

Emotional Wellbeing

Hello! Well, spring is on its way and it is Wellspring time again! I hope everyone has survived the winter and the snow did not cause too many problems. I am really looking forward to being able to get outside again without my hands feeling freezing! Cold weather can be depressing, but this edition is all about Emotional Wellbeing! Hopefully after reading through, you'll find something of interest...

Pages 2 and 3 look at support networks; how to start your own group, contacting others in similar situations and counselling for carers. There are more contact groups on page 6 and look on page 17 for details of a survey being carried out by Young Minds.

Aiming High is setting up a youth forum, more details on page 7 and pages 8 to 10 have details of leisure activities and respite support organisations. Find out more details about the Enable Me project on page 14.

The Wellspring Creative Arts programme is going strong with Music, Drama and Craft workshops available. See pages 11 and 18 to find out more.

Story writing is a great way to express your emotions.

Pages 12 and 15 have details of two local groups.

Find out what makes me laugh on page 13 and try to solve Kyran's Easter wordsearch on page 19.



If you would like a copy of our updated **Resource Booklet**, contact us via the address on the back page. We will be starting work on our **Transition Booklet** very soon. Please send us any contributions to the booklet or the next newsletter!

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 very much to the Gatwick office of Deloitte LLP for their support in 2009 and 2010.

Support Groups

There are many UK support groups linked to specific conditions, some familiar such as MENCAP, which supports families whose children have a Learning Disability and SCOPE, supporting families affected by Cerebral Palsy. Others are small informal groups with only a handful of members. Contact a Family has information about large, well known charities as well as hundreds of smaller groups across the UK which support families affected by very rare disorders.

The smaller groups are often run from a parent's own home, which offer support to a handful of families by telephone, letter or email. These groups still cover the UK and may have a meeting once a year where affected families can get together. Because many of the smaller national groups are run from the home of an affected family, and with little or no funding, it can be hard to find out about them.

To find out whether there is a UK wide support group relating to your child's condition, you should call the Contact a Family helpline or visit the website (details below) which contains the Contact a Family Directory of Specific Conditions, Rare Disorders and UK Family Support Groups. All helpline advisers are parents of disabled children and are familiar with local services and sources of support. They can also give you medical information about your child's condition and advise you on practical matters such as claiming benefits, education rights and getting help from social services.

Contact a Family's local, regional and national offices have links with numerous groups in the areas they cover and can put you in touch. They can also offer support to parents at any stage of starting or developing a local group, by phone or in person.

Could you start a UK wide group?

Most national support groups start because a parent, just like you, decides that they would

like to speak to others in the same situation. No special knowledge is required, you do not need lots of money and Contact a Family will support you every step of the way.

The Contact a Family Rare Disorder Groups Development Officer will talk you through the process and help you with practical arrangements. It may be that you decide to have a one off telephone conference where other affected families across the UK call into a group telephone call from their own homes. They can arrange and pay for the initial telephone conference, help to find other affected families and the groups' worker will help you by running the telephone conference if you would like.

Contact a Family is in the process of designing an email linking service via its own website, rather like those sites which offer to link up old school friends, for former work colleagues. The other family will not be given your email address, but instead you may correspond in complete anonymity via the Contact a Family website. Visit the Contact a Family website click on 'what's new' and register for a general email bulletin. Having your story on **www.makingcontact.org** will maximise the chance of finding a link family for you. No-one outside Contact a Family will be able to access your contact details and links will be made via the helpline. You will be known by an anonymous "user name".

If you would like to know anything more about any of these options or would like to talk through your situation with the parent advisers, please do get in touch with Contact a Family Helpline: **0808 808 3555**

Monday to Friday 10am to 4pm

Textphone for deaf parents: **0808 808 3556**

Monday to Friday 10am to 4pm

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

www.cafamily.org.uk

Write to:

209-211 City Road, London, EC1V 1JN

Information taken from

*Making Contact - family linking scheme' available from Contact a Family Tel: **0808 808 3555** or **www.cafamily.org.uk***

Emotional Support for Carers

Emotional Support for Carers began in 2000 through merging Counselling for Carers with the Carers Line under the umbrella of Emotional Support for Carers. This led to the expansion of both services and in 2004 funding was secured which gave rise to Worthing Emotional Support for Carers and also a county wide service. In 2006 the Carers Line was relaunched as Phone Support for Carers, now based at Methold House in Worthing.

Our Phone Support Service offers day-time calls to carers in their own home from volunteers who have been carers themselves. We phone on a weekly, two weekly or monthly basis as requested, giving carers the opportunity to talk to an understanding listener about their caring role, or maybe just to have a friendly chat.

Our counselling service is a free confidential one-to-one service with appointments on a regular weekly basis lasting around an hour. All

our counsellors abide by the British Association of Counselling and Psychotherapy (BACP) Code of Ethics. Before counselling starts the carer will be offered an assessment session to discuss their caring role and to give the carer the opportunity to ask any questions they may have about the counselling.



Our counsellors are experienced in carers issues, and counselling sessions offer carers the opportunity to explore feelings and concerns in a confidential and non-

judgemental setting. Many changes and issues arise during the course of a child's life to early adulthood and these times can be made more challenging for parents if their child has special needs of any type. Our counselling sessions are not to give advice to carers, but talking with someone who has the skills and experience to listen can help carers gain insight into themselves and their situation which may lead to being better able to cope with everyday life.

