

Paralympics

Hello everyone! I hope by now you are enjoying spending more time outside after such a long winter! It was wonderful to welcome families back to Wheely Wonders on a beautiful sunny day - find out more about this and everything else I fitted into May on pages 12 and 13! I am so excited about watching the Paralympics on television and seeing the great achievements of really determined people, whatever their disability. As a child, sport and exercise were an important part of my week, to keep my muscles moving. I had a wonderful day in 2012 watching medals being won at the Aquatics Centre in London! This edition is packed with information and inspiring stories to help you get ready for the start of the Games in Paris on 28th August. Turn over to page 2 to read about all the sports and how the Channel 4 coverage will be better than ever! I caught up with Peter Langton earlier this year and he has given us a fascinating insight into the history of the Paralympics which he made a documentary about as part of his MA in Sport Broadcast Journalism - read this on pages 4 and 5.

We've got some great sporting achievements by students from the Lavinia Norfolk Centre and some of the girls participated in a research project - find out more on pages 8 and 9. Connor and Landen are Wheelchair Basketball stars - read all about them on pages 6 and 7. The Sussex Parallel Youth Games brought multiple schools together to participate in a variety of accessible sports, more on this on page 10.

If you feel inspired to try something sporty after reading all the articles, have a look on page 3 to find out about the Superhero Series - some amazing events you can participate in whatever your ability, you may have seen previous years on Channel 4. St Ann's Tennis in Hove offer inclusive tennis sessions for adults - look on page 9 for more details. If your group need an accessible site for an event, read about the 1st Shipley Scouts' new facilities on page 14. It was wonderful to meet Martine who runs CYCALL when we attended the David Hunt Trust Awards and I saw her again recently at Brooklands Park



where she runs her brilliant sessions - I also had great fun on the accessible swing! To find out about CYCALL go to page 11 and read more Wellspring funding updates on page 15.

If you participate in any sporting events or anything else awesome, please send us your stories and photos for the next edition which will be themed "Full Potential"! Have a great summer and enjoy the Paralympics!

Lizzie Baily MBE

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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A big **THANK YOU** to the **Wellesley Charitable Foundation**, the **David Hunt Trust**, **Wagner Renewables Eco Fund** and **The Thornton Trust** for funding for our projects.

Thanks also to **Southern Mobility Vehicles** for donating to Wellspring and advertising with us (see page 16).

The cost of posting one copy of this newsletter has now increased to £1.55 so please let us know if you can receive it by email!

Paralympic Coverage

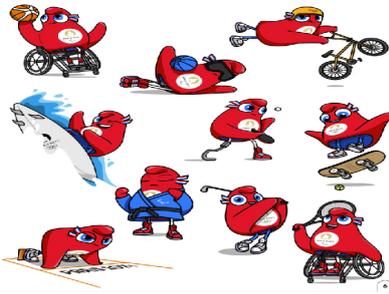
There are currently 28 Paralympic sports sanctioned by the IPC: 22 summer and six winter.

The two newest sports to be given Paralympic status are badminton and taekwondo, which made their debut at the Tokyo 2020 Games. Information and updates about all Paralympic Sports can be found on the International Paralympic Committee website:

www.paralympic.org/sports

SUMMER SPORTS

- Para archery
- Para athletics
- Para badminton
- Blind football
- Boccia
- Para canoe
- Para cycling
- Para equestrian



- Goalball
- Para judo
- Para powerlifting
- Para rowing
- Shooting Para sport
- Sitting volleyball
- Para swimming
- Para table tennis
- Para taekwondo
- Para triathlon
- Wheelchair basketball
- Wheelchair fencing
- Wheelchair rugby
- Wheelchair tennis



WINTER SPORTS

- Para alpine skiing
- Para biathlon
- Para cross-country skiing
- Para ice hockey
- Para snowboard
- Wheelchair curling



Some 4,400 athletes will compete in 22 different sports in the Paris 2024 Paralympic Games across Channel 4, More4, Channel 4 streaming and social channels from 28th August – 8th September. Channel 4 is set to broadcast hundreds of hours of Parasports as well the Opening and Closing Ceremonies to millions of viewers across the UK via a state-of-the-art production centre in Cardiff.

Channel 4 and YouTube team up to bring Paris 2024 Paralympic Games coverage to even more viewers

- With more than 1300 hours of coverage and up to 18 concurrent streams, Channel 4 Sport's YouTube channel will carry every televised moment of the Paralympics for the first time.
- The move continues Channel 4's support for Games as official media partner and complements streaming and linear coverage plans.
- Enhances successful, innovative long-term partnership and builds on three-fold annual increase in viewing of Channel 4 shows on YouTube.



Channel 4 Sport's YouTube channel will broadcast every single televised moment of live sport from the Paris 2024 Paralympic Games. The announcement of the new partnership comes with 100 days to go until the first day of competition at this summer's showpiece.

The channel will complement Channel 4's coverage on TV – which remains the go-to destination for the best live moments and a range of support programming - and Channel 4 streaming, which will provide an accessible and immersive experience. Full details of Channel 4's Paris 2024 Paralympic Games coverage - including presenters, programming and viewing functionality - will be announced in coming months.

