

## Celebrating Diversity

Hello everybody! I hope everyone has managed to stay as safe as possible since the last Wellspring newsletter was published. It's hard to believe our "new normal" life has been going on so long, but I hope this edition will make you all smile as you celebrate all the stories inside!



I'm sure, like me, many of you will have loved watching the Tokyo Olympic and Paralympic Games in the summer. WeThe15 - a movement for an inclusive world was launched in Tokyo, turn over to page 2 for more details. We are so pleased to have an article from a local Boccia player, Louis Saunders who has recently started university, go to page 3 to read his story. If you or your children are interested in trying out inclusive football activities, find out about what Albion in the Community can provide on page 12 and how football has changed 9 year old Finley's life on page 9. Time4U Activities is a fantastic new after school and holiday club for children and young people based in Aldwick, go to page 11 to read more.

On pages 6 and 7 you will find my interview with Dr Charlie Williams who grew up in Worthing and is now a Climate Scientist working at Bristol and Reading University. We have an exclusive article by Allan Johnson, the creator of CBeebies' Something Special which will be a favourite in many houses - find out all about The Birth of Mr Tumble on page 4!

Reaching Families have recently received funding to support a new benefits service, in addition to the other projects the charity provides, including the Face-2-Face befriending service for parents; find out about both of these on page 15. ABA Autism are advertising with us for the first time; turn to page 14 to read what they can offer. Don't forget that if you're looking for a new accessible car or van, Southern Mobility Vehicles (page 16) are happy to help.

I have absolutely loved meeting so many special children at Wheely Wonders this year, including Harry Ragless whose family are fundraising for a beach wheelchair for Worthing, go to page 5 for more about this! We were delighted to welcome Chichester's MP Gillian Keegan to Wheely Wonders in October. You can read about all the fun we've had this year on pages 8 and 9 and some lovely feedback on page 10.



Our next newsletter is focused on Special Schools so we would love to hear from children, young people and teachers to highlight their work! Wishing you all a good start to 2022 and looking forward to catching up in the spring!

Lizzie Bailly

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

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A big **THANK YOU** to the **Thornton Trust** and **Chichester Lions Club** for their funding for this newsletter.

Thanks also to **ABA Autism** and **Southern Mobility Vehicles** for donating to Wellspring and advertising with us (see pages 14 and 16).

# WeThe15

## What is WeThe15?

WeThe15 is a global movement, which was founded by a coalition of organisations from sport, human rights, policy, communications, business, arts and entertainment, uniting to change attitudes and create more opportunities for persons with disabilities, as well as improve mobility and accessibility.

## What do we want to achieve?

Our message is clear: disability is humanity, not an abnormality. Everyone gains when everyone is equal: your family, your friends, your neighbours, your communities, your colleagues, your readers, listeners and viewers. By telling their stories, together we can make a tangible and well overdue difference for the planet's largest marginalised group.

Over the next decade the WeThe15 movement aims to provide and engage media around disability and human rights: some of the stories will be about hope and unity, but we'll also not shy away from tackling themes of health, education, poverty, legal representation, employment and social justice.

## What are our objectives?

1. Put persons with disabilities at the heart of the diversity and inclusion agenda.
2. Implement a range of activities targeting governments, businesses and the public over the next decade to drive social inclusion for persons with disabilities.

3. Break down societal and systemic barriers that are preventing persons with disabilities from fulfilling their potential and being active members of society.
4. Ensure greater awareness, visibility, and representation of persons with disabilities.
5. Provide education on the social model of disability to dispel global societal and cultural misconceptions and explain that disability is created by societal and systemic barriers rather than an individual's impairment.
6. Promote the role of assistive technology as a vehicle to driving social inclusion.



**People with a disability are 15% of our world.**

A movement for an inclusive world.



## Why now for WeThe15?

With COVID-19 disproportionately impacting persons with disabilities, now is the time to act. As the world aims to build back better post-pandemic, we must align everyone with the 2030 Agenda of the United

Nations and ensure we do not leave one billion persons with disabilities behind.

## Get involved!

Everybody's actions count. You can play a part in making the WeThe15 campaign a success, to create a more inclusive world.

Keep up to date with the campaign here  
[www.wethe15.org](http://www.wethe15.org)

Twitter: <https://twitter.com/wethe15>

Instagram: [www.instagram.com/wethe15/](http://www.instagram.com/wethe15/)

# From Tokyo to University

Having 10 days between returning from the Tokyo 2020 Paralympics and moving to university has certainly made the last 3 months remarkable.

My words in this article will not do the adventure justice. This event is beyond description. However I will endeavour to give you a flavour of the experience alongside insight into my transition to university.

The Paralympics were simply incredible. It was such an honour to represent ParalympicsGB on the world's biggest stage. I was blown away by the size and scale of it all, from the athletes village, food hall to the generosity and enthusiasm of the Japanese people. Being in the same squad as Paralympic heroes such as David Weir, Hannah Cockroft, Ellie Simmonds, and Jonnie Peacock, who opened my eyes to the possibilities of disability sport in 2012, was constantly mind blowing. Equally awesome was the fact that fellow Angmering star, Lewis Edwards was competing in Tokyo. It was unbelievable to share parts of this experience with a friend and another role model. Everyone involved in Disability Sport at Angmering School should be proud of helping two of us get to this level of elite sport. However, most amazing of all, was the vast amounts of support that I received from everyone back home. Despite the lack of fans in Tokyo I could feel the waves of energy wishing me on to play as well as I can which helped massively. Thank you!