Bognor Regis, Chichester & Rural

Tel: **01243 782561**

Telephone Call Back for Carers:

01243 780712

www.carerssupportservice.org.uk

North and Mid Sussex

Lyn Chappell

Tel: **01293 657040**

Email: info@carerssupport.org.uk

www.carerssupport.org.uk

Worthing & District

If you are interested in Counselling or Phone Support please contact Gill or Ian on **01903 528629**

or Email: gill.ersser@guildcare.org

If you are a carer and have more general enquiries you can also contact Carers Support Service on **01903 528600**.

www.carerswsx.org.uk/emotional_support.htm

Bullying Support

Children are more likely to be bullied when they are vulnerable in some way. Research suggests that disabled children are three times more likely than their peers to be bullied. A recent survey by the charity Mencap discovered that 8 out of 10 children with a learning disability have been bullied. People's assumptions and prejudices about disability can make disabled children more vulnerable to bullying.

Why disabled children are more vulnerable to bullying

Disabled children may be more vulnerable to bullying because:

- of negative attitudes towards disability
- a lack of understanding of different disabilities and conditions
- they may be seen as 'different'
- they may not recognise that they are being bullied
- they may be doing different work or have additional support at school
- they may be more isolated due to their disability
- they may have difficulties telling people about bullying
- they may find it harder to make friends
- as a result of their condition, they may exhibit bullying behaviour, or
- they may experience lots of transitions which means they have to settle into new environments. Examples of transitions are moving from a special unit to a mainstream school, spending periods of time in hospital and returning to school.

It is understandable to feel anxious about bullying, but it's important to remember that not all disabled children are bullied.

The effects on your child

Bullying is a horrible experience for any child, but the impact of bullying on disabled children may be different. For example a child with communication difficulties may already be reluctant to mix in social situations. Because of bullying they've experienced they may withdraw further. This might then mean they miss out on opportunities to develop their social skills and feel less confident in social situations.

Strategies for addressing bullying

Disabled children may experience bullying for diverse reasons and have different needs. Therefore different responses are needed when addressing bullying. There is no 'one size fits all' approach.

For some children, due to the nature of their disability, strategies and approaches that have been traditionally used to help deal with bullying may not be suitable. This may be because the child may not be able to understand them or the concept behind them.

Here are some suggested strategies to deal with bullying:

- draw pictures of the bullying and the different ways your child could deal with it. For example you could draw pictures in the style of a cartoon strip which show your child walking away from the bullying or telling someone. Then talk about the different responses, what might not work and which is best for your child
- use social stories to help your child understand about bullying and to help them cope with what's happening. Social stories describe a situation in detail and focus on a few key points like what will happen and how people might react. The goal of social stories is to increase a child's understanding of and make them more comfortable in different situations.
- draw a map of the school and get your child to colour in different parts of the school. The colours you use can represent levels of safety, for example green for safe for the classroom, the toilets might be red for danger, orange for the unsighted parts of the playground
- practice responses your child could use if they're bullied, like saying no, walking away confidently, telling someone
- work on social skills, reading facial expressions and body language, listening skills and tone of voice
- give your child the opportunity to safely express their feelings about the bullying
- talk about bullying at home, when appropriate.



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There are a number of voluntary organisations that can provide support to children who are being bullied and their families. If there is a national support group for your child's condition, you may want to contact them. They may have produced resources around bullying, like Mencap's 'Don't Stick It, Stop It!' campaign for children and young people with learning disabilities

Helpline: **0808 808 1111**
www.dontstickit.org.uk
www.mencap.org.uk



National Autistic Society
Helpline: **0845 070 4004**
www.nas.org.uk

Support for people with autism and their families. Also has information about 'help!2' programme for parents of children who are being bullied <http://tinyurl.com/3gtfbr> and Circle of Friends <http://tinyurl.com/3klfjn>

Changing Faces

Tel: **0845 4500 275**

www.changingfaces.org.uk

Supports and represents people who have disfigurements to the face, hand or body from any cause.

Equality and Human Rights Commission Disability Helpline

Tel: **0845 604 6610**

www.equalityhumanrights.com

Provides information and guidance on discrimination and human rights issues, including disability discrimination

*Information taken from
'A guide to dealing with bullying: for parents of
disabled children'
available from Contact a Family
Tel: **0808 808 3555**
or **www.cafamily.org.uk***

New Publications

The Young Mind

Co-edited by Sue Bailey and Mike Shooter
Published Sep 2009 Paperback 400 pages
ISBN: 9780593061381

This new book produced by mental health experts provides invaluable information and guidance for concerned parents, teachers and young adults. With chapters covering subjects such as child and adolescent development, parenting skills, problems at school, emotional health and wellbeing, this book also looks specifically at some of the most distressing problems facing young people today, including anxiety and stress disorders, drugs, alcohol.

Published by Transworld, in collaboration with the Royal College of Psychiatrists, The Young Mind is illustrated and written in a completely accessible style by some of the most distinguished and respected professionals in the field of child and adolescent psychiatry. It offers a guiding hand and insight into this most vital area of mental health.

Books Beyond Words

Few picture books are available for adults and adolescents who cannot read or who have difficulty reading. Fewer still provide information and address the emotional aspects of difficult events like the Books Beyond Words series. Each specially commissioned book actively addresses the problems of understanding that people with learning and communication difficulties experience. The stories are told through colour pictures that include mime and body language, to communicate simple, explicit messages. These help 'readers' to cope emotions and events such as going to the doctor, bereavement, sexual abuse and depression. People with learning disabilities trial every single picture before publication to ensure they can be readily understood. Supporting text and guidelines are given at the back of each book. The authors are all experts in their fields. Lists of resources and helpful organisations are provided where appropriate.

