




# Weekly Bulletin



Diary Dates	
27 <sup>th</sup> April – 01 <sup>st</sup> May	'All the thons' – Tomathon
04 <sup>th</sup> May	BANK HOLIDAY MONDAY
07 <sup>th</sup> May	Exam Session Starts
11 <sup>th</sup> – 14 <sup>th</sup> May	Bikeability Week Year 8 - School Site

Letters sent this week
Orange Pathway Active Time – Walking Club – Summer Term
Mixed KS3 Trip to Burgess Hill Academy, Burgess Hill – 23.04.26 & 30.04.26
School Site Team Picnics – 02.06.26
5RW Weekly trip visiting places of work – Summer Term
Mountain & Lake Class – Trip to Sussex County Cricket Ground, Hove – 15.05.26
Hedgehog Class trip to Worlds End Park, Burgess Hill – 16.07.26
Hedgehog Class trip to Worlds End Park, Burgess Hill – 16.07.26 (CORRECTION)
5CG Trip to Beech Hurst Gardens & Harvester, Haywards Heath 29.04.26
Mixed Group visit to Burgess Hill Town Council Chambers, Burgess Hill – 24.06.26
Year 8 Hindleap Residential 10 <sup>th</sup> -12 <sup>th</sup> March 2027
Scarlet Fever Letter (School Site) – 22.04.26
Rabbit Class – Trip to St Johns Church, Burgess Hill – 11.05.26
Rabbit Class – Trip to The Kings Church, Burgess Hill – 29.06.26
Rabbit Class Weekly Walks – Summer Term 1
5AM Trip to Burgess Hill Train Station, Burgess Hill 28.04.26
Rabbit Class Trip to Waitrose, Burgess Hill – 23.06.26
Robin Class Walks to Town - Summer Term
Robin Class – Trip to Lancing Beach, Lancing – 15.07.26
Year 8 & 9 NHS Immunisation Catch-up session (HPV) - School Site 01.06.26
Year 9 NHS Immunisation Catch-up session (Tetanus, Diphtheria, Polio & Meningitis) – School Site 01.06.26
Lifelong Services Informal Meeting 14.05.26
All the Thons Letter May 2026
Mixed KS5 Trip to Chichester Harbour, Chichester – 15.05.26

<p><b><u>Lunch Menu</u></b></p> 	<p><b><u>Copies of letters</u></b></p> 	<p><b><u>Term Dates</u></b></p> 
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# WOODLANDS MEED MOVES! TOMATHON 2026 FRIDAY 1<sup>ST</sup> MAY



Everyone at Woodlands Meed is raising funds for The Friends of Woodlands Meed by joining Tom for part of his 26 mile 'Tomathon'! Please sponsor if you can - all funds go to fund extra activities and specialist equipment that benefit every student at Woodlands Meed



[HTTPS://WWW.JUSTGIVING.COM/PAGE/TOMATHON-2026](https://www.justgiving.com/page/tomathon-2026)

