

Transition

Hello everybody! I hope the first half of this term has gone well for you all, especially those who have started at a new school, college or even a new job! Times of change can be an anxious time or an exciting time...this edition is focusing on Transition and we hope the information inside will be interesting and useful for parents and children.



Turn over to page 2 to read about how Chailey Heritage Futures works with young adults aged 19 to 25. The Lavinia Norfolk Centre at The Angmering School supports children from year 7 onwards - find out more about the school on page 4.

The Sand Project (page 6) works with young people with learning difficulties and provides work training in all areas of industry. For other places offering support with employment, turn to page 7 where you can also read about the Advocacy services offered by West Sussex County Council. Find out how WSCC supports those moving through the transition process and their new Lifelong Services project on page 3.

If you enjoy drama and want to get involved with acting, Chichester Festival Theatre runs groups for young people with additional needs as well as offering buddies to help access plays and relaxed performances too; more details on page 10. Find out how Crossroads Care can provide help with short breaks on page 5. Perhaps you prefer the fresh air and exercise - CYCALL is a new group aiming to provide adapted tandem bicycles for use along Worthing seafront! I have loved meeting lots of new families and very special children who have attended Wheely Wonders days at my smallholding in Sidlesham this year. I have written all about what we've been up to on pages 8 and 9.

We were very pleased to receive articles from some readers for this newsletter. Read all about Jordan Butterfield's achievements on page 11 and Jimmy and Peter Langton's experiences of education and transition on pages 12 and 13. One of the founding members of Wellspring wrote and told me how our charity started; turn to the back cover to find out about it!

If you have any experiences you would like to share, we would love to hear from you too!



Lizzie Baily

lizzie@wellspringwestsussex.org.uk

**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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THANK YOU to the Thornton Trust and the Friarsgate Trust for their generous donations towards the cost of this newsletter. Thanks also to Christine Richards and Southern Mobility Vehicles for donating to Wellspring and advertising with us (see page 15).

Chailey Heritage Futures

Since 2010 Chailey Heritage Foundation has expanded its range of services to include a Residential Transition provision available to young adults aged 19-25. Chailey Heritage Futures is a stepping stone from school or college into adult life.

Leaving school/college and moving into adult life can be both an exciting yet challenging time for young people and their families, with lots of changes and choices to be made about the future. Chailey Heritage Futures provides a homely, relaxed and safe environment where disabled young adults aged 19 to 25 can live and learn together with those who have similar needs.

It offers bespoke packages of care and health support to meet the individual needs of young adults. Together with access to specialist, on-site clinical support from our NHS partners.

The highly trained and dedicated staff (with support from our NHS partners) are experts at maximising the wellbeing of those living at Chailey Heritage Futures. By integrating health needs into their daily life, each individual's life can be as rich and enjoyable as possible.

Futures is a thriving community where young adults live with others who are close in age and who share similar interests. Living with friends is a real bonus but exploring the outside world and making new friends also plays an important part in developing socially.

Being a part of Futures offers young adults extra time to grow and develop, both socially and emotionally. With support and encouragement, they begin to think about their life now and in the future, and make their own decisions about where they want to go and what they want to do.



The unique on-site partnership between Chailey Heritage Foundation and Chailey Clinical, part of Sussex Community NHS Foundation Trust, puts a wide range of highly specialised services on the doorstep of Futures Accommodation. These include neurological consultants, nurses, speech and language therapists, physiotherapists, occupational therapists and rehabilitation engineers.

When the time comes to think about moving on, the young adults are more mature and confident. Together with their families, they are able to make informed choices about their future. During their time with us, we support the young adults to build relationships with their GP in readiness for the next step. With their new-found levels of independence and confidence, we support the young adults and their families through the entire transition process to ensure a smooth move to the wider world.



Chailey Heritage Foundation also offers a range of 'wrap-around' services to meet the needs and aspirations of young adults both at home, and in the community helping them to live healthy, safe and happy lives.

Chailey Heritage Pathways provides flexible community support to children and adults whenever and wherever needed, this could include a few hours a day, all day, evenings, weekends or school holidays.

The Hub is a modern and vibrant day provision, unlike traditional day services The Hub encourages individuals to learn more skills, develop a peer group and really live life to the fullest.

The Life Skills Centre is a uniquely modern and vibrant facility offering a creative and alternative learning environment, it has an extensive range of activities and facilities.

For more information Tel: **01825 724444**
Email: **office@chf.org.uk**

Preparing for Adulthood

For young people with an Education Health and Care Plan (EHCP) there is focus on Preparing for Adulthood (PfA) as they move towards transition, ideally from year 9 onwards. The pathways within PfA are:

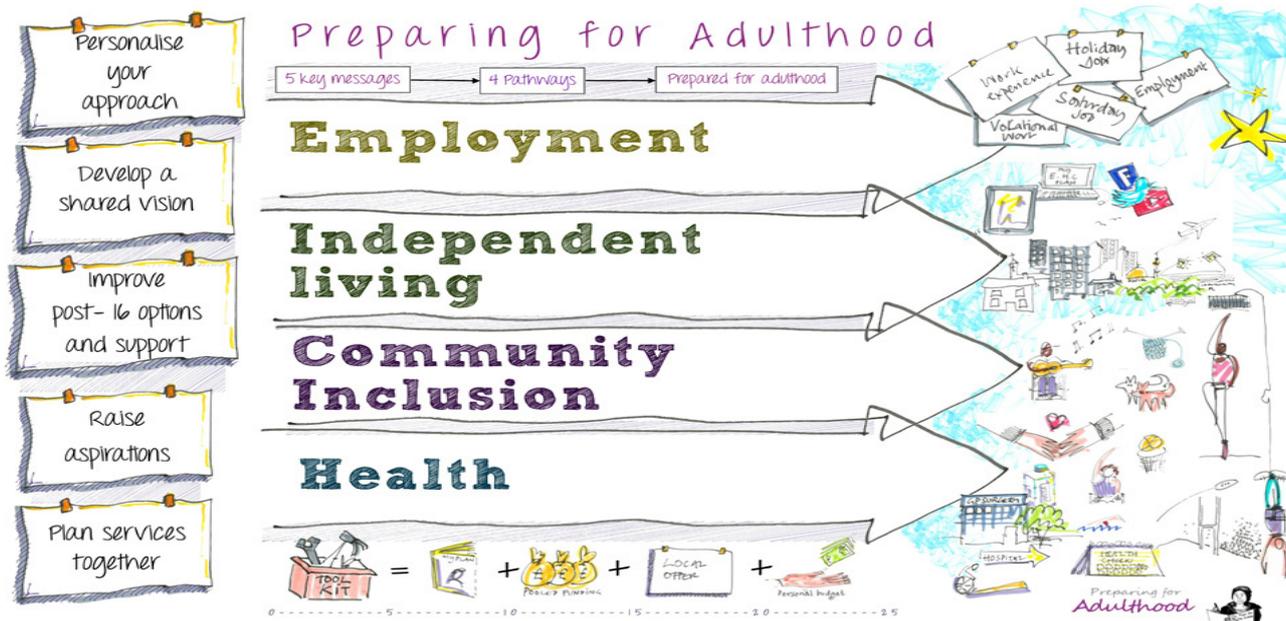
- Employment
- Independent living
- Community Inclusion
- Health



West Sussex County Council (WSCC) has a SEN assessment team (SENAT) with Senior Planning Coordinators (SPCs) who work with young people to update their EHCP to include the PfA pathways. They work on EHCPs from Year 11 onwards when young people move on from compulsory education. The contact details of your SPC is on your EHCP. There is more information about SENAT on the Local Offer at [https://westsussex.local-offer.org/information_pages/149-special-educational-needs-assessment-team-senat#special-educational-needs-assessment-team-\(senat\)](https://westsussex.local-offer.org/information_pages/149-special-educational-needs-assessment-team-senat#special-educational-needs-assessment-team-(senat))

There is more information on Preparing for adulthood here:

www.preparingforadulthood.org.uk



Lifelong Services

We are currently creating a Lifelong Service for anyone that has a lifelong disability acquired before the age of 25 and/or autism. The service is for people that require social care support either as a child and/or adult. The vision of Lifelong Services is:

To provide a consistent approach to working in partnership with children, young people and adults with lifelong disabilities, autism and their families.

We will:

- offer early intervention,
- build on an individual's strength to develop skills and independence,
- promote and maintain safety and good health and
- facilitate employment.

We will make the best use of public money, provide a more joined up and coherent experience for the people we work with and enable individuals to live a 'good life' as defined by them. This involves developing a consistent approach across education, social care and health. We want to have co-production of the service so if you are interested in being involved please

Email: lifelongservices@westsussex.gov.uk

One area we know needs improving is when young people transition into adulthood. We are currently creating a Transitions Wiki to help young people and their families. The Wiki will be available on the Local Offer after Christmas. If you would like further information about Lifelong Services please do get in touch using the email address above.

Lavinia Norfolk Centre

'Aspire Achieve Angmering'. The motto of our school. Effective and personalised transition from year 6 is fundamental in ensuring our students are prepared for the exciting challenges that secondary school brings.

Members of the SEND team at The Angmering School, are based in the Lavinia Norfolk Centre (LNC). The LNC is a Specialist Support Facility (SSF) for students with a sensory impairment or physical disability, all with EHCPs. The school also accommodates students with EHCPs for social, emotional and behavioural difficulties, specific learning difficulties, and students on the Autistic spectrum, with social communication difficulties. Students with an Education Health Care Plan (EHCP)

are fully included in a mainstream secondary school of approx 1500 students. Our job as the SEND team is to ensure students start year 7 with ambition, confidence and drive to succeed in whatever they wish to do. Attending their primary school annual review meetings from as early as year 4/5 gives us a valuable insight into the support they will require; assistive technology, subject choices, land and water based therapy programmes, equipment needed, in class LSA support, friendships and involvement of external professionals are just some of the key areas discussed, with the student's and parent's views and concerns being paramount. Communication with parents and SENCOs at primary schools is established at an early stage to aid a smooth transition.

Two social activity evenings take place in June where students meet peers from their new year group. After thoughtful discussion on the individual's needs, learning support mentors are assigned to each student. This person then plays a fundamental role in ensuring the student is at ease and confident and will attend both of these evenings with us.

Two full transition days follow, one based in the LNC for EHCP students only, and the other a whole school transition day where they meet their tutor group and experience lessons. Following this, learning mentors will often attend primary schools to see the student in a learning environment, gaining valuable insight into strategies that assist the student with their progress and independence. Students always have the option of additional visits to Angmering with their primary school TAs if they have concerns or worries.



