



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

Hello! I hope that after you have read this Paralympics edition of Wellspring, you will feel as inspired and excited as I have been while putting the newsletter together!

The Paralympic Flame will travel through Horsham - find out what will be happening to celebrate this on page 3 and read about Sophia, Seb and Ben our local athletes on pages 8



and 9. The Paralympic Games run from 29th August to 9th September and there are lots of useful websites to get you clued up on page 11. Para-Badminton isn't played at the Paralympics but we have an article from Gobi, England International player on page 10.



Find out about sports clubs near you on page 4 and 5 and read about the achievements of the Boccia teams from the Lavinia Norfolk Centre on page 2.

If sport is not for you, find out about the Samba X music project on page 12, the Special Task Force club on page 14 and have a go at Kyran's Paralympic wordsearch on page 6. Parents and Carers may be



interested in the latest publications detailed on page 13.

I have had a busy spring, taking part in the Sport Relief Mile, staying at the Olympic Lodge in Stoke Mandeville and working with the Hunston Brownies - find out more on page 7. Once you have finished reading this newsletter, don't forget to let us know what you have done to celebrate the 2012 Paralympics; we love to hear from our readers and will always print anything you send to the address on the back.

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Lizzie Baily

lizzie@wellspringwestsussex.org.uk

Artwork by Kory aged 7
from Hunston Brownies

Lavinia Norfolk Centre

Over 30 students from The Angmering School, all with physical disabilities are hoping to compete in the Stoke Mandeville Games in September 2012. Disabled students from all over the UK attend this national event and The Angmering School students go every year but costs are rising. It now costs over £10,000 to provide transport, staffing, food, accommodation and all expenses during the week away. It means so much to the students to compete as Dan in Yr 11 said: *“All year we plan and look forward to the games as it is one of the best weeks of my life”*.

To support this cause go to www.justgiving.com/lavinianorfolktrustfund

Or send a cheque made payable to Lavinia Norfolk Centre Appeal to the school. Make a cash donation through the Lavinia Norfolk Centre Reception Desk at the school at Station Road, Angmering, West Sussex BN16 4HH

For any further information

Tel: **01903 778372**

Email: jmurton@angmeringschool.co.uk



BOCCIA NEWS

Students at the Lavinia Norfolk Centre at The Angmering School recently attended a Year 7 – Year 9 Boccia tournament in Littlehampton. They took a strong squad of 5 teams.

All teams had mixed results with some outstanding wins and some losses.

Super teamwork and communication skills were shown by all teams.

First time players making Angmering 5 were, Harriet Bond, Courtney Charman and Rebecca Merridue who held themselves well and performed some excellent technical ability.

Overall Angmering performed well and finished in 7th, 6th, 5th and medaling

were Angmering 1 in 3rd place consisting of Tommy Bourne-Holloway and Danny Southall.

Securing the Silver Medal was Angmering 4 consisting of Theo Donnelly, Pete Langton and Andrew Goble.

A superb team effort.

In addition to this we did send teams to the Taverners Regional Qualifiers held in Sevenoaks in Kent in February. We entered 3 teams and did reach the finals but the Valence team were just too strong for us on the day. We will be back as we hope to make the National Finals next year.

Blue Touch Paper Carnival

Horsham all set to celebrate in 2012

Horsham will host 2 events this summer which celebrate the London 2012 Games.

The ground breaking Blue Touch Paper Carnival project, which brings disabled and non disabled people together to make and enjoy a top quality accessible carnival, will make a welcome return to Horsham

Park on Sunday
15th July plus
the Paralympic
Flame will come
to Horsham on
Saturday 25th
August.



The Blue Touch Paper Carnival will be part of the Sparks in the Park event/carnival and will see 80 to 100 disabled people form a whole samba school which includes a Rio style float, dancers, costumes and a bateria. Horsham District Council Community Development Officer Nick Jenkins says *'Groups in Horsham, West Sussex and the Isle of Wight have been working very hard to form the samba school and create the float, costumes, music and songs for the carnival. This year has been particularly exciting as the project has managed to link up with the only disabled led samba school in Rio 'Embaixadores de Alegria' and we have been sharing thoughts and ideas about the carnival and how to make it. The Horizons Group from the Strawford Centre, Horsham have been key in this process and meet weekly to make the decisions about how the project should work, look and feel. Horsham have also*

been developing a integrated bateria (percussion band) with the help of the oldest bateria in the UK - the Dorking based group Bloco do Sul; it's all pretty groundbreaking stuff and we already have gigs in Brighton, Ryde on the Isle of Wight as well as in Horsham on the 15th July'.