Since securing the UK rights to cover the Paralympics in 2012, Channel 4 has been credited with transforming the profile of the Games and playing a key role in positively shifting public perceptions around elite Parasport and disability more widely. This latest collaboration with YouTube will boost the reach of Channel 4's coverage, making the Games even more accessible to UK audiences.

Matt Risley, managing director, 4Studio, said: *"We are thrilled to be offering the Paris 2024 Paralympic Games for the first time through this partnership. Channel 4 has a proud record of raising the profile of the Paralympic Games and making top quality sport available to all, for free. This summer, our YouTube partnership will make the Paralympic Games the most social yet in the UK. We will continue to seek innovative partnerships to keep growing our reach with young audiences and build on our unrivalled digital success."*

Pete Andrews, Channel 4's Head of Sport, said: *"We're thrilled to have teamed up with YouTube so audiences will have more ways to watch the Paralympians when they take centre stage*

at Paris. We know how popular YouTube is with the younger audience and it's this sort of partnership and innovation that will help promote the Paralympics to people of all ages all across the UK."

Neil Price, Head of Film and TV Content Partnerships, YouTube, said: *"We're thrilled to join forces with Channel 4, expanding the reach of one of the world's most inspiring sporting events. Channel 4 has been a trailblazer for the Paralympics in the UK, and we are honoured to support their ongoing commitment by live streaming more than 1,300 hours of Paralympic action. We look forward to an incredible summer of sport for Team GB, and to bringing the action to fans everywhere through YouTube."*

Superhero Series

We believe everyone should have the chance to be active & experience the thrill of taking part in a large-scale sporting event, whether it's joining the fun at a live event or uniting remotely with Superheroes far & wide to achieve your super mission from your home or neighbourhood.

Founded by Sussex Paralympian Sophia Warner in 2016, Superhero Series was born out of a lack of sporting events for the Everyday Superhero. We aim to hold bold, fun & inclusive sporting challenges, while also creating a SUPER community for our Superheroes & Sidekicks. That's why there are no cut-off times or equipment restrictions and you can choose from a multitude of super ways to complete your challenge; whatever suits your own unique superpowers best! In return for all your super work, you can be sure of some momentous sporting moments, mega medals & the chance to unite (virtually or in the flesh) with Sidekick friends & family & other awesome Superheroes from around the world. So unleash your inner superpower, sign up & save the day!

Founder & Paralympian, Sophia Warner says: *"I know first-hand what a hugely positive impact sport can have on a person's life & I want to create more opportunities for Everyday Superheroes to enjoy momentous & often life-changing sporting events. We've gone all out to try to think of everything we can to ensure everyone can be a Superhero for the day. But if you can think of something that we may have missed, please get in touch."*



Superhero Tri 17th August 2024

Venue: Dorney Lake, Windsor

Fly solo or get your family & friends together for one of three super-fun & flexible tri distances! Our ethos is 'anything goes', so you're welcome to use any super kit you may need. Read more online for the many ways you can face your tri race & get ready for some super sporting moments!

At Home Winter Wonderwheels 9th – 23rd November 2024

Venue: Your home/garden/neighbourhood/leisure centre/local park... Wherever you want it to be!

Make your festive build-up extra super by joining our virtual race across the world – we've got some super-fun icy escapades in store! It's the perfect mission to keep you super-active & super-connected from the convenience of your neighbourhood, and your powers super-flexed for our live winter event below!

Winter Wonderwheels 1st December 2024

Venue: Dorney Lake, Windsor

This festive extravaganza is just the challenge to keep you super-motivated through the colder months. Superheroes are invited to run, walk, wheel, or anything in between, around Dorney's spectacular lake. We have 1km, 5km & 10km push/run missions, so there's something for everyone.

For further information go to:

<https://superheroseries.co.uk/>

Peter and the Paralympics

In 2021 Peter Langton told Wellspring about life during lockdown. I've been in touch with Peter to find out what he has been up to since his last article.

Lizzie Bailly

Tell me briefly about your final year at university then your MA studies...

My final year as an undergraduate was unusual; it was still the 'getting out of the pandemic' stage in the academic year of 2021-22. It was a hybrid of half face to face and half online, which worked well and now seems to be the norm. I graduated in 2022 in between volunteering at the Women's Euros in Manchester.

My original plan was to travel after university, however COVID stopped that in its tracks and at the time of graduating, there were still restrictions on where you could go and what guidelines were in place, etc. So I decided to stay on and do an extra year – an MA – but had no idea what I wanted to do! I looked around the sport area as my undergraduate degree was in Sport Coaching and Development – and the MA course of that was of a 2:1 and I graduated with a 2:2, so looked at 2:2 courses and Sport Broadcast Journalism came up and the rest is history!

As part of my MA I had an idea for my 20-30 minute documentary for my last module. I had planned it since March last year and it wasn't due to 'officially' start until May – but I planned participants, sending feelers out and contacting people, and it all worked out in the end!

I'd also done a previous documentary about a Paralympian, who is actually one of my closest mates, and detailed his career to date, and I knew it was a good year before Paris this year. I thought with the history side of the Games, there couldn't be a better time to explore that



and educate people, ready for this summer's event. The biggest coup I had was getting the first president of the International Paralympic Committee involved in the documentary!

