

Enable Me

1 Bayford Road
Littlehampton
West Sussex
BN17 5HL

Tel: 01903 734400

Email: office@enablemeproject.org.uk

Website: www.enablemeproject.org.uk

Aims to raise disability awareness in the community by working with schools, colleges and other organisations. Runs weekly youth clubs at the Flintstone Centre for disabled children and young people and their siblings. All ages Youth clubs for ages 7 to 11 and 12-18





Baby Buddy

Tel: 07502439565

Email: info@babybuddy.org.uk

Website: www.babybuddy.org.uk

Support for families and children with learning disabilities. Provides basic information and help to understand the letters that families receive and the doctors and specialists they meet as their child develops.

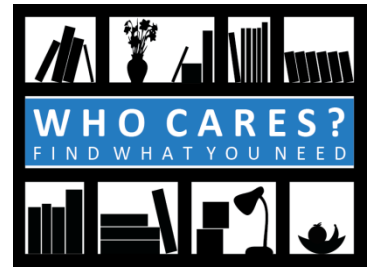
0-14 years

West Sussex

Drop-ins Monday 10am -12noon

Self referral

baby buddy



Amaze

Community Base
113 Queens Road
Brighton
East Sussex
BN1 3XG

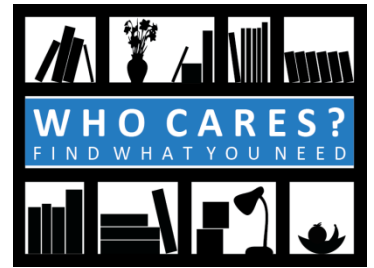
Helpline Tel: 01273 772289

Email: info@amazebrighton.org.uk

Website: www.amazebrighton.org.uk

Providing support and information to parents who have children with any disability or additional needs, including special educational needs, who live or attend school in Brighton or Hove.





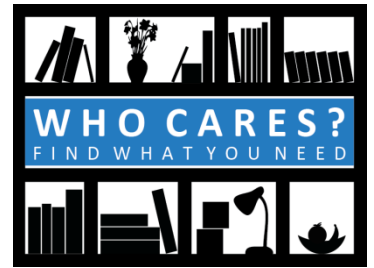
Adur Special Needs Project – ASP Interactive Youth Club

Carers Centre
Pond Road
Shoreham-by-Sea
West Sussex
BN43 5WU

Tel: 01273 441866

Email: info@adurspecialneedsproject.org.uk

Website: www.adurspecialneedsproject.org.uk



Spurgeons Family Resource Team –
Crawley

Creasys Drive
Broadfield
Crawley
West Sussex
RH11 9HJ

Tel: 01293 651777

Email: jlongmore@spurgeons.org

A family support service to help those with complex needs. Contact the Spurgeons Broadfield Children and Family Centre for general help or for advice about a referral.

0-10 Monday – Friday 9 – 5pm



Guild Care – Ashdown club for children with special needs

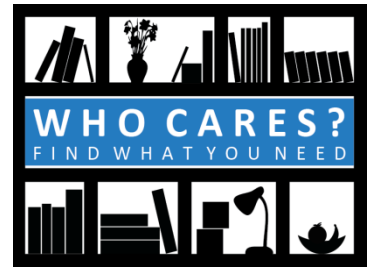
6-8 Ashdown Road
Worthing
West Sussex
BN11 1DF

Tel: 01903 528607

Email: ashdown@guildcare.org

Website: www.guildcare.org/ashdown-centre
Short respite breaks for children and young people with a wide range of special needs. Can cater for a wide range of special needs as physical, developmental educational, sensory, behavioural or psychological.





Disability Awareness UK

Po Box 9
Chichester
West Sussex
PO20 7YD

Tel: 01243 513464

Email: sva@talk21.com

Website: www.disabilityawarenessuk.org
Recruits young disabled or disadvantages
people and trains them to speak in public.
They then visit schools and other
organisations to promote awareness.
Please contact for further information.



