

Accessing Information

Hello! I hope all our readers had a fantastic summer and enjoyed all the exciting sporting moments of the Olympics and Paralympics and have now moved smoothly into the new term. Do you get overwhelmed trying to find help on the internet? This edition focuses on Accessing Information - there is always so much out there, that sometimes finding what you really need can be overwhelming! We are always grateful to ICIS: information for life, who have maintained our Wellspring information database for some years. You can read more about the services ICIS can help you with, and one of their new schemes the Autism Aware card (pages 2 and 3). Two other organisations who can help people with Autism and Asperger's are Social Communication Services and Impact Initiatives (page 5). Training for those working with epilepsy sufferers is available from Young Epilepsy, see page 4. Parents will want to look at the new publications detailed on page 6 as well as finding out about support groups on pages 11 and 14. Young people may want to look at page 7 where there are useful websites and on page 12 there are social clubs.

Find out about my day at the Paralympics, and young Wellspring readers Emily and Luke have shared their memories with us (pages 8 and 9). In the last edition we featured Ben Quilter who gained a bronze medal in Judo; read his experience of London 2012 on page 10 and if you feel inspired,

go to page 13 for local sports clubs! If you are a young reader who would like to feature in Wellspring like Emily and Luke have this time, please send us in any information about your experiences or achievements. We will always print your stories and pictures!



Lizzie Baily

lizzie@wellspringwestsussex.org.uk

**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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Thank you to Awards for All for the funding for our project - Understanding information needs for young people with disabilities. This newsletter has been produced as part of that project.



LOTTERY FUNDED



ICIS – making it easy to find help and support

Easy access to information about services promotes choice and opportunity and helps you find ways of dealing with day-to-day challenges.

ICIS has been signposting people in West Sussex to sources of help and support for 18 years. As well as offering one-to-one support via our Freephone Enquiry Line (**0800 859929**), we provide information on our website so that you can search for services when our phone line is not open. We also supply Directories on subscription to local and countywide services to ensure they have easy access to reliable information for the people they support.

Earlier this year we launched a new version of our online Community and Wellbeing Directory (at www.icis-info4life.org.uk). At the same time we gave our website a makeover, improving the way it is structured and showcasing the many projects and services that ICIS runs.

Our Community and Wellbeing Directory is unique in West Sussex. It helps you easily find and choose information about services, groups and activities in West Sussex; and has a star rating system so you can score services you have used on their helpfulness and quality of service. The star rating system increases the value of the information we provide; engaging users in rating services helps other users make choices about who they contact.

We recently had a visit from West Sussex Deputy Lieutenant, Mrs Lilian Holdsworth MBE. She was impressed with the amount of information available from ICIS and said “The ICIS Community and Wellbeing directory is a ‘must have’ for all the citizens of West Sussex. ICIS information covers every aspect of personal and family life, leisure, disability and care facilities available in the county. Their new website is easy to use and this ICIS resource will be a great benefit for those who don’t know where to turn”.

Providing comprehensive and reliable information requires huge effort. Our database contains around 7,000 services, groups and

suppliers. It is continually maintained to ensure it is up-to-date, and we are always seeking out new information. This is our core work and is essential to the running of many of our other projects and services. Earlier this year, as a result of the County Council’s austerity measures, we lost Council funding for our core information service. Nevertheless we are striving to continue providing this much valued service. We rely on donations from individuals who have been helped by ICIS information, and fees from organisations who subscribe to our directories.

Our other projects and services We make the most of our information and information management resources by developing new projects and services that help people find and access support. These other projects provide additional income and help contribute to the cost of our core work.

These projects include:

Reach Out and Communic8

www.reachoutwestsussex.org.uk:

A one-stop-shop for disabled children, their families, carers and the organisations that support them; and the unique Communic8 resource that aims to improve and enable communication with and between disabled young people and everyone in the community.

Carers Online www.westsussexcarers.org.uk:

a website packed with useful information for carers, and sources of local and national help and advice.

Funds4me: our funding research service. In these difficult economic times more and more people living with a disability or disadvantage are seeking funding to help meet costs. Our Funds4me service offers a way of exploring funding sources from charitable Trusts that you may know nothing about. Many people have successfully applied to the Trusts we identified, and have received funding for items such as a mobility scooter, a bed, a training course, home adaptations and a trip abroad with a carer. A small fee is made to cover the cost of

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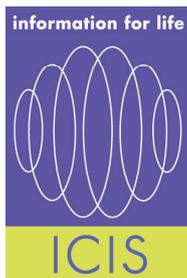
carrying out a search. You can read more about Funds4me at

www.icis-info4life.org.uk/funds4me

AskDES: a second-hand disability equipment service. Advertise your unwanted disability equipment for a small fee, or search the website to find second hand equipment that you need. To find disability equipment for sale in West Sussex go to www.askdes.org.uk/equipment_results.php?area_id=12.

Autism Aware Card: see below for more details!

For more information about our services or to find out how ICIS could help you, please contact us on the details below or visit our website.



