

# Short breaks Information Directory

A guide for special needs and  
disabled children in West Sussex

ARTS

DRAMA

PARKS

SPORTS

LEISURE

GARDENS

PLAYSCHEMES

PARENT

& CARER

SPECIALIST

SERVICES

SUPPORT

AND MORE...



west  
sussex  
county  
council



**ARTS**

**DRAMA**

**PARKS**

**SPORTS**

**LEISURE**

**GARDENS**

**PLAYSCHEMES**

**PARENT**

**& CARER**

**SPECIALIST**

**SUPPORT**

**SERVICES**

**AND MORE...**



# Contents

|  |    |
|--|----|
| LEISURE AND SPORTS                           | 4  |
| DRAMA, ARTS AND OTHER ACTIVITIES             | 11 |
| SENSORY ACTIVITIES                           | 14 |
| PARKS, GARDENS AND OUTSIDE PLAY              | 18 |
| AFTER-SCHOOL AND HOLIDAY PLAYSCHMES          | 21 |
| ACCESSIBLE TOILETS AND/OR CHANGING STATION   | 25 |
| SPECIALIST SERVICES                          | 26 |
| RESOURCES AND SUPPORT FOR PARENTS AND CARERS | 31 |

**Families with disabled children and young people face many difficulties, but they have told us that they really benefit from being able to access short breaks. Since April 2011, all local authorities have to provide a range of short breaks for families.**

### **What is a short break?**

Short breaks provide fun, leisure and social activities for disabled children and young people outside the school day. This enables them to try new experiences, both with and away from their siblings and parents or carers, giving them the opportunity to learn new skills, develop their confidence and have fun! Short breaks also give parents and carers a break from their caring role, giving them a chance to rest, catch up on day-to-day activities and spend time with other family members.

Short breaks services are available for children and young people, from 0 to 18 years, who live in West Sussex and have a disability and/or additional need. Families who are in receipt

of either middle or high care component on the Disability Living Allowance (DLA) for their disabled child or young person qualify for services automatically. For families of children and young people who have a similar level of need but are not receiving DLA, short break providers offer a simple self-assessment to assess eligibility.

Short breaks cover a wide range of activities and within this directory we have tried to provide sufficient information to help you make choices about the many activities available in West Sussex. We encourage you to contact short breaks providers directly to find out more information and to discuss any specific needs you may have.

This directory only includes information about short breaks funded activities, however many of

the organisations offer lots more activities so you should contact them directly to see what else they offer.

You may be asked to complete evaluations or be asked questions when attending short breaks activities. Providers are encouraged to obtain feedback so that they can see how well they are doing and where they need to improve. Please take the time to answer any questions honestly.

If your child is nearing adulthood they will 'transition' from Children's Services to Adults' Services. The disabled young person and their family should be at the centre of the planning and decision making.

We hope that you find this directory helpful, as one parent/carer told us:

*"The short breaks directory is my little bible – it's the best. We wouldn't have found any of the support without it"*

If you have any suggestions or feedback about this directory, please email:  
[short.break.team@westsussex.gov.uk](mailto:short.break.team@westsussex.gov.uk)

## KEY TO SERVICES



**Accessible Toilet\***



**Hoist**



**Changing Station**



**Accessible Parking**



**Siblings Welcome**

\*Some accessible toilets may require a RADAR key. We recommend you contact providers directly to check.

# Leisure and sports

## ALBION IN THE COMMUNITY (AITC)

Regular sporting opportunities for players of all ages and abilities, including impairment-specific clubs and clubs for wheelchair users.

Sports sessions provide interaction and competition for disabled children and young people in a variety of sports, including football, basketball, hockey and boccia. Sport is an important part of life, helping to improve social skills, sharing, communication, confidence and team work.

There are a number of clubs across Sussex to cater for everyone from those wanting to compete to clubs purely for socialising. You can follow AITC on Facebook – AITC Seagulls Specials or on Twitter @AITC\_Disability.

📞 Nikki Richardson 01273 668590 or 07876 898031

📧 [nikki.richardson@albioninthecommunity.org.uk](mailto:nikki.richardson@albioninthecommunity.org.uk)

## GULLY'S DAY OUT



Opportunities for disabled children and young people to access some of Sussex's top attractions and local leisure facilities, such as Inspire Leisure, Butlins and Arundel Wetlands for free. Tickets are limited and must be requested through the Gully's Day Out team.

📞 01273 668590 or 07823 884311

📧 [GullysDayOut@albioninthecommunity.org.uk](mailto:GullysDayOut@albioninthecommunity.org.uk)

## BILLINGSHURST LEISURE CENTRE



Weekly swimming lessons are available for children and young people, aged 5 to 18 years.

📍 Station Road, Billingshurst, RH14 9RY

📞 01403 787500

📧 [enquiries@billingshurstleisurecentre.co.uk](mailto:enquiries@billingshurstleisurecentre.co.uk)

🌐 [www.billingshurstleisurecentre.co.uk](http://www.billingshurstleisurecentre.co.uk)

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## **BROADBRIDGE HEATH LEISURE CENTRE, HORSHAM**

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### **Discovery Open Days**

Fun days for disabled children and young people, their families and friends.

Try out a wide range of activities including sensory room, trampolining, bouncy castle, sports, arts and crafts, boccia, table tennis and much more. Each day runs from 10am to 4pm, but activity times may vary so please check for details.

✉ Wickhurst Lane, Broadbridge Heath, Horsham, RH12 3YS

☎ 01403 211311

💻 [enquiries@broadbridgeheathleisurecentre.co.uk](mailto:enquiries@broadbridgeheathleisurecentre.co.uk)

🌐 [www.broadbridgeheathleisurecentre.co.uk](http://www.broadbridgeheathleisurecentre.co.uk)

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## **ENABLE ME**

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### **Motiv8 Sports Clubs**

Inclusive after school and holiday sports clubs for disabled young people and their siblings and friends, for ages 5 to 18 years old. The clubs are led by a team of disabled sports coaches and offer up to 10 different disability sports including wheelchair basketball,

wheelchair football and hockey, boccia, new age kurling, cricket, rugby and tennis.

Facilities vary depending on venue. Clubs run at:

- Manor Green College, Crawley
- The Phoenix Centre, Bognor Regis
- M8s Youth Club, Horsham

☎ 01903 734400

💻 [office@enablemeproject.org.uk](mailto:office@enablemeproject.org.uk) or  
[seb@enablemeproject.org.uk](mailto:seb@enablemeproject.org.uk)

🌐 [www.enablemeproject.org.uk](http://www.enablemeproject.org.uk)

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## **ENABLE ME YOUTH CLUB, LITTLEHAMPTON**

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A safe, friendly and welcoming environment that caters for disabled children and young people and their siblings between the ages of 7 to 18 years old.