Informal Family Centre

Room 41
Durban House
Durban Road
Bognor Regis
West Sussex
PO22 0RE

Tel: 01243 642650

Email: informalfamilycare@westsussex.gov.uk

Offers a range of support to families where children in certain circumstances are unable to live with their birth parents. At these times other family members may step in and take on the caring role and responsibilities. Aims to support and strengthen arrangements made within families.



Kangaroos

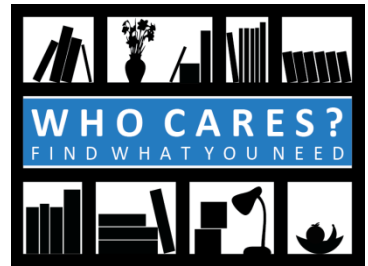
Priory business centre
Syresham gardens
Haywards heath
West Sussex
RH16 3LB
Tel: 01444 255120

Email: jenni@kangaroos.org.uk

Website: www.kangaroos.org.uk

Runs Saturday clubs and holiday play schemes and other appropriate activities for children and young people with learning difficulties in Mid Sussex.
Saturday clubs and holiday play schemes for young people with severe learning disabilities.
6-30 years





Kensington Foundation Daisy
Chain Project

The Lodge
216 Whitegate Drive
Blackpool
Lancashire
FY3 9JL

Tel: 01253 761444

Fax:01253 761484

Email: Kentrust1@hotmail.com

Website: www.Kensingtonfoundation.com

Respite holiday programme for families who have special needs children. The ten self-contained apartments are situated at Kensington Court, 310 Highfield Road, Blackpool and have two bedrooms each.

Parents for Autism (parent and carer social evenings)

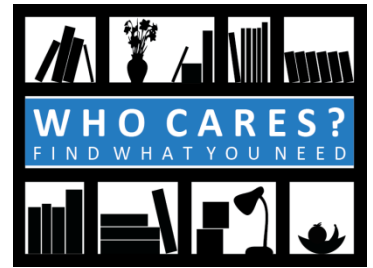
Email: Lindsey@parentsforumautism.org.uk
Website: www.parentsforumautism.org.uk
Social evenings for parents and carers of young people on the autistic spectrum with various visiting speakers.

Tel: 01903 538303

Cost £1:00 including refreshments

The venue is Maybridge Children's Centre
Worthing
Monday evenings 7:30 – 9:30om
Please contact us for further details





Worthing Scope

Fitzlan Howards Day Centre
Pavilion Road,
Worthing.

Tel: 01903 821437

Email: comliason.wscope@tiscali.co.uk

Website: www.worthingscope.org.uk

Worthing scope Saturday club takes place on the last Saturday of every month in Worthing. Focusing on activities for children with cerebral palsy and social groups for parents and carers.

Cost: £1.00 per child for members and £3.00 for non members



Chichester Rainbow Club

Chichester Rainbow Club
124 Sherbourne Road
Chichester
West Sussex
PO19 3AW

Tel: 01243 574022

Email: gillbarnett123@btinternet.com

Website: www.deafblind.org.uk

Club for people with dual sensory loss,
which meets as Chichester Baptist
Church, providing social and informative
outings .

Please contact for further information.



Worthing Kids and Dapper Snapper

PO BOX 4917
Worthing
West Sussex
BN11 9XW

Tel: 07570 768893

Email: lydiaktori@hotmail.com

Website: www.wkds.org

Description of service

Support group for children and their families who have Downs Syndrome, autism, cerebral palsy and numerous other undiagnosed or unique conditions. Covers Worthing and the surrounding areas but children and young people from across West Sussex welcome to attend.

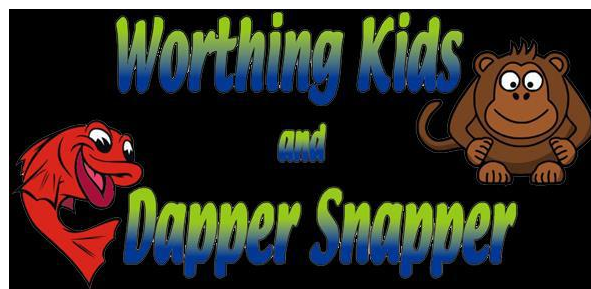
Support group for families and children with downs syndrome.