ICIS : information for life
35 Worthing Road, East Preston,
West Sussex BN16 1BQ
Enquiry Line: **0800 859929**
(10am-12.30, Monday - Friday)
Email: enquiries@icis-info4life.org.uk
For other ICIS services & projects:
01903 859928

Email: admin@icis-info4life.org.uk
www.icis-info4life.org.uk
Registered charity: 1095945

Autism Aware Card

Following receipt of a grant from West Sussex County Council ICIS have developed a unique and invaluable card for people with autism or Asperger's Syndrome over the age of 10 living in West Sussex. Autism is considered a "hidden disability" which means you cannot always tell if someone has autism. The condition affects people in different ways and the card has been designed to reflect the range of different needs. The card contains informative statements to help others understand autism, key contacts, such as family or friends who can best support them and space for helpful information such as any medication or support they might need.

People can use their card to help ease communication, ensuring others understand the unique challenges the cardholder faces and the support they need. The card could be used when shopping, using public transport or at social events. Importantly, should the cardholder come into contact with the police or emergency services the card will instantly inform those services of the persons named contacts, if they are taking any medication and ways they would like to be supported. Anna, a young person with Autism who helped develop the card said, "I can get quite obsessive in the supermarket with checking for minor blemishes on food

packaging. Members of the public might view my behaviour as odd or even suspicious. Therefore, having an Autism Aware card on my person would help me in this sort of situation to get across to others that my behaviour is due to Autism and is beyond my control"

This card could not only make a real difference to the day to day lives of people with autism but it is hoped the scheme will generally improve everyone's understanding of autism and Asperger's Syndrome, thereby preventing misunderstandings. Parents and carers of children under the age of 10 can apply for a parent/carers version of the card.



On a recent visit to ICIS, West Sussex Deputy Lieutenant, Mrs Lilian Holdsworth MBE said "I have to congratulate ICIS on their latest project the Autism Aware Card Scheme, supporting people who have the condition. It will not only be a benefit to the people who have autism but also reassure their families and carers"

Sir Roger Moore KBE wrote a letter of support saying that he felt the card "could certainly help alleviate many misunderstandings whilst also leading to a greater understanding of the condition".

If you are interested in obtaining an Autism Aware Card, contact ICIS (details above).

Young Epilepsy

Epilepsy may affect a child's ability to learn and so schools need training about epilepsy to provide the best support. Young Epilepsy has an epilepsy education programme for schools which delivers lessons to pupils in all key stages as well as training for staff.

Parents of a child with epilepsy often feel isolated as it can be difficult for them to meet other families in the same situation. Support from local healthcare services can be patchy and it may be difficult for parents and young people to find the information and understanding they need.

Information and advice

Young Epilepsy's information service aims to provide families and professionals with information, education and training about epilepsy in young people. It is also able to provide information and support through its helpline which is available from 9am-1pm, Monday – Friday. A variety of resources are available including handbooks and seizure diaries.

Young Epilepsy also hosts an annual event for parents, families and young people to meet and learn about epilepsy. Separate workshops are run for teenagers to give them the opportunity to discuss the issues that matter most to them.

Training

Young Epilepsy is the UK's leading provider of education, assessment, rehabilitation, treatment and care for children and young people with complex epilepsy and other neurological conditions. We offer one-day training courses for anyone who works with a child or young person with epilepsy. All of our courses are delivered by trained specialists who work at Young Epilepsy and have many years experience of working with children and young people with epilepsy.

Education Professionals

This one day childhood epilepsy course covers the educational, behavioural and psychosocial issues that may accompany this condition. This study day will be of particular interest

to SENCOs, teachers, classroom assistants, support workers, carers, foster carers, social workers and Connexions personal advisors. During the day the following topics will be delivered either as a talk or within a workshop.

- Basic facts about epilepsy
- Impact of epilepsy on learning and behaviour
- Epilepsy and learning disabilities
- Psychosocial aspects of epilepsy
- Case studies
- Out of the mouths of students

For further details

Tel: **01342 832243** ext **296**

Email: epilepsytraining@youngepilepsy.org.uk

FREE handbooks about childhood epilepsy
Our first handbook was the result of feedback and requests from parents and professionals – it has made a real difference and given a boost to families living with epilepsy. A step-by-step approach means that parents and older children can dip in and out of the handbook, so that the whole family can start to understand epilepsy and how to get the most of out

of life once someone is diagnosed. Our second publication - Complex Childhood Epilepsy – A Parent's Handbook is aimed at parents whose children have added complications in addition to their epilepsy. It explains some of the more serious epilepsies, often referred to as epilepsy plus, difficult to control epilepsy or intractable epilepsy, and it provides detailed information and help to identify extra services which may be needed in order to support a child with more complex needs.

Both handbooks, along with details of children's and teens seizure diaries, are available by contacting us

Tel: **01342 832243** ext. **508**

Epilepsy Helpline: **01342 831342**

Mon to Fri, 9am-1pm

Switchboard: **01342 832243**

Email: info@youngepilepsy.org.uk

www.youngepilepsy.org.uk



Social Communication Services

We offer support/ social mentoring to individuals with Aspergers Syndrome, Autism (ASC) and other Social Communication Difficulties. We are currently providing support to customers throughout Sussex. Working with individuals on personal budgets, Community Mental Health Teams, Adult services and various other teams in Sussex.