Horsham will also be the only place in West Sussex, and 1 of only 33 places in

Blue Touch Paper

the UK, where the Paralympic Flame will be welcomed. Nick says *'It's great that Horsham has managed to secure a Paralympic Flame and we are organising an event to welcome the*

flame to Horsham. Plans are still being put in place but the event will involve a range of participatory activities, an interactive piece of art and provide local groups and individuals the chance to welcome a local Paralympian and the Flame to Horsham'.

For more information please contact Nick on **01403 215216**

E-mail: nick.jenkins@horsham.gov.uk
www.btpcarnival.co.uk

The Blue Touch Paper Carnival is funded by Arts Council England, West Sussex County Council, West Sussex Arts Partnership and Horsham District Council; it has been awarded a 2012 Inspire Mark.



Local Sports Clubs

Westgate Leisure Centre, Chichester

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 phone:

01243 785651

or visit www.chichester.gov.uk



Roffey Millennium Hall, Horsham

Tennis

Every Wednesday during term time for children aged 5-17 years with disabilities or special needs, and their siblings.*



Greenway School, Horsham

Table tennis

Every Tuesday during term time for children aged 5-11 and 12-19 years with disabilities or special needs, and their siblings.*



Horsham Arun Badminton Club, Broadbridge Heath Leisure Centre

Badminton

For children and young people aged 5-19 years with disabilities or special needs, and their siblings.*

For a free taster session at Horsham clubs, or to book a place contact Helen Crooks, Project Co-ordinator, on **07734 231052** or Email helen.crooks@horsham.gov.uk

* All sessions organised by Horsham District Council are led by qualified and experienced sports coaches, and experienced support workers and volunteers with training in first aid, medication administration, disability awareness and personal care.

Chanctonbury Sports and Leisure, Storrington

Badminton

Every Monday during term-time for children and young people aged 11-19 years with disabilities or special needs, and their siblings.

Trampolining

Every Monday during term-time for children and young people aged 5-13 years with disabilities or special needs, and their siblings.

Gymnastics

Every Tuesday during term-time for children and young people aged 5-11 years with disabilities or special needs, and their siblings.

Table tennis

Every Thursday during term-time for young people aged 11-19 years with disabilities or special needs, and their siblings. Cost for all sports is £3.30 per session; free first taster session for new children/young people.

To book a place at these sessions contact Scott Bacon on **01903 746070**
Email sbacon@impulseleisure.co.uk

Out There West Sussex

Daytime, evening + weekend leisure activities & sports choices for people with learning difficulties, run by Outreach3Way all over West Sussex. Contact Bob Leeves, Project Manager.

Tel: **01293 544773** or **07894 596445**

Email: bob.leeves@outreach3way.org

www.outreach3way.org/out-there-west-sussex

IOW Olympic Challenge

The Challenge: An Olympic year calls for an Olympic challenge, to capture the imagination. On Thursday 30th August, the first day of the Paralympics, at a very early time, Ben and Ali will set off from Hurst Castle near Lyminster and will swim the Solent to Colwell Bay on the Isle of Wight. They will then cycle 70 miles all way around the island and finally, kayak back to Hurst Castle, all in one day!

The Goal: 2012 is an Olympic year, and one of the goals of the London Olympics is to encourage

greater participation in sport. This includes everyone, SPORT FOR ALL! We want to kick-start a new 'Boccia' club in Chichester and raise funds for English Federation for Disability Sport (EFDS), whilst also increase awareness of disability sport in the UK.

To find out more about this challenge visit www.iow-olympic-challenge.co.uk and to sponsor go to www.justgiving.com/IOWOlympicChallenge

Worthing Special Olympics

Sports Participation Enables Competition & Individual Achievement for Life

Worthing Special Olympics is a newly formed group that offers sporting opportunities for people with learning disabilities aged 8 – 80. Currently we train in athletics, swimming and tennis. Special Olympics promote enjoyment and participation in individual and team sports. It also empowers people with learning disabilities to experience self-confidence, accomplishment and success.