My documentary Para Legacy was created because I know people have heard of the Paralympics but I don't think people know the actual history of the Games.

As last year was the 75th anniversary of the first Games at Stoke Mandeville way back in 1948, it felt like it was the right time to show people the past.

The person behind the Games was a German neurosurgeon called Professor Sir Ludwig Guttmann, who when World War Two broke out came to Oxford in 1939, and he was working on research, which

was not what he was doing back home, but it was through that work that he came to the attention of the Government, and they invited Guttmann to set up a spinal cord unit in Stoke Mandeville in 1944.



Back then, patients who had spinal cord injuries wouldn't last from 6 months to two years and would die within that period. However, Guttmann was insistent on doing rehabilitation his way, and therefore through his work, patients would go on to live a full healthy life. A big part of that was sport.

Guttmann would, in 1948, put on a Games, specifically for spinal cord patients with sports that were adapted for them to play, like archery and netball (later basketball). He opened the Games on the first day of the Olympics in London. From that point on, he opened the Games up to international

spinal cord units to come to Stoke Mandeville to compete with their patients; this was up until 1960 when they went to Rome to compete. It was only when the Olympics ended, they could start, and was known from thereon as the Paralympics.

You might think the Paralympics always were alongside the Olympics structure-wise, but it wasn't always like that. From 1968 to 1988, the host cities wouldn't want to host the Paralympics, so had to be moved elsewhere.

All further insights can be seen in the documentary video which can be found on YouTube

@PeterLangton97

To make sure the documentary had some power to send the message I wanted it to pass on, I had to make sure that the people featured were knowledgeable and were the people who are connected to the Paralympics. I had two contributors from Canada, one of whom was Dr. Robert Steadward. He was a major coup to get in, as he had met Guttman personally, and after Guttman died in 1980, Steadward created the International Paralympic Committee, to carry on Guttman's work and values for future Games.

The documentary also looks into how the Paralympics look in the media and society with ParalympicGB podcast host Andy Stevenson, lecturers Dr Ian Brittain in Coventry, Dr Emma Pullen and Jessica Noske-Turner in London, with some current Paralympians sharing their experiences. Vicky Hope-Walker and Sam Brady of the National Paralympic Heritage Trust and Martin McElhatton OBE of WheelPower also feature.

Where are you living now and what support/care do you have?

I am back home in West Sussex with care provided by self-employed PA's who I have had since before university. I travel a lot now and am supported by friends and family.

What sports are you involved with now? How do you keep fit?

I am still doing Boccia – I had stated this year is my last, but I don't feel ready to go yet. It's a funny old life, isn't it, when you have been doing something for 15 years, that's changed your life, to think one day to step away. I shall see!

Are you working/volunteering on any other projects now?

I am a voluntary radio presenter for Voice FM and also a podcaster. I did co-host a sports show called Surround Sport last year that airs every Saturday from 4-6pm as part of a work placement, alongside a 'Surround Sport podcast', where I interviewed sports people, coaches, officials, Paralympians, abled bodied athletes and the like. After the initial 4-week slot, I got asked to stay on. After a year (January 2023 -

January 2024), as the sport show gets moved on to this year's MA students, I left and got offered my own show, called Pete's Take, every Tuesday from 3pm for a hour with Voice FM. I also have my second podcast, a Disability Life podcast where I offer to showcase the many disabilities we have in our society and get insights from the people themselves of how their lives with certain disabilities are.

What are your aims/hopes for the future?

My first thought a few years ago was to be a Paralympian, however my reclassified category isn't in the Paralympic structure, so now with my Broadcast Journalism degree, my ideal job is to be presenting the Paralympic coverage that's on Channel 4. I wouldn't mind being a Paralympic sport correspondent either or filming and editing footage. There's loads of jobs that I could fill, but presenting it is my dream.

What is your advice for young people with disabilities?

NEVER LET PEOPLE SAY WHAT YOU CAN AND CAN'T DO!



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Peter Langton

*Photo credits: Peter Langton
and Boccia England*

Lavinia Norfolk Centre

Every year The Lavinia Norfolk Centre at The Angmering School attends the **National Junior Games** held in June. The National Junior Games is a multisport event held at the home of the Paralympics, Stoke Mandeville Stadium. This is a great opportunity for the students to compete in a range of sports on a level playing field. The NGB's scout potential Paralympians and can help set them on their international journey. This event is a vital part of the extracurricular sports calendar for students within the LNC and an excellent opportunity for students to network and to meet para athletes from across the country. Students are able to 'have a go' at sports including boccia, archery, swimming, wheelchair, shooting, slalom, hand bikes and fencing. The 3 night residential program encourages students to develop independence skills away from home. The disco on the final evening is a massive highlight for our students and everyone receives a medal.



This year, two members of staff ran the **Brighton Marathon** to raise funds for this trip. The funds raised will allow 24 disabled students to attend this event. Although part of The Angmering School the Lavinia Norfolk Centre is also a registered charity, and we do lots of fundraising activities in order for our students to partake in events such as these. It's extremely enriching and a trip that students of all year groups really look forward to. Mrs Searle, who put up a fantastic performance, completed the marathon in an impressive time of 4:24:57! She pushed herself to the limit and didn't give up, and her determination paid off. She has



shown that with hard work and dedication, anything is achievable.