Our team of social mentors are dedicated in providing a professional service suited for your customers individuals needs.

The diverse support our service provides includes:

- Developing independence skills
- Life skills coaching.
- Social communication skill mentoring.
- Positive behavioural management.
- Building confidence and self esteem.



- Social Inclusion.
- Assistance with employment / college.
- Transition work.
- Self management competencies.
- Management of obsession and special interests.

Our website gives you readily available access to all information on our various services and our referral process.

If you know anyone you feel may benefit from our service or would like to find out more about our service, please feel free to contact me on Tel: **01243 586330** or **07867 432471**
Email: lizzie.gale@socialcommunication.co.uk
www.socialcommunication.co.uk

Lizzie Gale
Senior Social Mentor,
Social Communication Services

Impact Initiatives

A new monthly group run by and for people with Asperger's Syndrome

- Speaking up for our rights
- Support and friendship
- Have a voice in service provision
- Develop workplace skills
- Volunteers with Asperger's syndrome needed

The aim of the group will be to enable people with Asperger's syndrome to come together to share ideas and information, offer peer support to each other as well as influencing positive change to local services. An elected committee will be formed, made up of a small group of self-advocates who will take on the operational running of the group. Members will develop work-place skills in IT, presentation, administration, budgeting and finance etc. Key speakers from local services, chosen by members, will be invited to meetings to share ideas and to enable group members to have an active say in service provision. Close links will be formed between the group and the West Sussex County Council Autism sub-group.

The first meeting took place on Monday 24th September and was a great success! Up to 13 people with Aspergers attended the group and some came with support workers, so we had about 16 people in total. There was really positive feedback with people saying they found it very comforting to be around people with similar issues and that they felt part of something.

As the Groups will be run by and for adults with Asperger's, we will not be inviting friends, parents, carers or other supporters to join. If you are a friend, parent, carer or supporter of somebody with Asperger's, who you think might be interested in forming/joining/finding out more about the Self-Advocacy Groups please get in touch.

Tel Anna Lansley: **01903 730044** or **07554 333183**
Email: anna.lansley@impact-initiatives.org.uk
www.impact-initiatives.org.uk
Facebook: West Sussex Asperger Awareness Group

New Publications

Contact a Family is the only national charity that exists to support the families of disabled children whatever their condition or disability. We campaign to improve the circumstances of families with disabled children, and for their right to be included and take part in society. Parents with disabled children are experts by experience. We use this knowledge to make a positive difference to their lives and those of their children.

Free helpline: **0808 808 3555**

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

www.cafamily.org.uk

New and updated information guides

Our information guides are free for parents and can be downloaded from the website or ordered from the helpline. The latest updated information guides include:

- Siblings
- Relationships and caring for a disabled child
- Anybody out there? Making Contact – about our family linking scheme
- Disability Living Allowance – claiming the higher rate mobility component for children with learning disabilities & autism spectrum disorders
- The winter guide - help with fuel bills & keeping warm

Latest information and advice for families

Contact a Family's resource library hosts the latest updated parent guides including:

- Benefits, tax credits and other financial help
- Preparing for adult life and transition
- Special Educational Needs
- Community care grants
- Help with council tax bills
- Disability Living Allowance – Claiming the higher rate mobility component for children with learning disabilities & autism spectrum disorders

Disability Rights UK has been formed through a unification of Disability Alliance, Radar and National Centre for Independent Living. We aim to be the largest national pan-disability organisation led by disabled people, led, run and controlled by disabled people, with disabled people making up at least three-quarters of its board members. We focus on:

- promoting "meaningful" independent living for disabled people

- promoting disabled people's leadership & control
- breaking the link between disability & poverty
- campaigning for disability equality & human rights

Tel: **020 7250 3222**

Email: **enquiries@disabilityrightsuk.org**

www.disabilityrightsuk.org

Radar produces a range of publications, aimed at a wide range of audiences including disabled people, public sector organisations, local Government and the private sector. Visit the Publications section of the website for more details. The latest publication is '**Doing Sport Differently – A guide to exercise and fitness for people living with disability or health conditions**' - a comprehensive guide to accessing sports and leisure opportunities in your area. It is written by and for people with lived experience of disability or health conditions, to inspire involvement in sport and fitness and improve access to grassroots sport. Download the booklet for free from the website **www.radar.org.uk/people-living-with-health-conditions-disability/doing-life-differently/doing-sport-differently/**

Short Breaks Directory

Short breaks cover a whole range of activities like an hour's sports activity, a summer play scheme, evening cinema trip or a fun day for the whole family. Included in this book is the information required to access these services.

Download from

www.westsussexparentsforum.co.uk

The Brain Injury Hub is the UK's new online support centre for families of children affected by acquired brain injury and offers a wealth of practical advice and information about a condition that is often misunderstood. Created by clinicians at The Children's Trust, the country's largest residential rehabilitation centre for children with acquired brain injury. An online forum gives families the opportunity to share their stories and experiences.

