



Information Booklet

2020



About Wellspring West Sussex

Wellspring West Sussex has been running since 1997. We provide information to families with children and young people with special needs and disabilities, as well as those working with them through our twice yearly newsletters, website and Facebook page. We also offer a variety of workshops through our Creative Arts Programme.

Wellspring is an entirely voluntary organisation. Lizzie Baily is the Chair of the committee and newsletter and website editor; she herself has Congenital Muscular Dystrophy and uses an electric wheelchair at all times. She does not allow her disability to limit her activities or her contribution to her local community. Last year Lizzie was awarded an Honorary Masters by the University of Chichester in recognition of all her work.

Lizzie has been on the Wellspring committee for twenty years and writes her own personal page in each edition of the newsletter. Part of the appeal of the newsletter is the personal style that Lizzie adopts and the positive attitude that she portrays through her articles which are an integral part of the newsletter.

Each newsletter has a theme, and gives details of local events that are inclusive, new equipment that may be available, support groups and other resources that may be useful to young disabled people. There are regular contributions from young disabled people, other voluntary groups and statutory organisations. The newsletter is a vital source of contacts and information for families and young disabled people in West Sussex and is unique in its inclusive approach to disability and special needs. We receive positive feedback from our readers who comment favourably on the accessible A4 format and wealth of information we are able to provide. We have a mailing list of 300 people, as well as an email notification list of 71. Most people prefer to receive a hard copy and we use large letter stamps as folding each newsletter has been problematic.

Our website and Facebook page is kept updated with details of local and national events for children and young people with additional needs. Past editions of the newsletter and Lizzie's articles are also available on the website. The Facebook page is a key way for readers to get in touch or share information with us.

Our Creative Arts Programme provides music, drama and poetry, craft and Forest School sessions to groups of children and young people with special needs and disabilities.

The drama and poetry workshops are run by Chris North, who was one of the founding members of Wellspring and is still a member of the committee. Chris works with a group for an hour on two occasions, or for a two hour session.

The music sessions are run by community musician Adam Gellibrand who is also on the committee. Adam has two hour workshops with each group which includes time to set up equipment. Adam also has a paid assistant with him. Chris and Adam adapt each session they provide to the needs of the participants of each group.

Wellspring also funds free places for children with special needs and their brothers and sisters at Lizzie's Craft Club, run by Lizzie our Chair. This is a small group that meet on Saturday afternoons in the custom built accessible art studio at Lizzie's home.

Lizzie also works with Jen Keil who runs Woodland Wonders Forest School and together they

provide Wheely Wonders days at Lizzie's smallholding in Sidlesham for families with special needs children.

We have received extremely positive feedback from everyone who has experienced our workshops and with further funding we hope to be able to continue to be able to offer our Creative Arts Programme to more children and young people across the county.

Wellspring West Sussex relies on external funding to be able to produce newsletters, host the website and provide our Creative Arts workshops. We are always working hard to find new sources of funding.

Below is an outline of our costs:

Newsletter: 600 copies £260

Postage: £243

Envelopes & Labels: £35

Website hosting: £130 per year

Poetry workshops: £60 per hour

Music workshops: £150 per session

Lizzie's Craft Club: £5 per child for one session

Wheely Wonders day (5 hours) for 14 children with parents/ carers: £400

Adam's Music Workshops

Thanks to The National Lottery Community Fund grant awarded to Wellspring in 2018, Adam Gellibrand had the pleasure of running more music workshops.



These were great fun and reached many young people with disabilities, giving them the chance to express themselves creatively, use great equipment and have fun with their friends and peers.

The sessions included children and young people with disabilities from The Ashdown Centre in Worthing, Manor Green College in Crawley, PACSO in Chichester and sessions at QM Studios in Horsham. Many of the children attending the sessions gained confidence making music and they accessed equipment that they'd never used before! Over 80 young people with disabilities enjoyed workshops, gaining knowledge using music software, learning beats, playing drums, singing and recording.