The club runs twice a week. Juniors Club (7 to 11 years) is held on Mondays from 4pm to 6pm, while Seniors Club (12 to 18 years) takes place on Thursdays from 6pm to 8pm.

Club members can access a range of activities including drama, sports, film and animation, arts and crafts as well as fun day trips out, sports tournaments with other youth groups and clubs, plus other confidence building

activities that help to develop life skills.

☎ 01903 734400

📧 office@enablemeproject.org.uk  
or seb@enablemeproject.org.uk

🌐 www.enablemeproject.org.uk

## FREEDOM LEISURE, MID SUSSEX



### S.M.A.R.T

#### (Sports Mobility and Recreational Time).

Recreational play and sports activities for children aged 8 to 16 years with special needs or disabilities, including bouncy castle, arts and crafts, boccia, and new age curling.

#### AquaFit@The Dolphin Leisure Centre, Haywards Heath.

AquaFit session for ages 14 years and over (must be able to swim and have water confidence).

Parent/carers can join sessions for free.

#### Fit-Ability@The Dolphin Leisure Centre, Haywards Heath.

Fitness sessions for ages 12 years and over to try gym equipment in a safe environment.

The session is studio-based and run by a fully trained and experienced personal trainer.

☎ Holly Sutcliffe 07831979795

🌐 www.freedom-leisure.co.uk

## HORSHAM DISTRICT COUNCIL LEISURE LINK



The Reaching Higher Project (for ages 5 to 18 years) offers term-time weekly sports and arts activities as well as holiday multi-sports and sensory days held at QEII School, Horsham and Manor Green Primary School, Crawley.

The weekly programme includes dance, trampolining, table tennis, athletics, rebound therapy, cricket, drumming, DJing, archery, badminton, video production, cycling and wheelchair basketball.

All sessions are led by qualified and experienced sports coaches or arts practitioners, and supported by experienced support workers and volunteers with training in first aid, medication administration, disability awareness and personal care. Siblings and friends are welcome.

Facilities vary depending on venue.

☎ Kimberly Roberts 01403 215634

📧 kimberly.roberts@horsham.gov.uk

🌐 www.horshamleisurelink.co.uk

## IMPULSE LEISURE



Weekly clubs and holiday activities run by qualified and friendly coaching staff. Sessions include rebound therapy, trampolining, sensory play, dance, bouncy castle, soft play and multi-sports.

Fun Days, packed with activities for the whole family to enjoy together take place on selected days:

- Lancing Manor 22 June 2014
- Southwick Leisure Centre 26 October 2014
- Chanctonbury Sport and Leisure 14 December 2014

 Lancing Manor 01903 524624  
 Southwick Leisure Centre 01273 238111  
 Chanctonbury Sport and Leisure 01903 746070  
 dholden@impulseleisure.co.uk  
 www.impulseleisure.co.uk




## K2 CRAWLEY – FREEDOM LEISURE



### Fun Days

A wide range of activities, such as swimming, trampolining, sensory art and crafts, bouncy castle, soft play, wheels for well-being cycling and archery are on offer four times a year. Participants can attend for a whole or half day. Pre-registration is advised, but visits on the day are also welcome.

You can download a registration form at the 'Just for Kids' section of K2 Crawley's page at the website below or call the dedicated short breaks answerphone.

 07925 750852  
 shortbreaks@freedom-leisure.co.uk  
 www.freedom-leisure.co.uk

### Disability swimming lessons

These take place weekly for children aged 5 to 9 years with fully qualified staff. Freedom Leisure has a fully-accessible wet-side changing facility.

### Rebound Therapy

These weekly 45 minute sessions take place on a Monday or Wednesday afternoon with fully-qualified staff.

 Lorraine Moore 01293 585310

## MASTERSPORT – INCLUSIVE ANGLING



Mastersport is a small community interest group delivering sport and physical activities across Sussex for young people with disabilities. Over the last two years Mastersport has been developing angling opportunities for young people with learning disabilities.

☎ Roy Masters 07919 155174 or 01424 846951  
 ⓘ info@mastersport.org.uk

## PARASTARS



A club for young disabled people who aspire to achieve excellence; participants receive expert training and the chance to represent Mid Sussex in several School Games competitions. Sessions are held every Tuesday in the summer term, at Oakmeeds Community College, Burgess Hill.

Run by Mid Sussex Active, it is supported by trained young sports leaders from Mid Sussex schools.

☎ 01444 873898  
 ⓘ leverard@wsqfl.org.uk  
 🌐 www.midsussexactive.org.uk

## PAVILIONS IN THE PARK, HORSHAM



Swimming lessons are available for children and young people, aged 5 to 18 years.

✉ Hurst Road, Horsham, RH12 2DF  
 ☎ 01403 219200  
 ⓘ enquiries@thepavilionsinthepark.co.uk  
 🌐 www.thepavilionsinthepark.co.uk

## SOUTHERN AREA DISABILITY GROUP



Inclusive competitions for youngsters who have physical disabilities and/or learning difficulties. Activities range from boccia and new age kurling to athletics and cricket. The events are in school time and attract an increasing number of children from Littlehampton and the surrounding area.

### Stars club

On Tuesdays at The Littlehampton Academy (BN17 6DQ).

☎ Sandy Fell 01903 711120 or 07709 576914  
 ⓘ sfell@tla.woodard.co.uk

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## STEYNING LEISURE CENTRE

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### Swimming Lessons

Provides swimming lessons for disabled children from ages 5 to 18 years and includes an inclusive weekly family floats session. There are a variety of support floats and aids to assist in the water, a height-adjustable changing bed, moulded pool chair and pool hoist for access to the water.

☎ 01903 879666

🌐 [www.steyningleisurecentre.co.uk](http://www.steyningleisurecentre.co.uk)

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## WESTGATE LEISURE CENTRE, CHICHESTER

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### Swimming lessons

Inclusive group swimming lessons for ages 5 to 18 years. The lessons are delivered using the ASA Learn to Swim Framework, which uses fun and games to take children from the first splash to full competence in the pool.

☎ Jane Askham, Wetside Manager 01243 521112

### Trampolining

Fun and progressive, the inclusive group trampolining sessions work towards the British Gymnastics Trampolining Scheme.

Rebound Therapy is also available.

☎ Jane Askham, Wetside Manager, 01243 521112

### Branching Out Club

A mixture of fun play and sporting activities each week, such as trampolining, bouncy castle, sensory play, team sports, music sessions and much more (updated weekly). A club where the children can play and choose what they want to do.