I must also say thank you to Steve Richards, without his support, guidance and sacrifices this story wouldn't be mine to tell. In terms of the Boccia, it was so cool to be part of an exceptional team of 23 athletes/staff/assistants. I learnt so much from playing the world's best and recognising what the legends of the game

do to succeed in this environment. Whilst I am of course disappointed with my results, the self-reflective magnifying glass that this level of competition provides will help me be better. I hope the resulting paradigm shift of how I approach Boccia will allow me to reach my goal of Paris 2024 where people can roar me on in person.



Rightly so, the Paralympics are predominantly about elite sport. Yet the Tokyo 2020 games also marked the launch of the #WeThe15 campaign which aims "for all persons with disabilities to fulfil their potential and be active and visible members of an inclusive society." When you spend three weeks in a village with 7,000 other disabled people you are reminded that being disabled doesn't make you special or unique. No, you are distinguishable by your skills, hobbies, personality and interests and not by your wheelchair. I hope this is championed beyond games time.

Less than two weeks after Tokyo I was living at University. I am absolutely loving meeting new people, learning new things and having a new level of independence. My years at Angmering School have prepared me so well for this next step. Not only the practical advice around Disabled Students' Allowance and accessibility but also the life skills, confidence and opportunities that the school provides have helped me transition to Sussex University seamlessly.



My advice to anyone is simple:

**Be Brave and Be Curious.**

*Louis Saunders*

# The Birth of Mr Tumble

*Allan Johnson is the Creator and Series Producer of the multi award winning and much loved series 'Something Special', also known as Mr. Tumble featuring Justin Fletcher. Allan trained as a primary school teacher spending several years teaching in inner city schools in London. He gained his degree in Literacy, Art and Special Education at Brighton University in 1986. Allan has told us all about how 'Something Special' was created...*

The first thing to say was that Mr Tumble's conception was the result of luck and his gestation period was incredibly quick.

I was working for BBC Schools TV and was approached by the commissioner who had an underspend that they had to use before the end of the financial year. They wanted to create a series to help Early Years children with communication – and the hope was I could create something to help children who had English as an additional language (EAL). Because the series needed to be turned around quickly, I didn't feel I had enough knowledge in this area.

So I suggested that the focus could be on children with learning disabilities and communication difficulties. This was an area where I had some knowledge based on my time as a teacher in a SLD school in Peckham. Plus my wife was head of Early Years at a MLD School in Purley. Together we had learnt and applied Makaton in the classroom and had first-hand experience of seeing its power in helping children find their voice and communicate with their friends and family.

Fortunately the commissioner at the BBC said 'Yes' - the series was green lit, and as they say the rest is history.

I spent the next two weeks working out a format for the series. It had to be predictable, repetitive and most of all visual. It had to be robust and flexible to accommodate a whole range of Early Years topics.



Next, the fun part. I visited schools to meet the audience and find out what topics we should cover and the language / words we should focus on.

Then I began to work on the scripts. Language had to be used strategically and minimally - and as a result I incorporated elements of the Derbyshire Language Scheme that I had learnt during my time as a teacher. Key information carrying words were the order of the day - and these would become the words that were signed in Makaton. And of course there had to be humour – and lots of it. Step forward Mr Tumble and his spotty bag.

But who was going to present this show and play the part of Mr Tumble? There was only ever one person for the job. Justin Fletcher and I had just finished working together on a Cbeebies show called Tikabilla, and I was delighted when he said yes! Finally I had to put a production team together and plan the filming.

There were three rules when filming *Something Special*:

- The children featured had to have a learning disability.
- We would make sure they would have a wonderful time when filming.
- We would always show them achieving.

That achievement depended on the ability of the child. It could be showing them abseiling down a cliff or feeding a lamb on a farm, or it could be them simply gesturing appropriately. The important point was I didn't want the show to focus on their disability, I wanted to focus on them succeeding and by doing so, take their rightful place on National TV.

*'Something Special' has been running for over 17 years and is now the longest running show on CBeebies. It is broadcast 365 days of the year and hopefully helps parents, teachers and most importantly children across the country. It was awarded a BAFTA and the Broadcasting Award for the best pre-school programme of 2011. Allan is now Director of Jungle Productions. There are a number of 'Mr Tumble' DVDs and apps as well as other ventures. Allan is also the co-creator of Justin's World, a series of apps for younger ones that help them learn, laugh and play.*

# Harry's Beach Wheelchair

Since we last featured in Wellspring, we have had a good year. Harry has enjoyed starting Cubs with his new PA, and is thriving at school. Sienna is doing well at Nursery too. We are so glad things are going back to normal in the world right now, but we are all still trying to stay as safe as possible.

In the summer holidays, we spent some time in Selsey at Bunn Leisure, we had a lovely time and plan to go back in December. Whilst we were there we visited West Wittering where we were able to access the beach as a family for the first time. We spent lots of days out at the various local zoos, visiting local towns and swimming. The children also loved the fairground and the 2p machines of which we did lots! We visited Worthing's big wheel in the summer too.

During our day at West Wittering beach, we hired a beach wheelchair and it was truly amazing to see Harry enjoy the sea and beach just as everyone should. We booked ahead and paid a cash £20 refundable deposit on collection. We were able to leave Harry's chair there too. It was such an easy experience and a magical one for us as a family. To see Harry being able to access the sea and paddle with ease was amazing. He absolutely loved it - so much so that we decided to fundraise for a beach wheelchair in Worthing.



We decided to do this because there are many disabled adults and children alike who should get to enjoy the beach and sea and can't due to access, and this needs changing! Beach wheelchairs vary in price and are between £2500 and £5000 for one. We would like one for adults and children to use.

