the arena any time. You're more than welcome to come for a look around or call ahead before you visit if you have any questions. There is a small disabled toilet and a lift to enable access to all areas of our building. A discounted rate is offered of £5.50 per person and carers if you come into the arena can bounce with them for free.

Here are some new sessions featuring in the timetable:

- **Wednesdays** 4.00-6.00pm  
SEND sessions (with music)
- **Fridays** 10am-11am  
SEND sessions under 5s only (quiet)



- **Fridays** 11am-12pm  
SEND sessions all ages (quiet)
- **Sundays** 6.00-7.30pm  
SEND sessions (quiet)

We also offer Rebound Therapy throughout the week so please get in touch if you'd like to enquire.

We've trained several members of staff to be able to provide this wonderful therapy to customers with special needs and disabilities. We can't wait to start taking on clients to work with weekly and improve so many skills including confidence, mobility and of course trampolining.

Please note the above timings are part of a new timetable and we are very open to feedback. Please come along and let us know what you think - we look forward to seeing you!

Customers can contact us on **01243 256590**

Email: [chichester@flipout.co.uk](mailto:chichester@flipout.co.uk)  
or visit our website or Facebook page

[www.flipout.co.uk/Chichester](http://www.flipout.co.uk/Chichester)  
[www.facebook.com/flipoutchichester/](https://www.facebook.com/flipoutchichester/)

## Advertising with Wellspring

Please get in touch if you have a business or service you would like to advertise via our newsletters and website.

A full page advertorial (as on page 15) costs £50. You will then get a half page in 2 further editions of the newsletter plus your details on our website for a year.

For £25 you will have a half page and a smaller notice in 2 more editions plus listing on our website.



Wellspring West Sussex has a website and Facebook page!

[www.wellspringwestsussex.org.uk](http://www.wellspringwestsussex.org.uk)

**Thank You to the Horsham Lions Club**

for their donation which covers the hosting of the website and the domain names for 2017.

Please support us through

[www.easyfundraising.org.uk](http://www.easyfundraising.org.uk) - every time you shop at many online retailers, a percentage will be donated to us!

Please confirm that you would like to receive future copies of the newsletter in printed format or whether you are happy to be notified when the next newsletter is available to view on the website above. Send your

Name, Postal address and email address with your preference to the address below or

Email: [lizzie@wellspringwestsussex.org.uk](mailto:lizzie@wellspringwestsussex.org.uk)



**Please write to us at:**

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## Our next edition will be Travel & Tourism.

If you would like to contribute any content, please send or e-mail to us by 28th February 2018.

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[lizzie@wellspringwestsussex.org.uk](mailto:lizzie@wellspringwestsussex.org.uk)*

Wellspring West Sussex has a child protection policy in operation and copies can be made available on request. Any disabled child or young person in West Sussex who expresses concerns about what may be happening to them will be encouraged to contact one of the nominated agencies for help. This policy is also available on the website [www.wellspringwestsussex.org.uk](http://www.wellspringwestsussex.org.uk)

*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.*