Taking current students to primary schools to showcase the many sporting activities our extensive Parasport programme has to offer is also a great way for students to meet new people and

have a familiar student 'buddy' when starting at Angmering. Transition packs are sent out to primary schools with blank versions of our timetable, maps of the school, subject specific vocabulary and photographs of key staff to enable familiarity when starting as much as possible. Additionally we run an activities week that all current and new students are invited to attend in the first week of the summer holidays. The popularity of this week means we often see new friendships form even before they start in September!



Student profiles are written by key staff outlining all the main features of a student's needs ready for the end of term. These are accessible to all teaching staff and LSAs and gives them ample time to differentiate and plan for

students in their groups for September. Pen profiles give brief background information on the child. This is taken from their EHCP and gives clear concise strategies to support the child academically, socially and emotionally.

Options taken in year 9 are again thoroughly discussed with the student, parents and teaching staff to ensure realistic enjoyable options are taken where students will thrive

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and succeed. GCSE subjects are discussed at length for each individual. If some GCSEs are too challenging we have the flexibility to offer supported study hours and additional support for homework. We also offer alternative vocational courses such as ASDAN running alongside GCSEs.

If students transition at a non-age phase time of year, then we invite students to participate in trial days at Angmering where they will shadow an existing student that will be in their tutor group. This enables them to familiarise themselves with the tutor, head of year and the students. They will follow their timetable with them to gain an insight into a typical day as an Angmering student enabling them to familiarise themselves with the school site. We will assign a learning support mentor at this point to the student who will attend registration and "deartime" (drop everything and read for 20 minutes!) with them daily. This means relationships with key people are familiar for September. If needed we will give the student photos of key members of staff and have regular contact with parents via email, phone or a communication book managed by the learning support mentor. Finally members

of the SEND team will visit and observe the student in their current environment to have an enhanced understanding of the individual student's needs physically and emotionally. We will then invite the student to represent Angmering in sports events in the summer term, enabling them to build friendships early. They will also be invited to attend the summer activity week in the summer holidays.

Effective smooth transition from Angmering is also paramount to us. Having established good relationships with local colleges, universities and county representatives, the SEND team are able to assist students with applications, interviews, funding and meetings that are student centred and involve us ensuring everything is in place for them to start the next chapter in their lives as seamlessly as possible.

Nat Searle and Nat Webb - Lead SEND - PD Students at The Angmering School (LNC)
www.angmeringschool.co.uk/students/learning-support/



Crossroads Care

- All children and young people want to do lots of things;
- those with disabilities may need help to do them,
- Crossroads Care can give that help. Every child and
- young person has the right to take part fully in the world
- around them and to enjoy the same experiences as
- everyone else.
- Crossroads Care South Central is on hand
- to give short breaks to disabled children
- and young people aged
- 0-18 and enable them to do what they
- want to do. Our Carer Support Workers
- provide you with the peace of mind that
- comes from not just knowing the person
- you care for is being looked after but
- stimulated and engaged.
- Our **Home Respite Service** is tailored to
- the needs of every Carer and the person
- that they are caring for.
- If you would like a Carer Support Worker who has a
- passion for early years play, reading, movies or online
- gaming then just ask.
- Our **Out and About Service** is tailored to the needs of
- every Carer and the person that they are caring for.
- If you would like a Carer Support Worker who has a
- passion for walks along the beach, swimming, ten pin
- bowling or going to local football matches or just loves

being outdoors, then just ask.

You will find that we are passionate about the same things that you are passionate about. If needed we can also look after your medication and personal care requirements.

The **West Sussex County Council Short Breaks**

Services provides carers with respite on alternate Saturday mornings from 09.30-13.30. The service is provided at the **"PITSTOP" club**, run by Crossroads Carer Support Workers at Littlehampton Academy, Fitzalan Road, Littlehampton, BN17 6FE (access via Hill Road entrance). The club is aimed at children / young people aged 8-14 years.

Our Carer Support Workers provide Carers with the peace of mind that comes from not

just knowing the person you care for is being looked after but stimulated and engaged.

To find out if you are eligible and to book a place, please make an on-line enquiry at

www.crossroadscare-sc.org/childrens-services-2/ or Tel: **01903 790270** and speak to one of our coordinators. This service is subsidised by West Sussex County Council.



The Sand Project

The Sand Project is a community venture that creates Social Enterprises in order to provide work related training, experience and promotional opportunities in as many different industries as possible, for young people with learning difficulties.

The long term goal is to fulfil our own established 5 a-day expectations **(5ade) for SEND employment** framework:

1. **Create** reputable businesses in which to establish meaningful programmes to...
2. **Train** young people to an industry expected standard in order to...
3. **Promote** their works skills to sister industries who will want to...
4. **Transition** our trainees into their business, with our support, until such a time the new employee is capable of independent...
5. **Immersion** into mainstream employment

How Far Have We Got?

Our school based enterprise, School Ground Coffee, brings barista training to students and delicious, high quality coffee to teachers. Not to mention a financially sustainable (profitable) business for the school! Our most successful trainees have gone on to secure further placements in high street businesses, including brownie heaven, Baked Worthing. Our next

step is to find coffee giants, such as Costa and Starbucks, to work with us to transition trainees into their cafes.