I am in talks with a local number of councillors who are backing me to get the appropriate support needed to keep it funded, stored and also hired out etc. We are in the process of forming Accessible Worthing, a non-profit organisation which will help get the support from the public and professionals – we have our own Facebook page: [www.facebook.com/accessibleworthing](https://www.facebook.com/accessibleworthing)

So far 3 local men have been running with a set target of miles to reach and have raised £1400, I have also raised £904. We have a fun day planned in May next year with many stallholders, entertainment, rides, tombola; it will be big and all proceeds will go towards the chairs.



As soon as we raise the funds and put the legalities with renting it into place via the council, the beach wheelchair will be available for use! Please keep up to date with all the progress here by searching for Worthing Beach Wheelchair Fund on Facebook.

*Selina Ragless*

# An Interview with Dr Charlie Williams

My name is Charlie Williams - I am 40 years old and I am a Climate Scientist working full-time as a University academic, specialising in past (up to millions of years ago), present and future climate change. I work at both the University of Bristol (as a Senior Research Fellow) and the University of Reading (as a Senior Visiting Research Fellow). Both of these roles are roughly equivalent to Senior Lecturer (also known as Associate Professor in the US), just without tenure, unfortunately. I am also a part-time tutor at the University of Oxford, where I teach an adult-education class in Climate Science. In my spare time, which I don't have a great deal of, I enjoy spending time in nature as much as possible, either in my garden (I'm a very keen gardener, mostly of vegetables) or by the sea. I am a Christian, so attend church (virtually these days) regularly. I enjoy cooking, especially whatever I grow; mostly vegetarian, often vegan - primarily for environmental reasons - although I do occasionally allow myself some fish. My main driver is probably caring for and protecting the natural world, and I am a climate activist, mainly via social media. I used to be a very keen traveller, and firm Europhile (I am fluent in French, and speak basic German, Italian and Spanish - enough to get by at least), but obviously I haven't been anywhere since early 2020.

I have Spinal Muscular Atrophy (SMA) - officially Type 2, but in reality much closer to Type 1. I was diagnosed at 15 months, and have been pretty much the same ever since. Officially SMA is progressive, but with me, if it is at all, it is very, very slow. Am I weaker than when I was 10? Yes, a bit. Am I weaker than when I was 20? Not really. Am I weaker than when I was 30? Not in the slightest. I use an electric wheelchair (Balder), with highly sensitive mini-joystick and moulded seat. Previous electric wheelchairs include the Turbo and the Dragon, both from Dan Everard. I use non-invasive ventilation (using a Nippy S/T), more or less all the time. I have a modified car with a ramp at the back via the Motability scheme. Other than that, everything else I use to help with daily living is standard.



It is worth noting that the order in which I have introduced myself, i.e. talking about SMA (and all that it entails) AFTER what I do in and out of work, is absolutely purposeful. My primary identity is based on what I do, not my disability. It is also worth noting that, unlike most healthcare professionals, I do not use the word "disease" or even "condition" - if I have to refer to it, I tend to use "genetic abnormality". This, again, is very purposeful. I do not see SMA as separate from me - there is no me + SMA - but rather it is integral to my very being, as much as being male, having brown eyes or any other genetic marker. That being said, although it is integral to me, it does not dominate my existence - I do not spend all my time, or indeed any of my time, talking about it, unless asked. This is not because it makes me uncomfortable, but because it is not dominant. Check out my various social media streams, and you will see almost 99% of it is not related to disability. See my last paragraph for more on this.

I was born in Portsmouth (Hampshire), then spent my first year in Montréal (Canada) whilst my father was doing a hospital placement (he was a Consultant Anaesthetist, but retired about 10 years ago). We moved to Worthing (West Sussex) when I was 3, and lived there until I moved away

from home aged 18. Growing up was pretty normal and uneventful - I went to a primary school, then middle school, then secondary school and 6th form college. I made friends fairly easily, enjoyed school (or at least most of the time), and did all the usual things. The only thing that was perhaps slightly unusual is that my parents were (and still are) very keen sailors, so most of my childhood and teenage weekends and school holidays were spent on the boat - when I was very little we had a small 20 foot cruiser, but as we all got older my parents up sized to a 36 foot sailing cruiser (a Westerly Corsair), and in that we sailed the entire south coast of England, all of France, Spain and Portugal.

I attended mainstream education the whole way through. I always had a helper at primary and middle school, who I think was funded by the local authority (although I can't remember exactly).

## WELLSPRING -WEST SUSSEX-

Secondary school was at the Angmering School, which has a unit attached to it, although I spent very little time in the unit and most of my time with my main school classmates - always had a helper from the unit in lessons. I always wanted to be a writer/novelist, which lasted until about my A-levels when I realised I wasn't very good at English literature and decided I would rather help save the world.

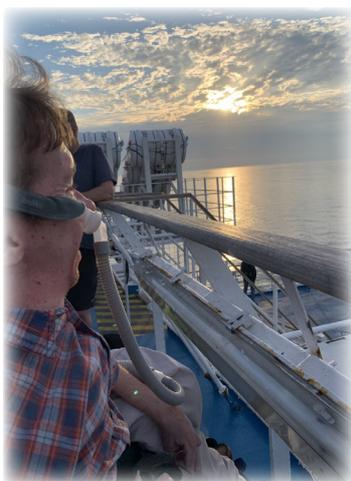
I went to university (University of Sussex) aged 18, and had care from Community Service Volunteers (I had 4 of them, all of whom were roughly my age taking a gap year) for the first year. After that, I started employing my own people, mostly students. I finished my degree after 4 years (including a gap year where I lived and studied in Normandy, France), then went straight into my PhD. I finished that in just under 3 years, then went straight into full-time work.