## DIARY DATES - SUMMER TERM 25 -26



Monday 13 <sup>th</sup> April	FIRST DAY OF TERM
13 <sup>th</sup> -17 <sup>th</sup> April	KS3 Humanities Week
27 <sup>th</sup> April – 1 <sup>st</sup> May	'All the thons' - Tomathon
Monday 4 <sup>th</sup> May	BANK HOLIDAY
Thursday 7 <sup>th</sup> May	Examinations season starts
Wednesday 14 <sup>th</sup> May	Interview Skills Day
11 <sup>th</sup> – 15 <sup>th</sup> May	Bikeability Week at School Site Year 8
18 <sup>th</sup> – 22 <sup>nd</sup> May	Key Stage 3 Activity Week
20 <sup>th</sup> May	Parallel Youth Games – K2 Crawley
Wednesday 20 <sup>th</sup> May	Year 9 parent presentation 9.30am (college site)
21 <sup>st</sup> May	Blossoms and Brews KS4/5 Enterprise event
20 <sup>th</sup> – 22 <sup>nd</sup> May	Elderflower Fields Festival (Year 9)
25 <sup>th</sup> – 29 <sup>th</sup> May	HALF TERM
1 <sup>st</sup> June	Year 8 2nd dose HPV Vaccine
1 <sup>st</sup> June	Year 9 Td/IPV and MenACWY Catch up session
2 <sup>nd</sup> June	Team picnics School & College Site - PM
8 <sup>th</sup> & 9 <sup>th</sup> June	College presentation & interviews – Lake and Mountain (Year 9)
5 <sup>th</sup> June	South of England Show (College)
15 <sup>th</sup> – 17 <sup>th</sup> June	Year 10 and 12 College residential
15 <sup>th</sup> June	Key Stage 3 Sports Day – 10am start
16 <sup>th</sup> June	Primary Sports Day 1 – 10am start (Mole, Rabbit, Owl, Fox)
17 <sup>th</sup> June	Primary Sports Day 2 – 10am start (Woodpecker, Otters, Squirrels, Hedgehog, Robins, Badger, Ocean)
23 <sup>rd</sup> June	Year 9 transition visit to college
22 <sup>nd</sup> - 26 <sup>th</sup> June	Functional Skills Assessment Week
Friday 26 <sup>th</sup> June	Year 11 last day of school
Friday 26 <sup>th</sup> June	College site reports to parents.
Friday 26 <sup>th</sup> June	Leavers & Alumni BBQ
Friday 26 <sup>th</sup> June	Examination Season end
Friday 26 <sup>th</sup> June	Hurst community day
Tuesday 30 <sup>th</sup> June	INSET DAY
Wednesday 1 <sup>st</sup> July	Bump up morning (college site)
Wednesday 1 <sup>st</sup> July	Bump up afternoon (school site) 1.30-3.00pm
Thursday 2 <sup>nd</sup> July	KS4 and KS5 Performance Amphitheatre
2 <sup>nd</sup> – 3 <sup>rd</sup> July	DofE expedition/camp
Tuesday 7 <sup>th</sup> July	Parents' Evening at School and college site (Meet your new teacher) 4/6pm
Tuesday 7 <sup>th</sup> July	New parents welcome meeting (5.00pm)
Thursday 9 <sup>th</sup> July	College Prom – Kings Church (7-10pm)
Friday 10 <sup>th</sup> July	School site reports to parents
Wednesday 15 <sup>th</sup> July	Orange Pathway End of Year Celebration Day
Tuesday 21 <sup>st</sup> July	KS5 Leavers & Awards Ceremony (KS5 leavers families welcome) 10am
Tuesday 21 <sup>st</sup> July	KS4 Leavers & Awards Ceremony (Year 11 families welcome) 2pm
Tuesday 21 <sup>st</sup> July	Orange Pathway Leavers & Awards Ceremony (families welcome) 9:30am
Wednesday 22 <sup>nd</sup> July	LAST DAY OF TERM

## DIARY DATES AUTUMN TERM 26-27

1 <sup>st</sup> September	Inset Day – School and College shut to pupils
2 <sup>nd</sup> September	Inset Day – School and College shut to pupils
3 <sup>rd</sup> September	Welcome sessions for NEW pupils at college site only – 10am – 12pm
3 <sup>rd</sup> September	Welcome sessions for NEW pupils at school site only – 1pm to 3pm
4 <sup>th</sup> September	School site first day of term for all pupils
4 <sup>th</sup> September	College site first day of term for all pupils
18 <sup>th</sup> September	Jeans for Genes Day – both sites
21 <sup>st</sup> September	Nasal Flu Vaccine Reception – Yr11
23 <sup>rd</sup> September	School Photos at School Site
24 <sup>th</sup> September	School Photos at College Site
22 <sup>nd</sup> October	Harvest Festival School Site (primary only)
26 <sup>th</sup> – 30 <sup>th</sup> October	Half Term
2 <sup>nd</sup> – 6 <sup>th</sup> November	KS3 Humanities Week
3 <sup>rd</sup> November	New Parents Meeting/Coffee at School Site - 9.30am
4 <sup>th</sup> November	M&M Productions – Robin Hood Pantomime (School Site) 09:30am
5 <sup>th</sup> November	Inset Day
10 <sup>th</sup> November	Parents' Evening at School & College Site
10 <sup>th</sup> November	Time 4 Transition Careers event for Year 9, KS4 and KS5 pupils and families
WB 16 <sup>th</sup> November	Anti – Bullying Week (Well-being teams)
17 <sup>th</sup> November	Odd Socks Day – School & College
20 <sup>th</sup> November	BBC Children in Need Day
26 <sup>th</sup> -29 <sup>th</sup> November	Burgess Hill Town Christmas Village Market (Key Stage 5 Enterprises)
8 <sup>th</sup> and 9 <sup>th</sup> December	KS3 Christmas Performance at School – 2pm
10 <sup>th</sup> December	Orange Pathway College My Creativity Performance - 2.30pm
10 <sup>th</sup> December	Primary Christmas Performance at School – 2pm
11 <sup>th</sup> December	Christmas Jumper Day for Save the Children
15 <sup>th</sup> December	Christmas Lunch at School Site
16 <sup>th</sup> December	Pupil Christmas Pantomime at College Site
17 <sup>th</sup> December	Christmas Lunch at College Site
18 <sup>th</sup> December	Last Day of Term