☎ Lee Sargeant 01243 785651

🌐 [www.westgateleisure.co.uk](http://www.westgateleisure.co.uk)

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## WHEELCHAIR LASER TAG

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Wheelchair laser tag is a fun, family-friendly recreational activity popular among young people and adults for team building events, birthdays, youth group events and more. While it was designed with wheelchair users in mind, it is not exclusive. The idea behind wheelchair laser tag is to bring together elements of wheelchairs and lasers into a new concept which ensures inclusion for young people.

☎ 07576 012756

📧 [wheelchairlasertag@gmail.com](mailto:wheelchairlasertag@gmail.com)

🌐 [www.wheelchairlasertag.co.uk](http://www.wheelchairlasertag.co.uk)

## WORTHING LEISURE CENTRE



A fully accessible, fun, trampolining session in the main hall for all children and young people. Sessions are instructed by trained and experienced coaches and an accessibility hoist is available.

Sessions run weekly on a drop-in basis. No prior booking or experience is required, but it is advisable to call the centre to confirm your attendance prior to your visit.

☎ 01903 502237

🌐 [www.worthingleisure.co.uk](http://www.worthingleisure.co.uk)



# Drama, arts and other activities

## CENTRE STAGE PERFORMING ARTS

Classes for children aged 4 years upwards. Fully inclusive and children with additional needs are supported. Each 3 hour session is equally divided between dance, singing and drama. Free taster sessions available.

☎ 01903 530102 or 07926 021503

✉ info@centrestagesussex.com

🌐 www.centrestagesussex.co.uk

## CHICHESTER FESTIVAL THEATRE



CFYT Friday is a youth theatre group (part of Chichester Festival Youth Theatre) specifically for young people with learning disabilities. Members create and perform with other young people, enjoy a range of theatre experiences and participate in workshops with professional practitioners.

Workshops run each Friday, for young people aged 14 to 18 years from 3.45pm to 5pm and cost £60 per term. Bursaries are available.

☎ Sian de Wied 01243 784437 (ext.2120)

✉ cfyf@cft.org.uk

🌐 www.cft.org.uk/cfyf-fridays

## DRUM AND BEAT WORKSHOPS



Drum and Beat Music Workshops in partnership with Horsham District Council offer regular percussion and DJ/Music Production sessions for all abilities. The following weekly sessions take place on Fridays, over a 10 week programme during term-time only:

- Percussion Workshop from 4.15pm to 6pm
- DJ/Music Production from 6pm to 8pm

All instruments and equipment are fully accessible.

✉ QM Studios, Dukes Square, Horsham, RH12 1GZ

☎ Adam Gellibrand 07977 715263

✉ apgellibrand@hotmail.co.uk

## ENABLE ME

### Anim8 Film & Animation Clubs

Anim8 after school and holiday clubs offer unique opportunities for children and young people (ages 7 to 18 years) with Autism or Asperger's syndrome to make 2D stop-motion film and animations. The classes have a maximum of six young people; parents and carers are welcome too.

Anim8 introduces young people to 2D animation using arts and crafts materials, cameras and computer software and even good old-fashioned drawing and painting skills, enabling each participant to create characters and to make their own short films.

Facilities vary depending on venue.

☎ 01903 734400

📧 anim8@enablemeproject.org.uk or  
office@enablemeproject.org.uk

🌐 www.enablemeproject.org.uk

## HORSHAM BOROUGH COUNCIL

### Boom Tribe

A musical group that provided music in the Olympic Park during the games. The group provides regular Brazilian-inspired percussion workshops in Horsham. The workshops offer fun

opportunities for learning percussion rhythms, socialising and performing at open air events like festivals and carnivals.

Weekly drumming workshops are available with a group for disabled children and young people followed immediately by an integrated group.

☎ Nick Jenkins 01403 215216

📧 nick.jenkins@horsham.gov.uk

## HORSHAM FILM HUB



### Digital Production Workshops

An inclusive group, dedicated to practical digital film making projects and the social enjoyment and understanding of media. Under the professional guidance of Ethos Film, in partnership with Horsham District Council, the creative digital media projects are run in a safe, accessible learning environment. There are opportunities to learn basic, as well as intermediate, media production skills. Participants can enjoy and learn about films and related media in a social, friendly group environment.

📧 jason@ethosfilm.co.uk

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## POLKA PHOTOGRAPHY

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### Photography Out Of The Box

Polka Photography combines dressing-up and craft with a professional photo shoot. Photos are printed out on the spot and everyone takes home a unique keepsake. The workshops are suitable for all ages and abilities and ideal for family fun days, parties and celebrations, kids and youth clubs.

 Maria 07796 298955 or 01243 536937

 [hello@polkaphotography.com](mailto:hello@polkaphotography.com)

 [www.polkaphotography.com](http://www.polkaphotography.com)

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## SUSSEX MUSIC WORKSHOPS

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A range of world music workshops, music therapy sessions, and group and individual music lessons for all abilities. Weekly sessions are held on Mondays, 4.15pm to 5.15pm at Buddys Café, 121 South Farm Road, Worthing, BN14 7AX. Other sessions can be arranged, including home visits.

 Daniel Gilmore 07771 880482

 [Daniel@SussexMusicWorkshops.co.uk](mailto:Daniel@SussexMusicWorkshops.co.uk)

 [www.sussexmusicworkshops.co.uk](http://www.sussexmusicworkshops.co.uk)

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## WEST SUSSEX LIBRARY SERVICE

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All libraries have books suitable for children and young people of all ages; from preschool and primary-age to teenagers. Libraries can also provide books in giant print, Braille or large print, and audiobooks on CD or MP3. There are also multi-sensory stories designed for children and young people with severe learning difficulties, but suitable for sharing with everyone. All children and young people's books can be reserved for free for collection at any library in West Sussex.

Every library offers a free weekly rhyme time session, designed for under-fives, but all children are welcome. There's a range of musical instruments for children to use and some have other resources such as puppets or props. Sessions in larger libraries may include visual aids or simple signing.

Crawley and Chichester libraries have free monthly multi-sensory story events for children with disabilities or communication difficulties.

Facilities vary depending on venue.

 01243 642111

 [russell.allen@westsussex.gov.uk](mailto:russell.allen@westsussex.gov.uk)

 [www.westsussex.gov.uk/libraries](http://www.westsussex.gov.uk/libraries)

# Sensory activities

## BROADBRIDGE HEATH LEISURE CENTRE SENSORY ROOM



A purpose-built sensory room provides an interactive activity room including ball pool, light defraction totem, UV tactile panel, fibre optic strands, milky way carpet, interactive colour changing panels and a toy treasure chest.

Discovery sensory room is open daily to the public, and is also available for private hire and birthday parties.