Mrs Sykes, who ran alongside Mrs Searle, also deserves recognition for her hard work and perseverance. It was no easy feat, but she completed the marathon with an excellent time of 4:51:53. Her achievement is a testament to her hard work and dedication to the cause.

Students from the Lavinia Norfolk Centre had the opportunity to take part in the **Table Cricket Tournament**. The first county game was at the home of cricket's ground in Hove, the students from Angmering School were split into two teams:

Angmering A (led by Masha) and Angmering B (led by Sid), Angmering A won the tournament. They were absolutely amazing and meant that they qualified for the Regionals being held at the K2 in Crawley. Angmering A team consisted of six team players - Masha, Anya, Evie, Oli, Ellie and Lanah. They performed brilliantly as a team and came third overall. We were very proud

that one of our students, Masha, won the best sports personality award in the competition. Masha commented that she *"couldn't have won the award without the whole team's support"*. All of the students had an amazing time and enjoyed the whole experience.

Last November The LNC were offered the opportunity to partake in a research project. **Access Sport** visited and held a 'listening lab' with 10 of our female students in years 9/10/11. They discussed the barriers around access to sport for disabled girls. Following this, Access to Sport returned to The LNC in March and 4 girls were selected from the original 10 and were filmed within school having a 'round table

discussion'. We were privileged to be part of this research project and Miss Webb and Mrs Searle were excited to attend the launch of this on Wednesday 15th May in London. Some of the findings from the project can be seen below.

On Thursday 18th April, The Angmering School hosted the **SEN Careers Roadshow**, in partnership with The Aldingbourne Trust. The event was a great success, with students from Year 10's Food Tech class catering for all stall holders. The food was delicious and received high praise from all attendees.

The SEN Careers Roadshow was an opportunity for students with special educational needs to explore career options and meet with employers. The event had a great turnout, and students were able to speak with a range of employers from different industries and sectors. The event was hosted by Mr Bowles, who did an excellent job of ensuring everything ran smoothly. The Angmering School is proud to have been able to host such a valuable event, and we hope that it helped to inspire and inform our students about their future career options.

*Natalie Searle
LNC - The Angmering School*

Breaking Barriers Report

Launched in partnership with the Sweaty Betty Foundation, Women in Sport and Nuffield Health, Access Sport has carried out a research project to identify the barriers that prevent disabled teenage girls from taking part in sport and exercise. The 'Breaking Barriers' report builds on Women in Sport's 'Reframing Sport for Teenage Girls' research and explores disabled teenage girls' attitudes towards sport and exercise.

Conducted via focus groups and a survey, the report highlights that this inactivity is contributing to disabled teenage girls experiencing worrying mental health issues, including being less happy and more anxious.

Key findings:

- Many disabled teenage girls understand the benefits of playing sport or exercising and want to do more.
- Disabled teenage girls are frustrated by the lack of suitable opportunities outside of school.
- Disabled teenage girls face additional barriers to being active compared to non-disabled teenage girls.

- Girls only opportunities help girls find joy in sport and, for many disabled teenage girls, participating with other disabled girls is important.
- Coaches, volunteers and teachers play a key role in creating a non-judgmental and welcoming environment.

By embedding these findings in their ongoing work, we believe that the Government, the sport for development sector, and community sport providers, can collaboratively make a tangible, positive difference in the lives of disabled teenage girls across the country. To support community sport providers, funders and policymakers, we have also developed a toolkit that sits

alongside the report. This toolkit provides practical guidance on engaging disabled teenage girls in sport and exercise.

www.accesssport.org.uk/breaking-barriers-toolkit

To watch the interview with students at LNC go to

www.youtube.com/@AccessSportCIO



Wheelchair Basketball Stars

My name is **Connor McElroy** and I am 16 years old. I have Cerebral Palsy and Paramyotonia Congenital. I live in East Preston with my mum, dad and big brother Kallum.

I play wheelchair basketball and I enjoy photography. The positions I play in basketball are guard/point guard.

I became involved in the sport after watching the 2020 Tokyo Paralympics - I wanted to give it a go so I asked around to see what I could do.

Due to the Pandemic this was postponed. After the restrictions of the Pandemic were lifted, I managed to get in touch with Southern Sharks in January 2022. I trained with them exclusively until August of that year. Unfortunately they did not have enough players under the age of 18 to enter the National Junior League so they put me in contact with The London Titans.

I have been inspired by Ade Adepitan MBE (Ex Paralympian) and Charlie MacIntyre who is a Commonwealth Games bronze medalist and BBC Young Sports Personality of Year nominee.

My training involves Tuesdays, facilitated by school. On Tuesday and Wednesday lunch times I train with friends who also play wheelchair basketball. On Fridays I train from 6:30pm till 9:00pm with Southern Sharks then at least once a month I train with the London Titans team from 2:00pm till

6:00pm. I also shoot hoops at home in any free time!

I had knee surgery in March so I have not been able to play for a few weeks which is annoying as it is peak season time and there are games nearly every weekend! I have just started playing again.