I now live in Reading (Berkshire), where I moved straight after my PhD to do my first postdoctoral job. I'm in a 2 bed ground floor apartment (which I own, with a mortgage) by the river. I receive funding from NHS Continuing Health Care for 24/7 care, which I manage entirely myself i.e. I advertise, recruit, employ and manage all of my people, the vast majority of whom are students from the local universities.

### How has your life and work been affected by Covid-19?

My work has not been affected by Covid, as I have been working full-time during the entire pandemic. All meetings became virtual in early 2020, so work has simply continued as usual. All meetings continue to be virtual into the foreseeable future, so no obvious impact on work.

Outside work - obviously I haven't been travelling, haven't seen friends, and haven't done all the things I used to do e.g. going to the cinema, theatre, concerts, restaurants and so on. Apart from a couple of holidays during the summer, in this country, I haven't really left my apartment at all. So it's been quite isolating. Actually more so now, when things are opening up and most people are stopping virtual meetings (because they prefer face-to-face) - because whilst the rest of the country appears to be ignoring or at least forgetting about Covid, I am very much not. What with the numbers going up as they now are, and the government's ridiculous refusal to introduce any sort of measures, I can't see myself going out anytime soon for the foreseeable future.



### What are your hopes and plans for the future?

Currently, my main plan for the future is to secure myself a new contract of employment, because my current job ends in a couple of months. So I am currently job hunting, not necessarily in academia but certainly something within the climate-sphere. Other than that, I try not to think about the future as much as possible. I would like to travel again one day, if Covid ever allows.

### Do you have any advice for children and young people with special needs/disabilities and their families?

It is difficult to say if I have any advice as it has been quite some time since childhood! But what I would say: don't consider yourself special, brave, inspirational or heroic just because of your disability. You might well be all of these, but equally you might not. Other people will probably tell you that you are, so challenge them if so. Considering yourself these things only leads to arrogance and, worse, entitlement. I genuinely consider myself absolutely none of these things - I have just been getting on with it.

I would also like to point out that the generally-perceived public opinion that disabled people only worry about two things, namely their health and access to care services, is not universally valid. Many disabled people might well argue that, given their own challenges and issues, they cannot possibly think about other things, and for them that might be true. But it is not a universal law. Based on my own experience, most people are very surprised when they learn I care passionately about tackling anthropogenic climate change and protecting the environment; whilst I do care about my health and access to care services, these are not the only things I care about and indeed, most of the time, they are not even the most important things I care about. It is possible to be disabled and not a disabled-activist - but instead care deeply about, and be involved in, something else.

*Charlie Williams*

Personal websites:

[www.bristol.ac.uk/geography/people/charles-j-williams/overview.html](http://www.bristol.ac.uk/geography/people/charles-j-williams/overview.html)

[www.met.reading.ac.uk/~charlie/](http://www.met.reading.ac.uk/~charlie/)

For serious climate-related thoughts, follow Charlie on Twitter: [@charliejrwill](https://twitter.com/charliejrwill)

For semi-serious climate-related thoughts and photos, mostly of food, follow Charlie on Instagram: [@perifoodie](https://www.instagram.com/perifoodie)

# Wheely Wonders 2021

It has been wonderful to welcome 59 children and young people with their parents, carers and grandparents back to the Applefield Wheely Wonders days in 2021! This year we have had 33 new children added to our register as well as the families who have come back on a more regular basis. Since Wheely Wonders started in 2017, we have now met 129 children and young people! These days from April to July were funded by the **Hedley Foundation** and the **Thornton Trust**.

We started the year with 2 Wheely Wonders days at the end of **April** with 23 children over the weekend. Everyone was very happy as they got out of their cars as many had felt very isolated during the winter lockdown. On 24th April there were 4 new families with 6 children between them; all these families had boys with autistic spectrum disorders. The boys made friends during the day and the parents felt relaxed and were pleased to meet other families in the same situation as themselves. One mother commented that she felt a different person by lunchtime and a father said that this was the furthest his home schooled son had been away from him all year (he was playing across the field with other boys). Another new family with 7 year old triplets came on 25th April and the mother commented that it was so good to have a day where the children were not needing her attention.



During the mornings, children enjoyed meeting and feeding the farm animals, making memory sticks, playing on the swing and hammock, bug hunting and fire lighting. After lunch everyone created a picture on a paper plate and a scratch art picture to remember their day. Both afternoons ended with a magic show provided by Chris North when all the children could assist with the tricks if they chose to. I was so pleased to have volunteers who are students from the University of Chichester as well as one from Chichester College who used to come to my Craft Club when she was younger.



Over two days in **June** we welcomed 31 children; 14 had not attended a Wheely Wonders day before. At the end of the day she had spent with us, one mother of 3 children commented that for the first time in a long time, she'd had a lovely day as

well as all her children. Some of the families who attended for the first time in April came back and it was wonderful to see the children meet the friends they had made and also feel more confident away from their parents.

Everyone was given the opportunity to make a miniature scarecrow in the morning as well as enjoying all the usual Forest School activities. At Craft Club after lunch, there were card people shapes to personalise as well as wooden people and keyrings to decorate.



Chris provided another magic show on 2nd June as well as giant bubbles and stomp rockets. The bubbles were very popular both days with children and helpers all loving the results! Another highlight of the June days was

meeting the Applefield lambs and all the children were given the opportunity to hold and bottle feed one. Two of the staff from the university came along to help as well as two students and Debbie, our Wellspring secretary and treasurer.

In **July**, 9 children came for the day and made bubble wands at Forest School and later were able to test them out during the afternoon when Chris got out his bubble mixture. At Craft Club the children decorated pots with patterned paper, stickers, feathers and pipe cleaners. They also coloured wooden animal shapes which we turned



into magnets for the fridge at home. We all enjoyed watching some of Chris' new tricks especially the magic colouring book! Another of my former Craft Club members came to help as

well as another university student and Carole who is on the Wellspring committee and was also one of my university tutors!