Tel: **01737 365000**

www.braininjuryhub.co.uk

Information Resources for Young People

BILD

Tel: **01562 723010**

Freephone: **01562 723010**

Email: enquiries@bild.org.uk

www.bild.org.uk

BILD is the British Institute of Learning Disabilities. We want people with learning disabilities to be valued equally, participate fully in their communities and be treated with dignity and respect. Our services help develop the organisations who provide services, and the people who give support.



- parenting siblings phone service for parents to help them support siblings with sibling issues such as giving attention, explaining disability, and dealing with siblings' feelings.
- workshops for parents on supporting siblings.
- training and consultancy for professionals on supporting siblings, how to develop local services for siblings, and how to run sibling groups using the Sibs FRAME model of groupwork.
- awareness raising events for professionals to help them understand the support needs of siblings.

In Control

Tel: **01564 821650**

Email: admin@in-control.org.uk

www.in-control.org.uk

Our mission is to create a fairer society where everyone needing additional support has the right, responsibility and freedom to control that support.



Signposts Mid Sussex

Tel: **01444 616232**

Email: info@signpostsmidsussex.org.uk

Signposts is a charity that supports people with learning difficulties to live independent and fulfilling lives in the community. We also help carers and new parents of children with learning difficulties to help them have a positive experience of parenting. We put on a wide range of meaningful activities and we help people find opportunities.



Scope Meeting Point

www.scope.org.uk/help-and-information/young-people/meeting-point

Online forum to talk to other young disabled people about the things that are important, to find out information, to ask questions of the Scope team or just to chat. Requires registration with adult consent.

SIBS

Tel: **01535 645453**

Email: info@sibs.org.uk

www.sibs.org.uk

The only UK charity representing the needs of siblings of disabled people. We provide:

- phone & email service for adult siblings for help with any adult sibling issue. We have an online forum for adult siblings, a buddying service, and we run workshops on adult sibling issues.
- email information and support to children and young people on any sibling issue.
- workshops for children on understanding their brother or sister's disability and on coping strategies for dealing with difficult siblings issues.



Your Space

www.yourspacewestsussex.co.uk

Your Space is aimed mainly at young people aged 13 - 19 living in West Sussex, you can find out about all the things that are important to you in your life right now. As well as events and competitions there's also tons of stuff you can vote on, info on where to find help and advice, and details of what the Youth Cabinet have been up to.

Young Minds

Parents' helpline: **0808 802 5544**

Email: parents@youngminds.org.uk

Tel: **020 7089 5050**

Email: ymentquiries@youngminds.org.uk

www.youngminds.org.uk

YoungMinds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people.



Lizzie's Paralympia

Earlier this year I spent a few days staying at the Olympic Lodge at Stoke Mandeville, the birthplace of the Paralympics (which I wrote about in the last edition). After joining in the celebrations in Chichester for the Olympic torch relay, we decided that we just had to be part of the real thing and having been, we are all very proud to say 'We Were There'!

We entered into a sunny world as we arrived in London the day before, our excitement building as we spotted the London 2012 signs on lamp posts, passed Harrods with big Union Jacks outside and saw the Paralympic logo on Tower Bridge! It was so hot in our apartment that we kept all the windows open; we felt as if we were in Barcelona! Turning on the television as soon as we had arrived, I was so excited to know that the next day we would actually be there!

The next morning we all set off in the van from the apartment, with all the equipment we would need for our big day. As we approached the Olympic Park, the Stadium and Orbit stood out in front of us. From the first traffic security guards all the way into the Park, we were welcomed and shown where to go. The guards at the main entrance were really friendly and moved us to a faster queue so our bigger bags could be checked.

Walking in, I couldn't believe we were actually heading towards the Stratford Gate signs we had grown to know so well from the Olympic coverage! All the paths felt so smooth and everyone was moving in a cheerful and purposeful way! We could see the Stadium in front of us and could hear the roaring crowds - an incredible sound! We headed to the Orbit

as it was nearly our time to go up. The picnic tables underneath were full of families, lots of red, white and blue and the atmosphere was buzzing - the sun was beaming down and we just sat and stared in amazement!

The Orbit experience was incredible! Fantastic views around the whole Park and the recognisable skylines beyond. The crowds

below looked just like ants moving about and I was happy to come back to earth after taking it all in.