*This information is taken from the website of the Royal College of Psychiatrists.
For more information about either resource please contact College Book Sales
on **0207 235 2351 ext 6146** or visit **www.rcpsych.ac.uk***

Useful Contact Groups

Asphaleia

Tel: 01903 522966

Email: headoffice@asphaleia.co.uk

www.asphaleia.co.uk

Voluntary organisation that provides services to marginalised young people. Services include homes and outreach services for young people aged 16-24, tailored learning and training programmes with personal mentoring to meet young peoples individual needs.

Crossroads Care West Sussex

Tel: 01903 216678

Email: admin@westsxcrossroads.org

Offer respite services to families with disabled children and have an AHDC programme. (see page 9)

Independent Living Association

Tel: 01903 219482

Email: info@ilawestsussex.org

www.ilawestsussex.org

Not-for-profit organisation promoting and supporting independence for disabled people in West Sussex. They help people to set up and run their own care support under the county's Direct Payments (DP) scheme, personal budgets and other forms of self-directed support.

KIDS

Tel: 01329 312312

www.kids.org.uk

Kids is a national charity working with disabled children, young people and their families. Offers: education for under 5's; play and leisure services for children aged 5-19; family support, including short term breaks, meeting other parents or siblings, counselling or support services.

The Place 2 Be

Tel: 020 7923 5500

Email: enquiries@theplace2be.org.uk

www.theplace2be.org.uk

This charity works inside schools to improve the emotional wellbeing of children, their families and the whole school community.

Springboard Education Ltd

Tel: 01273 467533

Mobile: 07944 366714

Email: office@springboardeducation.co.uk

www.springboardeducation.co.uk

Springboard is a small specialist school which caters for pupils with emotional, behavioural, social and communication difficulties who have found it difficult to achieve their full potential in other environments. It provides secondary schooling for children aged 11-16 in Lancing and primary schooling for children aged 7-13 in Brighton.

Triangle

Tel: 01273 305888

Email: info@triangle.org.uk

www.triangle.org.uk

Triangle provides individual packages of outreach and therapeutic support for children and young people up

to the age of 16 who have physical, sensory, learning and communication difficulties.

Youth2Youth

Helpline: 020 8896 3675

www.youth2youth.co.uk

Run by young people for young people for any young person under the age of 19 years who feel they need emotional support. Young people who are worried, confused or just need to talk can contact trained volunteers by telephone, email or on-line chat via the website.

Young Minds

Parents Info Service: 0808 802 5544

Office: 020 7336 8445

Email: ymentquiries@youngminds.org.uk

www.youngminds.org.uk

National charity committed to improving the mental health of all babies, children and young people. Services include the Parents' Information Service, a helpline for anyone with concerns about the mental health of a child or young person, offers information to young people about mental health and emotional well-being.

(more information on page 17)



New Forum for Disabled Young People



**DO YOU WANT YOUR VOICE HEARD ?
DO YOU WANT TO SEE CHANGES IN SERVICES FOR
DISABLED YOUNG PEOPLE IN WEST SUSSEX ?**

If so then join 'Aiming High's'

NEW FORUM FOR DISABLED YOUNG PEOPLE

Are you interested? Like to know more?

Then please contact either Chris North or Carolynn Ayres
Email: chris@fun61418.wanadoo.co.uk
or carolynn.ayres@westsussex.gov.uk
Or leave a message for us on **01243 642284**



JOIN THE NEW FORUM AND MAKE A DIFFERENCE!!

Aiming High for Disabled Children

NEW SHORT BREAKS NOW AVAILABLE ACROSS WEST SUSSEX

We are delighted to be able to let you know that there are now a number of new short breaks set up around the county. If your child or young person is in receipt of medium or high Care Component of the Disability Living Allowance (DLA), or has comparable level of disability they are eligible to make use of these short breaks.

We hope that families with severely disabled children who are not receiving any services at the moment will be able to access these and we are offering up to 50 hours per year for 2010/11.

Please contact the organisations directly to find out more details and to book.



Buddying/One-to-One Support

To enable children/young people to increase access to physical activities and social events that they would not otherwise be able to participate in.

Cool2Care

Phil Conway - Tel: **0845 1235484**

Email: info@cool2care.co.uk

- For eligible children and young people, aged 0-19 years.
- Provide recruitment for one-to-one support to enhance schemes such as direct payments or if families wish to purchase themselves (a 'nanny agency' approach); support of the recruitment of the one-to-one rather than actually providing it direct.
- County wide.

PACSO

Valerie Evans/Jude Deneen

Tel: **01243 533353**

Email: admin@pacso.org.uk

- For eligible children and young people, except those with moving and handling needs, aged 13-18 years.
- Provide a buddying scheme providing 3 hours per week per child/young person.
- In Arun and Chichester areas.

Smile Support and Care (formerly Search)

Sue Stepney - Tel: **01903 787614**

Email: sue.stepney@smilesupport.org.uk

- For young people with complex needs, aged 14-19 years.
- Provide One-to-one support services, 5 hrs per week (per young person).
- In Arun, Chichester, Crawley, Horsham, Mid Sussex.

Spurgeons

Leonie Warnick - Tel: **01903 719515**

Mobile: **07891 468694**

Email: lwarnick@spurgeons.org

- For children and young people on the autistic spectrum and/or who have challenging behaviour, aged 5-19 years.
- Provide 1:1 buddying 2 hours per week for a minimum of 6 months per child/young person.
- County wide.