We were very happy to find out in July that our application to the **National Lottery Community Fund/Local Connections Fund Round 2** had been accepted and we received funding for four more Wheely Wonders days. The first of these



was in August attended by 10 children. It was great to have my niece Arabella (10) and

nephew Robert (7) as my helpers for the day and we enjoyed meeting 4 new children as well. The children used fabric paints, pens and stampers to create some lovely placemats to use on the table at home.

In **September** it was great to have two university students again as volunteers for the day and the 13 children were given a nature treasure hunt to collect 6 items in an egg box. These items were then taken to the woodland where they were turned into dream catchers! At Craft Club after lunch everyone decorated fabric pencil cases, made bead chain keyrings and decorated exercise books for the new term. Arabella and Robert were with me again and enjoyed seeing some of the families they met in August. Oreo (one of my dogs) loved being allowed to come out with us for the day and sat on my footplate to greet everybody on arrival. Later, she had a little ride with Anastasia who had come for the first time!



At the end of the afternoon we all sat round the fire circle for Chris' magic show and enjoyed seeing the the new children helping with the tricks with such enthusiasm and laughter from everyone - especially when one of the sheep joined in by "answering" Chris!

Gillian said *"It was fantastic to visit the Wheely Wonders. Lizzie does an incredible job organising fun and creative activities for these children. It was great to see the massively positive impact the weekend activity service has on both the children and also their families who support them."*



At the end of September the Wheely Wonders families were all saddened by the news that **Maria Barnes** had passed away. Maria wrote the fantastic article Thoughts on a Very Strange Year in the last edition of Wellspring. The Barnes family; Maria, Terry, Alyx, Tom and Iris have been coming to Wheely Wonders since 2017 and everyone was always uplifted by the joy, laughter and creativity that they brought. At their visit in June this year, Maria and Tom created the whole family in card people shapes and the family all enjoyed cuddling one of the lambs. Maria will be so greatly missed by us all and always remembered for her positivity and wonderful empathy with everyone she talked and listened to.

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We had another day of perfect weather on 7th **November** for our final Wheely Wonders of the year. We had 16 children for our bonfire and fireworks themed day. During the morning everyone spent time with Rosemary the donkey and Jigsaw and Puzzle the goats, then went to the woodland and created miniature Guys using sticks and old fabrics with Jen. There was time for marshmallows before lunch and fun with bubbles and games with Chris. At Craft Club I loved chatting to the children as they painted wooden rockets and we did countdowns to launch them into the air! Next, some beautiful fireworks collages were created using sparkly paper, glitter and feathers! We finished the day with Chris' storytelling boxes as well as percussion instruments and a ukulele brought by one of the teenage volunteers.



In **October** half term we held A Wheely Spooky Day with 18 children including Arabella and Robert joining in with lots of Halloween themed activities including decorating pumpkins, making conker spiders and trick or treat bags. It was possibly the best weather we'd had the whole year and the day was made extra special as we had a visit from Chichester's MP **Gillian Keegan** and her husband Michael. Gillian had recently been appointed Minister for Care so we particularly valued the time she spent with everyone involved in the day. Everyone involved is extremely grateful for her continued support and we look forward to welcoming her back again.



We are so looking forward to next year's Wheely Wonders days which we plan to start in the spring; we have already received funding from the **Baily Thomas Charitable Trust** for these! Please contact me if you would like your family to be added to the mailing list for Wheely Wonders booking pages - places are limited but we have a waiting list, so you will get more opportunities if you miss out the first time! If you know anywhere we could apply for more funding for any of our Wellspring projects, please do get in touch with me.

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



# Wheely Wonders Feedback

Wheely Wonders for us as a family gives me a warm fuzzy feeling when the invites come in. My little boy Freddie is a full time wheelchair user and loves our Wheely Wonders days out. It's a really lovely day that goes at a lovely pace for all to be able to enjoy each part of the day fully because sometimes we need to make an emergency trip to the bathroom or connect feeds which means we would usually miss out. It's so lovely to be with other families who have difficulties in life too and just vent and chat. We are so very grateful to Jen and Lizzie for running these days and to Lizzie's parents for the use of their farm.



Probably the highlight of the day for my son came at the end when Chris North performed a magic show. Chris asked for helpers from his enthusiastic audience which was so lovely to watch. I cannot speak highly enough

about the day and the freedom it gives to both the children and their parents. Thank you so much Wheely Wonders!

*Maria Gilbert*

We Love Wheely Wonders!! From the moment you arrive you're greeted with

friendly smiles. It's such an incredible resource for us as a family! As a parent, being around others families that have been through the same mental and emotional struggles



makes you feel at ease and part of a bigger family that all clubs together to support each other.

My girls absolutely love it, they get so excited at the prospect of going.

Being outdoors and continued crafts,

activities and free play all day really enlighten their imagination. Help and support is always on hand!

All the children, no matter

what their disability will never get left out of any activities from arts and crafts to fire lighting. This is such an incredible resource, I feel truly blessed we found it.

*Rebecca Palmer*

Had another fantastic day recently at Wheely Wonders. The day got off to a great start feeding the

animals, Rosemary the donkey and the goats. Making crafts with Jen in the woodland area and watching the children playing in the hammock and the tree swing came next.

The helpers made sure that all the children who wanted to make something were included. The children then helped make the fire before toasting marshmallows which went down very well. After lunch more crafts organised by the amazing Lizzie.



