

UMBRELLAS

Parent Support Groups

Autumn Term 2026

Connecting parents and carers of children and young people in West Sussex with special educational needs and disabilities



Burgess Hill Umbrellas

Tuesdays, 10 am - 11.30 am

The Cherry Tree Centre

8th Sep / 6th Oct / 3rd Nov / 1st Dec

Littlehampton Umbrellas

Wednesdays, 10 am - 11.30 am

Creative Heart Community Hub (upstairs)

9th Sep / 7th Oct / 4th Nov / 2nd Dec

Worthing Umbrellas

Tuesdays, 10 am - 11.30 am

Durrington Community Centre

22nd Sep / 20th Oct / 17th Nov / 15th Dec

Umbrellas Online

Thursdays via Zoom

7.30 - 9pm

10th Sep / 8th Oct / 5th Nov / 10th Dec

Horsham Umbrellas

Wednesdays, 10 am - 11.30 am

Horsham Family Hub

16th Sep / 21st Oct / 18th Nov / 16th Dec

Shoreham Umbrellas

Tuesdays, 10 am - 11.30 am

Adur East Family Hub

15th Sep / 13th Oct / 10th Nov / 8th Dec

Bognor Regis Umbrellas

Thursdays, 10 am - 11.30 am

Arun West Family Hub

24th Sep / 22nd Oct / 19th Nov / 10th Dec

If you would like more information about Umbrellas or the link to join Umbrellas online, please contact our outreach team.

outreach-training@reachingfamilies.org.uk