✉ Wickhurst Lane, Broadbridge Heath, Horsham, RH12 3YS

☎ 01403 211311

💻 [enquiries@broadbridgeheathleisurecentre.co.uk](mailto:enquiries@broadbridgeheathleisurecentre.co.uk)

🌐 [www.broadbridgeheathleisurecentre.co.uk](http://www.broadbridgeheathleisurecentre.co.uk)

## THE DRAMATHERAPY PARTNERSHIP – EARLY YEARS CONNECTIONS PROJECT

A drama therapy group for infants with disabilities and their parents, the sessions use creative and sensory play to nurture positive relationships and develop skills in playful parenting.

Facilities vary depending on venue.

☎ 07582 239852

💻 [info@thedramatherapypartnership.co.uk](mailto:info@thedramatherapypartnership.co.uk)

🌐 [www.thedramatherapypartnership.co.uk](http://www.thedramatherapypartnership.co.uk)

## INSPIRE LITTLEHAMPTON – INTERACTIVE ROOM



State of the art interactive room includes a light wall, light floor and eight dance mats. Choose from games which include dodge ball, musical squares and splat.

The room also has a DJ sound system where children can mix and scratch music just like a real DJ. Block bookings for schools and groups

available or book the room for the whole family to enjoy for an hour.

A ceiling hoist is available in the Interactive Room (slings not provided).

☎ 01903 725451

🌐 [www.inspireleisure.co.uk](http://www.inspireleisure.co.uk)

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## JO JINGLES

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Music sensory sessions for children with additional needs and activity mornings for the whole family.

### Aiming High Saturday Activity Mornings

A range of activities including messy play and arts, sensory room, outdoor and water play and a games area for older children. These are held on the second Saturday of the month at Durrington Children & Family Centre and the fourth Saturday of the month at East Preston Children & Family Centre. Both run 10.30am–12.30pm.

☎ Rebecca Tonks 01903 240526 or 07961 281152

📧 [rebeccatjojo@hotmail.com](mailto:rebeccatjojo@hotmail.com)

🌐 [www.jojingles.com/worthing-arun](http://www.jojingles.com/worthing-arun)

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## PHOENIX CENTRE SENSORY ROOM

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The Phoenix Centre offers a fully-equipped sensory room for young people and adults with special needs. The room is fitted out to a very high standard with the latest equipment including atmospheric colour changing lighting, bubble tubes, relaxed seat, Nintendo Wii and music system, touch and feel sensory boards and mats.

✉ The Phoenix Centre, The Regis Campus,  
Westloats Lane, Bognor Regis, PO21 5JD

☎ 01243 840075

📧 [thephoenixcentre@westsussex.gov.uk](mailto:thephoenixcentre@westsussex.gov.uk)

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## RHYTHMIX MUSIC WORKSHOPS AND TASTER SESSIONS

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Rhythmix deliver a series of music workshop activities for ages 5 to 18 years old with disabilities and learning difficulties. Music sessions are delivered in any school, venue or community setting and provide everything from percussion and inclusive music technology to rock and pop, urban music and DJing – whatever young people are into, there is a way to build it into a project.

Rhythmix is one of the UK's leading music charities, delivering a large range of music making opportunities for young people across the South East.

Facilities vary depending on venue.

☎ 08701 417484

🌐 [www.rhythmixmusic.org.uk](http://www.rhythmixmusic.org.uk)

### SENSORY TOY LIBRARIES

There are 45 Children and Family Centres in West Sussex, covering the whole county. They offer advice, information and guidance for all families with children aged from 0 to 5 years and ages 0 to 19 years for children with disabilities.

All centres have a Toy Library with a wide range of high quality toys available to borrow. They also have a catalogue of sensory toys and equipment, which are either available on site or at a nearby centre. If necessary, they can arrange for items to be delivered to a local centre for collection.

Facilities vary depending on venue.

🌐 [www.westsussex.gov.uk/cfc](http://www.westsussex.gov.uk/cfc)

### SENSORY ZONE @ PLAY INDOOR FITNESS AND ADVENTURE, WORTHING



A purpose-built quiet, stimulating and safe environment for users with additional needs. There's a sensory room with bubble tube, UV carpet, fibre optic strands, interactive panel, voice activated light effects and much more.

There is also a small soft play area for users with a ball pond, soft shapes and a blackboard for those who fancy a scribble. A television with Nintendo Wii and CD player is also available for playing calming music.

Sensory Zone is open to the public daily and can be hired for group bookings and birthday parties.

☎ 01903 231117

📧 [info@pl-ay.com](mailto:info@pl-ay.com)

🌐 [www.pl-ay.com](http://www.pl-ay.com)

\*For babies



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## TIME ASIDE – SENSORY ART WORKSHOPS

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Sensory art workshops provide creative fun for the whole family using a rich array of materials. The sessions meet all communication, access and esteem needs in a relaxed fun atmosphere. The sessions are for all ages and levels of need, with sensory area and refreshments available. No need to book, drop-ins will be warmly welcomed. Dress for mess.

Workshops take place at:

- The Glebe Centre, All Saints Church, Vicarage Road, Crawley Down, RH10 4JJ.
- Tangmere Academy, Bishops Road, Tangmere, PO20 2JP.

After School Clubs are held at:

- Fordwater, Chichester.
- St Anthony's Schools, Chichester.

☎ 01730 810166, Andrew on 07967 828654 or Sueloo on 07792 903236

✉ andrew@timeaside.com or sueloo@timeaside.com

🌐 [www.timeaside.com/shortbreaks](http://www.timeaside.com/shortbreaks)

## Parks, gardens and outside play

### BROOKLANDS PLEASURE PARK, WORTHING



Fully accessible park including fully equipped wheelchair carriage for train ride. Easy access to fun castle. Crazy golf – wide enough for wheelchairs and easy play. 'We Cycle Too' track and specialist bikes, free play park with musical instruments, free paddle pool in high season suitable for wheelchairs. Accessible toilet with hoist and full size changing table. Accessible café with beautiful views of the lake, garden with views of the train going by.

☎ 07967 361847 and 01903 765716.

✉ kevinbrooklands@gmail.com

### CLOCKTRUST, FUNTINGTON TIME MACHINE



Explore and enjoy inside and outdoor time machine experiences. Offering the very building blocks to progress independence, potential post 16, occupation and life plans, this is a unique space for exciting adventures and tailored projects.

Explore, engage and experience play and projects tailored to sensory and physical levels from music making, storytelling, puppet show, crafts, taking things apart and making things to life skill games. There's an outside area, Bosworth Garden Train, Dragons Den, 'Gert the Yurt tents', alpacas, organic food growing and picnic areas.

✉ Time Machine, Funtington, PO18 9DH

☎ 01243 576890

✉ contact@clocktrust.com

🌐 www.clocktrust.com

### LODGE HILL



A short-stay educational and activity centre for young people of all abilities set within a secure, tranquil 32-acre woodland site near Pulborough.