Tailored One-to-One Breaks

To meet the individual needs of children and young people and their families either in the family home, or by the provision of support to engage disabled children and young people in appropriate activities in the community.

Crossroads

Eric Geddes - Tel: **01243 830797**

Email: eric.geddes@westsxcrossroads.org

- For eligible children and young people, aged 5-19 years.
- Provide home and community based one-to-one activities, 4 hours per week – up to twice per month.
- In Arun, Chichester, Crawley, Horsham and Mid-Sussex.

Rainbow Trust

Margaret Storey - Tel: **02380 232 129**

Email: margaret.storey@rainbowtrust.org.uk

- For children and young people with a life limiting or life threatening illness, aged 14-19 years.
- Provide personal short breaks on a one-to-one basis.
- County wide.

Sussex Autistic Community Trust

Alex Reeve - Tel: **01424 773366**

Mobile: **07917 691763**

Email: Alex.reeve@sact.org.uk or enquiries@sact.org.uk

- For children on the autistic spectrum, aged 14-19 years.
- Provision of one-to-one short-breaks at home or in the community, including mentoring.
- In Arun, Chichester, Crawley, Horsham and Worthing districts.



After School/Weekend/Holiday Activities

Activities that meet the needs of disabled children and young people, (and may also include their siblings). Activities will be centre-based as well as trips out. One-to-One support will be provided as relevant.

Ashdown Club (Guild Care)

Charlotte Brackley - Tel: **01903 528607**

Email: ashdown@guildcare.org

- For eligible children and young people, aged 5-18 years.
- Provide a Summer camp holiday scheme July-Sept 2010 5 days per week for 6 weeks.
- In Adur, Arun and Worthing.

Enable Me

Nik Demetriades/Seb Trezise

Tel: **01903 734400**

Mobile: **07735 216819**

Email: office@enablemeproject.org.uk or sport@enablemeproject.org.uk

- For eligible children and young people, aged 5-19 years.
 - Provide inclusion after school and holiday clubs providing sports activity.
 - County wide
- (more information on page 14)

Hop, Skip and Jump (formerly Seven Springs)

Tori Reed - Tel: **01453 836390**

Email: office@hopskipandjump.org.uk

Please note this is in progress, there are exciting plans to build the new centre during 2010, look out for further details regarding this.....

- This will be for eligible children and young people, aged 0-19 years.
- This will provide activities offered in a 'free play environment' at a purpose built facility.
- This will be at Lodge Hill in Pulborough.



continued over the page...

Horsham Leisure LinkCaroline Johnston - Tel: **07734 231052**Email: **Caroline.Johnston@horsham.gov.uk**

- For eligible children and young people, aged 6-18 years.
- Provide 5 hours of after school/extended school activities per week and 2 hours weekend activities per week
- Horsham and surrounding areas.

Horsham Youth Centre

Jane Tickner/Caroline Martin

Tel: **01403 249279**Email: **caroline.martin@horshamyouth.org.uk**

- For children and young people who are severely disabled and have more complex needs, for young people.
- Provide 1.5 additional hours per week, 6 hrs of weekend activities and 30 hours residential activities per child/young person.
- In Horsham.

Kangaroos All SportsJenni Herrett - Tel: **01444 255120**Email: **jenni-kangaroos@freeola.com**

- For children and young people who have severe learning disability, additional physical and sensory needs, and communication and behaviour differences, who are school age.
- Provide after school sports sessions.
- In Mid Sussex.

Kangaroos No LimitsJenni Herrett - Tel: **01444 255120**Email: **jenni-kangaroos@freeola.com**

- For eligible children and young people, except those with moving and handling needs, aged 13-19 years.
- Provide weekly term-time youth club for young people and holiday trips out.
- In Mid Sussex.

Universal Services

Access to universal services available within your community, provision may include one-to-one support or other schemes.

Horsham LeisureTom Carter - Tel: **01403 211311**Email: **tomcarter@dcleisure.co.uk**

- For eligible children and young people, aged 5-19 years.
- Provide 3 hours swimming and 1 hour additional rebound therapy per week; also 45 hours of open days during the life of the Aiming High funding.
- In Horsham and surrounding areas.



Please do get in touch on **01243 642284** or
Email: **aiminghigh@westsussex.gov.uk**
if you would like to know more, or have any ideas of how we can
further develop this exciting programme.....

You can also find further information at
www.westsussex.gov.uk/aiminghigh



Thank you to West Sussex County Council
who provided the funding
for the AHDC information.



Melissa says...

My name is Melissa. I am aged 14. I was born with cerebral palsy quadriplegia; I am in an electric wheelchair all the time. I have had 2 operations on my legs to release the tendons. I am going to have another operation on my legs in June.

I attend The Angmering School which has a unit attach to it called The Lavina Norfolk Centre, here I'm able to have hydro lesson and physio lesson daily to help with my mobility. The school caters for all that I enjoy doing and more.



Things I like doing. Dance, drama, curling, boccia, wheelchair football and drawing. I am in a dance class at school and I would like to join one out of school. But the problem is that there are no dance clubs or any clubs that I know of that cater for disabled people. WHY?? I think it's a real shame because we have as much right as everybody else.

Are you wanting to do activities in your community that you can not access because they do not cater for disabled people? Melissa is right, you do have as much right as anybody else. If you would like to work with us to try and get this changed please do contact Judy Crocombe at judy.crocombe@westsussex.gov or Tel:01243 642284

Lizzie's Craft Club

I am extremely pleased to announce that Wellspring has been given some funding by The Alchemy Foundation which will enable me to offer **FREE PLACES** to disabled children and/or their siblings at my club.