## *A Team to Be Proud Of:*

### **Champions' Response as Girls Lift the Plate in Spectacular Style**

On Monday 20th April, our girls' football team travelled to The Triangle Leisure Centre in Burgess Hill to compete in the highly anticipated annual Albion Tournament against schools such as Manor Green, Frewen College, St Marys, Lindfield, Northese Manor and Oakgrove College —and what a day it turned out to be!

Bringing together players from both our school and college sites, the squad stepped onto the pitch united and determined, ready to face a strong field of SEN schools from across the area. Despite a nervous start that saw them fall to a 1–3

defeat in their opening match, the team refused to let that result define their day.



#### **What followed was nothing short of extraordinary...**

Finding their rhythm and confidence, the girls produced a stunning run of form in the group stages, winning their next four matches in emphatic style. Scoring an incredible 15 goals without reply, they not only showcased their attacking flair but also demonstrated remarkable defensive strength—keeping four consecutive clean sheets against determined opposition. It was a complete team performance, built on communication, resilience, and growing belief.

Their dominant display secured a well-deserved place in the semi-finals, where they faced tournament favourites Frewen. With little time to rest after their final group game, the girls dug deep and gave everything in a fiercely contested match. In a tense and closely fought battle, the teams could not be separated, leading to a dramatic penalty shootout in which we unfortunately fell short.



## A Team to Be Proud Of:

### Champions' Response as Girls Lift the Plate in Spectacular Style

However, the team showed great character to respond, earning a place in the Plate Final and the chance of silverware—albeit against a strong Northese Manor side. They produced a performance to be proud of, winning 4–1 and becoming **Plate Champions**—what an unbelievable achievement!

There were standout moments and achievements across the whole squad. **Tianna** once again demonstrated her clinical finishing, leading the line with confidence and composure, and developing a great partnership with **Precious**, who herself made a huge impact, adding multiple goals to our impressive tally and scoring a 'belter' of a penalty. **Elsie** marked her debut with determination and energy, growing in confidence with every match against players up four years older than her, while **Megan** celebrated a memorable milestone by scoring her very first goal for the team! **Rosie** also impressed, listening carefully to instructions and contributing strongly in defence alongside her teammates. Her excellent long-ball passes repeatedly turned defence into attack, leading to multiple opportunities for our strikers.

**Jay** was combative and fully committed in defence, repeatedly halting the opposition in their stride. **Izzy** proved to be a solid and reliable defender, combining tough tackling with constant encouragement for her teammates; she also got on the scoresheet with a well-executed finish, highlighting her growing confidence.

**Sophie** impressed with her infectious box-to-box energy in midfield, tirelessly supporting both defence and attack with strong tackles and threatening forward play. Last but by no means least, **Holly** made a number of superb saves between the sticks while also providing a calm and reassuring presence at the back. She embodied true team spirit throughout, giving her all and putting the team before herself—earning well-deserved recognition as our 'Player of the Day'.

Across the entire tournament, the team conceded in just two matches—a testament to their organisation, teamwork, and unwavering effort from the first to the very last whistle. The pride in this team could not be greater. Their resilience, sportsmanship, and unity were evident throughout the day, and they represented the school with distinction. This was more than just a tournament—it was a showcase of determination, growth, and team spirit. You don't always get what you deserve in football, but this time, the girls did—and we could not be prouder of their brilliant achievements.