A new addition to equipment was three new Mac computers which Adam uses regularly at QM Studios as well as off-site workshops. He installed Logic Pro X on the machines giving users access to a great library of sounds, editing

facilities and of course the chance to record music. Another new piece of kit is the SKOOG. This is an accessible electronic instrument that has proved to be valuable with young people with complex needs. It's great fun as it links with music streaming apps enabling sounds to be triggered in tune with peoples' favourite tunes.

Adam also has a Makey Makey and new iPad too to add to the sessions!

Adam says *"I am always humbled and inspired seeing people with disabilities enjoy*

music making. It's so important for people of all abilities to be creative.

These opportunities allow the children to access music and have the time and a safe space to explore and have fun!"

Some feedback received:

"It's lovely for our students to have the opportunity to explore music regardless of their abilities and behaviour needs. Adam

and Jack were extremely calm and knowledgeable, giving the students the time they needed to explore the drums and equipment."

Teacher at Manor Green College

"The tech is awesome!"

Young person from PACSO



Lifting Poetry Off the Page

Funded by

**'Wellspring West Sussex',
led by 'Freedom Through Fun',
Poetry Workshops have
once again begun.
Music, fabrics, lighting,
props and play,
Imagination, working together,
different ways to say
"Let's create our own poems,
Lift them off the Page!
Fun, thinking, great ideas are
there at every stage!"**

Chris North puts energy and thought into every Workshop and aims to give play and imagination a different edge. There's a special blend of fun, imagination and opportunities for everyone to create something amazing, based on a chosen theme. His distinctive approach provides a whole range of experiences across the age range in a relaxed, flexible, enjoyable and inclusive way.

In all his Workshops, Chris uses a range of resources including musical instruments, fabrics, lighting, props, backdrops and sensory materials. He enables participants to think and communicate in their own ways about the themes of the poems, chosen beforehand or created on the day.

The social and educational benefits include interaction, creating together, thinking, sharing ideas,

confidence, creativity, imagination and FUN!

During 2019, Chris worked inclusively with 115 children and young people in various Libraries, Schools and a College in West Sussex.

From from Anne Clarke, a teacher at Manor Green College:

"When Chris visited us at Manor Green College he did 2 sessions over 2 weeks with a small group of young people who have a variety of very complex needs. Both sessions I would class as absolutely outstanding. Chris communicated extremely well with me before the sessions to ensure he would be able to



pitch them at the right level and the young people would benefit from the sessions as much as possible. Chris came with a plethora of resources, creative ideas, enthusiasm and a great sense of fun. He worked hard to ensure all the young people were involved to the best of their abilities. There was something for everyone so both our verbal and non-verbal students could participate or they could dip in and out as appropriate. There was never any pressure to take part so the young people clearly enjoyed their experience. I would thoroughly recommend Chris's sessions to bring poetry to life in a way that a lot of young people may never have experienced before. Thank you Chris!"

Lizzie's Craft Club

Lizzie Baily studied art up to A level and in 2006 she started her Craft Club in the custom built art studio in her garden. The studio is wheelchair accessible.

The club runs on term time Saturdays for 5 or 6 weeks from 2.30-4pm. Each course covers a different theme. The club is structured with up to 3 activities each week.

At the end of the course, children take home everything they have made along with a photo certificate of them at work. All materials and refreshments are provided!

Lizzie welcomes children of all abilities aged 4-11 to join the club with a maximum number of 9 children per session. She has assistants with her every week so all the children are supported with the activities. Lizzie also has former members of the club coming as volunteer helpers who learn a lot from supporting the children with special needs.

The children are always extremely proud of their art and crafts and are proud to show their parents what they make. All the children have mix very well and have wonderful conversations while they are making the crafts.

Wellspring West Sussex funds FREE places at Craft Club to children aged 4 to 11 with special needs and/or their brothers and sisters!