By this stage, we were all ready to have some food and a rest so we headed for the Aquatics Centre where I had been reassured by email the previous week that there would be somewhere

for us to go. Unfortunately, the security man we met did not seem to know anything about this, so we had to wait while he contacted the medical team and eventually we were met by one of their volunteers, who after being shown my email, seemed to realise who we were. She then took us to a special room where we were all able to relax and recover from the heat. More volunteer staff came to check on us and very kindly supplied us with snacks until

the cafes opened and we could fuel ourselves up for our swimming session. We were shown to our seats, which had a superb view of the pool. The water was so blue and the lighting made it all seem extra special. We watched the seats opposite us filling up and the commentators on the loudspeakers

built up the atmosphere before the first race started. Our seats were at the end of the pool, but all the 50m races started at our end so we were able to watch all the competitors coming out and preparing. It was fascinating to see



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how they prepared the starting blocks and for those who had missing limbs or balance difficulties, how their helpers supported them before they dived in and became free in the water. During one race, there was a false start and we had to wait for the swimmers to restart. One swimmer had to be lifted out of the pool and carried back to her block with a massive cheer from the crowd! We were lucky to see 4 GB medals including Ellie Simmonds winning bronze. Every single one of the 15 medal ceremonies was special and we loved hearing all the different national anthems. The presentation bouquets were also significant for us, as each one included a sprig of apple mint grown in Sidlesham (where I live)!

After the session was over, Alexandra and I met GB's Matthew Walker and got to wear

the (incredibly heavy) bronze medal that we had seen him presented with earlier. Mummy was able to hold a gold medal won by a USA swimmer and Sheryl met a New Zealand silver medal winner!

As we left we could hear more loud cheers from the Stadium as David Wier won the 1500m. We took a quick visit to the shop and while we were there, the Stadium changed colour twice! We were swept out of the Park by the fast flowing river of happy people who had all shared the amazing experience of living in 'Paralympia' for the day and will hopefully go on to share it into the future as well!

Lizzie Baily

lizzie@wellspringwestsussex.org.uk

Paralympic Memories

Our Paralympic journey started when the torch was lit and came down Slieve Donard mountain in Newcastle, Co Down. I was staying with my Grandma and Grandpa in Northern Ireland and I watched the paralympic torch being carried by some blind people on the start of its journey to London. My cousins and I got to hold the torch!



We went to see athletics at the Olympic Park. Everyone was very friendly and happy. We were singing and even 'high-fiving' policemen and stroking their horses. I loved being in the stadium because everyone was cheering and very happy. I liked the Mexican Waves and clapping. I liked all the events; High jump, Javelin, Shot put, Wheelchair racing but I liked the running best. That was the most exciting. I loved cheering all the athletes and I loved watching them get their medals. I met Mandeville, saw Oscar win a gold medal and learnt lots of new songs. I was quite tired at the end and it was a long journey home but it was AMAZING!

Emily Saunders, age 8

When we went to the Paralympics at the Olympic Park, we spent a long time weaving in and out of never-ending crowds. Finally at the stadium entrance the sight was phenomenal, you could barely see the people on the other side. As soon as the events started a thunderous roar of excitement erupted from the crowd. However, when the medal giving started everyone was respectfully quiet whilst their anthem was played. The noise and contrasting silence of 80,000 people was very emotional. We saw so many world records being broken by determined and passionate athletes. It was amazing to share their disappointment and joy. I was so lucky to be a part of history.

Luke Saunders, age 11



Ben Quilter - Bronze Medallist

The London Olympic and Paralympic Games have now come and gone, and wow what an event it was!

I am now going to try and sum up this event and my own journey as a participant, in what is being hailed as the greatest Paralympic Games ever.

So my judo career up to this point has been my life's work and in the past few years has been the most successful. This meant I was going into this home Paralympics as a real gold medal hope. I was the World number 1 due to my first World title coming in 2010, followed by the World Games title 2011 and European title also in 2011.

So, I was faced with a lot of pressure but a great opportunity to perform in front of a home crowd, this was an opportunity I relished!

Judo is a physical sport and I suffered a back injury early in the year which was a setback, I had 2 injections in my spine and I was well looked after by the medical team at British Judo, following 3 months of rehabilitation I was back fighting fit and ready to complete my preparation for the Paralympics.

Unfortunately, in July I suffered another injury blow and my chances of competing were seriously hampered! In an unfortunate and freak judo incident where I was fighting a test match, 7 weeks from the day I competed I suffered a serious knee injury. I ruptured my Anterior Cruciate Ligament (ACL) and my Medial Collateral Ligament (MCL). This kind of injury needs surgery to reconstruct the ACL and the MCL needs a long period of time to repair with large amounts of rehabilitation and medical intervention. Unfortunately I had no time for either!

After many discussions with the elite performance team who were looking after me, the decision was made to compete at the Paralympic Games without an ACL, we had a

huge challenge on our hands to get me in a position where I could compete safely with the injury...

So it all began the day after sustaining the injury, I was in the gym on my crutches doing upper body weights as well as constant icing, physio, and rehab! There was no time to waste.

The final 7 weeks were the toughest of my life and I have never worked so hard or had my character tested to this extent before.

I had to prepare for this huge event under far from perfect circumstances, without anyone knowing how badly I was injured to avoid my opponents finding out.

But those who know me you will know that I am not a quitter and I love a challenge! And what a challenge it was.

The daily rehab, training, and psychological battle that I had to overcome was just one part of the issue, I did not step foot on a judo mat until 3 weeks before my competition day and before that I did not walk without crutches so there was a huge element of doubt in my

mind.