Outdoor activities include karting, mission trikes, archery, climbing and all-terrain vehicles. Activities have been developed to meet the centre's all-inclusive policy so that those with disabilities can benefit from the 'Lodge Hill Experience'.

☎ 01798 831411 🌐 www.lodgehill.org.uk

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## MARLOW SPORTS

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Marlow Sports' latest project, Woods for Learning, is an inspiring educational approach to outdoor play and learning in a woodland environment. Among the many different activities, children can gnome and animal hunt, learn shelter building, make tree faces, collect sticks & leaves, make mud art and go on 'Welly Walks'. They can also learn about whittling and much more.

 07940 489257

 woods@marlowsports.co.uk

 www.woodsforlearning.com

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## PETWORTH COMMUNITY GARDEN

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An organic gardening group based in Petworth, West Sussex, working with volunteers of all ages and abilities from the local community.

The aim is to be as accessible and inclusive as possible, working with mixed groups, including people with physical difficulties, adults and children with special needs, and other local people. The garden contains accessible

paths, raised beds, and parking adjacent to the allotment. It offers many different social, therapeutic and sensory experiences within the garden setting, according to need and ability.

 Kate Brickell 07717 462780

 petworthcommunitygarden@hotmail.co.uk

 www.petworthcommunitygarden.org.uk

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## WE CYCLE TOO, BROOKLANDS PLEASURE PARK, WORTHING

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A purpose-built track consisting of a short and long route of 400m. Specialised cycles for all abilities are available for hire. Children and young people with disabilities will be able to ride a bike or be seated on a bike with their parent or carer. There are 12 blue badge parking spaces available at the top car park.

The booking line is open from 11am to 3pm. Outside of these times there is an answer machine service on 01903 765716 or email.

 0757 298 5176 (booking line)

 lynnebrooklands@gmail.com

 www.weplaytoo.org.uk

## WE PLAY TOO, BROOKLANDS PLEASURE PARK, WORTHING



Multi-sensory musical equipment, two wheelchair swings (RADAR key needed to operate), interactive rockers, buddy swing, plus much more. A fully accessible toilet facility including hoist (slings not provided).

☎ Lyn Aaron-Ferrigno  
0771 220 2100 or 01903 203819

## WHEELS FOR WELLBEING, CRAWLEY



This project supports disabled people in Crawley and surrounding areas to help them access cycling. The Inclusive Cycling Track provides a safe traffic-free environment to enjoy cycling with friends and family. A range of specially adapted cycles and part-time instructors are available offering a variety of cycling opportunities including, monthly group rides, and learn-to-ride and coaching sessions. Private group bookings for schools and organisations are available. Wheels for Wellbeing is an affiliated Special Olympic Great Britain Centre.

☎ Alan Heaton, Crawley Wellbeing Team,  
01293 585350 or 07584 281947  
📧 [alan.heaton@crawley.gov.uk](mailto:alan.heaton@crawley.gov.uk)  
🌐 [www.crawley.gov.uk/wfw](http://www.crawley.gov.uk/wfw)

# After-school and holiday playschemes

## AUTISM SUSSEX SIBLINGS GROUPS



Autism Sussex Family Support provides sibling groups with regular fun activity and workshop sessions in Crawley, Felpham, Haywards Heath, Worthing, and accessing leisure and fun activities in West Sussex. These groups are specifically for siblings with a brother or sister with an autistic spectrum condition. It offers the opportunity for siblings to relate with others in similar situations, promote self-esteem, gain better understanding of the condition and develop strategies to deal with issues they may face.

- ☎ Helpline 0845 450 0060
- ✉ [familysupport@autismsussex.org.uk](mailto:familysupport@autismsussex.org.uk)
- 🌐 [www.autismsussex.org.uk](http://www.autismsussex.org.uk)

## CHANCTONBURY COMMUNITY PLAYSCHEME



This is a four week, full-of-fun play scheme, run every year in the summer holidays for children and young people aged 5-19 years old who have a Statement of Educational Needs. Through structured play, activities and trips the scheme provides a high quality, stimulating and creative environment. Activities range from wheelchair boat trips to dance workshops and from themed weeks to visits to the funfair.


- ☎ Hannah Mackrell, 07455 131462
- ✉ [ccpsorganiser@gmail.com](mailto:ccpsorganiser@gmail.com)

## DISABILITY CHALLENGERS WEEKENDS

Fun-packed weekends away with friends, with the chance to try a range of outdoor adventure activities including climbing, canoeing, rope courses, camp fires, camp building, team challenges and more. Activities are challenging and fun, offering the chance

to try new experiences, increase confidence and learn new skills while being supported by Challengers staff and qualified instructors.

Facilities vary at different venues.

 01483 579390

 [www.disability-challengers.org](http://www.disability-challengers.org)


## FAMILY INFORMATION SERVICE



Providing information on pre-schools, day nurseries, child minders, family activities and support. For further information on after school clubs and holiday play schemes, please see 'Extra Help to Find Childcare' under the section 'Resources and Support' (see page 32).

 01243 777807

 [family.info.service@westsussex.gov.uk](mailto:family.info.service@westsussex.gov.uk)

 [www.westsussex.gov.uk/fis](http://www.westsussex.gov.uk/fis)


## HORSHAM YOUTH CENTRE



### M8S Youth Club

The M8S youth club is for young people aged 13 to 19 years old who have additional support

needs and disabilities. Run by qualified youth support workers and carers for those with more specific needs, it is held weekly during term time at Horsham Youth Centre.

 01403 210 388


## LODGE HILL TRUST FAMILY FUN DAYS



Fun days where all the family participate together and where needs, likes and dislikes are taken into consideration. Relaxed, friendly atmosphere, where everyone can enjoy outdoor and indoor activities – both as a family and with friends.

Specialised equipment for additional needs, including an electronic golf buggy, are available.

Terrain Hoppers are available for ease of access around the grounds for the less mobile and wheelchair users.

 01798 831411

 [www.lodgehill.org.uk](http://www.lodgehill.org.uk)

## OAK GROVE COLLEGE/WORTHING LEISURE CENTRE



Holiday and after-school provision for children with additional needs in the local community at Oak Grove College and Worthing Leisure Centre.

Popular activities include healthy cooking, photo treasure hunts, photo words, film making, animation, drama, dance, arts and crafts, fencing, archery, climbing, tennis, athletics, trampolining, swimming, beach volleyball and golf. Sensory days for children and young people with more complex needs are also available. A booking form is available on the Oak Grove Website, under 'events'.

☎ Claire Moyle 07762 013949

✉ cmoyle@wsgfl.org.uk

🌐 www.oakgrovecollege.org.uk

## ORCHARD HOUSE/ORCHARD CONNECT



A Monday club in all school holidays, and a Youth Club on a Thursday at the Youth Club Hall in London Lane, Cuckfield.