The club is on Saturday afternoons during termtime and is held in the purpose built, fully accessible art studio in my garden.

Each 6 week Craft Club covers a different theme. The club is structured with up to 3 activities each week. After the 6 weeks, children take home everything they have made.

All materials and refreshments are provided!

Places are limited on a first come basis to 6 children at a time aged 4 – 11, so if you would like to know more about the club and would like to book places, please contact me.



Lizzie Baily

lizzie@wellspringwestsussex.org.uk

Therapeutic Story Writing

At St. Mary's Catholic Primary School, we have worked over a number of years to provide a range of therapeutic services, believing that school has an important role to play in enabling children who are troubled and suffering emotional distress to access learning. We are aware that there is often something underneath that needs to be addressed. The therapeutic services at St. Mary's endeavour to help the child make sense of the something underneath and through understanding it, manage it. One key part of our provision is therapeutic group work using story. This gives children the opportunity to work through and digest unmanageable feelings in a safe place, through the metaphor of a story.

Therapeutic Storywriting based on the Trisha Waters Model

This approach uses story writing by the children in the group and the facilitating adult, to engage with the core sense of self, to work through emotions and themes in stories and come to new understandings. In our school, the group is run by the Headteacher with a teaching assistant, and is made up of a small group of mixed ability upper Key Stage 2 pupils with social and for emotional difficulties.

The group meets weekly for a term. Each child receives a letter each week from the teacher in response to their story, valuing it and reflecting a thought that will engage the child thinking about the emotional themes in their story e.g. I am wondering why the man is always running away in the story....

Through the metaphor children work through worries, anxieties and themes in their lives e.g. a child worked through a story about a girl who always wanted more, a sense that nothing was ever enough and another his difficult relationship with his mother.

At the end of the series of sessions, children have said, "The stories have helped me think about my own feelings because the people in the story are like me" and "You can write how you feel and share your feelings with others and let your imagination run wild".

The Boat Group/The Magic Carpet Group

In this group, a group of girls and boys aged between 5 and 8 meet weekly for eight weeks

with a teacher and teaching assistant to write a collaborative story based on a journey. Each week is planned e.g. the discovery of a telescope or a magic lamp, but the details of the story are the children's. We set off on our journey by inflatable boat or magic carpet. Each child has a cardboard suitcase or carpet bag, in which they keep their individual writing and their special coloured pen. In each of the sessions, a bit more of the story is written. Whenever a particular child contributes to the group journey story, their colour is used, so they can see their contribution to the whole. They also have opportunities to write on their own about what happens and how they felt. The children work through their feelings of anticipation, worry, fear, loss and joy. Inevitably themes in their lives are explored through the story, in a safe non exposing way. It is always an amazing journey, in which as teacher and teaching assistant we grow in understanding of the children, see the children develop skills of listening, turn taking and finding new ways of expressing themselves confidently as they had never done in a classroom. For example, a dyslexic boy came to the first group very worried. "I don't think I'm right for this group", he said "I'm no good at writing but I do have a good imagination". My response was to say 'a great imagination is what I need, I can do the writing'. Visibly relieved, the boy contributed to making the story rich in description and he is growing in confidence, to have a go at writing himself. The children have said, "I have learned how to get to know people and made new friends", "I have grown in confidence" and "After the group I rush home and feel so happy, I run up the stairs with a whoosh!"

At the end of both groups the children receive a word processed version of the story, and a memento to remind them of their special time together.

I love running these groups, I feel privileged to share in each child's journey to a greater awareness of themselves, their feelings, and their ability to manage their difficulties.

*Katharine Amaladoss
St. Mary's Catholic Primary School, Bognor Regis*

Lizzie's Laughter

In the Health and Wellbeing edition of Wellspring (Issue 1, 2009), I wrote about how I deal with the pressures of my various jobs. This time I have decided to focus more on the personal side of being well and staying happy.

When I was younger, I always enjoyed reading the Reader's Digest, especially the page called 'Laughter is the Best Medicine'. I have to agree with that title, as without a good laugh with my family and friends I am sure I would often feel lonely and depressed.

I feel very lucky that I am able to live at home with my parents and older sister. I often think how different my life might be if I did live independently, but I feel that I would find it quite difficult as I love the company of having family around, even if we are all busy in separate rooms.

I am glad that I enjoy all the jobs that I do and I find emotional satisfaction from completing my tasks! When I am not working, there are so many activities I like to do. Last term I joined the adult choir at the school where I work and I have found that singing can be a great way to relax! It has also helped my breathing to feel stronger.

I go to the Hans Feibusch Club at Pallant House Gallery on Thursday afternoons and really like trying out different techniques and media as well as meeting like minded creative people. My college tutor Bet who I have known for 8 years has become a very best friend and she helps me at the club. We always enjoy our chats and often have to remind ourselves to get on with the activity. Recently, we got into the lift to go to the upstairs gallery, and wondered why it was not moving. After a couple of minutes we realised it was because we hadn't pressed any buttons – we were too busy talking!

Some of my best laughing moments are with my sister Alexandra and carer/best friend Sheryl. We can spend hours just talking,

sharing ideas and offloading problems with each other. I feel very lucky that I have had Sheryl in my life since 2001; we very often find ourselves putting the world to rights in the bathroom, and everybody wondering where we have gone!