We are on the high street in Worthing! Our first shop, **Stars and Dandelions**, which opened in June, is a pre-loved children's goods boutique, and we were very excited to



welcome our first trainees this September. We hope to offer the sixth form students of Oak Grove College a challenging, but enjoyable, retail and customer service programme

that will be recognised by other businesses on the high street. Please do call in to the shop at 3B Coronation Buildings, Ham Road, Worthing BN11 2NN Tel: **01903 202088**

Accessibility, inclusion, community cohesion, literacy, engagement across the curriculum, promoting self esteem. **Visible Inc Magazine**

is the social enterprise that incorporates all our passions. We freely distribute to ALL secondary schools and community groups across West

Sussex. Have you subscribed? Make sure your young

people Be Included, Get Involved.

Find out more at www.visibleinc.co.uk or email hello@visibleinc.co.uk



More information about The Sand Project and our current projects can be found at www.thesandproject.co.uk

Email: info@thesandproject.co.uk

M&S Easy Dressing

Marks and Spencer have created a special range of easy dressing clothes for babies and children up to 16 years old who need extra help. From all-in-ones that allow for a cast (for hip dysplasia) to tees and dresses with discreet pockets for feeding tubes, to clothes that are super-gentle on

M&S
EST. 1884



sensitive skin; they have made dressing quick, comfortable and practical – and more fun! Also includes school uniform clothing, bibs and underwear.

Go to:

www.marksandspencer.com//kids/easy-dressing

Advocacy Services

An independent advocate can help you by speaking up on your behalf.

What is an advocate?

An advocate is an independent person who helps you speak up for yourself. They also give advice, make you aware of your rights, listen to you and represent your views, wishes and feelings.

An advocate will support you so that you can have your say about the care and services you receive.

You can get an advocate if you are a:

- child or young person in care
- care leaver
- child or young person who has a disability and receives help from a social worker
- child or young person aged 12 or over involved in a child protection conference
- child or young person aged 7 or over involved in your first Child Looked After review
- child or young person wishing to make a complaint about West Sussex Children's Services.

What can an advocate help with?

An advocate can help you when:

- you're too scared to speak up in your review meeting because there are adults there talking language you don't understand
- you're angry that a decision has been made and you don't agree with it
- you want to move from your current placement, carer or supported lodgings
- you don't want to move again

- you're confused about what is going to happen in your child protection conference
- you really want others to understand how you feel about something
- you want to complain about something.

An advocate will help you speak up for yourself, to get things stopped, started or changed. They will listen to you and put across your views.

What happens when you meet your advocate?

- The advocate will listen to you and find out if you have a problem or worry.
- The advocate will then help you understand what your choices are and what people are saying.
- The advocate will ask you what help you want.
- You can ask the advocate to speak to people on your behalf or come with you to meetings.
- The advocate will help you to sort out your problem or worry the way you want and make sure people are listening to you.

How to request advocacy

If you would like to request help from an advocate you can complete the online form here:

www.westsussex.gov.uk/education-children-and-families/your-space/life/advocacy/

If you would like to find out more about what we do, you can contact the team.

Email: **AdvocacyService@westsussex.gov.uk**

Tel: **033 022 28686**

Level 2, West Wing, Centenary House, Durrington Lane, Worthing, BN13 2QB

Job Opportunities

Access to Work – Supported Internships and Apprenticeships

Young people about to start the work experience placement of these schemes can apply to the Department for Work and Pensions for a grant to help with travel and equipment costs.

www.gov.uk/access-to-work

Aldingbourne Country Centre

A rural day service providing a variety of vocational training opportunities for adults with learning disabilities. Tel: **01243 542075**

Business Buddies

A new initiative in the Gatwick diamond area of West Sussex which hopes to bring a new approach to supporting people with learning disabilities and autism into sustainable paid employment. This is a partnership between Manor Green College, Crawley and specialist support agency A Potential Diamond supported by West Sussex County Council. The ultimate objective

is to create a 'bespoke' paid opportunity for a young person tapping into their strengths whilst considering support needs.

Email: **richard@apotentialdiamond.org**

or Tel: **07738 941415**

Supported Internship Programme

Chichester College working with local employers to find job opportunities for young people with additional needs.

Email: **help@chi.ac.uk**

Tel: **01243 816000**

Supported Internships (18+)

Plumpton College offer study programmes with the core aim being to find paid, sustainable work for young adults with SEND.

Tel: **01273 890454**

Apply online: **www.plumpton.ac.uk/courses/foundation-learning/supported-internship-18-level-1-2-3-199/**

Wheely Wonders Update

This time last year I wrote about the Wheely Wonders family days my friend Jen Keil and I had started running at my smallholding in Sidlesham. Since then it has become a popular event; we have had very special days and met lots of really wonderful families and over 40 children!

We ended our 2017 sessions with "A Wheely Curious Christmas". In the morning at Jen's Forest School session, the families learned how to use some basic hand tools and created a mini reindeer or a tiny elf from foraged wood, then made wooden discs to hang on their trees, as well as enjoying toasting marshmallows and having hot chocolate around the campfire. During the afternoon at Craft Club, the children created festive tea towels or bags using stencils and fabric paints as well as making sparkly pipe cleaner decorations. There



was also a surprise visit from Father Christmas himself who had got a bit lost and appeared from across the field, bringing presents of red noses for all the children and then encouraging a rousing sing-along!

We were very pleased when Wellspring received some **funding** at the start of the year from the **Thornton Trust**, which meant that families could have a reduced fee for coming to Wheely Wonders days.