**Congratulations!**



## Hit For Six!

### Owls shine at Burgess Hill Cricket Festival!

On Thursday 24th April, Owls Class made the short journey to Burgess Hill Cricket Club to take part in the annual cricket festival. The morning was packed with energy and excitement as pupils rotated around a carousel of cricket-based activities, each



designed to develop key skills such as throwing, catching, striking, and fielding.

The children approached every challenge with enthusiasm and determination, supporting one another and showing great teamwork throughout. One of the standout activities—and clear favourite—was aiming to strike the ball into the small goals, which brought plenty of celebratory cheers!

It was fantastic to see such positive attitudes, resilience, and a willingness to try new skills. Well done, Owls, for representing the school so brilliantly!

## Active 30

Active 30 is a government initiative to help children become fitter and healthier. It directs schools to provide 30 minutes of active time (in addition to playtimes and scheduled PE) each school day. Families are responsible for encouraging their children to become more active for an additional 30 minutes at home. With this in mind, we are supporting families by providing a suggested weekly activity for children to do at home which requires no specialist equipment, but maybe a bit of creativity to deliver it. If you would prefer to do your own activity, that is fine. It is not compulsory, but it would be great for as many students as possible to participate. Please put any photos taken on Seesaw and tag Active Time.

# Bumble Bee Breath



Get Set 4  
Education

**What you need:** a quiet space

Breathing techniques help our bodies to relax, slow our heart rate and feel calmer.

### How to play:

- Keep your lips lightly sealed.
- Breathe in through your nose and then breathe out making a 'mmmmm' sound until you need to breathe in again.
- The longer your 'bee hum', the more relaxed you are likely to be.



**Try this breath before school or after lunchtime.**

[www.getset4education.co.uk](http://www.getset4education.co.uk)

## Well Being Weekly

Breath work helping us calm and soothe our nervous system

Breathwork can be surprisingly powerful for helping children, YP and us as adults settle our bodies and emotions. The key is to keep it simple, playful, and visual so it feels like a game—not a “technique.”

Here are a few effective approaches:

### 1. Balloon Breathing 🎈

Ask the child to imagine their belly is a balloon.

Breathe in slowly through the nose → “inflate the balloon”

Breathe out through the mouth → “deflate it”

This helps engage the diaphragm, which naturally calms the nervous system.

### 2. Box Breathing (easy version)

Adapted from Box Breathing:

Inhale for 4

Hold for 4

Exhale for 4

Hold for 4

For younger children, shorten to 3 seconds or turn it into tracing a square with a finger.

### 3. Smell the Flower, Blow the Candle 🌸 🕯️

Inhale through the nose like smelling a flower

Exhale through the mouth like blowing out a candle

This is one of the easiest for younger children to grasp.

### 4. Animal Breaths 🐻 🐍

Make it playful:

“Bear breathing”: slow, heavy breaths

“Snake breathing”: long hiss on the exhale

Adding sound helps extend the exhale, which activates calming responses.

### 5. Hand Tracing Breathing 🖐️

Have the child trace around their hand:

Up a finger → breathe in

Down a finger → breathe out

It gives a visual and physical rhythm to follow.

### Five Finger Breathing



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### Why it works

These exercises stimulate the nervous system, which slows heart rate and reduces stress. Longer exhales are especially calming.

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### Ways to help

Practice when your child is already calm (not just during meltdowns)

Model it yourself—children copy what they see

Keep it short (1–2 minutes can be enough)

Let them choose their favorite “breathing game”

Build it naturally into your day when walking, driving at bedtimes into the routine

# CRUNCH AN ICE CUBE



Sometimes our bodies feel really full of big feelings. Our hearts race, our thoughts zoom around, and it can be hard to calm down.

One trick that can help is called ice crunching.

Take a small ice cube and put it in your mouth. Notice how cold it feels. Try slowly crunching it or letting it melt on your tongue.

The cold feeling sends a message to your brain that helps your body slow down. It gives your mind something simple to focus on.

While you crunch the ice, take a slow breath in... and a slow breath out.