# Time4U Activities

We started Time4U after the first lockdown as I knew families needed support in such a difficult time. We put up a tent in our garden in Aldwick with a TV and games and started doing one to one sessions - they became full and many more people asked for help or support, so when rules shifted we started running small groups of 4 twice a day to try and help support as many people as we could.

We have recently built a log cabin purely for the use of Time4U where we try to create a space for children and young adults with low to moderate additional needs and create more of a youth group for them, somewhere they can feel confident to just be them; we have a rough structure for sessions, but we try to have a relaxed approach to the sessions and let them guide us with what they may like to do.

It's been absolutely amazing seeing unlikely friendships form and children developing skills weekly.

## What Is Our Mission?

Our mission is to provide a fun and safe environment where people with mild to moderate additional needs/disabilities can spend social time with their friends in an inclusive environment. To help support families and to positively impact the wider community.

## Our Goals and Values

- Maximise independence, dignity, choice and achievement.
- Help to lead towards an independent lifestyle.
- Putting the people and families we support at the centre of everything we do.
- Safety of all our people/families and members of staff.
- We understand development is important and understand effective communication and respecting opinions of others is vital to improving what we can provide.
- Can do approach.

- Providing truly inclusive, fun and safe places where all people attending can spend time with their friends.
- To provide a positive impact across the wider community.
- To focus on continual development and training of our team to enhance the service we provide and the wellbeing of all our children and young people.



- To lead by example and to include, participate, support and encourage all children and young people.
- To contribute towards achieving a society where all children and young people can interact and play together freely.

We run after school sessions Monday to Thursday where we will go out to Air Arena, bowling, arcades etc. We also run through all the holidays where we will have animals,

bouncy castles, arts & crafts music, dancing or head out in the local community.

All clubs are £10 an hour with a minimum session time being 4 hours (you can have longer than 4 hours on the days it's possible if you wish!)



Some clubs will have an additional charge for the activity or require

a small amount of money to be brought to the club - this will be explained prior to your booking.

All clubs will be invoiced at the end of the week with a payment term of 7 days. Cancellations must be no later than 24hours notice of club start time to avoid being invoiced.

All parents/guardians must complete a welcome pack and all relevant forms prior to first session.

## More information

You can see a lot of what we do and testimonies from the people who use us on our website: [www.time4uactivities.com](http://www.time4uactivities.com) and our up to date pictures on our Facebook page: [time4uactivities](https://www.facebook.com/time4uactivities)

# Albion in the Community

This season, Brighton & Hove Albion's official charity Albion in the Community (AIRC) is looking to encourage more people with a disability to get involved with the sessions they deliver.

The charity is the largest provider of disability sport in Sussex, giving people of all ages and abilities the chance to take part in fun and competitive sport.

Additionally, AIRC runs a player development pathway for adults and junior players to develop and improve talent including four disability-specific teams that take part in regional and national leagues.

These include Brighton & Hove Albion Cerebral Palsy FC, Brighton & Hove Albion Amputee FC, Brighton & Hove Albion Deaf FC and Brighton & Hove Albion Powerchair FC.

*"We're proud to be able to play our part in making our communities more inclusive and are looking for more players to join our regional and national teams and get the special opportunity to represent the Club,"* AIRC's disability manager Paul Brackley said.

Would you like to know more?

Albion in the Community offer a wide range of disability-specific sessions as well pan-disability sessions which celebrates inclusivity in the world of football.

## **Mondays**

**Amputee** - Age group: 15+ years

Time: 7.00-8.45pm.

Venue: Patcham High School, Ladies' Mile Rd, Patcham, **Brighton** BN1 8PB.

**Cerebral Palsy** - Age group: 15+ years

Time: 7.00-8.45pm.

Venue: Patcham High School, Ladies' Mile Rd, Patcham, **Brighton** BN1 8PB.

**Deaf** - Age group: 15+ years

Time: 7.00- 8.45pm.

Venue: Patcham High School, Ladies' Mile Rd, Patcham, **Brighton** BN1 8PB.

## **Tuesdays**

**Mental wellbeing** Age group: 16+ years

Time: 6.00-7.30pm

Venue: Causeway School, Larkspur Drive, **Eastbourne**, BN23 8EJ (3G).

## **Fridays**

**Mental wellbeing** Age group: 16+ years

Time: 2.00-3.00pm

Venue: Worthing Leisure Centre, Shaftesbury Ave, Goring-by-Sea, **Worthing** BN12 4ET (AstroTurf pitch).

## **Pan-disability inclusive sessions**

Age group: 6+ years Time: 5.00-6.00pm

Venue: University of Chichester, College Lane, **Chichester** PO19 6PE (indoor sports dome).

## **Saturdays – inclusive football**

Age group: 6+ years.

Time: Juniors 9.30-10.30am,

Adults 10.30am-12.00pm.

Venue: Durrington High

School, The Boulevard,

**Worthing**, BN13 1JX

(AstroTurf pitch).

Age group: 6+ years.

Time: Juniors 11.30am-12.30pm,

Adults 10.00-11.30am.

Venue: Eastbourne Sports Park, Cross Levels Way, **Eastbourne**, BN21 2UF (adults 3G pitch, juniors indoors).

Age group: 6+ years.

Time: Juniors 9.30-10.30am,

Adults 10.30am-12.00pm.

Venue: The Forest School, Comptons Ln, **Horsham** RH13 5NT (indoor sports hall).

Age group: 6+ years.

Time: Juniors 10.30-11.30am,

Adults 11.30am-1.00pm.

Venue: University of Brighton Sports Centre, Village Way, Falmer, **Brighton** BN1 9PH (AstroTurf).

Age group: 6+ years.

Time: Juniors 11.30am-12.30pm,

Adults 10am-11.30am.