The positive aspects of my sport are:

- Socialising with people which allows friendships to grow.
- People accept you for who you are and don't judge you.
- Winning as part of a team.
- Being able to relax and feel

normal among other people who are in similar situations to yourself.

My advice to others wanting to try wheelchair basketball is **start as young as you can and do not hesitate to have a go. It is a fantastic, fast paced fun sport, with plenty of inclusiveness for anybody to have a go!**



My hopes for the future are to start my journey on the GB pathway and beyond. But for the time being I wish to represent the South East at the under 18's National Championships again this year.

For anyone wanting to play under the age of 18 contact, the London Titans <http://londontitans.org/> because we always need new players. Or Google British Wheelchair Basketball to find clubs near you.

I am **Landen Brett**, I'm 15 and an amputee. I live with my mum and brother on the beach in Shoreham. I like to draw and work in Photoshop.

I also play wheelchair basketball - one of my mates told me to give basketball a go and I was always ready to try something new with sports, so I gave it a go and have fallen in love with it ever since! I am a division 1 player who plays either a point guard, bringing the ball up for the team or a normal guard which is next helping the tall player get inside the key.

My teams are Southern Sharks and London Titans. I train nearly every day of the week to keep fit after my school work, my training with the team is every Friday and games at the weekend.

I have injured my face playing this sport at a high level so I was not able to play



for a bit; make sure you're careful! I have been invited to play for Great Britain so I'm training as much as I can to inspire others to succeed.

I've been inspired my mum, always supporting me with my life choices and my sports. Also

by a Canadian wheelchair basketball player Patrick Anderson - he has the same colour chair as me and has always inspired me to keep going.

The positives of wheelchair basketball for me are that you cannot

be insecure about your disability or worry about playing sports because if you keep your head up and stay focused you can succeed!

My advice is **never feel alone, make new friends along the way, never give up, stay strong and be safe!**



St Ann's Tennis

We run fun drop-in weekly sessions for adults struggling with their Mental Health on Wednesdays from 1.00 – 2.00pm at St Ann's Tennis Club in Hove. This group is provided FREE by mental health charity Sport in Mind.

In association with Grace Eyre, Special Olympics and Tennis Sussex, inclusive tennis sessions take place on Fridays between 10.00-11.00am and cost £10 per class.



All equipment is provided and first sessions are free.

St Ann's Tennis is a Community Interest Company.

Find out more at www.stannstennis.co.uk



Jimmy Smith
07966 210692

jimmy@stannstennis.co.uk
St Ann's Tennis, Brighton & Hove,
East Sussex BN3 1PR

Sussex Parallel Youth Games

A Paralympic-style event for pupils across Sussex saw its biggest turnout for many years. This showcases and celebrates disability sport in the county.

Pupils from 16 special schools, and schools with special units, from across Sussex came together for the annual Sussex Parallel Youth Games, held at Crawley K2 on Wednesday 22nd May.

Ed Bartram, Regional Project & Events Officer at Active Sussex, said: *"This year we saw 20 teams, made up of 16 schools, take part in the day – the largest number since pre-Covid times. This is one of Active Sussex's biggest events and the highlight not just for us, but for the children who take part. The Sussex Parallel Youth Games gives young people the opportunity to be defined not by their disability, but instead by their inspirational achievements while creating positive lasting memories."*

He added: *"We could not run this event without the help and support of so many volunteers and organisations. Everyone involved is motivated by the absolute joy you can see on the children's faces as they take part as well as understanding the value of encouraging everyone to move more."*

Children pre-chose which sport they were competing in, with the options including street soccer, cricket, tennis, dance, golf, swimming, boccia, new age kurling, climbing/bouldering and table cricket.

Schools included Downs View in Brighton; Fordwater School in Chichester; Grove Park in Crowborough; Hamilton Lodge School and College in Brighton; Hill Park School in Brighton; Muntham House School in Barns Green; Manor Green College in Crawley; Northease Manor School in Lewes; Queen Elizabeth II Silver Jubilee School in Horsham; St Marys School and College in Bexhill; The Angmering School in Angmering; Woodlands Meed in Burgess Hill; Oak Grove College in Worthing; St Paul's CE Academy in St Leonards-on-Sea; Hazel Court School in Eastbourne; and St Anthony's School Chichester.

Opening the ceremony and handing out medals at the end of the event was Crawley swimmer Alfie Penfold.

Alfie, who is partially sighted, will take part in The Aquatics GB Summer Championships in July and is training for the Paralympics 2028 in Los Angeles.

Article and photo taken from Active Sussex
www.activesussex.org



4Sight Vision Support

4Sight Vision Support (4SVS) is a registered charity which provides support and specialist information to West Sussex residents of all ages who are blind or partially sighted. It offers emotional and practical support after diagnosis, including help to understand individual conditions.

As the new school year approaches, anxiety levels can be heightened, but our vision should not be a contributing factor towards that. Did you know there is an array of support available?

Qualified Teachers of children with Visual Impairment (QTVI's) are there to support not just the individual, but the education provider to make reasonable adjustments where appropriate to help achieve full potential.