Keep noticing the cold and the crunch. Little by little, your body can start to feel calmer again

The Contented Child

# THE ROLE OF THE ADULT NERVOUS SYSTEM IN REGULATION

Children don't just listen to our words — they feel our nervous system. The adult's internal state sets the tone for regulation. A calm adult body signals safety; a tense one can unintentionally add to a child's stress.

## OUR STATE SPEAKS LOUDER THAN OUR WORDS

Children sense when we're calm and when we're not. Before we can soothe them, we must soothe ourselves. Slow breathing, grounding, and soft tone help our nervous system communicate "you're safe."

## SELF-AWARENESS IS KEY

Notice your own triggers, pace, and energy. If we meet dysregulation with frustration or urgency, the child's brain reads danger. When we regulate ourselves first, we model the calm we want them to feel.

## REGULATION IS RELATIONAL

When an adult's calm presence meets a child's chaos, it offers co-regulation — the bridge between distress and safety. This isn't about being perfectly calm, but being steady enough for the child to lean on.



**"THE MOST POWERFUL TOOL FOR A CHILD'S REGULATION IS A REGULATED ADULT"**

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# HUMMING TO CALM YOUR BODY



When your body feels busy, wobbly, or full of big feelings, try humming.

Take a slow breath in.

Now breathe out and make a soft humming sound.

Feel the gentle buzzing in your lips and chest.

That buzzing helps your brain and body start to calm down.

You can hum anytime your body needs a little reset.

The Contented Child

# GIVE YOURSELF A HUG



Wrap your arms around yourself like a big cuddle.

Squeeze your shoulders gently.

Take a slow breath in through your nose... and breathe out slowly through your mouth.

Feel your body getting calmer.

Your hug is telling your brain,

"I am safe. I am okay."

Hold your hug for a few breaths, then slowly let go.

Well done. Your body is calming down.

# Disability Register Newsletter



## Springboard Activities and Events



### Drop-In SEND Social Hub

Enjoy social activities with other young people aged 16-30.

Activities include: Dungeons and Dragons, Nintendo Switch, Arts and Crafts, and Lego

**Thursdays 1.00 – 3.00pm** in The Hub at Springboard House, Horsham

£12.50 per session

For more information email [hello@springboardproject.com](mailto:hello@springboardproject.com)

## Wakehurst Wonders



### Roots and Rhythm

A relaxed outdoor session for families and young people to **connect, play and create music** together in **Wakehurst's wild landscapes**.

This is a **free two-hour outdoor session** suitable for ages 5+. Each session includes a gentle walk, creative music-making and moments of mindfulness surrounded by nature.

**Saturdays, 16 May to 13 June**

10.15am – 12.15pm or 1.15pm – 3.15pm

**Pre-booking is essential.**

Register by emailing [wakehurstcommunity@kew.org](mailto:wakehurstcommunity@kew.org) with the subject line: Roots and Rhythm or call 01444 894066 (ask for the Participation team)

## Free ARFID workshop with Autism Support Crawley



**Autism Support Crawley** have been VERY lucky once again to secure the brilliant **Joanna Mankelov**, our locality's leading Children's Dietitian, to deliver an excellent and informative face to face workshop on Complex Feeding and ARFID (Avoidant Restrictive Food Intake Disorder).

📍 **Location:** Training room at Hazelwick Tesco in Crawley

📅 **Date & Time:** Tuesday 14 April from 10.00am - 12.00pm.

Please arrive at 9.30am to sign in and get settled with refreshments.

Places are limited to a first come, first served basis and are bookable via EventBrite.

[Book your ticket here](#)

## Free Disability Benefits Webinars from Citizens Advice



**Citizens Advice in West Sussex** are running free online sessions to help parents and carers understand **Disability Living Allowance (DLA)** and **Personal Independence Payment (PIP)**.

These short, relaxed sessions explain eligibility, how to complete the forms, and what support is available and are run by one of our expert advisers.

## Out of Bounds SEND events



**Looking for a fun, inclusive activity for SEND families?**

**Out of Bounds** hosts dedicated SEND events designed to create a relaxed, welcoming experience for children and young people with Special Educational Needs and Disabilities, along with siblings, parents and carers.

Upcoming events take place on **Sunday 7 June, Sunday 26 July, Sunday 23 August and Sunday 13 December**, all running from **4.00 – 6.30pm**.