I knew that all the hard work had been done over the preceding months and years and I just had to get on the mat to be in with a chance.

I unfortunately drew the defending Paralympic champion first fight and lost this match. It was then when I realized that I had been subconsciously convincing myself that my injury was not going to inhibit my performance too much. How wrong I was!

It was a long way back from here and I had to fight with all my heart and draw upon all of my experience in order to battle on through the recharge in my quest for a medal.

Through a lot of grit and determination as well as some wise words from my coach and the most amazing support from friends,



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family and the great British public I managed to pick myself up and battle through the next match to beat the Mongolian competitor. This meant I would face the American in the next round, who I also managed to beat after a tough match. So I was nearly there just the Japanese competitor to beat. I have fought him once before and narrowly defeated him in the World Games final 2011 so I was ready for a hard contest.

I managed to pin him for 25 seconds early on in this fight and the greatest moment of my career so far was realized! A Paralympic Bronze medal won in front of 8000 amazing supporters with a seriously injured knee.

An epic day in my life that would not have been possible without the help and support of a lot

of amazing people, I thank each and every one of them with special mentions to my Fiancé Francesca, the medical staff at British Judo, every coach that has helped over the years, Jean-Paul Bell for the coaching on the day and the last few years and every other individual, company, organization and family member that supported me on the day and during the run up to 2012 and over the years. Thank you, it would not have been possible without you.

So now I can relax for a little while and enjoy my upcoming wedding before I get my knee fixed and it all starts again!

Ben Quilter

www.benquilter.co.uk

West Sussex Parents Forum

The West Sussex Parents Forum is a membership organisation for parents and carers in West Sussex. Our mission is to bring about positive change for families and young people with any additional needs or disability. We achieve this by empowering parent carers in effective participation to shape services, provide information and support.

The Forum is run by friendly group of parents who share the same vision that every child, regardless of ability matters and that all children will have the same access to and information about the services, opportunities and experiences that are available in West Sussex.

We are part of the West Sussex Children's Trust and we ensure that the concerns and worries of parents and carers with children and young people with disabilities and learning difficulties are heard.

What does the Forum offer parent members?

Our aims for the coming year are that we will achieve the following:

1. Campaigning - we will campaign collectively on behalf of our members and campaign about issues that are raised by Parents Forum members ensuring that the voices of parents and carers in West Sussex are clearly heard.
2. Support and Train Parents - we will support and train parents, so that they are able to work

with professionals who provide services for disabled children and young people.

3. Represent our Members – we will ensure that we are making our voice heard and represent the views of parents and carers to the Children's Trust and other appropriate bodies within health, education and social care in West Sussex.

4. Information to Members – we will provide our members with up to date information about services within health, education and social care affecting families, ensuring that parents and carers have every opportunity to participate in the decision making process.

How West Sussex Parents Forum Works?

The Forum is free to join, simply complete our quick on line membership form. On becoming a member you will automatically receive updates on the work of the Forum, together with a copy of our newsletter, which we send our every two months and details of any West Sussex Parents Forum events that might be happening. You will also be able to access the discussion board where you can talk to other parents in similar situations; it is a great place to network with others and swap advice, contacts and experiences.

Tel: **01903 726188**

Email: parents@westsussexparentsforum.co.uk
www.westsussexparentsforum.co.uk

Local Social Clubs

The Action Group Organisation

We are a group of people with special needs and disabled needs aged 18 years and up. We promote disability awareness around Crawley and West Sussex by producing DVD presentations at the Arora Hotel in Crawley.

The DVDs we have made are called "Work is our right", "Banking" and "Charlotte's Journey" which promotes disability awareness on the buses.

We also let people know about their rights in the community and what help is available to them out there by inviting special guest speakers to the group to chat about issues or problems that are worrying them.

Some of our members also like to plan trips out to bowling, cinema, football and Christmas dinner.

We meet up on a Friday morning on a two weekly basis. Members pay £2 sub money for the up-keep of the organisation but your

first visit to us is free.

So, if you are a person with special needs or disabled needs who likes speaking up for yourself or if you are a person who just likes meeting new people, then The Action Group Organisation may be for you, or you can go to our website for more information www.action-group.org.uk



Our meeting address is:
The Crawley Baptist Church,
Crabtree Road, Crawley, West
Sussex, RH11 7HJ

Friday mornings on a two-weekly
basis -9.30am to 11.30am.

For more information

Tel: **07835 876026**

Email: contactus@action-group.org.uk

Ask for Steven Bateson between 11am to 6pm Monday - Friday or send a text message with your name, telephone number and email address. Please do not call at weekends or bank holidays.

My Network & Buddys

A drop in service for people with learning disabilities offering information, advice and support plus the opportunity to make friends and take part in activities.

Tuesdays and Fridays 2pm to 5pm at

Buddys Café, South Farm Road Worthing.

Thursdays 9.30am to 1.30pm at Dove Lodge Littlehampton.

For more information contact Jenny

Tel: **01903 202030**

Email: jenny.buddyswms@btinternet.com

www.worthingmencap.org



For information about local inclusive sports clubs and activities visit



www.reachoutwestsussex.org.uk

Go to the Parents, Carers & Families tab and search the Directory of Services.