4SVS can offer additional support including talking with teachers about making learning materials more accessible and ensuring all pupils have the support they need.

Its support doesn't end in school and it is there to guide people through further education and into employment.



Technology is now a permanent fixture in education, and in many employment environments. If your use of technology in these environments is presenting a challenge, please do contact 4Sight Vision Support as it may be able to advise/assist in exploring possible software/accessibility options to help you maximise your potential.

For further information visit www.4sight.org.uk
Tel: 01243 838001 Email: enquiries@4sight.org.uk

CYCALL

Just a little update and a personal reflection. I run a small, volunteer led organisation called CYCALL which is an inclusive cycling project based at Brooklands Park in Worthing. We have 40 adapted bikes including wheelchair transporter bikes, hand propelled bikes and go-karts. We also provide sensory equipment and toys and games such as giant Jenga and craft activities. We are just about to order a hoist which will transform CYCALL sessions and means that we can offer the joy of cycling to even more people.



When Lizzie told me that the theme for this newsletter would be the Paralympics it made me think about the power of connection. I have been friends with Lizzie since we started CYCALL in 2018. We had never met but had connected over Facebook and I always knew that Lizzie was a great cheerleader for CYCALL. I also loved seeing the photos of the activities that Lizzie ran. And then we finally met at the David Hunt Awards Ceremony and again recently at CYCALL!

The power of connection is everywhere, I often feel that it is perhaps the most important part of CYCALL and it surely is a key part of the Paralympics. Meeting people with a common interest or passion

and making a connection has to be one of life's greatest pleasures.

If you would like to come to a CYCALL session and make new connections please get in touch!

Call Martine on **07784 918122**

Email: **cycallworthing@gmail.com**

Our sessions run on alternate Thursdays/ Fridays and Saturdays. To find out more please visit **<https://cycall.info/>** or **www.facebook.com/Cycallworthing**

UK Sport reflected about the Paralympics
"We believe sport



changes how individuals see their future, how communities connect with each other and how our nation is seen by the world. Sport has the power to make us all prouder, happier and more connected to each other."



I hope that you enjoy watching the Paralympics in August as much as I will. I will also let you into a little secret - I hope that one day one of

my 'CYCALLists' will feel inspired and compete at the Paralympics!



"Connection is the energy that is created between people when they feel seen, heard and valued - when they can give and receive without judgement". Brené Brown

Martine Walters

Lizzie's Momentous May

Since the last edition of Wellspring, we went into the long, muddy winter at Applefield with so many potholes on the roads! During this time, I had my usual weekly routine of going to work at school with dog walks out in the lane and only a few other shopping trips. Now the ground has dried up; May was a great month for outings and meeting old and new friends...

At the beginning of the month I had a very wet bank holiday Monday walk at **RSPB Pagham Harbour** with my cousin Helena and her friend Katie who were staying along the lane from us for the weekend. The nature reserve has great accessibility with wide pathways, lots of smooth decking including over a pond and a brilliant ramp up to the hide where we watched all the water birds. Also this visit I found a lovely new woodland walk.

Both evenings they were staying we all went to supper at their AirBnB and with my ramps to get in, there was lots of space inside. It was perfect for us to go out without having to use the car - I was able to get there by myself and spend time without my parents which was great fun!

On Sunday 12th May the sun was shining all day for our first **Wheely Wonders of 2024** funded by the **Wellesley Charitable Foundation**.

It was my first proper day on the farm since my birthday in October! I loved seeing the families' happy faces as they drove onto the field and the children had all grown so much over the winter. The animals enjoyed having some attention alongside everyone having reunions with each other. In the woodland the children had the opportunity to do some sawing and used drills to create medals, snails and other woodcrafts with Jen and Sam before coming back to the field for fire lighting and marshmallows. After lunch at Craft Club we found some shade and decorated flowerpots with nature magazine pictures and stickers plus colouring hanging flower decorations. I also gave everyone sweet

pea seeds to plant in their pots. We finished the afternoon with Chris North's magic and music – David our lamb from last year came to join in too! It was extra special for me to have Isabelle and Lily as helpers for the day who both came to my Craft Club as children.



The following week I met Helena at **Gunwharf Quays** as part of my 40th birthday celebrations along with my PA Jo. We went wild in the Lindt and Haribo shops and Helena updated her summer wardrobe in Crew Clothing... I resisted as I need to turn out some of my clothes first! We had an absolutely delicious lunch at Bella Italia before going up the **Spinnaker Tower** when the sun broke through the grey clouds and there were spectacular views all the way to the Isle of Wight! At one point we were the only ones up the Tower which was extra special. I was braver than Helena at crossing the glass floor – just look forward, not down! Back on ground level, we went for an ice cream by the water. There are some parts of the path there that have invisible steps which is something to be aware of!

Going to the loo when you're out is something most people take for granted, but for lots of disabled people like me, having one with a working hoist is a real game changer!

When we arrived at the toilets there was a sign saying "Out of Use" so of course this was very frustrating. Helena could see a member of staff through the door but got no response from her. Jo then went to the information office to check whether all the toilets were out of use and came back confirming that the Changing Places (CPT) was open, but

we had to wait to be let in, and then given the handset for the hoist as it is not kept plugged in. On our second trip to use the loo before coming home, we had to call into the office again to ask them to radio through to let us in with the handset again!