Sheryl's daughters are also an enormous part of our family life. Jennah (9) started coming with Sheryl just after her first birthday and Kory (5) has been coming her whole life. Having the girls coming as part of our week gives us all a good opportunity to play and feel enjoy young energy. In my head I think I am about 12 years old, so it is fun to be able to reuse all our childhood toys and books!

My pets and farm animals give me a great deal of pleasure and a lot of laughs too. Our six cats all have very individual personalities and we all enjoy watching how they relate to each other and to us. Our dogs, Holly and Jack are two more huge

characters. They love to sit on the sofa and watch television with us and Holly recognises the tune when Neighbours begins! Jack takes his role of escorting me to work in the car very seriously. We often say that we are just the people who happen to live in their house! Watching the farm animals going about their daily lives is always interesting. I often wonder what makes one duck decide to go somewhere, then the other three all follow!

In conclusion, I would say that talking and laughing with friends and family is probably the best way to achieve emotional wellbeing. A problem shared is not always a problem solved, but it does help to discuss things and listen to everybody's point of view.



Jack thinks it is his house!

Lizzie Baily
lizzie@wellspringwestsussex.org.uk

Enable Me Project

Did you know? There are more than 11 million disabled people in the UK!"

Since 2005, the Enable Me Project has been working in schools, colleges and in the wider community to raise disability awareness.

We do this by providing a range of assemblies, workshops, disability sports and other activities (including staff training) that are delivered by a team of trained volunteers, the majority of whom are disabled.

Firmly rooted in the community and committed to working in partnership with other like-minded organisations across West Sussex, Enable Me aims to:

- Increase disability awareness and promote social inclusion
- Challenge and change negative attitudes towards disability
- Provide volunteering and training opportunities for disabled people
- Build partnerships

Between 2005 and 2009 Enable Me has had a real impact in the community and on people's lives. Like most voluntary organisations, we have to keep records of what we do and looking back, here's what the statistics say has happened over the last five years:

- 21,928 young people have participated
- 450 volunteers have been involved, including 30 volunteers currently active
- 24 trained disabled volunteers currently involved
- 7 Part-time employees

- 65 Schools/youth groups worked with
- 6 Colleges involved
- 28 Community Events held
- 1 DVD produced

But perhaps it's what the people say about Enable Me that really matters, not just statistics? For example here's some feedback we received from schools:



"The impact has been amazingly positive, with pupils, parents and staff talking about what took place and how it has affected them"
Headteacher, Downsbrook Middle School

"I just wanted to say thank you for yesterday. Everyone is buzzing! We were so impressed by the volunteers and the way they interacted with the children. A truly superb day!"
Headteacher, Ashington CE School

And here's what some of our volunteers have said about their experiences:



"I feel really passionate about Enable Me because of the raising awareness but also, because it's helping me to achieve so many different things."
Alex, 19

"I am an 18 year old wheelchair user with Spinabifida. I find the work I do for Enable Me very rewarding because it provides me with the chance to give the children the knowledge of how life for a disabled person is, and how fun it can be."
Will, 18

Coming up in 2010/11 Enable Me has an exciting new project starting in May that is being funded by the Aiming High for Disabled Children programme. It's a unique Disability Sports project that will provide activities for disabled children and young people in mainstream schools across West Sussex. It is going to be a fantastic opportunity for disabled children and young people to experience and maybe try for the first time, an array of different sports over a 4 week programme! All the sports will be coached by experienced people, many of whom play those sports already and the majority of whom are disabled themselves.

Being a volunteer for Enable Me means you have an opportunity to be part of a team, learn new skills, gain some accredited training, build your self-esteem and hopefully, have a lot of fun in the process! Our volunteers get to meet a wide range of people from children and young people in schools through to Lord Lieutenants, Dukes & Duchesses!



So, if you think that you would like to get involved and become a volunteer for Enable Me or you would like to know more about the work we do, including the new Disability Sports Project,

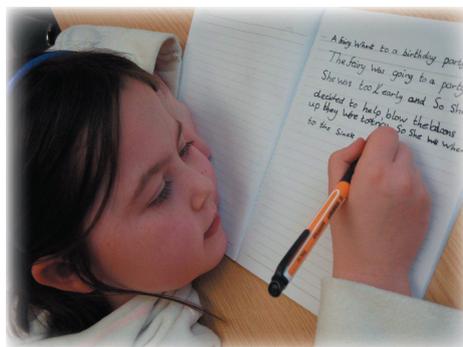
then please contact us Tel: **01903 734400**
Email: office@enablemeproject.org.uk
www.enablemeproject.org.uk

Just Write - Setting Your Story Free

Becky Edwards runs Just Write for Kids Club at Chichester Nursery School, Children and Family Centre once a month on a Sunday. Why not come along and share your stories with other children who love writing, illustrating and creating? Becky writes:

"Why don't you just write it all down? It will make you feel better." How many times have you heard people say that? And in lots of ways it is true. As a children's author, I dream of having more time to write things down. I'm sure my own children would be the first to agree that I'm a much nicer person if I manage to find at least one hour in the day to write. There is nothing like getting lost in a story, bringing characters and ideas to life. Time never goes by so fast as time spent lost in my imagination and the effect is better than any therapy session. But when it comes down to it, it's

not the writing that makes you feel better, it's the creative process of bringing your imagination to life, of releasing the story inside you. And everyone has one: a story hiding inside them, just waiting to be told. They don't have to have complicated plots or cliff-hanger endings, they don't have to be filled with beautiful princesses or handsome princes living happily-ever-after. Life is a big enough adventure for any story and whether you write it in words, draw it in pictures, use a computer or just tell a friend in words or signs, give your story wings and you will always feel better.