Our current training days are:

Tuesdays 5pm–6pm

Athletics - Worthing Leisure Centre

Thursdays 4.30pm–5.30pm

Tennis - Oak Grove College

4th Saturday in month 6pm–7pm

Swimming - Littlehampton Swimming Centre



Special Olympics give people with disabilities the opportunity to just train, or train and compete in a friendly, social environment.

There are plenty of competition opportunities from regional events to Nationals and World Games. This season Worthing Special Olympics are competing in 15 regional events and 4 National events.

The group relies on volunteers and funding from various sources.

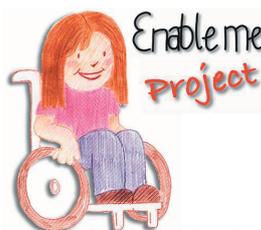
For more details to find out how to get involved contact Claire Moyle on **07762 013949**
Email: cmoyle@wsgfl.org.uk



Enable Me Project

The Enable Me Project in Littlehampton is pleased to announce that it has been granted WSCC 'Short Breaks for Disabled Children' funding for three years (2012-2015). This new funding will help to provide the following new services for disabled children & young people in West Sussex:

- Enable Me Youth Club located at The Flintstone Centre in Littlehampton. The Youth Club will open in August 2012 and initially, will offer a mixed age-range club one night per week until December. From January 2013 onwards, the club will open 2 nights per week; one night will cater for 7-11 year olds and the other night will cater for 12-18 year olds. As well as usual Youth Club activities, there will also be a chance for the children & young people to try out disability sports, drama sessions, Anim8 workshops (film/animation classes) and sensory arts sessions provided by Time Aside. Depending on numbers, siblings will also be able to attend and carers and accessible transport are provided for all



the sessions. There will also be 6 Sunday sessions per year for families.

- Enable Me After-School Clubs & Holiday Clubs located at Fordwater & St. Anthony's Schools in Chichester, Manor Green College in Crawley and Newick House/Woodlands Meed School in Burgess Hill, again starting in August 2012. Similar to the new Youth Club, these clubs will include disability sports, Anim8 workshops and sensory arts sessions.

- Enable Me Tournament Day for participants of all the Enable Me Short Breaks-funded activities, to come together once a year and take part in a disability sports tournament where they can have fun with their friends and siblings, as well as have the opportunity to make new friends across the county.

For further information on eligibility criteria and how to sign up for these new activities, please call **01903 734400**

Email: office@enablemeproject.org.uk
www.enablemeproject.org.uk

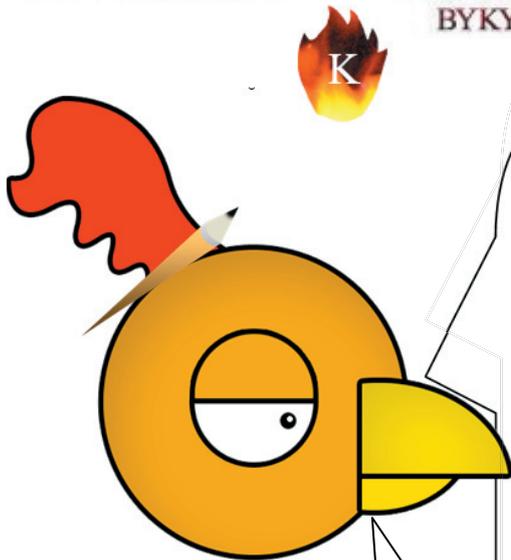


Thank you to the Worthing Lions Club for their generous donation of £250 towards the costs of this newsletter.

WELCOME TO
THE LATEST EDITION OF

W E L L S P R I N G
KYRAN'S HOT STUFF

BY KYRAN SCHMIDT & ERNIE THE CHICKEN



Hey!

If you're getting restless waiting for the London Paralympics and Olympics to start, why not try the London Paralympics wordsearch here? You could also check out what's hot and what's not, as well as read some words of wisdom. You might also find out something you didn't know below in 'Did you know?' Have fun and don't forget to tune in to the Paralympics!

Kyran & Ernie the Chicken

If you want to contact me by email:
Kyran@wellspringwestsussex.org.uk
or by post to the address on the back page.



Words of Wisdom:

If you want to record some of the Paralympics on the TV, make sure you're recording on the right channel at the right time. Or you may end up with several hours of Antiques Roadshow...

No thank you!