My advice if you are at Gunwharf Quays is to let the office know you if need to use the CPT and make sure the handset is there ready for you!

We had a brilliant time over 5 Saturdays at my **Animal themed Craft Club** starting by creating mosaic pictures and decorating small pots with a jungle theme. Sewing skills were put to the test with different animal cards and colourful backgrounds and frames were painted! Sloth door hangers were a big hit! Printing on backpacks using the garden for extra space was our busiest week! We finished by sewing our own soft toys and using stencils to create a farm scene.

It was wonderful seeing so much creativity, new friendships being made and the children all becoming more confident at helping each other. Thank you to **Wellspring** for funding some of the places!

I have been to a **Muscular Dystrophy UK meet-up** at the Holiday Inn, Gatwick where it was fantastic to meet up with my friend Sarah again. It is always great comparing stories, we had some delicious food and made new friends with Stephen and his wife Polly too. Thanks to Sarah and the organisation team, I had the use of a massive accessible bathroom with a mobile hoist which made a real difference to the enjoyment of the day! Sarah, Stephen and I are all patients at the Royal Brompton Hospital too. Sarah and I are planning our next meet up at her house as there wasn't enough time to catch up with everything we wanted to talk about before we got kicked out of the hotel!

During half term I went to **Brooklands Park** in Worthing to meet Martine and see the incredible CYCALL team in action as I have been following all their activities and progress online since they started. The weather was a bit grey and windy to start with but I was given a lovely welcome and immediately saw laughing people whizzing past on a parallel bicycle! I loved talking to Martine and Rob as well as Holly and Cam who are regular volunteers. It was amazing to see what a wide variety of cycles

are available as well as all the other games and activities that are on offer while you wait for your ride. I didn't try out the bikes but really enjoyed speeding round the track, being careful not to be mown down by the electric tricycles!

While I was at the park, I also visited the recently opened Adventure Playpark. I was inspired when I read about the accessible swings in last spring's Wellspring newsletter and was keen to try it out. I had to use my RADAR key to unlock the gate and we also needed it to release the swing lock (be careful of your fingers!). It was such an odd sensation

to not be in control of my Permobil, but once I had got used to it I enjoyed it! The rest of the park was very clean with smooth pathways and it was lovely to hear music coming from the chime bars and bells. After coming out of the park I met the new Mayor of Worthing and chatted to him about the park.

I was really happy when I found out that Brooklands Park had a Changing Places but it was extremely frustrating to find the handset wouldn't work when we went to use it!

The office staff couldn't work out what the fault was either so we had to abort that mission and went to meet my cousins at the brand new outdoor café instead!

I also caught up with two of our founding Wheely Wonders families too while we were there. On the way home we stopped off at Splashpoint

Leisure Centre to try their CPT only to find that their handset had been taken away for repair and not been replaced!!

Now the weather is finally warming up I'm looking forward to more accessible outings. It is so much better going out without having to wear layers of ponchos and hats! I'll be crossing my fingers for more working hoists, including my own outdoor one to get me in and out of my hydrotherapy pool!



Lizzie Baily MBE

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1st Shipley Scouts

On Wednesday 10th April, 1st Shipley Scouts held a celebratory event to mark the completion of its brand-new accessible shower block, which was made possible by generous contributions from local businesses and the community.

Billingshurst Lions, Willmott Dixon, Saxon Weald, Dudman Group, Tugwell Heating Co and further local supporters provided donations, materials, or physical hard work to enhance the facilities at the Scouts' remarkable countryside venue. The addition of the new shower block, together with the recently completed purpose-built external meeting space and kitchen, provides more children with the chance to enjoy memorable learning experiences at 1st Shipley Scouts HQ.

Chairman of 1st Shipley Scouts, Peter Sutton, welcomed and gave thanks to contributors, many of which were in attendance.

He explained that the new facilities will present extended opportunities for Scouts both now and for the generations to come.



Before the showers were formally announced as open, guests witnessed one of the youngest attendees give his Scout promise and become officially invested as a Beaver. Also, Nikki, a former Scout and current member of Horsham's Ready and Able Sports group, who grew up aware of the lack of accessible facilities like these, spoke to express his gratitude and was invited to have first use of the new accessible shower room.

Officially opening the new shower block were Jeremy Quin MP and Chairman of Horsham Council, Cllr David Skipp who jointly cut a ceremonial ribbon alongside Explorers, Scouts, Cubs, and Beavers from the group. After all the showers had their inaugural test-run, attendees enjoyed a BBQ lunch and explored the facilities together.

Other guests at the launch event included leaders of Shipley Parish Council, representatives from local SEND charity Springboard and Horsham Council's Reaching Higher Project, Scouts County Commissioner Tom Dalton, and Lady Louise Burrell who attended with her son Bertie. The Burrell family own the Dragons Estate on which the building is situated and are keen supporters of the Group.