0-18 years

West sussex

24 hour helpline

Charges apply





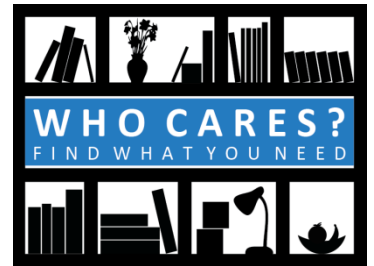
Pallant House Gallery

Tel: 07788 489536

Email: community@pallant.org.uk

Pallant House gallery provides people with disabilities, health issues and those who are isolated with meaningful and long term – opportunities to increase their confidence and improve their health through their interests in art. Please contact for further information

PALLANT HOUSE GALLERY



Relative Matters

Tel: 0845 319 4780

Email: enquiries@relativematters.org

Website: www.relativematters.org

Care management service for older people. Aiming to enhance an older persons quality of life and make life easier for family members. One Stop Shop for friends and relatives of older people wanting help to find and manage home support or care home replacements. Please contact for further information.



Enhancing quality of life for older people

Us in a Bus

Queens House
Philanthropic Road
Redhill
Surrey
RH1 4DZ

Tel: 01737 764774

Email: info@usinabus.org.uk

Website: www.usinabus.org.uk

Delivers services to people with profound learning disabilities and or complex needs in their own homes and in the community across surrey and the surrounding areas. Please contact for further information



Tadpoles Swimming Club

KingsCentre
Moat Road
East Grinstead
West Sussex
RH19 3LN

Tel: 01892 770232

Email: info@tadpoles.info

Website: www.tadpoles.info

Meets weekly at The Kings Centre Swimming Pool in East Grinstead. For all ages . Assistance is offered to people with all disabilities and people recovering from surgery to enjoy the water and learn to swim. Annual membership is £2.00 and 50p per swim. Please contact for further information.



Reach out

Website: www.reachoutwestsussex.org.uk

Check Reach Out on Facebook

Website for disabled young people, their families and carers. Aiming to be innovative and informative and contains a comprehensive information directory, a calendar of local events, communication tools and techniques and inspirational video library and publications and resources.

Information and inspiration for young people with disabilities

0-25 years

West sussex

Parent Support Group – Langley Green

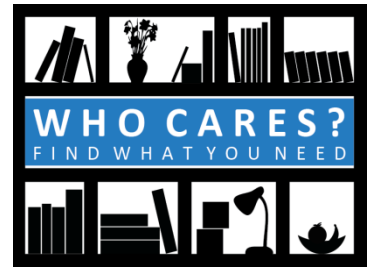
Langley Green Family Centre
Langley Green
Crawley

Tel: 01293 651747

A support group for parents of children who have a disability. The Group has access to a sensory room and a sensory toy library.

Thursday mornings from 10:00 – 12:00 noon





Home Start

Tel: 01293 416327

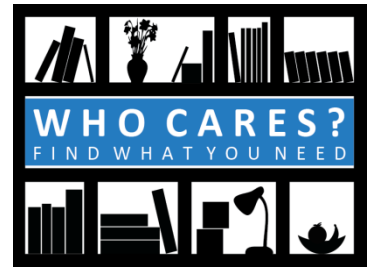
Email: info@homestartchams.org.uk

Website: www.homestartchams.org.uk

Offering support and friendship to parents with at least one child under 6 who is feeling under stress.

Please contact for further information.





Student Support Unit

Specific Learning Difficulties

Students with Dyslexia, Dyspraxia,
Dysgraphia, Dyscalculia and
AD(H)D

How can I get help if I know I have a Specific Learning Difficulty?