Venue: The Burgess Hill Academy, Station Road, **Burgess Hill** RH15 9EA (Pitch 3 – AstroTurf).



**Albion in the  
Community**

## Sundays – disability specific

### Recreational wheelchair

- Age group: 6+ years. Time: 2.00–3.30pm.  
Venue: Portslade Sports Centre, Chalky Rd,  
Mile Oak, Portslade, **Brighton** BN41 2WS.  
Note: we will be able to provide a small  
selection of powerchairs for  
novice players to try.

From a visual point of view,  
find out more about our  
disability sessions via the  
QR code.



Additionally, check out our  
disability promotional video  
to see the opportunities that  
Albion Community Provides.



To find out more about the  
disability football programme and how to get  
involved in the disability-specific teams please  
email:

**[disability@albioninthecommunity.org.uk](mailto:disability@albioninthecommunity.org.uk)**

or visit

**[www.albioninthecommunity.org.uk/  
disability](http://www.albioninthecommunity.org.uk/disability)**.

Like many young children, Finley Forsyth was  
eager to lace up his football boots and play for his  
local team. However, the budding footballer soon  
encountered a stumbling block.

The nine-year-old player with autism struggled  
to feel accepted within mainstream football. In  
previous sessions, Finley often felt alienated from  
the group and this sense of isolation was  
reflected in his lack of confidence. Nevertheless,  
this all changed when he was first introduced to  
Albion in the Community's (AITC) autism-specific  
sessions, which is where he found his footballing  
home.

Finley first became involved with the  
charity in September 2019 and took  
part in the weekly football sessions.  
As his confidence started to  
improve, our face-to-face sessions  
came to a grinding halt as the  
country was plunged into lockdown.

Despite this sudden change to life  
as we knew it, Finley embraced the  
switch to online communications, as he attended  
25 Zoom sessions since March 2020.

*"We have seen Finley continue to grow in  
confidence since he first joined AITC, having had  
very mixed experiences in 'mainstream' football,"  
AITC's disability manager Paul Brackley explained.  
"We were delighted that he continued to engage  
with our activities when we had to switch to virtual  
delivery and even more so that it seemed to give  
him a new sense of confidence."*

Alongside the weekly online meetings, he also  
joined a Q&A with some Brighton & Hove Albion  
players and also a 'Match of the Day' Zoom  
session. Furthermore, the young footballer was  
nominated to be a virtual mascot for a Women's  
Super League fixture between the Albion and  
Tottenham.



Coaches have noted how his social skills have  
improved and Paul revealed how his confidence  
has skyrocketed over the course of lockdown.  
*"When our team offered the opportunity for some  
of our players to run the warm-up on our Zoom  
sessions, Finley was one of the first to volunteer  
and did a brilliant job; he also asked questions  
during our Q&A with Tariq Lamptey and Cecile  
Friskerstrand and frequently contributed during our  
Zoom social sessions."*

As the charity returned to face-to-face delivery,  
Finley managed to bring his online enthusiasm

into the in-person sessions.  
Paul explained how Finley has  
emerged as a popular and  
integral member of the group,  
which highlights his significant  
personal development since  
joining the charity.

At AITC's Play on the Pitch  
event in May, Finley's father  
Steve spoke positively about the  
autism-specific sessions and the  
impact the charity has had on his son.

*"It's been a really positive experience, it's really  
inclusive and Finley loves it. It's something that he  
looks forward to doing and it's an experience he  
wouldn't normally get from club football."*

He later added: *"The support from Albion in the  
Community has been excellent, they've really gone  
above and beyond."*

During his time with AITC, Finley has discovered  
his confidence and has also developed his  
adoration for football. His sheer love of the  
game can be summarised by one story told by  
his mother. She revealed that Finley woke up  
incredibly early prior to an autism football session  
and even got changed three times before the  
Forsyth family left the front door.

# ADVERTORIAL

# ABA Autism

## About ABA

Applied Behaviour Analysis (ABA) is an evidence-based study of human behaviour. It uses scientifically derived strategies & principles to increase skill repertoire and reduce barriers to learning.

## How does ABA work?

ABA therapy includes many different strategies. All of these techniques focus on antecedents (what happens before a behaviour occurs) and on consequence (what happens after the behaviour). Positive reinforcement is one of the main strategies used in ABA.

## Why ABA?

- Early learners learn through play-based activities, whilst various developmental domains are targeted.
- Increase in skill repertoire.
- Success in increasing cognitive, social and language abilities.
- ABA can decrease barriers to skill acquisition that can limit social interaction, communication and cognitive ability.

## We Offer:

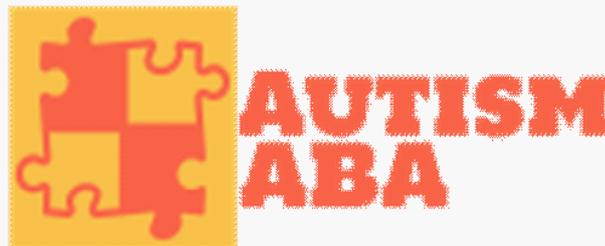
- Individualised ABA programmes
- BCBA led
- Experienced tutors

- Early learner play-based programmes
- Parent Home and school-based programs
- Workshops and training
- Staff training
- Trainee supervision programs
- One off assessments undertaken
- Home and school based



## Why Choose Us?

- '....helped me find my son's Special educational needs, his strength, developmental areas with serenity and consciousness.' (Ms SH,2021, solicited)



- 'I highly recommend any parent to get in touch with Clare who feels the need to have more tools to face the

challenges that life inevitably presents, both personally and professionally. She's super and a wizard in her domain and full justice with the tasks in hand' (Ms SH, 2021, solicited).