This site is for everyone! There is a section for disabled young people, parents and families and people who work with disabled children. You will find information, resources, videos, blogs and much more. We hope you will share your stories, be inspired and want to take part in this site's evolution.

Local Sports Clubs

AITC - Wasps Hockey & Multi-sports Club

An opportunity for wheelchairs players to take part in fortnightly multi-sports sessions. All types of wheelchair users are welcome to attend; there are also specialist manual wheelchairs for those without one. Sessions are held every Tuesday. From 6-7pm, it is an opportunity for players to try different sports within a social environment, including football, hockey, basketball, table tennis and many others. From 7-8pm, we hold a Boccia / New Age Kurling Club, with opportunities for players to practice their skills and then compete against each other. Cost £2 per session or £3.50 for both sessions

Tel: **07919 051848** or

07593 809674

Venue: Angmering School Sports Hall, Station Road, Angmering BN16 4HH



Email: lsargeant@chichester.gov.uk
www.westgateleisure.co.uk

Venue: Westgate Leisure Chichester, Via Ravenna, Chichester PO19 1RJ

Inclusive Multi-Sports Club

Sunday sports activities for young disabled people of all ages and all levels of ability, plus their families/carers. Activities include: cricket, football, judo, martial arts, racket sports, trampolining, basketball, tag rugby, boccia, new age kurling, and fencing. Sports will differ each week with additional activities running alongside main sport. Cost is £2 per session, payable on the day. For more information

Tel: **01243 785651**

Venue: Westgate Leisure Centre, Via Ravenna, Chichester PO19 1RJ



Branching Out Saturday Club

For children with disabilities and their families. Club held every Saturday. Activities include trampolining/rebound therapy, sports, bouncy castle and soft play, and many more. Some activities will change each week.

To be eligible to come you must live in West Sussex and be in receipt of middle or high rate care component of Disability Living allowance or self-assessment and be under 18 years of age. Cost per session is £3 per child or young person. For more details phone Westgate Leisure on **01243 785651**

Tornados Junior

Wheelchair Basketball

Basketball for children and young people aged 5-19 using a manual wheelchair, have a physical impairment or are able-bodied. Sessions are held every Monday and run by qualified coaches. Wheelchairs available upon request. Organised by West Coast Tornados Wheelchair Basketball Team. Cost £3 per session. For more details Tel: **07792 68886**

www.westcoasttornados.webs.com

Venue: Angmering School Sports Hall, Station Road, Angmering BN16 4HH

Short Breaks Fun Days

Location: K2 Leisure Centre, Crawley

• Sunday 13 January 2013

• Sunday 10 March 2013

10.00am - 3.30pm, ages 5-18 years.

(registrations at 9.30am, half day option also available). £20 per participant

(includes sibling and/or carer, and lunch).

Come and take part in a range of activities* including football, tri golf, table tennis, new age kurling, boccia, cricket, wheelchair basketball, dance, archery, wheels for all cycling, indoor climbing.

*a varied combination of the activities listed will be offered on each date, and are subject to change.

All activities are fully supervised by qualified and experienced instructors.

Advanced booking essential as places are limited.

To register your interest,

Tel: **07925 750852** (24hr answerphone) or download a registration form from

www.freedom-leisure.co.uk



Reaching Families

New Counselling Provision

Thanks to a grant of £7,000 from the People's Health Trust, Reaching Families are now able to extend their counselling provision to include siblings and extended family members of children with special needs. So if one of your children or perhaps an aunt, uncle or grandparent might benefit from six free sessions of counselling, please contact the Reaching Families project manager, Brian O'Hagan, on **07939 192388** or Email: info@reachingfamilies.org.uk.

Reaching Families also continue to provide access to free counselling for parents of children with special needs and couples.

Parents might also be interested to know that Reaching Families' parent-carer guide, **Making Sense Of It All**, is now available to buy online (using PayPal) at their website www.reachingfamilies.org.uk/resources.htm

Reaching Families

Family Information Service

Extra help to find childcare A guide for parents of disabled children

Is choosing childcare that's right for you and your child a challenge?

This can be especially true if you have a child with a disability or additional needs. In fact, we know that many parents of disabled children feel that childcare is not an option for them.

The Family Information Service (FIS) is here to offer extra help and support. Working as part of the Early Childhood Service, the FIS can:

- Contact childcare providers on your behalf.
- Organise a face-to-face appointment at your local Children and Family Centre.
- Request support from our advisory team for you and the childcare provider.

- Arrange visits to a wide range of childcare settings, accompanied if need be.
- Help you access Free Entitlement funding for your child if eligible.

Within the Early Childhood Service different people work directly with childcare providers to advise and support them to develop their skills, knowledge and practice. This may include additional training, changes in how they operate, and ideas to help meet the needs of individual children and the setting as a whole.

Together we will explore all possible childcare options to help you find childcare to meet your child's needs.

To find out more, contact the Family Information Service on **01243 777807** and ask to be put through to the Specialist Team.