These are both for young people with learning disabilities, with programmes and activities based on the young people's choices. Include outings as well as on-site activities.

Accessible parking is available nearby and siblings are welcome with advance notice.

☎ Mark Williams or Martin Norris, 01444 454226

✉ martin.norris@westsussex.gov.uk

## PALATINE SCHOOL, WORTHING AFTER SCHOOL CLUB



Enabling children to access a mainstream after school club. Palatine Primary School is a special school and integration with mainstream pupils is very beneficial to the children and young people.

☎ 01903 242835

✉ nparsons2@wsgfl.org.uk

## WORTHING KIDS AND DAPPER SNAPPER DROP IN FUN SESSIONS

Drop-in fun sessions providing support and activities for children and young people with additional needs, and their families. Facilities vary depending on venue.

☎ 07570 468893

🌐 [www.wkds.org](http://www.wkds.org)



## YOUR SPACE YOUR TIME



A play scheme for children and young people with special needs aged 5 to 23 years, providing respite for parents, carers and their families.

Your Space Your Time offers two day sessions on the first and third weekends of each month, and one day sessions during summer, half term, Easter and Christmas holidays.

Activities include indoor and outdoor games and sports, constructive play, role play, adventure playground, art and crafts, cookery, soft play, dance, music and drama workshops, dance exercise and nature projects. There are also fully-equipped sensory rooms. Siblings are welcome in special circumstances only.

✉ Herons Dale Primary School, Shoreham-by-Sea

☎ Jacqui Shanahan, 01273 465616 or 07553 177486

💻 [info@yourspaceyourtime.co.uk](mailto:info@yourspaceyourtime.co.uk)

🌐 [www.yourspaceyourtime.co.uk](http://www.yourspaceyourtime.co.uk)

# Accessible toilets and/or changing station

## **Billingshurst Leisure Centre**

Station Road, Billingshurst,  
RH14 9RY. 01403 787500

## **Broadbridge Heath Leisure Centre**

Wickhurst Lane, Broadbridge Heath,  
Horsham, RH12 3YS. 01403 211311

## **Brooklands Pleasure Park**

Western Road, Worthing, BN15 8SA.  
01903 221067

## **Chanctonbury Sports Centre**

Spierbridge Road, Storrington,  
Pulborough, RH20 4BG.  
01903 746070

## **Christ's Hospital Sports Centre**

(Blue Coat Sports), Christ's Hospital,  
Horsham, RH13 0YP. 01403 211293

## **Collyers College**

82 Hurst Road, Horsham, RH12 2EJ.  
01403 210822

## **The Dolphin Leisure Centre**

Pasture Hill Road, Haywards Heath,  
RH16 1LY. 01444 457337

## **Inspire Leisure**

Felpham Way, Bognor Regis,  
PO22 8ED. 01243 826612

## **Inspire Leisure**

Sea Road, Littlehampton, BN16 2NA  
01903 725451 01903 725451

## **Kings Leisure Centres**

Moat Road, East Grinstead,  
RH19 3LN. 01342 328616

## **K2 Leisure**

Pease Pottage Hill, Crawley,  
RH11 9BQ. 01293 585300

## **Lancing Sports Centre**

Manor Road, Lancing, BN15 0PH.  
01903 524624

## **Lodge Hill Activity Centre**

Lodge Hill Residential Centre,  
London Road, Pulborough,  
RH20 1LZ. 01798 831411

## **Middleton Sports Club**

3 Sea Lane, Bognor Regis,  
PO22 7RH. 01243 583157

## **The Pavilions**

Hurst Road, Horsham, RH12 2DF.  
01403 219200

## **Petworth Community Garden**

20 Oakfield, Petworth, GU28 9BL  
07717 462780

## **Phoenix Centre**

The Regis School Campus,  
Westloats Lane, Bognor Regis,  
PO21 5JD. 01243 840075

## **Springboard**

Springboard House, 52 Hurst Rd,  
Horsham, RH12 2EP. 01403 218888

## **Splashpoint**

Splashpoint Leisure Centre, 60  
Brighton Road, Worthing, BN11 2EN.  
01903 231797

## **The Triangle Leisure Centre**

Triangle Way, Burgess Hill,  
RH15 8WA. 01444 876000

## **Worthing Leisure Centre**

Shaftesbury Avenue, Worthing,  
BN12 4ET. 01903 502237

## **Westgate Leisure Centre**

Via Ravenna, Chichester, PO19 1RJ.  
01243 785651

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New facilities opening on  
Worthing Seafront (opposite  
The Dome) in summer 2014

# Specialist services

## ASHDOWN CLUB, WORTHING



The Ashdown Club offers support to families of children and young people with special needs. The club offers respite to families by offering fun, safe and stimulating sessions, in a fully- accessible centre. Sessions are available weekly for 5 to 12 year olds and during all school holidays. Ashdown Youth sessions are also available weekly for 12 to 18 year olds in the evenings, during all school holidays and twice monthly on Saturday afternoons. Sibling specific sessions are available in some school holidays.

✉ Guild Care, 6-8 Ashdown Road, Worthing, BN11 1DF

☎ Sue Turner 01903 528607

🌐 [www.guildcare.org/ashdown-centre](http://www.guildcare.org/ashdown-centre)

\*On street parking

## AUTISM SUSSEX

Autism Sussex provides a range of opportunities for children, young people and adults with autistic spectrum conditions and their families. In West Sussex they provide one-to-one short breaks for children and young people which allow them to participate in leisure and community-based activities, or offer support within the home.

There are also after school and weekend clubs in Felpham, and weekend clubs in Crawley, offering fun activities and promoting social skills and improved communication.

Facilities vary depending on venue.

☎ 0845 450 0060

✉ [enquiriesws@autismsussex.org.uk](mailto:enquiriesws@autismsussex.org.uk)

🌐 [www.autismsussex.org.uk](http://www.autismsussex.org.uk)

## CHESTNUT TREE HOUSE



Chestnut Tree House offers a range of services for children and young people in both West and East Sussex, and South East Hampshire, who have life-limiting and life-threatening conditions. Those children, their families and carers are offered short breaks, palliative care, end of life care and bereavement support both at the hospice and in the comfort of families' own homes.

☎ 01903 871800

✉ enquiries@chestnut-tree-house.org.uk

🌐 www.chestnut-tree-house.org.uk

## CORE ASSETS CHILDREN'S SERVICES BUDDYING

The service supports children and young people with a range of physical and learning disabilities, including those on the autism spectrum. Sessions can run after school, in the evenings, at weekends and during school holidays.