E	D	C	E	V	A	R	C	H	E	R	Y
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S	N	L	C	Y	C	L	I	N	G	Q	I
A	A	O	B	K	H	R	O	W	I	N	G
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P	A	R	A	L	Y	M	P	I	C	S	Q



DID YOU KNOW?

Mandeville, the official mascot for the 2012 London Paralympics, is named after the Stoke Mandeville Hospital in Buckinghamshire. In 1948 the hospital organised a sports competition for British World War II veterans with spinal cord injuries. A Dutch team participated in 1952, making it the first international competition for the physically disabled. These competitions later developed into the Paralympics.



WORDS:

London, Paralympics, Sport, Athletics, Archery, Football, Boccia, Cycling, Rowing, Sailing



CONGRATULATIONS to Kyran who has been offered a place at Oxford University to study Philosophy, Politics and Economics!

WHAT'S HOT?



Watching the Paralympics on TV!

WHAT'S NOT!



The commentary... I just want to watch the games!

Lizzie's Sporty Spring

On Sunday 25th March I 'ran' the Sport Relief Mile at Graylingwell Park in Chichester with my friends Sheryl, Jennah (11) and Kory (7). It was a beautiful sunny morning and there



were over 600 people and dogs there! Jennah and Kory ran off ahead of Sheryl and me, and speedy Jennah lapped us before we had turned the first corner of the rectangular route! The mile took me around 20 minutes so next time we will be entering the three mile course. I was slightly disappointed that I was the only wheelchair user who entered this year, and would recommend it to all families as the path around the park is very easy going.

At the beginning of the Easter holidays my family and I went to my cousin's wedding and stayed nearby at the Olympic Lodge at Stoke Mandeville Stadium. The bedrooms in the Lodge were very similar to a Travelodge, but they all had much more space around the beds and in the bathrooms. The café (across the car park in the sports centre) was really bright and had a great atmosphere with all the disabled athletes using the facilities. It was open most of the day, but in the evenings we had to get Chinese take-away delivered to our room. The highlight of our stay was when, one evening, my sister and I had a brilliant time racing in our electric chairs around the racetrack! The Olympic Lodge was a brilliant place to stay if you have a wheelchair user in the family. Details of the Lodge can be found through the Stoke Mandeville Stadium website (see page 11).

I recently visited the Hunston Brownies to help the girls earn their Disability Awareness badge. First I talked to the girls about my experiences of being a Brownie. On my enrolment day in



1990, I chose to take my promise standing up in my calipers, which was a good lead into a discussion on mobility aids. I took along two manual wheelchairs and the Brownies had great fun racing each other the length of the hall. Brown Owl and I designed an obstacle course for the girls to complete in teams of three. One girl sat in the wheelchair while the others acted as helpers, pushing and guiding the wheelchair through the cones, over a rough carpet, through the doors and the biggest challenge, up, along and down the stage! The main difficulty they encountered was getting the wheelchair safely up and down with the passenger staying in the chair (adults were close by to help)! We also played a game of skittles, to give them an experience of Boccia. To end the meeting we talked about ways to make buildings more wheelchair friendly. I also



set the Brownies their homework to design a poster about the Paralympics.

A few weeks later I went back and gave the girls a questionnaire to see what they could remember from my first visit. The question they found the hardest was how to make a place easier for somebody in a wheelchair, so I hope I can go back to talk to them a bit more about this. I also gave out some prizes for the homework; I was really pleased with the efforts that the girls had gone to. Kory won second prize for her creative art work which can be seen on the front cover. Anita the Guiding Disability Advisor and I talked to the girls about other types of disability and we plan to work together on facts about disabilities children might come across and put them into language understandable at Brownie level, so that hopefully anyone doing the Disability Awareness badge will receive the same information.

Lizzie Baily

lizzie@wellspringwestsussex.org.uk

Paralympic Profiles

NAME

Sophia Warner

AGE

37

DISABILITY

Cerebral Palsy

SPORT

Athletics. My events are the T35 100m and 200m sprint.



YOUR ROLE WITHIN THIS SPORT

I am currently ranked number one in Europe and number two in the World.

TRAINING REGIME

I spend around 30 hours per week training in Surrey and West Sussex and at the Lee Valley Athletics Centre in north London, which is the centre of excellence for British athletes. Those 30 hours are made up of around 15 hours in the gym, 6 hours on the track and 9 hours physiotherapy.

HOW DID YOU GET INVOLVED IN YOUR SPORT?