Due to the extremely cold winter, we started again in April with a Spring themed day. Everyone enjoyed meeting the farm animals and feeding Jigsaw and Puzzle our goats and Rosemary the donkey. During Jen's morning, children went on a bug hunt and enjoyed the swing and hammock in our woodland. We used magazine pictures of flowers to create a hanging decoration and coloured farm themed keyrings in the afternoon. A special moment for one family was seeing their son who has Cerebral Palsy, sitting unaided on a log, chatting to his twin sister.



Our next meeting was in June when it was a lovely sunny day. Everyone enjoyed meeting our lambs and having a go at bottle feeding one!



I held the Craft Club in my garden and we made collage people and photo frames. Chris North came along to lend a hand and we ended the afternoon with some of his magic.

We ran two days at the beginning of the summer holidays; the first was for families who are members of

Super Scopers in Worthing. Jen took everyone

to meet the animals and they made bubble wands in the woodland while having shelter from the sun and some time in the hammock.

At Craft Club, the children painted small canvases with pictures of the animals they had seen then made caterpillar keyrings using buttons thread onto pipe cleaners. Our bottle fed lamb really liked joining in with the day and was very interested in the children and the box of musical instruments Chris North brought along!



We were thrilled to receive more **funding** for Wellspring from the **Shanly Foundation** and the **Friarsgate Trust** which have now enabled us to



provide the whole day at Wheely Wonders totally **FREE for the whole family!!**

Our first fully funded day was at the end of July when we welcomed regular

families back as well as new ones. More fun was had in the morning, sawing wooden discs to create necklaces and trying out firelighting skills. After lunch we created caterpillar keyrings again and decorated 3D wooden butterflies. At the end of the afternoon my goddaughter brought Rosemary the donkey down onto the field and it was wonderful to see how gentle she was with all the children.



In September more new friendships were made and we had another fun filled day on the farm and in the field. The weather was still lovely so we moved my afternoon craft activities out from the glasshouse



– notebooks were decorated and fabric bags designed, ready for the new term. Everyone loved the bubbles and stomp rockets provided by Chris North and we had a fantastic magic show to end the day. I loved watching the children's faces and seeing their reactions to the tricks. Chris is always so wonderful at involving everybody, whatever their ability.

Later in September we were all so saddened to hear that Alexander Lester aged 6 and a half, had passed away at home with his parents Kirsty and Jon. Last year Kirsty came to meet Jen and me to talk about running a day for Alexander and his friends here at Applefield and that is how it all started! Alexander is our true Wheely Wonder and we will continue to miss his gentle presence at all the days we continue to run.



Last weekend we ran the first of two Halloween themed days. Everyone created wonderfully jolly non-carve pumpkins by decorating them with pine cones, conkers, sticks, feathers and even bits of tinsel! Conker spiders and worms also appeared on top of the pumpkins! Craft Club activities included painting a bat, hedgehog or owl tealight holder, making a poster and a pumpkin door hanger or magnet. Before they went home the children all had a go at the spooky lucky dip! We are really looking forward to welcoming more new families next weekend.



Here is some feedback we have received from parents:

"We absolutely love the Wheely Wonders days at Applefield farm. I have 2 boys (one is in a wheelchair and one is not) and we find it hard as a family to find activities that they can both equally participate in and both get equal enjoyment out of... Wheely Wonders gives us that opportunity.

My husband and I love seeing them doing the fun activities together like making crafts and watching the magic show. I also can't describe how lovely it is to be surrounded by other families in the same situation as us who understand our struggles and challenges. The team at Wheely Wonders are such lovely people and they make us feel so welcome. We love it!" Susie Marsh



"I'm not 100% sure what to say and whether I can actually put into words what I like/love about the Wheely Wonders days. I guess part of it is the fact that we're able to

actually be out and about, enjoying the freedom your smallholding allows us, the fun you all bring to the day (including all the animals), the Forest School, Craft Club and sometimes the added bonus of Chris North. Also getting to meet other families and make memories with Jack and his friends, who have also attended in the past."

Louise Emery



I also run my Craft Club on term time Saturday afternoons from 2.30 to 4pm in the accessible art studio in my garden. Children with special needs and their siblings aged 4 to 11 years are warmly welcomed and places are **FREE**, also **funded by Wellspring**. All crafts get to come home at the end of a course and I always love seeing how proud children are when their parents see what they have created!



If you are interested in coming to a Wheely Wonders day or my Craft Club in 2019, please do send me an email and I will make sure you are kept updated!

Lizzie Baily
lizzie@wellspringwestsussex.org.uk

Chichester Festival Theatre

Chichester Festival Theatre is one of the UK's flagship theatres offering a range of work including musicals and drama, live entertainment and dance.

This winter we are pleased to offer a range of relaxed performances in addition to our regular CFYT groups for young people with additional needs and our Buddies Scheme for anyone who would like a companion or additional support during their visit. For more details about productions and Access at the Theatre please visit www.cft.org.uk

We hope to see you at the Theatre soon.

Relaxed and Accessible Performances

Our relaxed and accessible performances welcome individuals, groups and families with children on the autism spectrum, sensory and communication disorders, a learning disability or anyone who would benefit from a more relaxed theatre environment. For more information or to book please Email access@cft.org.uk or phone **01243 781312**.

Relaxed Performance of The Enormous Room

Saturday 15th December, 2.45pm
A theatre-dance piece performed by disabled and non-disabled artists who have collaborated to create this thoughtful and uplifting show about saying goodbye and moving on.