- If you declared that you have a SpLD when you applied to the University, you will receive an email about registration. All students with a SpLD should register at the Student Support Unit.
- You will meet with a dyslexia advisor. If you have a current Educational Psychologist's report, or specialist teacher's report, the dyslexia advisor can arrange support (reasonable adjustments), including exam arrangements, at the University. If you don't have a current report you will receive advice on how to arrange an assessment.
- You will also be advised about funding for UK students (Disabled Students' Allowance) and funding for International students.
- The Dyslexia Advisor can also provide information about study support and other support services available at the University.

Student Support Unit

Ground Floor

Bramber House

Refectory Road

BN1 9QU

T 01273 877466

E studentsupport@sussex.ac.uk

Location:

Communiy, family & Disability
Support



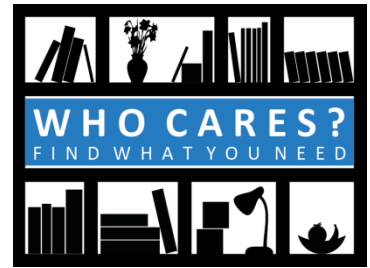
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Outreach 3 Way is a Sussex-based learning disabilities charity. We support people with learning disabilities in all areas of daily life, from working to socialising. Residential care, supported living services, one to one support and complex needs care are vital pillars of our work. Our Day Service in Crawley acts as a hub for sports and arts activities and our garden centre provides a nurturing outdoor environment. Outreach 3 Way is part of Dimensions.

0300 303 9032.

Outreach 3 Way
Ifield Avenue
Ifield
Crawley
West Sussex
RH11 0JX





The Springboard Project

The Springboard Project is a community based charity that provides inclusive play and leisure opportunities for families with young children and fun short breaks for children and teenagers with disabilities .

Springboard Houses are open as drop-in centres for any family to bring their children and enjoy our play facilities during the week. The centres are accessible with ceiling hoists and changing facilities and the Horsham centre also has a lift.

Family Membership Opening Hours

10am – 5pm

Term time

Monday – Friday

School Holidays

HORSHAM CENTRE

Monday – Wednesday

CRAWLEY CENTRE

Wednesday – Friday

Closed for Christmas,

New Year & Bank Holidays



Family Matters – baby massage

Tel: 01903 276840

Email: info@wickbournecentre.co.uk

Baby massage sessions

Please telephone for further information





Onespace

Website: www.onespace.org.uk

Website for single parents, has forums, information on child support, money, benefits, housing, employment, parenting and bereavement.

Please contact for further information.

Children's continence team – West Sussex



Team office
The Flat
Zachery Merton Hospital
Rustington
West Sussex

Tel: 01903 858111

Website: [SussexCommunityNHSTrust-
ChildrensContinenenceTeamWestSussex](http://SussexCommunityNHSTrust-ChildrensContinenenceTeamWestSussex)

Specialist children's continence nurses provide
clinics in different localities throughout West
Sussex to help children become continent.

0-18 years
West Sussex

Office open Monday – Thursday 9-5pm

Mermaids



Tel: 0208 1234819

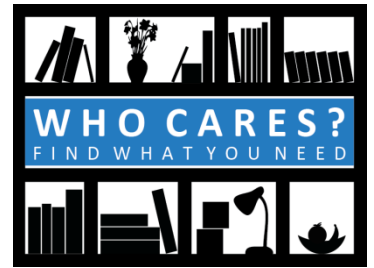
Email: info@mermaidsuk.org.uk

Website: www.mermaidsuk.org.uk

Support group for children and teenagers with gender issues.

Cost: free

Please contact us for further information.



Albert Road
Fishbourne
Chichester
West Sussex
PO10 3JE

Tel 07759 786715

Email lynsey@changeworkssussex.co.uk

Website: www.changeworkssussex.co.uk

Change works provides family therapy to individual children, adults and couples and families. Please contact for further information.



Crelling Harnesses for the disabled.

12 Crescent East
Thornton Cleveleys
Lancashire
FY5 3LJ

Tel 01253 852298

Email: info@crelling.com

Wbsite: www.crelling.com

Specialists in the design and manufacture of belts and harnesses for special needs use.

Please contact for further information.