I come from a sporty family and always enjoyed sport but disability talent is rarely spotted at school. I took up running with my house mate at university who was training for a marathon and then decided to attend a disability sport training weekend back in 1996 and it took off from there.

POSITIVES OF YOUR SPORT

I love sport and even as a 37 year old mother of 2, I am the fittest, strongest and fastest I have ever been. Competing is my favourite part but I also enjoy the opportunity I have to enlighten people about disability. Being a home games puts Paralympics in the biggest spot light it has ever been in.

GOOD LUCK TO ALL THE ATHLETES FROM WEST SUSSEX TAKING PART AT THE PARALYMPIC GAMES!

ADVICE FOR OTHERS

Find a sport you enjoy first and then be prepared to work very hard. Paralympic sport has moved on immensely in the past 5-10 years. It really is elite sport if you want to compete at the top but there are varying levels and you should contact your local club or UK Athletics to find a coach for you to work with.

HOPES FOR PARALYMPICS 2012 + FUTURE

At my first competitive outing for the season, at the K2 stadium, Crawley, I set a new European record and personal best of 16.44 seconds for the T35 100m. I ran against able-bodied athletes in the Senior Women's 100m, an official UKA-IPC sanctioned event as a qualifier for the Paralympics. The time was well under the 22 seconds qualifying mark for the T35 category in the 2012 Paralympic Games! It's going to be tough to make the podium this year but it's my dream and ultimate goal. Beyond that, it's the world championships in 2013 and then its undecided!

WHAT IS YOUR JOB WHEN NOT DOING YOUR SPORT?

My background is Marketing and I am currently on sabbatical from my career. I am also a wife and a mother to a 6 year old son, Felix and my daughter Lucca who is 7.

CONTACT DETAILS

Sophia's website:

www.sophiawarner.com

Disability Athletics:

<http://academy.uka.org.uk/parallel-success/>



NAME

Ben Quilter

AGE

30

SPORT

Judo



having no central vision and only being able to see peripherally.

The biggest challenge I've faced so far was not being selected for the Athens Paralympic Squad. I felt I should've been as I'd won the British Championships that year and I had to work hard to recover from the disappointment.

I did compete at the Paralympics in Beijing where I finished fifth, and now my ambition is to win Gold in London in 2012. I think the pressure will be much greater competing in front of a home crowd, but it will be great to have their support. It will also be good to be able to sleep in my own bed and have my friends and family nearby.

I hope that West Sussex will benefit from increased tourism before and after 2012, but I also hope the Games will encourage more people in the county to take up sport and get active.

WEST SUSSEX CONNECTION

I'm currently studying for a masters degree in sport and exercise physiology at the University of Chichester.

RECENT ACHIEVEMENTS

I won Gold at the IBSA VI World Judo Championships in 2010. More recently at the 2011 German Paralympic Open I won Gold in the 60kg category.

JOURNEY TO 2012

I first tried Judo when I was seven and soon started winning competitions, and by the time I was 10 I had been diagnosed with a degenerative sight condition that resulted in

POSITIVES OF YOUR SPORT

Competing at World Junior Games and being able to travel to lots of different countries and compete.

ADVICE FOR OTHERS WANTING TO TRY YOUR SPORT

Work hard and you will improve and get a good team of people behind you.

HOPES FOR PARALYMPICS 2012 + FUTURE

Just to compete in a Paralympics, whether that is London 2012 or Rio 2016 would be amazing.

WHAT IS YOUR JOB WHEN NOT DOING YOUR SPORT?

I work for a disability awareness charity based in Littlehampton called the Enable Me Project (see page 5). I am the Sports Lead for them and I run and coordinate all our Sports Clubs for disabled children and young people.

USEFUL WEBSITES

British Wheelchair Athletics Association:
www.bwaa.co.uk



NAME

Seb Trezise

AGE

26

DISABILITY

Spina Bifida

SPORT

Discus

YOUR ROLE WITHIN THIS SPORT

I compete for the British Wheelchair Athletics Association and am currently ranked 2nd in Great Britain.

TRAINING REGIME

5 days a week strength training in the gym and Throwing technique training.

HOW DID YOU GET INVOLVED IN YOUR SPORT?

I was spotted by an able bodied throws coach after coming out of swimming 10 years ago.



Para-Badminton Profile

NAME

Gobi Ranganathan

AGE

36

DISABILITY

Spina bifida
(Wheelchair
User)

SPORT

Para-
Badminton;
Wheelchair
(WH2)
Category.