Dyslexia Books & Equipment For Sale

Alpha to Omega - Beve Hornsby and Frula Shear
- 4th edition

Day to Day Dyslexia in the Classroom
- Joy Pollock & Elisabeth Waller

Diagnosing Dyslexia - Cynthia Klein

Diagnosing Dyslexia - A guide to the assessment of adults - Cynthia Klein

Dyslexia Basic Numeracy by Vicki Burge

Dyslexia Speech and Language - A Practitioner's Handbook

Reading, Writing and Dyslexia - A Cognitive Analysis by Andrew W Ellis - 2nd Edition

The Edith Norrie Magnetic Letter Case

The Edith Norrie Letter Case Extension Set



The Multisensory Language Course - Hickey Second Edition Reading with the Troubled Reader

- Margaret Y Phinney

Megawords 7 - Multisyllabic Words for Reading, Spelling and Vocabulary

Megawords 8 - Multisyllabic Words for Reading, Spelling and Vocabulary

Solving Language Difficulties, Remedial Routines - Amey Steere, Caroline Z. Peck, Linda Kahn

Please contact Mrs T Moore for more details

Tel: **01903 779877**

Email: variedmood@btinternet.com

Advertisements

Educational Equality

Helping families through the maze of Special Educational Needs.

"Educational Equality" supports parents who are experiencing difficulties gaining the right provision for their children with S.E.N. We always aim to achieve the best outcome for the child.

We can offer a range of services, including:

- Social services advocate
- Teacher and SENCO training

- Presentations and parent group talks
- Tribunal representation
- Mediation where relationships have broken down

"Educational Equality" is a "Community Interest Company" which means we offer a fee-based service. Reductions are available for those claiming certain benefits.

For more details see:

www.educationalequality.co.uk

Endeavour Counselling

My name is Tansley Grace. I am a fully qualified counsellor and an individual member of the British Association of Counselling and Psychotherapy. I have worked with a wide variety of life issues and have had additional training and experience working specifically with older people, carers and self-injury.

Counselling is a process that offers the opportunity to explore difficulties in a safe non-judgemental environment. These may include life changes, anxiety, stress, loss, trauma, depression etc.

I believe trust is an important part of the relationship between client and counsellor as issues can be difficult to explore. I have a warm safe ground floor room in Littlehampton, West Sussex close to the town centre.

Clients are encouraged to go at their own pace and only bring what they want to counselling. Confidentiality is respected.

Each counselling session will last 50 minutes. Fees are £30.

Tel: 07952 138244

Email: endeavour.co@btinternet.com



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

physio kids

Contact:

01243 376263
07711 826523



Private Physiotherapy treatment in your own home or clinic sessions

- Rehabilitation after Surgery
- Co-ordination Difficulties
- Poor Posture
- Developmental Delay
- Back Pain
- Muscle or Joint Pains also treated
- Please to call if you want to discuss having blocks of physiotherapy during school holidays

Charges apply. See website for details.

The advertised individuals and organisations are for your guidance and are not a recommendation by Wellspring West Sussex.

If you would like to advertise here, please email lizzie@wellspringwestsussex.org.uk

Anda Cards



Original artwork by Alexandra Baily. Christmas & Winter cards for sale that can be packed in any combination of designs. Great for Christmas fairs for fundraising or as presents.

All cards are blank inside.

See website for full range of designs, pricing and order forms.

www.andacards.com



Tracey Cambridge - Osteopath for Babies and Children

Fully qualified and registered osteopath since 1997 who specialises in the treatment of babies and children. Clinic at her home in East Grinstead. See website for charges.

"Of course Osteopathy cannot change the diagnosis of children born with a congenital condition, but it can alleviate some of the physical problems associated with that condition. For example, babies and children with Down's syndrome often have problems breathing because of narrowed sinuses. For best results, treatment should begin before the age of 5 years as after this the bones start to harden and the stresses and asymmetries caused by birth cannot always be completely eliminated."



Tel: 01342 323851 Mobile: 07743 825610

Email: tracey@sussex-cranial.co.uk

www.sussex-cranial.co.uk

Changeworks Family Therapy

Family Therapy encourages people to reflect on events and allows the sharing of thoughts and feelings with other family members. This approach can be especially helpful if relationships are under stress. As a Family Therapist, I have experience of working alongside families with issues arising from child disability and complex needs, including life limiting illness and bereavement.

I provide home based sessions and cover all West Sussex. Fees are charged on an hourly rate. Please see the payment guidance on my website for more information. Changeworks would actively support families who would like to approach shared funding options with GP's or statutory services.

If you think Family Therapy might be of help to your family, please contact me.

Lynsey Waterhouse Tel: 07759 786715

Email: lynsey@changeworkssussex.co.uk

www.changeworkssussex.co.uk



Changeworks



Please write to us at:

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

info@wellspringwestsussex.org.uk

The next edition will be **Communicating Without Speech**
If you would like to contribute any articles or letters to this edition, please send or e-mail to the above addresses by 28th January 2013.

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