Safer Sleep – Sudden Infant Death Syndrome

Sudden infant death syndrome (SIDS) is the sudden and unexpected death of a baby where no cause is found. While SIDS is rare, it can still happen and there are steps parents can take to help reduce the chance of this tragedy occurring.

Call 0808 802 6869

Email: info@lullabytrust.org.uk

Visit www.lullabytrust.org.uk





The baby blues and postnatal depression

For information on post natal depression
please write to

The association for postnatal illness,
145 dawes road
Fulham
London
SW6 7EB

Phone 0207 386 0868

Web site www.apni.org

Email info@apni.org

The Oasis

Support for those facing unintended pregnancy

Help following abortion and other pregnancy loss

For further information please contact

01403 272723

info@theoasis.org.uk





Medi Alert

Medi alert Jewellery

info@medialert.org.uk

www.medialert.org.uk

Tel 01908 951045

MedicAlert provides vital details in an emergency... because every moment matters. We support members with a wide range of medical conditions and allergies, which we help them to describe on custom made medical I.D. jewellery. MedicAlert also keeps secure, detailed medical records for our members which can be updated at any time. This information can be accessed in an emergency, 24 hours a day, 7 days a week, from anywhere in the world, using our emergency telephone number and we are able to converse in over 100 languages.



Crawley Wellbeing

Crawley Wellbeing can offer help
advice and support on

Healthy eating & weight loss
Advice and sign posting to stop
smoking
Alcohol awareness
Or even a wellbeing check

Please contact us

Telephone: 01293 585317

Email: wellbeing@crawley.gov.uk





RNIB

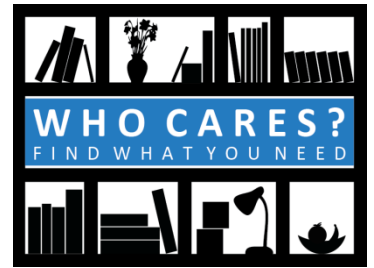
Supporting people with sight loss

Emotional support and practical advice for everyone affected by sight loss

Call our helpline on 0303 123 9999

Or email helpline@rnib.org.uk





Organ Donation

NHS blood and transplant

If you wish to register for blood or organ donation please visit organdonation.nhs.uk

By phone 0300 123 2323



Confidence continence

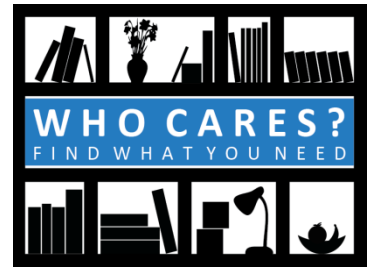
Always looking for the loo?

It could be overactive bladder

Talking about your bladder problem is probably very difficult and embarrassing for you. But we can try to reassure you that whatever difficulties we can help

Please

visit www.confidencecontinence.co.uk

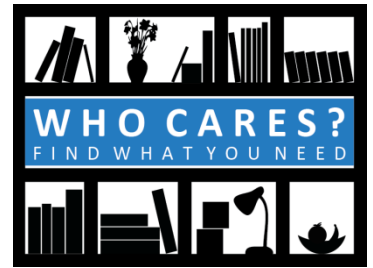


All Saints bereavement support

All Saints church parish room
Roffey

Tel: 01403 259336
Bereavement support

Every 2nd Saturday of the
month from 10 – 12 noon



Community Bereavement Support Group

Christchurch United Reformed Church
Worth Park Avenue
Pound Hill
Crawley
West Sussex
RH10 3DF

Tel: 012934 47333

Email: pfst@stch.org.uk

Website: www.stch.org.uk

Informal drop in groups for anyone who has suffered any type of bereavement.

Please contact for further information.



Cruse Bereavement Care – West Sussex Area WSA

West Sussex helpline: 0300 311 9959

National Helpline: 0844 477 9400

Email: westsussexarea@cruse.org.uk

Website: www.cruse.org.uk/west-sussex-area

Cruse provides counselling and bereavement support on a one to one basis to anyone bereaved by death.

Please contact for further information.