BEST EXPERIENCE

Winning 3 Gold Medals at the Irish Championships in Dublin 2009
Bronze Medal at the World Championships in Guatemala, Nov 2011

ADVICE FOR OTHERS WANTING TO TRY YOUR SPORT

It's open to all abilities, and people can look for further information on the Parabadminton Four-Nations facebook page, contact Tom Webster (Disability Manager at BADMINTON England)

Come and try it as all abilities can give it a go - Dwarfs, Standing/Amputee, Wheelchair and Learning Disability players.

HOW DID YOU GET INVOLVED IN YOUR SPORT?

Played socially for years, starting at school and continuing through university and then playing with colleagues on a regular basis. Then I was spotted by a Badminton Coach, Philip Gray, 5 Years ago who introduced me to Para-Badminton.

YOUR ROLE WITHIN THIS SPORT

Player, England International, help to promote the sport.

TRAINING REGIME

Training fits in around working full time for Shine, however they do give me flexibility to adjust my working week to fit in with training. I train on Tuesday and Thursday mornings, and Tuesday, Thursday, Friday and Sunday evenings.

POSITIVES OF YOUR SPORT

Meeting players of similar and varying disabilities not just from the UK but from across the world. Getting to travel to different places in UK and abroad (including, Seoul in South Korea, and Guatemala). Very social, and everyone supports each other throughout tournaments, despite competitiveness on court. Being able to play a sport that is popular around the world even on a social level.

HOPES FOR PARALYMPICS 2012 + FUTURE

Not yet a Paralympic sport but hopes for 2020 Games as application for Paralympic Status for 2016 was unsuccessful.

WHAT IS YOUR JOB WHEN NOT DOING YOUR SPORT?

Working for Shine Charity (Spina bifida, Hydrocephalus, Information, Networking, Equality), as a Membership Development Officer. Helping to raise awareness of Spina bifida and Hydrocephalus, Raising the profile of Shine, and increasing Membership numbers and member involvement.

ANYTHING ELSE YOU WANT TO SAY

I've also been selected as a Torchbearer for the Olympic Relay - Sunday July 8 2012. Actual location and time TBC.
I was invited to Downing Street as part of an Olympics Reception with David Cameron.

CONTACT DETAILS

People can find out information about Para-Badminton on Facebook through **Parabadminton Four-Nations** and follow my own progress on Facebook by searching **Gobi Ranganathan** Or on Twitter **@Gobi_r**

National Disability Sport Websites

Boccia

Paralympic sport for people with physical disabilities and also a Special Olympic sport for people with learning disabilities.

www.bocciaengland.org.uk
www.gb-boccia.org

British Blind Sport

Enables visually impaired people to have the same opportunities as sighted people to access and enjoy sport in the UK.

www.britishblindsport.org.uk

British Paralympic Association (BPA)

Responsible for selecting, preparing, entering, funding and managing Britain's teams at the Paralympic Games and Paralympic Winter Games.

www.paralympics.org.uk

British Wheelchair Athletics Association

Promotes track and field athletics for people who use wheelchairs due to disability

www.bwaa.co.uk

CP Sport England and Wales

Promotes and seeks to increase sport and physical recreational opportunities for disabled people, especially those with cerebral palsy.

www.cpsport.org

Disability Snowsport UK

Promoting equality and opportunities for disabled people to take part in snowsports.

www.disabilitysnowsport.org.uk

Disability Sport Events

Provides sporting opportunities for all impairment groups allowing disabled athletes to reach their individual potential.

www.disabilitysport.org.uk

English Federation of Disability Sport

Promotes and develops opportunities for all disabled people in England.

www.efds.co.uk

Get Kids Going

Inspires British disabled young people to compete in sporting events, from start to paralympic level, by giving them 'sports grants'.

www.getkidsgoing.com



Inclusive Fitness Initiative

Dedicated to making fitness facilities more accessible for disabled people. Features an accessible gym finder.

www.inclusivefitness.org

International Paralympic Committee

www.paralympic.org

International Wheelchair + Amputee Sports

Founders of the original Paralympic Games and organisers of international sporting events.

www.iwasf.com

London 2012

Details of all Paralympic sports and schedules for this summer's events.

www.london2012.com/paralympic-sport

Mencap Sport

Works with governing bodies of sport and other sports providers to promote opportunities for people with a learning disability at all levels.