For more information contact Becky.

Tel: **01243 775243**
Mobile: **07533 695860**
Email: moonbeam42@o2.co.uk

Rockinghorse

Rockinghorse is a charity that is dedicated to making life better for ill, injured and disabled children in Sussex and it is currently carrying out research to find out more about the needs of children with disabilities and their families. In particular the charity is keen to get views from parents on access to services and awareness of the provision of short breaks locally.

Rockinghorse is working with many short breaks centres and parent groups to support their work and is currently providing sensory gardens, adapted play equipment and refurbishments for centres across the county. The charity also aims to hold a parents conference in the near future.



For more information contact Rockinghorse on **01273 730286** or go to **www.rockinghorse.org.uk**

New Information

Hummingbirds

Community Music Workshops for under 5's funded by Youth Music.

At Billingshurst

Children and Family Centre.

Targeted Sessions with experienced Music Therapist. For children & families with additional support needs. Alternate Tuesdays. £1 per child. Limited spaces; please book beforehand on **01403 785816**

Maintaining your relationship

One Plus One, the relationships research organisation, has launched a new series of articles on their website to help parents of disabled children strengthen their relationship. These new articles have been written to help couples strengthen their relationship while facing the challenges and delights of having a child with additional needs. They have been taken from a new book, 'Special Needs Child: Maintaining Your Relationship - Staying connected through the highs and lows', by Victoria Dawson and Antonia Chitty. Visit **www.thecoupleconnection.net** for more details.

Promoting the safety and wellbeing of deaf children

Safe is a teaching resource that helps you to strengthen the self-confidence and self-esteem of deaf children, enabling them to seek help and advice when they need it. Comprising a DVD-Rom and practice guide, Safe includes sessions on important issues deaf children need to know about. Topics include: feelings, relationships, differences, bullying, growing up (including sex education), safety indoors, outdoors and on the road, and internet and mobile phone safety.

For more information visit **www.nspcc.org.uk/safe** or phone **020 7825 7422**

www.thehideout.org.uk

Women's Aid has created this space to help children and young people to understand domestic abuse, and to show how to take positive action if it is happening. Childline **0800 1111**



Young Minds survey

YoungMinds is trying to find out about the emotional stresses and strains experienced by families with disabled parents or children. We are a national charity promoting the emotional wellbeing of children and young people up to the age of 25, and supporting their parents.

The YoungMinds Parents Helpline, is for any adult worried about the emotions or behaviour of a child or young person. We offer information, guidance and advice via telephone and email. Our number is **0808 802 5544**, or Email: **parents@youngminds.org.uk**.

Are you the parent of a disabled child?

We do get calls from the parents of disabled children, but we would like to know more about how they feel about the emotional wellbeing of their children, and what help they have been offered if things get tough. This will help us make sure our service is offering the right help, and will aid us in our campaign to ensure better services for all families.

Please fill in our survey for parents of disabled children on our website!

**Disabled parent?
Or have a
disabled child?**

YoungMinds
needs your help



www.youngminds.org.uk (under 'Parents' tab)

Kidz Stuff festival

Friday 4th - Sunday 6th June

Kidz Stuff is a 3 day festival of Fun and Education, to be held in Horsham Park, for pre-teenage children and their families. The festival aims to be very affordable with an all-in-admission price of between £7.00 and £10.00 (dependent on when booked) but less on the Special Needs day.

The content of the Festival changes each year, however we aim to have Arena events, live music, an attempt on a number of Guinness World Records, multiple educational / science events, inflatables, games and fun side shows.

In addition Kidz Stuff aims to have a leading celebrity from the world of children's television available to entertain and talk with the children.

Friday 4th June 2010 will be reserved for children with Special Needs, their families, carers and friends. Our aim is to have available virtually all the attractions offered at the weekend. Numbers attending will be limited to

ensure that the children have the time and space to fully enjoy the Festival, (book early to avoid disappointment). We will provide a hoist, special changing and toilet facilities and a large number of volunteers who can help with all activities throughout the day. Ample car parking space will be available.

The Festival will be open, on each of the 3 days, from 10am until 6pm.

The Festival is organised and run by The Rotary Club of Horsham, together with Terbell Ltd, our partner event management company, and with the support of Horsham District Council.

Tickets for the 2010 Festival will go on sale in March 2010.

Visit www.kidzstuff.org.uk regularly for the latest updates.

We hope to see you at the Festival!

Kidz Stuff
festival

Music workshops

Wellspring has a small amount of money available to groups of disabled young people in West Sussex for one-off music workshops with local community musician Adam Gellibrand. The workshops can be tailored to the individual needs of the group.

Adam has already worked with groups from Chichester College, Oak Grove College, Court Meadow School, PACSO, M8's and Kangaroos which have all been a great success. For more information please contact Adam on **07977 715263** or Email: apgellibrand@hotmail.co.uk



Freedom Through Fun



Chris North has been providing his successful, creative Workshops across West Sussex and WELLSPRING has enabled Chris to provide free Workshops

to organisations working with disabled children and young people, for the past three years.

Thanks to Wellspring these free Workshops are continuing in 2010 !

WHO CAN APPLY?

Any organisation working with disabled children and young people in West Sussex.

HOW LONG ARE THE WORKSHOPS?