## More information

Contact Clare Mangan at ABA Autism.  
Tel: **07792 900405**  
Email [contactautismaba@gmail.com](mailto:contactautismaba@gmail.com)  
[www.autism-aba-uk.com](http://www.autism-aba-uk.com)

# Face2Face Befriending

Reaching Families provides a befriending service called Face-2 Face, giving emotional support to parent-carers. Delivered by a team of volunteer befrienders who are all themselves parents of children with additional needs they bring their unique insight and understanding. Our befrienders say;

*"When I speak to parents of children and young people with additional needs, I find so many echoes from our own recent history.*

*I remember that feeling of confusion, fear and isolation and how I finally started making sense of it all by meeting other carers and exchanging experiences; finding acceptance and support. That's why I volunteered: to give that support to families who are in the middle of it all, to offer reassurance and to let them feel they are not alone. Hopefully I can offer a few shortcuts to things I've had to learn the hard way."*

Another one comments, *"Befriending is something that I wished had been available in the early days of diagnosis of my daughter's disability. When you are faced with the life changing news that your child is not the child that you expected, and that you are facing many challenges, the world suddenly seems a much lonelier place. To have someone there to talk to, who understands, who listens and gives you time, can be such a support."*

And finally, *"Being a befriender gives me a purpose and a sense of belonging. It is very satisfying to have been given this precious opportunity to help support families experiencing tough times."*

Providing this targeted support at the earliest point for families at the time of diagnosis really can make a big difference. This is just some of the feedback we have received:

*"I have found the befriending service to be amazing and such a positive experience. I didn't know where to start in finding information before, but I feel much more informed now. I actually miss talking to my new friend."*



*"I am lost for words at how thankful myself and my son are. I feel like I've come out the other side as I've been able to talk to someone who understands and listen to me. I feel strong enough to ask for support now*

*and access clubs for my son who is now making friends."*

*"The befriender has been a great help to me, so knowledgeable and it's nice being able to speak to someone that just gets it! I wouldn't be able to thank her enough and I will miss her calls but as a result of the time I have spent speaking with her I definitely feel more knowledgeable and confident."*

If you feel that you could benefit from the Face-2-Face service or if you would like to find out more about the Befriender Training then please get in touch.

Rachel Fielding  
[rachel@reachingfamilies.org.uk](mailto:rachel@reachingfamilies.org.uk)  
Adela Hawley  
[adela@reachingfamilies.org.uk](mailto:adela@reachingfamilies.org.uk)

## Reaching Families

Reaching Families are delighted to announce they are working on developing a new benefits service for families of children and young people with SEND in West Sussex. Thanks to three years funding from the Bascule Charitable Trust, the organisation is planning on developing a multi-layered service that will include awareness raising, information and training, advice and support in completing applications for Carers Allowance, DLA and PIP and in time, help with other financial support including other relevant benefits and grants.

Brian O'Hagan, Director of Reaching Families, said of the new service *"this fits perfectly with our other*

*projects and services particularly our Face-2-Face befriending project which supports families during the period of their child's diagnosis and our existing delivery of information and training on benefits.*



*Adding a benefits service to our existing programme means we are nearer than ever to providing families with genuinely holistic support."*

The charity are currently recruiting for a benefits advisor and hope to launch their new service in early 2022. Any families interested in support from the project should keep an eye out for news and announcements via Reaching Families Facebook group or their website:

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

# Southern Mobility Vehicles

Here at Southern Mobility Vehicles Ltd we are specialists in wheelchair accessible vehicles or WAVs as they are often known. We deal in vehicles of all sizes, from 2 to 16 seats plus a wheelchair user as well as multiple wheelchair user vehicles which could be suitable for care homes, schools or charities. We convert new vehicles and can bespoke existing ones so whatever your needs are just ask and we can advise on how we can make the right vehicle work for your needs. All work is carried out by a certified conversion company to your build specification and we will all work together with you to achieve the ideal WAV.



vehicles are outside in our secure fenced yard and there is a strict no contact policy in place. At all stages of contact our vehicles are sanitised for everyone's protection including at delivery point

You are more than welcome to contact us at any time, we are here to help, support, advise and answer any questions you might have. We are very happy to discuss your specific requirements to put your mind at rest should you find yourself in need of a WAV during this time.

Visit us at

[www.southernmobilityvehicles.co.uk](http://www.southernmobilityvehicles.co.uk)  
to find your four wheeled freedom!

Tel: **0800 008 7800** Email: [sales@smvwavs.co.uk](mailto:sales@smvwavs.co.uk)  
or find us on Facebook at **smvltd**.

We are located 3 miles north of Bognor Regis in Lee's Yard on the A29 just south of Westergate, our postcode is PO20 3SU.

**WE ARE FOLLOWING GOVERNMENT GUIDELINES AND ARE ACCEPTING VIEWINGS OF OUR WHEELCHAIR ACCESSIBLE VEHICLES BY APPOINTMENT ONLY.**

Suitable arrangements can be made for you to view our wheelchair accessible vehicles. We also offer a free home demonstration within distance limits. We will greet you for your appointment wearing PPE and social distancing will be respected at all times. Our locked

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

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!

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Email: [lizzie@wellspringwestsussex.org.uk](mailto:lizzie@wellspringwestsussex.org.uk)  
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Text: **07742 408868**  
If you do not contact us we will take this as confirmation that you are happy to continue receiving the newsletter.

The next edition will be  
**Special Schools**

If you would like to contribute any articles or letters to this edition, please send or e-mail to us by 10th March 2021

Please write to us at:

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c/o 26 Goldsmith Road,  
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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.*