Support is provided on a one-to-one basis providing the young person with dedicated assistance, befriending and mentoring. Sessions are tailored to meet individual need and

encourage access to a variety of activities or groups in the community. Emphasis is given to befriending young people and providing a short break for the parent and siblings.

Facilities vary depending on venue.

☎ Jenny McRae 01903 753948 or the Options Team 02380 291050

✉ jenny.mcrae@coreassets.com

## CROSSROADS CARE SOUTH CENTRAL

Crossroads Care South Central is on hand to give short breaks to disabled children and young people aged from 0 to 18 years old. Crossroads Care meet with the disabled child or young person, along with their parents and carers, and then a service is offered to anyone with medium to high support needs. A service of up to four hours a week, costing £10 per family, will be provided, giving parents and carers a break from caring and empowers disabled children and young people to fulfil their potential.

Facilities vary depending on venue.

☎ 01903 790270

✉ admin@crossroadscare-sc.org



🌐 www.crossroadscare-sc.org

## FAB (FUN AND BREAKS) SERVICE





Fun and Breaks recruit volunteers who provide support to a disabled child and their family. The volunteer takes the child out to an activity of their choice or they may care for them at the family home. The service promotes friendships, encourages social activities and new experiences. Each family is matched with one volunteer who offers a regular commitment of two hours per week, arranged flexibly between the family and volunteer.



Facilities vary depending on venue.

-  [fab@westsussex.gov.uk](mailto:fab@westsussex.gov.uk)
-  [www.westsussex.gov.uk/fab](http://www.westsussex.gov.uk/fab)



### Chichester and Arun

-  Child Disability Team (South West),  
Durban House, Durban Road,  
Bognor Regis, PO22 9RE
-  Doreen Bradbury 0330 222 2561

### Crawley, Horsham and Mid Sussex:

-  Child Disability Team (North),  
County Hall North, Chartway,  
Horsham, RH12 1XA
-  Michelle Watts 0330 222 4513

## Worthing and Adur




-  Child Disability Team (South East),  
Centenary House, Durrington Lane,  
Worthing, BN13 2QB
-  Naomi Lipton, 0330 222 5379

## KANGAROOS, MID SUSSEX



Kangaroos provide social and recreational clubs for children and young people with learning disabilities in the Mid Sussex area, offering opportunities to have fun with their peers, learn new skills, enjoy different experiences independently of their families, providing them with the support and guidance required.

Activities include an after school youth club, sports clubs, Saturday and holiday clubs for ages 6 to 18 years and family days with coach trips and visits to the theatre.

-  01444 255120
-  [info@kangaroos.org.uk](mailto:info@kangaroos.org.uk)
-  [www.kangaroos.org.uk](http://www.kangaroos.org.uk)


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## **PARENTS AND CARERS SUPPORT ORGANISATION (PACSO)**

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Providing out of school activities for disabled children and their siblings in Chichester and Arun. There is an exciting variety of recreational activities including sport, music, sensory and trips out. Activities run during term time, school holidays, weekends, and after school, ensuring there is something to appeal to everyone.

Each event is structured to enable children with disabilities to participate in activities that their peers take for granted, and which result in improved self-esteem, confidence and happiness.

 01243 533353

 [www.pacso.org.uk](http://www.pacso.org.uk)

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## **RAINBOW TRUST CHILDREN'S CHARITY**

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Personal short breaks (countywide) on a one-to-one basis for children and young people aged from 0 to 19 years old with a life-threatening condition.

Facilities vary depending on venue.

 [christina.cahill@rainbowtrust.org.uk](mailto:christina.cahill@rainbowtrust.org.uk)

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## **SCOPE INCLUSION SOUTH EAST**


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Offering disabled children and young people aged 5 to 18 years old support either in their home or community.

Support is typically for a few hours a day or in the evening. Longer support is also available during the school holidays and at weekends.

Activities include swimming, bowling, horse riding and trips to local places. Support can be one-to-one or as additional family support, accompanying the whole family in the home or on days out.

Facilities vary depending on venue.

 01273 695675



## THE SPRINGBOARD PROJECT



### Buddies Group Activities

Weekday evenings and holiday scheme in Horsham, Crawley and Mid Sussex. Activities aim to provide social opportunities and to help young people build life skills – choice of on-site activities, use of local leisure amenities and day outings.

### Grasshoppers

Saturday Club and holiday scheme at centres in Horsham and Crawley, and at Palatine School, Worthing. Children aged 5 to 12 years old enjoy a range of choices, trips and onsite play.

☎ 01403 257699 (Horsham and Worthing) or  
01293 542821 (Crawley and Mid Sussex)

✉ info@springboardproject.com

🌐 www.springboardproject.com


# Resources and support for parents and carers

## CARERS SUPPORT WEST SUSSEX


A county-wide charity offering support to anyone looking after a relative, child or young person, parent, partner or friend with an illness or long-term condition. Carers Support now includes support for young adult carers.

Parents caring for a child with additional needs can contact Carers Support and speak directly to a Support Worker. Once registered, the charity offers access to a range of services and support for a carer's own needs including: advice and information; specialist knowledge for parent carers; local support sessions; low cost relaxation therapies; a listening ear, emotional support or counselling; equipment to help parents and carers in their caring role; events and some funding to enhance health and wellbeing and the chance for carers to shape what the charity does.

The staff at Carers Support aim to make it easy for every carer to talk to them, as they try to help bring about positive changes wherever they can.

 0300 028 8888

 [info@carerssupport.org.uk](mailto:info@carerssupport.org.uk)

 [www.carerssupport.org.uk](http://www.carerssupport.org.uk) or  
[www.facebook.com/CarersWSussex](https://www.facebook.com/CarersWSussex)

## CHILDREN AND FAMILY CENTRES

There are 45 Children and Family Centres (CFCs) in West Sussex, and between them they cover the whole county. They offer advice, information and guidance for all families with children aged 0 to 5 years old, or 0 to 19 years old for children with disabilities. Up-to-date programmes for all centres can be found on the West Sussex County Council website, where you can also search for a centre near you.

Eight of the centres operate as Early Years Hubs, offering enhanced facilities including a weekly specialist Play and Learn session for young disabled children aged from 0 to 5 years old and their parents or carers.

These are held at:

- Horsham Maintained Nursery School CFC
- Boundstone Maintained Nursery School CFC

- Bognor Maintained Nursery School CFC
- Chichester Maintained Nursery School CFC
- Langley Green CFC
- Sidney West CFC (Burgess Hill)
- East Preston CFC
- Durrington CFC

 [www.westsussex.gov.uk/cfc](http://www.westsussex.gov.uk/cfc)

## EXTRA HELP TO FIND CHILDCARE

Is choosing childcare that's right for you and your child a challenge? This can be especially true if you have a child with a disability or additional needs. In fact, many parents of disabled children feel that childcare is not an option for them.