Pete Sutton, Chairman of 1st Shipley Scouts, commented on plans to make the site available for other groups to use:

"From experience, I don't think there is another Scouting venue with a facility as good as this anywhere in the country. This means that other like-minded groups, who share our values, can now have the opportunity to share our wonderful facilities. This brand-new building is equipped with a superb accessible toilet

and shower, illustrating our mission to embrace everyone's needs and ambitions. Now, more people can enjoy the experiences to be had here

and create those important lifelong memories of having fun with their friends and exploring the great outdoors.

With our incredible facilities now open to other scout troops and like-minded organisations for booking, it allows even more people to benefit from the scouting experience and our rural location. We can supply tenting equipment and catering – it's early days with this idea, so we're excited to collaborate and help people get the most out of their time here. We hope to see more and more groups enjoying the advantages of learning within this beautiful and wonderfully equipped setting in the years to come."

For more information, please visit the 1st Shipley Scouts website

<https://1stshipleyscouts.co.uk/>

Funding Updates

On Thursday 22nd November Lizzie and Debbie our Treasurer attended the inaugural awards ceremony for The David Hunt Trust at Ham Manor Golf Club. There were many organisations and charities attending to be presented with funding and it was fantastic to hear about so many projects happening across West Sussex, especially for children and young people with additional needs.

It was also wonderful to meet Martine who runs CYCALL Adapted Cycling, Jane from Chichester and Arun Down Syndrome Group and Julie from 4Sight Vision Support. We were so happy to be presented with a cheque for £1000 which will go towards Wheely Wonders days and Lizzie's Craft Club places in 2024 as well as the newsletter!

On Friday 26th January, Mark and Darren from Wagner Renewables Ltd visited Applefield to present Lizzie and Jen with a cheque for £500 from their Eco Fund which will go towards our

Wheely Wonders days. The Wagner office in Sidlesham is just up the lane from Applefield so Mark and Darren arrived on foot carrying the giant cheque! The donkeys, goats and geese were very happy to hear about this funding and were so pleased to have some visitors during the very muddy winter! More funding from Wagner Renewables will be available towards the end of 2024. If you know a local organisation that could benefit from funding towards a 'green' project keep an eye on Wagner Renewables social media and website for when applications open.

At the beginning of May we received £750 from the Thornton Trust which will go towards our newsletters and Lizzie's Craft Club.

We are so grateful to everyone who has supported Wellspring West Sussex. If you would like to make a donation please go to [https://localgiving.org/](https://localgiving.org/donation/wellspringwestsussex)

[donation/wellspringwestsussex](https://localgiving.org/donation/wellspringwestsussex)



Volunteer with Wellspring

- Do you have some free time and experience you can share to support the committee? This could be secretarial work or looking for new sources of funding.

- Do you have desktop publishing skills to help produce articles for the newsletters?

- Would you like to gain experience supporting children and young people with additional needs in a relaxed environment?

Come and help at Wheely Wonders or Lizzie's Craft Club. Attend an inclusive music session with Adam or a story workshop with Chris!

- Perhaps you could organise a fundraising event for Wellspring West Sussex or maybe just make a donation - just £5 would provide a place for a child at Lizzie's Craft Club.



Please see our website and Facebook page for details of our workshops and contact Lizzie if you are able to help us in any way.

THANK YOU!

www.wellspringwestsussex.org.uk
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Southern Mobility Vehicles

Here at Southern Mobility Vehicles Ltd we are specialists in wheelchair accessible vehicles or WAVs as they are often known. We are here to advise you and guide you toward the best WAVs for your individual needs. We deal in vehicles of all sizes, from 2 to 16 seats plus a wheelchair user as well as multiple wheelchair user vehicles which could be suitable for care homes, schools, or charities.

We can also bespoke existing WAVs, so whatever your needs are, just ask and we can advise on how we can make the right vehicle work for your needs. All work is carried out by a certified conversion company to your build specification and we will all work together with you to achieve the ideal WAV.

All our wheelchair accessible vehicles are available to view at our business address near Chichester, please contact us for an appointment so we can devote our time specifically to your needs. We also offer free home demonstration appointments within distance limits.



If you are an absolute beginner or a seasoned expert, we welcome everyone; nothing is too much trouble, please just ask, we are here to help.

We know that the ability to travel makes a huge difference to the lives of wheelchair users and we have seen how they change lives. Remember too that WAVs can be driven by carers, friends, or family members, and in some cases wheelchair users are able to drive a WAV themselves. Whatever your needs, please call or come and see us, we are here to help.

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A full page advertorial costs £50.

You will then get a half page in 2 further editions of the newsletter plus your details on our website for a year.

For £25 you will have a half page and a smaller notice in 2 more editions plus listing on our website.

Wellspring West Sussex has a website and Facebook page!

You can make a donation to Wellspring via our website.

www.wellspringwestsussex.org.uk

Please support us through

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please contact us. If you do not contact us we will take this as confirmation that you are happy to continue receiving the newsletter.

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The next edition will be
Full Potential

If you would like to contribute any articles or letters to this edition, please send or e-mail to us by 11th October 2024

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Wellspring West Sussex has a child protection policy in operation and copies can be made available on request. Any disabled child or young person in West Sussex who expresses concerns about what may be happening to them will be encouraged to contact one of the nominated agencies for help. This policy is also available on the website www.wellspringwestsussex.org.uk

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.