Relaxed Performance of Sleeping Beauty

Sunday 30th December, 2pm
Following on from the success of previous years, we are pleased to present a relaxed

performance of Chichester Festival Youth Theatre's Sleeping Beauty. This show is a wonderfully imaginative and mischievous version of the original fairy tale.

He Ain't Heavy

Wednesday 9th January, 2.45pm & 7.45pm

Performer Grania Pickard tells the story of growing up with her disabled autistic brother Sean using physical theatre, aerial circus, audience interaction and storytelling.

CHICHESTER FESTIVAL THEATRE

CFYT (Chichester Festival Youth Theatre)

Wednesday and Friday Groups
Our CFYT Wednesday (Horsham) and Friday (Chichester) groups are specifically

for young people with additional needs.

CFYT Wednesday sessions take place at The Capitol in Horsham, 5.45pm – 7pm, every Wednesday during term time, for members aged 14+. CFYT Friday sessions take place in the Steven

Pimlott Building at Chichester Festival Theatre, from 3.45pm-5pm, every Friday during term time, for members aged 12+. For more information on how to become a member, please get in touch.

Tel: **01243 784437**

or Email: cfyt@cft.org.uk

CFT Buddies

Our CFT Buddies scheme is a free service that offers a friendly companion to those who may need access support, or do not feel comfortable or able to attend a performance alone. For more details please visit

www.cft.org.uk/buddies
or phone **01243 781312**.



Jordan Gets a Gold!

This is Jordan my son who is now 19 years old. He was diagnosed at 4 with ADHD and Asperger's which is part of the Autistic Spectrum. He has experienced a number of challenges throughout his life and sometimes these are forgotten as we learn to live in the here and now.

Jordan had a number of school placements which had a huge impact on his confidence and self esteem. There were many professionals in his life and also various medications that were prescribed along the way too. Then we hit transition and that is a different ball game; it presents many challenges and there is no easy answer through it as every young person is different. Learning to step back sometimes is the hardest challenge for me as his Mum but with the right support in place Jordan has achieved so much.

This year Jordan was invited to Buckingham Palace gardens to receive his Duke of Edinburgh Gold Award (see photos). An amazing achievement which took him around 18 months to complete with the support from staff from Oak Grove College, Worthing. In order to achieve this he had to complete a number of hours voluntary work and complete some skills and also go on an expedition. Being pushed out of his comfort zone many times and at various points I thought he would give up,

but we kept going and he is so pleased he did.

After spending six years within the Special Centre at Littlehampton

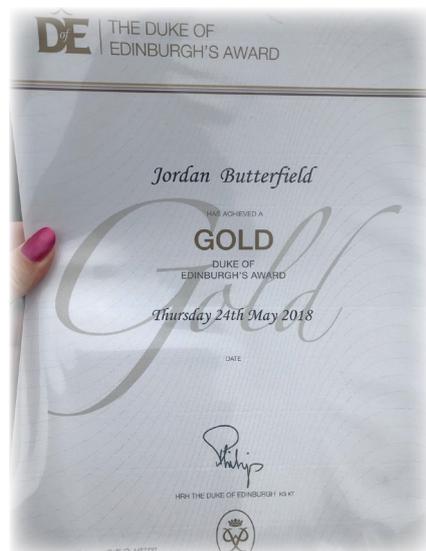
Academy, Jordan went onto Chichester College which was a huge change for him. The first year was quite tough as he adapted to new staff, new students and also navigating the train, which he had not done before. We downloaded the train app to both of our phones and communicate regularly to make sure he feels confident about arriving at college and coming home again.



Jordan has a passion for football so is currently studying Football Coaching and has just completed Level 1 and returned this September to complete Level 2. He does not know what he wants to do but studying his favourite subject is a bonus!

The last few years has also seen change regarding his benefits so we

have been through the PIP process and also the ESA (Employment Support Allowance). All of this is a learning curve but it is so important to get Jordan set up as an adult in his own right and onto the first rung of independence. We have a long way to go still but will get through this journey at his own speed.



Lindsey Butterfield

Bursting with Pride

...LIKE ANY OTHER MOTHER OF HER CHILDREN!

Jimmy and Peter have been able to achieve due to the correct support being in place for all aspects of their life. A content and happy person will learn no matter their ability. Correct support is vital for this to be achieved. Also strong parents, and family, prepared to step out of their comfort zone frequently, sometimes having uncomfortable conversations on occasion leading to confrontations but I am pleased to say few.

Jimmy (see photo) is a typical 20 year old loving sports, in particularly football and goes to as many Bognor home games as much as he can, whatever the weather and happens to have quadriplegic Cerebral palsy grade 5, using an eye-gaze to not only to communicate but for all educational surroundings. His computer also has environmental controls so he can record his TV, change channels and turn on and off the TV. He chooses a manual wheelchair as he found switch control click to go difficult to try and drive a powered wheelchair.



Peter is the same age, a minute younger, and a Chelsea fan, enjoys quizzes, Words with Friends and plays the Xbox, has just started Uni and happens to have Cerebral Palsy grade 4, with severe to profound hearing impairment, relying on high powered hearing aids, lip reading and body language. He prefers to be spoken to and prefers to speak rather than signing and drives his own wheelchair.

There are grades 1-5 in cerebral palsy. 1 being the least affected.