www.mencap.org.uk/what-we-do/our-services/leisure-and-sport/mencap-sport

Parabadminton World Federation

www.parabadminton.org

Parasport

Signposts disabled people and those interested in disability sport to local and national clubs.

www.parasport.org.uk



ParalympicsGB

Stoke Mandeville Stadium

National Centre for Disability Sport and the Birthplace of the Paralympics. Also site of Olympic Lodge - great holiday accommodation!

www.stokemandevillestadium.co.uk

UK Athletics Paralympic information

<http://academy.uka.org.uk/parallel-success>

Wheelpower

Organises and supports wheelchair sports at all levels, and provides events for junior, senior and rehabilitation purposes.

www.wheelpower.org.uk

West Sussex Ahead of the Game

News, features + information on making the most of the London 2012 Games, especially what's going on in West Sussex.

www.westsussex-aheadofthegame.com

Thank you to the Bassil Shippam and Alsford Trust for their generous donation of £100 towards the cost of producing the newsletter.

Samba X Project

Film stars, Samba X drumming group hit the big time!

The Samba X Project is a mixed ability drumming group set up with the Aiming High for Disabled Children /Short Breaks funding that started over two years ago. The group meets regularly in Horsham and has been showcasing its achievements in a promotional film, shortly available for viewing on the 'Reach Out West Sussex' website.

The workshops' running in partnership with Horsham District Council has been a resounding success in creating a drumming group for young people that welcomes all abilities. Growing from strength to strength, the group has secured additional funding which has been utilised to support performances around the South of England, and coinciding with this, some of the Samba X participants have assumed a lead role in facilitating workshops for further schools and groups.

The group has, to date enjoyed some prestigious performances and workshops such as The Oasis Club night at The Drill Hall, Horsham and the QE2 School, Horsham. They are looking forward to showcasing at Brighton Children's Parade, The Arts Parade, the Isle of Wight and Horsham 'Sparks in the Park' alongside the Horsham Boom Tribe.

To book the band or to join the regular Friday percussion session then please contact Helen Crooks at Horsham District Council on **07734 231052**

Email: helen.crooks@horsham.gov.uk

or Adam Gellibrand on **07977 715263**

Email: apgellibrand@hotmail.co.uk

The Friday sessions are held at:

QM Studios, Dukes Square, Horsham

Time: 4.00-6.00pm

and priced at £4.00 per session (Local Authority Care residents £3).



Music Technology Audit

Do you have any Music technology?

Horsham District Council are carrying out an audit to see what music technology equipment people have and use in West Sussex. They will be gathering the information to see what resources are currently out there being used but also perhaps more importantly what's out there and not being used. Community Development Officer Nick Jenkins says 'Sound beams, switches, midi creators, sound modules and keyboards are all brilliant for enabling people to create and enjoy music, however all too often this stuff is clogging up cupboards in day centres and gets very little use. I'm on a mission to liberate the unused music technology from around the county and make sure it is getting used the way it was meant to be and perhaps build a mobile resource.

The first stage is to find out what's out there and I'm really keen to know:

1. What equipment you have?
2. Do you know how to use it?
3. Do you use it?



He adds 'it would be really great if people could take just 5 minutes to respond to the questions so that we begin to get an understanding about the equipment and provision which is out there already. It would also give me an indication of the equipment which is lying unused so we can perhaps give it a new lease of life and use it for what it was meant for. Nick wants to make it easy for people to respond so you can either just ring **01403 215216** and speak to him or E-mail: nick.jenkins@horsham.gov.uk

We regret that due to the rising cost of postage we have to restrict the number of copies of the newsletter sent out. This means you may only receive 1 copy instead of several. Additional copies are available to download at www.wellspringwestsussex.org.uk/newsletters.shtml. Please email info@wellspringwestsussex.org.uk if you are able to access the newsletter via the website as this may help to reduce our costs.

