

UMBRELLAS

Parent Support Groups

Spring 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

13th Jan / 3rd Feb / 3rd Mar

Littlehampton Umbrellas

Wednesdays, 10 am - 11.30 am

Creative Heart Community Hub (upstairs)

14th Jan / 11th Feb / 11th Mar

Worthing Umbrellas

Tuesdays, 10 am - 11.30 am

Durrington Community Centre

20th Jan / 10th Feb / 17th Mar

Umbrellas Online

Thursdays via Zoom

7.30 - 9pm

15th Jan / 12th Feb / 5th Mar

Horsham Umbrellas

Wednesdays, 10 am - 11.30 am

Horsham Family Hub

21st Jan / 25th Feb / 18th Mar

Shoreham Umbrellas

Tuesdays, 10 am - 11.30 am

Adur East Family Hub

27th Jan / 24th Feb / 24th Mar

Bognor Regis Umbrellas

Thursdays, 10 am - 11.30 am

Arun West Family Hub

29th Jan / 26th Feb / 26th Mar

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



Reaching Families

www.reachingfamilies.org.uk

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