I am now in the privileged position to have two wonderful young men, continuing to achieve, still needing support in every aspect of their lives and have found over the past 20 years to make all this possible, every person involved having to work positively in their supportive roles putting aside differences, personal grievances, 'playground games and attitudes', negativity etc.

The result...who knows...the sky is the limit. Same opportunities as any other ordinary person...equal opportunities = Equality.

I knew I would support Jimmy and Peter to achieve whatever their level of achievement to reach their own potential. I knew they could achieve, not knowing to what level, however, what I did not expect was the amount of justifying, begging, and barriers I came across to assist my young men in order to get the correct support to enable them to achieve.

Jimmy is 21 in October and has chosen mainstream all his life and at present still chooses this environment, attending his local college with support. He has thoroughly enjoyed this type of environment, where he finds he is one of the class, giving a valued input and needing this stimulating environment; enjoying being challenged. Jimmy came away from senior school with BTech Sport, equivalent to 4 GCSEs. He is still persevering to pass both

Maths and English as he needs this to continue onto further qualifications as he has, quite rightly aimed very high and has his dream job and is lucky enough to know what he wants to do. I feel that if you know your passion, you are half way there.

Jimmy now is attending his local college, his choice, attaining level 2 and 3 football coaching qualifications. In Jimmy's first year of college Jimmy was put forward for a star award. This is an award for pupils that are considered outstanding. His tutors felt he was setting a standard for the rest of the class by not only attaining his qualification but felt he should be rewarded for his work ethics, arriving every day at college with a smile, going out in all weathers and working very hard. Jimmy is healthy, so apart from medical appointments that can't be avoided he achieved great attendance and brought the correct attitude...ready to learn and work hard. Star awards, very hard work, time for pleasure, balanced life etc...now reaping the benefits.

Peter...

Again mainstream school all the way, with correct support, with support units leaving mainstream school with 5 GCSEs, A level, going onto a residential college coming home every weekend for 2 years except the last term where we used the direct payments to pay for one weekend a month staying away from home, even trying to tag two weekends at the end of one month and beginning of the next month, practising to be away from home for a stretch of 3 weeks, thus preparing Peter for the next phase in his life. He left residential college with level 3 qualification and the amount of UCAS points, passing his English easily at school and passing his maths after his 9th attempt at college.

Uni was discussed, again the discussion made by Peter, choosing Solent University, Southampton, as they not only have the next qualification which will eventually lead to his dream job... being a sports teacher. Alongside this Peter is attending the Southern

All Stars academy which is a high performance Boccia academy by invitation only, practising with UK champions and Paralympians. Solent University also has a high performance academy where they look at Peter's timetable schedule in training times with support for Peter including matches, wherever they

may be held. He has been able to maintain his private Boccia coach once a week which is important as they understand each other, have built up an understanding and his coach is able to get the best from Peter. He is aiming very high and is focused on achieving play at the 2024 Paralympic Games. Again, Peter has a great attitude, understands the commitment needed and will do his best.



I'll be back in four years to update you what is happening in Peter and Jimmy's lives!

Sharon Langton

Peter says:

"Transition looked easy at first but little did I know it would take MONTHS! I got the place at Southampton Solent around March time and since then it was relatively easy but when it involves West Sussex, there are many red tapes in front of you. I have always wanted to go to AskJules for PAs as they are specialists in getting Personal Assistants for uni and beyond. The amount of care is counted into monies for a care package. I had someone in charge of my care package on behalf of WSCC; who in my opinion was terrible and was away on 'annual leave' for

most of the summer. Instead of relaxing and enjoying the summer holidays, I was anxious and quite worried - that is not a place any young person wants to be put into. I even thought about packing uni in and not going. But a WEEK BEFORE I was due to go, the council came over and discussed all the details etc, and I have AskJules until Christmas - then a review will be done to see if I still need 24/7 care. Treloars have helped me stay calm and positive about the prospect of uni and I believe WSCC should hang their heads in shame."



Peter Langton

CYCALL

Imagine not being able to enjoy the everyday activity of cycling? There are many barriers which prevent disabled people from participating in this wonderful pastime. At **CYCALL** we aim to remove these barriers by providing adapted tandem bicycles for use along the beautiful promenade of Worthing Seafront, West Sussex. All of the bikes used will be tandem which means that the family and friends of the participant can be involved, making it a truly inclusive cycling experience for everyone.

The 'fun to go' tandem seats 4 people - Great Fun! Other bikes which we are fundraising towards include a 'wheelchair transporter bike' and a 'wheelchair tandem' to ensure cycling opportunities are available to absolutely everyone. The bikes will offer electric assisted cycling to enable people to cycle in greater comfort.

Adapted cycling has a wide range of benefits including an increased sense of health and well-being, a sense of independence and improved confidence.

Why Worthing?

- Beautiful Setting
- Disabled Parking
- Ramped Access
- 'Changing Places' Toilet
- Socially vibrant to embrace inclusion & reduce isolation

Using the "social model" of disability (defined by SCOPE as being a person is disabled by society rather than their impairment or health condition) **CYCALL** aims to encourage empowerment and confidence of disabled individuals and people with a health issue by fostering an atmosphere of positivity.

Our Target Groups

- Disabled adults & children or people with a health issue which prevents them from cycling.
- People who find themselves socially isolated due to age, illness or disability. The barriers which these two groups experience may be practical or emotional.
- The long term benefits of increasing physical activity include *improved physical strength *helping people to stay active for longer in

life *gives a sense of freedom *improves confidence and skills * reduces social isolation

CYCALL is operated by volunteers and although we only launched in May 2018 the public response has been amazing.