New Publications

Making Sense Of It All is a parents' guide to helping other parents of children with special needs and disabilities gain better access to the services and support they need. It is published by Reaching Families, (formerly the Parent & Family Care Foundation). The book is based on the generic contents of Through the Maze published by Amaze. We have adapted their book for a West Sussex audience. It contains chapters on the following subjects: -

- Diagnosis
- Someone to talk to
- Survival Strategies
- Benefits & Money Matters
- Education & Health
- Help with Daily Living
- Social & Leisure Activities



The printed copy of the book is £5. Contact Brian O'Hagan, Project Manager Tel: **01903 502649** Email: info@parentandfamilycare.org.uk It will continue to be free to download from our website: www.reachingfamilies.org.uk

Short Breaks for Disabled Children Booklet

It has taken us months to put all the information together but we are pleased with the final result. Hard copies will be available soon - we are hoping to run off 3000 copies. This will be available FREE. If you would like some please let us know and we will arrange for these to get to you.

Lindsey Butterfield, Short Breaks for Disabled Children Consultant
Email: lindseybutter@ntlworld.com

Our guide also contains a directory of over 400 local and national organisations and an extensive jargon buster.

"Thanks for this fantastic book - I wish we'd had this three years ago! It should be compulsory reading for every parent who find themselves journeying along the special needs highway. So full of useful tips and info I have spent hours searching for. The bits on benefits and education are excellent."

Esther Hunt, parent and counsellor



Disability Equipment Service

ICIS takes on the West Sussex Disability Equipment Service

People in West Sussex can continue to use the AskDES service to buy and sell second hand disability equipment thanks to ICIS. AskDES was previously run by the charity Voice for Disability which has sadly had to close. AskDES enables people to sell or give away disability equipment that is no longer needed and to buy second hand equipment such as a walker, mobility scooter and many aids for daily living. The cost of advertising equipment is free for anything under £100 and only £10 for items that cost more. The advertisements are published on the AskDES website for up to a year.

To advertise your item go to the website www.icis-info4life.org.uk and click on the AskDES button. For help with buying or selling and for more information about AskDES ring ICIS on **01903 859929**. ICIS is a charity that helps people in West Sussex find services and support. Registered charity no: 1095945.



Special Task Force

A club for young people with and without disabilities.

Offers those aged 18+ a wide range of social and leisure activities.

The club members compile the programme.

Theatre, cinema and pub visits. Bowling, archery and swimming etc.

Visits to places of interest; and we often have a meal together.

We stayed on the Isle of Wight for a weekend last year.

Workshops in arts and crafts, cookery, photography, circus skills, drumming and rapping. First-aid training etc.

Most of the programme is on the website.

We currently use two venues for indoor events:

Penfold Church Hall, Church Street Steyning and St. Mary's Church Hall, Church Street, West Chiltington.

Contact us to get on the mailing list.

www.specialtaskforce.org

Tel: 01903 765340 or 01798 812265

Email: especialtaskforce@ymail.com

Special Task Force is a
Registered Charity: 1102724

Hate Incident Support Service

Hate hurts, Don't support it - Report it!

Over the last 2 years the Hate Incident Support Service has been supporting victims of Hate Crime in West Sussex.

Hate Crime is when the victim believes that they were a victim of a crime because of their actual or perceived race/ethnicity, religion/belief, gender identity, disability or sexual orientation'. Such incidents can include name calling, assault, harassment, offensive literature, graffiti, criminal damage and threats of violence.

In the past, victims of hate crime have suffered in silence. A key aspect of the service is being able to offer free one-to-one emotional and practical support to victims of hate crime. This gives the victim an opportunity to talk through their situation with a trained person

in confidence. The service is also able to provide where appropriate, advocacy support to ensure that all available options have been explored thoroughly.

All hate crimes or incidents should be reported to Victim Support Sussex by telephoning **0845 3899 528** or by going online at www.westsussex.gov.uk/harmreduction

Awareness training around hate crime can be provided to any organisation or community group, please call **01293 613010**.

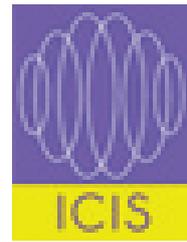
victim
support

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.

Advertisements

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

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.

"Sometimes problems don't become apparent until a child gets older, for example developmental delays, or a squint or lazy eye. Teething pains are often worse in a baby who was delivered by forceps. A toddler may fall many times onto his or her bottom whilst learning to walk, and the repeated shock absorbed through the pelvis may cause problems sleeping. 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

As a Family Therapist I offer emotional support to families. I have experience of working alongside families with issues arising from child disability and complex needs, including life limiting illness and bereavement.

Talking and listening together can improve many aspects of family life and support significant relationships. 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.

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 **Accessing Information**
If you would like to contribute any articles or letters to this edition, please send or e-mail to the above addresses.

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