Chris can provide one hour Workshops or half days. Half days can combine a number of different activities.

"The Workshops are always well-planned and specific to the needs of the children and young people. Chris is enthusiastic, a professional and lots of fun. The children thoroughly enjoy all the Workshops! Thank you"

"The Workshop gave the children a chance to play, be themselves and have fun !! Chris has such a fantastic array of equipment + resources that no improvement to the Workshop is necessary."

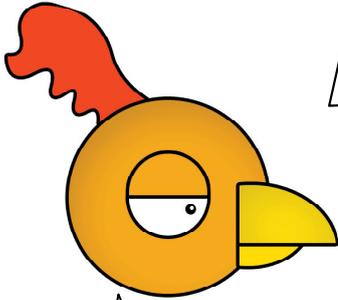


WOULD YOU LIKE TO KNOW MORE? MAKE A BOOKING ?

Then contact Chris on (01243) 774392
Email: chris@fun61418.wanadoo.co.uk
www.freedomthroughfun.co.uk

Wellspring West Sussex would like to thank The Henry Smith Charity for the grant towards the Creative Arts Workshop Programme.

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



It's Easter time again, and I (Ernie the chicken) am the only spring chicken that you'll ever need! Relax with the latest edition of Kyran's Hot Stuff and enjoy yourself by reading up on the words of wisdom, having a go at the word search and checking out what's hot – and, also, what's unavoidably not. Happy Easter!

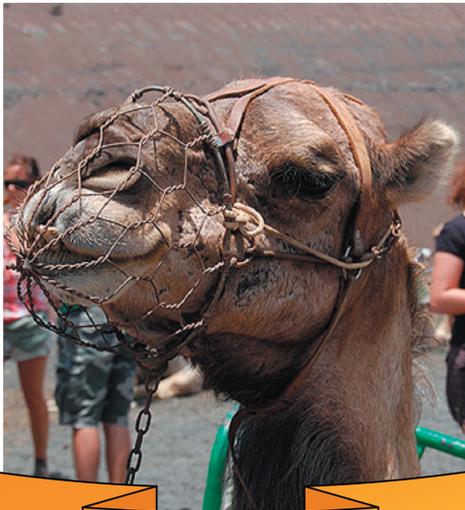


If you want to contact me by email:
Kyran@wellspringwestsussex.org.uk
or by post to the address on the back page.

Words of Wisdom:

Don't get on the bad side of the Easter Bunny. He may look cute, but behind that innocent-seeming exterior lies evil. I asked if he was related to Bugs Bunny and found out he wasn't. I also found that he has got pretty good aim with a frying pan. And that a frying pan to the head hurts. A lot.

P	S	V	B	C	H	P	A	E	S	A	F	L	N	Z
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V	R	A	N	X	E	L	B	S	N	B	R	K	H	H
J	B	K	M	E	C	P	A	T	M	A	C	I	F	N
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Y	A	K	O	N	R	X	F	R	K	K	T	R	P	G
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**BEAUTY
OF
THE YEAR**



**HAPPY
EASTER**

EASTER WORDSEARCH

WORDS:

Easter, Chocolate, Eggs, Decorate, Spring, Bunny Chick, Daffodils, Basket, Lamb

What's **HOT**?

What's **NOT**!

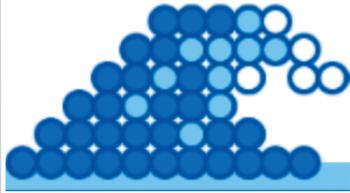


Chocolate!



Too much chocolate...





Wellspring
West Sussex

Please write to us at:

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

info@wellspringwestsussex.org.uk



Wellspring West Sussex is a registered charity set up to provide information, dialogue and discussion with and for children and young people with disabilities, and their parents and carers across West Sussex. It produces a regular newsletter—**Wellspring: West Sussex** which has a circulation of approximately 2500 copies. During the year it organises or supports a number of activities for young people with disabilities, and their families. The organisation is managed by a committee of volunteers, parents and carers, young people and representatives from the voluntary and statutory sectors. It is funded by grants from various sources including statutory agencies.

The next edition will be **Participation, Advocacy and Rights**. If you would like to contribute any articles or letters to this edition, please send or e-mail to the above addresses by **Monday 26 July 2010**

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lizzie@wellspringwestsussex.org.uk



Contact ICIS for information on services offering care, support or advice in West Sussex.

Telephone: 0800 859929
e-mail: enquiries@icis-info4life.org.uk
www.icis-info4life.org.uk

WELLSPRING ONLINE!

Don't forget to check out the Wellspring website!

www.wellspringwestsussex.org.uk

Wellspring West Sussex acknowledges the support of:

- Child Disability Team
- ICIS: Information for Life

The information here is for your guidance and is not a recommendation by Wellspring West Sussex. Comments expressed within Wellspring West Sussex do not necessarily reflect those of the committee or the funding agencies.

Wellspring is supported by is supported by West Sussex County Council, the voluntary sector and volunteers.

WELLSPRING—A newsletter for you?

If you wish to receive a regular copy of the newsletter but are not on our mailing list yet, please fill in your name and address below, cut out this portion of **Wellspring** and post to our address shown below (or e-mail details to the address above)

Your Name

Your Address

Send to: **The Editor, Wellspring, c/o 26 Goldsmith Road, Worthing, West Sussex BN14 8ER** NB. The names of readers are kept on an electronic database. This database is used only for the newsletter 'Wellspring'

*Please let us know if you change your address or if you are receiving more than one copy of Wellspring