We have grown from being 'just an idea' between my husband and I ...to having a board of 4 voluntary Directors, a team of 10 volunteers (both young and old) and are in a position to purchase our first bike in April 2019.

"Little by little, a little becomes a lot". Tanzanian Proverb



The future...as **CYCALL** grows and develops, we aim to become mobile and take the bikes to supported living complexes, day centres, hospices and specialist schools.

Enough Facts & Figures...Now the Personal Stuff

I am a wheelchair user and fully understand the impact of engaging in everyday activities with friends and family, feeling as if the world is my oyster! Please help to support **CYCALL** and improve the lives of so many people.

The Practicalities

We are in a lucky position because we are able to purchase each bike as a single

unit, therefore we are fundraising towards our first bike which we hope to purchase in April 2019. We have already raised over £1100 and are making grant applications to other funding streams, both nationally and locally. A Van Raam Fun To Go Side by Side Tandem retails at £4525 (adjustable seats, no step threshold and lapbelt). **CYCALL** would be delighted with any contribution that you could make towards purchasing these bikes. We aim to have purchased two by April 2020 (business plan available on request).

For more information email Martine Walters:

cycallworthing@gmail.com

Visit <https://asouth4all.co.uk/cycall>

and Like the Facebook page

www.facebook.com/groups/cycall/



ADVERTORIALS

Southern Mobility Vehicles

We are Southern Mobility Vehicles and we only sell wheelchair accessible vehicles.

We invite you to come and browse our wide selection of low mileage, freshly prepared vehicles at your leisure.

There is never any pressure and we make sure we have all the time in the world to talk you through the different vehicles we have and how certain features and benefits might work for you. The good news is the kettle is always on!

Please feel free to call us or visit is any time and a warm welcome awaits. The ability to travel makes a huge difference to the lives of thousands of disabled people across the UK. Wheelchair accessible vehicles (WAVs) can be driven by carers, friends or family members, and in many cases disabled people are able to drive the vehicle themselves.

We deal in all sizes of Wheelchair Adapted Vehicles (WAVs) from 2 seats plus a wheelchair user up to 16 seats plus multiple wheelchairs which are suitable for care homes, schools and charities. We can build and bespoke vehicles too so if you are looking for a larger vehicle and

you need 10 seats plus 3 wheelchair spaces we can build to your specification. All work is carried out by a certified conversion company to your build and we are here to advise on vehicle suitability.



We keep a wide variety right across the range, so you can sample most of the vehicles that are available today in one place. Why not come along and see what we have in stock

right now or visit us at

www.southernmobilityvehicles.co.uk

to find you four wheeled freedom. We are located 3 miles north of Bognor on the A29 just south of Westergate and our postcode is PO20 3SU if you want to look to see where we are. Feel free to call us on **01243 544444** or **01243 586444** if you'd prefer and we look forward to seeing you soon. Please mention that you found out about Southern Mobility Vehicles in Wellspring West Sussex newsletter!



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.

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

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.

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**

or contact me:

Christine Richards MAR, MCMA

Tel: **07801 941479**

Email: **info@crtherapies.co.uk**



History of Wellspring



You will probably not remember me or my part in starting Wellspring along with Chris North and colleagues in the Chichester office of WSCC Social Services.

Back in 1996-1998 I was the Voluntary Sector Liaison & Development Officer in that office, working with volunteers and voluntary groups in the Chichester office. My role also linked in with many of the social workers in the area including Chris and colleagues who were supporting children and families.

One of the many ideas Chris came up with was producing a newsletter for children and young people with disabilities and their families. As I had joined the local authority from industry (a pharmaceutical company) I actually had my own laptop. While this is nothing these days with everyone now having smart phones, tablets and powerful computers, back in the 90s having your

own laptop was unusual, especially in social services where they were using green screen terminals. As I had experience of creating newsletters I offered to produce a draft document. In that draft I suggested the name Wellspring – something that bubbles up and is an abundant source of something. I also introduced the logo – Hokusai's Great Wave off Kanagawa, (we didn't think about copyright in those days). The newsletter was well received when we started to circulate it and the fact it has lasted over 20 years is a great testament to all those involved in it since.



I moved away from Social Services in 1998 and from WSCC in 2013 and am now retired. I still have fond memories of working with people like Chris and crossing paths with individuals such as Lizzie. I wish you continuing good fortune for the future and best wishes for the next 20 years.

John Gisby

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 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

Please support us through

www.easyfundraising.org.uk - every time you shop at many online retailers, a percentage will be donated to us!

The General Data Protection Regulation (GDPR) is intended to strengthen and unify data protection for all individuals within the European Union. If you are receiving an individual copy of this newsletter that means we hold your details on our mailing list for this purpose. We do not share our data with any third parties. Due to changes in the law from May 2018, we need to confirm that you are happy for us to continue to hold your details. If you DO NOT wish to continue receiving the newsletter please let us know by Email: lizzie@wellspringwestsussex.org.uk Post: 26 Goldsmith Road Worthing BN14 8ER Text: **07742 408868** If you do not contact us we will take this as confirmation that you are happy to continue receiving the newsletter.



Please write to us at:

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The next edition will be *Creative Adventures*

If you would like to contribute any articles or letters to this edition, please send or e-mail to us by 31st March 2019.

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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

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.