The Family Information Service (FIS) can offer extra help and support. Working as part of West Sussex County Council's Early Childhood Service, the FIS can:


- Contact childcare providers on your behalf.
- Organise a face-to-face appointment at your local Children and Family Centre.
- Request support from the advisory team for you and the childcare provider.
- Arrange visits to a wide range of childcare settings, accompanied if need be.
- Help you access Free Entitlement funding for your child if eligible.

Within the Early Childhood Service, different people work directly with childcare providers to advise and support them to develop their skills, knowledge and practice. This may include additional training, changes in how they operate and ideas to help meet the needs of individual children and the setting as a whole. Together we will explore all possible childcare options to help you find childcare to meet your child's needs.

 01243 777807 and ask for the Specialist Team.

## KIDS ELEARNING

KIDS eLearning is an effective internet-based training solution which can be used by anyone who has contact with disabled children and young people. It is currently being used by short break workers, volunteers, sessional staff, youth and children's workers and permanent employees both within KIDS and also in local authorities and other organisations. The eLearning suite is flexible enough to cover a range of different requirements – from those who need a simple introduction and overview through to those working with disabled children and young people each day. To request a password for log-in, please contact the service.

 [short.break.team@westsussex.gov.uk](mailto:short.break.team@westsussex.gov.uk)

 <http://elearning.kids.org.uk>

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## PACT AWARDS

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The Parent and Carer Team (PACT) Awards for services for children with disabilities or additional needs. They recognise excellence from different service providers across the county. Run by West Sussex Parent Carer Forum (WSPCF), PACT Awards are assessed by parents and carers and focus on those things which are important to them when choosing a service for their child. The following criteria are considered:

- Staff attitude
- Environment
- Safety
- Communication, information and feedback
- Involvement, inclusion and participation
- Policies and procedures

PACT Awards are being rolled out during 2014/15 and an up to date list of those service providers who have received an award can be found at [www.wspcf.co.uk](http://www.wspcf.co.uk). The PACT awards replace the PAT Mark.

 01903 726188

 [pactawards@wspcf.co.uk](mailto:pactawards@wspcf.co.uk)

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## REACHING FAMILIES

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Providing a range of services for parent-carers in West Sussex including:


**Making Sense Of It All** – an exhaustive parent-carer guide to a range of subjects including diagnosis, benefits, education, health and social care and leisure opportunities;


**Training Roadshow** – with workshops on a wide variety of subjects delivered across multiple locations in West Sussex;

**Fact-sheets** –with information on childhood disabilities and other issues; and

Subsidised one-to-one and group counselling for parent-carers.



 Brian O'Hagan, Project Manager 07939 192388

 [info@reachingfamilies.org.uk](mailto:info@reachingfamilies.org.uk)

 [www.reachingfamilies.org.uk](http://www.reachingfamilies.org.uk)

## WELFARE BENEFITS ADVISER




Free benefits advice for parents and carers of children and young people with additional care needs or disabilities. Help is available to apply for or renew benefits such as Disability Living Allowance, Personal Independence Payments, carers allowance and tax credits.

-  Robert Hayes 0330 222 2569 or 07850 240874
-  robert.hayes@westsussex.gov.uk

## WEST SUSSEX PARENT CARER FORUM

West Sussex Parent Carer Forum (WSPCF) is a charity run by parent carers that aims to improve services for children and young people with any additional needs or disability, and their families, living in West Sussex. As an independent organisation, WSPCF works in partnership with West Sussex County Council, NHS trusts in West Sussex, schools, district and borough councils and other voluntary sector organisations, representing the views of parent carers. WSPCF achieve positive change by training, supporting and empowering parent carers to work in co-production with relevant services. WSPCF

also provide information to parent carers and signpost them to relevant services.

-  01903 726188
-  parents@wspcf.co.uk
-  www.wspcf.co.uk

## CAPITAL FUNDING

Funding for equipment and activities.

Examples include:

- Albion in the Community – sports equipment including a sports wheelchair
- Ashdown Centre, Worthing – accessible equipment
- High Trees Children's Home – outside improvements
- Adur Leisure Centre, Felpham – disabled changing facilities and pool hoist
- Kangaroos – adaptations and equipment
- Petworth Community Gardens – adaptations for disabled access to area
- Queen Elizabeth II School, Horsham – outside play equipment
- Steyning Leisure Centre – improvements to access all areas, and equipment for swimming and splash sessions

- The Springboard Project – equipment, hoist and minibus
- We Play Too – playground equipment
- We Cycle Too – accessible bicycles and 400m track
- Chanctonbury Leisure Centre, Storrington – equipment to deliver sports sessions
- Worthing Leisure Centre – disabled changing facilities, trampolines and hoist
- Lodge Hill Trust, Pulborough – provision of toilet facilities and shower for the campsite and inclusive kart track
- Lancing Leisure Centre – sports equipment and accessible changing facilities
- Clock Trust, Funtington – adaptations for a sensory garden, puppets and train
- Findon Children and Family Centre – garden development
- Tic Toc play clubs – part funding for a minibus
- Tornados Wheelchair Basketball – sports wheelchairs
- Westgate Leisure Centre, Chichester – accessible toilet, hoist for swimming and trampolining
- Phoenix Centre, Bognor Regis – sensory room and accessible toilet
- Enable Me– equipment to deliver a variety of clubs
- Horsham Youth Centre – accessible toilet
- Autism Sussex – vehicle and equipment
- Inspire Leisure, Littlehampton – changing facilities and interactive room
- K2 Crawley – changing facilities and hoist
- P.L.A.Y, Worthing – sensory room
- Crawley Borough Council – specialised play equipment and inclusive BMX track and cycles
- Freedom Leisure, Mid Sussex – sports equipment
- Brooklands Park – hoist and accessible boat
- Broadbridge Heath Leisure Centre – sensory room and accessible changing toilet
- Chestnut Tree House – sensory equipment
- Horsham Leisure Link – equipment and bikes
- West Sussex Library Service – sensory storybooks and equipment
- Splashpoint, Worthing – accessible toilet facilities
- Broadbridge Heath Leisure Centre – sensory room and equipment
- Cissbury Lodge – garden project
- Orchard House – sensory room
- Middleton Sports Club – disability adaptations or access
- Polka Photography – equipment

- Holmbush Activity Centre – outdoor inclusive activity centre
- Arena Sports Centre, Bognor – changing facility and pool hoist
- Collyers College – sport project
- Southwick Leisure Centre – trampoline

Have you found this booklet helpful?  
Did you find what you were looking for?  
If you have any suggestions or feedback  
about this booklet, please email: **short.  
break.team@westsussex.gov.uk**

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## Notes

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