In 2019 Wellspring funded 7 children's places at Lizzie's Craft Club; 5 had special needs and 2 were sisters.

Some feedback from parents with special needs children who have attended Craft Club:

"Both children benefited from being in a small group with a supportive, friendly atmosphere. They liked being able to do a wide range of craft based activities using a variety of materials and media which have developed their skills. We

are often wary of leaving our son alone due to his severe sight impairment but in this case we were confident that he would be supported and remain safe and he loved being able to

demonstrate his creative abilities in a safe and nurturing environment."

"It is quite rare to find an organisation where disabled children and their siblings are both able to attend. It also gives the parent a couple of "me time" hours (which are very rare!) in which to relax, knowing that the children are safe, looked after, and enjoying themselves."



Wheely Wonders

Wheely Wonders days started in 2017 when Lizzie and her friend Jen Keil, were approached by a mother of a disabled child who was looking for inclusive activities for her son and his friends.

The days are run at Applefield, Lizzie's family's smallholding in Sidlesham. They are for families with special needs children, siblings, parents and other carers.

Everyone can take part in the activities provided, at their own level.

Each day starts with meeting the farm animals; letting the chickens out and checking to see if they have laid any eggs, then feeding Jigsaw and Puzzle the goats who love nibbling the branches that are given to the children to hold.

Next, Jen takes everybody to the woodland where there is a mud kitchen and playhouse, a swing and a hammock between two of the trees. Forest School activities include sawing wood to make discs for necklaces or medals, making memory sticks and magic wands and going on a bug hunt.

On the way to the fire circle in the field, Rosemary the donkey and her pony friends Applejack and Pepper come to the fence to be fed carrots. Rosemary loves the attention from everyone!

Children are given the opportunity to try lighting their own fires using a flint and

steel, then everyone can enjoy toasting marshmallows before a picnic lunch.

After a quick rest, Lizzie's Craft Club session starts in the field or glasshouse - by the end of the afternoon the children have created at least two

special items to remember their day.

At some Wheely Wonders sessions Chris North comes to provide some magic and it is wonderful

to see how every child is given the opportunity to help with the tricks!

With funding from various sources, Wellspring West Sussex has been able to offer Wheely Wonders days free of charge for all families attending. Since starting, Lizzie and Jen have

welcomed over 90 children and young people from across the county. These have included groups from Kangaroos, Super Scopers and PACSO.

One parent said: *"I'm not 100% sure what to say and whether I can actually put into words what I like/love about the Wheely Wonders days. I guess part of it is the fact that we're able to actually be out and about, enjoying the freedom your smallholding allows us, the fun you all bring to the day (including all the animals), the Forest School, Craft Club and sometimes the added bonus of Chris North. Also getting to meet other families and make memories with Jack and his friends, who have also attended in the past."*





In the past Wellspring West Sussex has received funding from:

- Alchemy Foundation
- Awards for All
- Bognor Regis Lions Club
- The Clore Duffield Foundation
- Chichester Lions Club
- Christine Richards Therapies
- County Local Committees
- Arun East, West & Downland
- Crawley Lions Club
- Friarsgate Trust
- Hedley Foundation
- Henry Smith Charity
- John Wiley and Sons
- Midhurst Rotary Club
- National Lottery Community Fund
- Quiz team at YOHAH Pub,
Broadwater
- Rotary Club of Bognor Hotham
- Rowan Bentall Charitable Trust
- Shanly Foundation
- Sidlesham Parish Council
- Sidlesham W.I.
- Southern FM Help a Local Child
- Southern Mobility Vehicles
- Sussex Community Foundation
– The Cullum Family Trust Fund
- Sussex Giving Grassroots Grant
- The Thornton Trust
- West Sussex County Council
- West Sussex Travel Society
- Worthing Lions Club
- Youth Opportunities Fund

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