Guests can enjoy a range of SEND-friendly activities including **Bowling, Clip 'n Climb, Soft Play, Adventure Nets, Adventure Golf and Jumping Pillows**.

The sessions are thoughtfully adapted with **reduced sound, no loud music or flashing lights, multiple check-in points, flexible use of activities, and access to quiet spaces**, helping everyone enjoy the experience at their own pace.

Out of Bounds also offers accessible facilities and a café on site.

[SEND Activities Event | Book Today | Out of Bounds](#)

# LITTLE STARTERS GROUP BURGESS HILL

PARENT CARERS AND CHILDREN 0 – 3 YEARS



Do you have a child or children under 3 years? Would you like to meet other parents in a small, friendly and nurturing environment?

Then bring your baby and/or toddler(s) along to our Little Starters group where you can play together, make friends and find parenting advice and support.

When: Tuesday 10:00 – 11:30 – term time only

Where: Kings Church, 33-35 Victoria Road, Burgess Hill RH15 9LR.

Free entry – but £1 donation welcome. Light snack and drink provided for the children.

If you're thinking of coming along, or want to find out more, please call/message Emma on 07851 107005 or email [EmmaS@homestartchams.org.uk](mailto:EmmaS@homestartchams.org.uk)

\*\* We aim to respond within 3 working days during term time \*\*

[WWW.HOMESTARTCHAMS.ORG.UK](http://WWW.HOMESTARTCHAMS.ORG.UK)



HOMESTART CRAWLEY, HORSHAM AND MID-SUSSEX IS A REGISTERED  
CHARITY IN ENGLAND (1132584)  
THE ORCHARD, 1-2 GLENEADLES COURT, BRIGHTON ROAD, CRAWLEY, WEST SUSSEX, RH10 6AD

**HOMESTART**  
Crawley, Horsham  
& Mid-Sussex



**CREST**  
Swim School

**Swim till  
Summer  
for £100!**

**LIMITED  
TIME  
OFFER!**

**Weekly Term Time Lessons Until the Summer  
Holidays!**

**Save over 1/3 off the full cost!**

**Book by 30th April!**

**Available at:**

- The Towers, Steyning
- Windlesham House School, Pulborough
- St Lawrence School, Hurstpierpoint
- Woodlands Meed College, Burgess Hill
- Chailey Heritage School, North Chailey
- Great Walstead School, Lindfield

Terms & conditions apply. New swimmers or second class only.

**hello@crestswimschool.co.uk | Call 01825 790896**



Saturdays  
10.45am-11.45am  
Only  
£2 a session



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Comets in action!



**FUN!**

Get in touch to book your  
first free taster session.  
Email: [cometsburgesshillfc@gmail.com](mailto:cometsburgesshillfc@gmail.com)  
Phone: 07738106464 (Emily)



Scan to book  
your child's  
place

**Blast off  
with Comets!**

A safe space for disabled children aged  
5 - 11 to kickstart their football journey



ENGLAND  
FOOTBALL

Burgess Hill Town Football Club  
Medical Travel Compared Stadium  
Maple Drive  
Burgess Hill  
RH15 8DL





[yourspacetherapies.org](http://yourspacetherapies.org)

# Mindfulness Pony Days For Kids

A magical day of ponies, riding, art, friendship and mindfulness

## What to expect :

- Mindfulness time with ponies
- Pony care
- Riding and Mounted games
- Connect with arts and nature
- Make new friends



## Dates:

28<sup>th</sup> and 29<sup>th</sup> of May 2026

Time: 9:30 am -2:00pm

 Hillcrest Farm Riding School, Horsham RH13 6NX



## Book Now

spaces limited to 10 children per day

**£115 per child per day**


By purchasing a ticket via eventbrite you are paying a £40 deposit. You will then be invoiced for the outstanding amount on the 15<sup>th</sup> of May

### Links for Booking

[mindfulness pony day 28<sup>th</sup> of May](#)

[mindfulness pony day 29<sup>th</sup> of May](#)

We are an inclusive team and warmly welcome children with special educational needs and disabilities (SEND) we celebrate diversity and are committed to providing a supportive environment where every child can thrive.

 07712 547901

# If you need support, help is out there...

## Crisis Services:

**SAMARITANS**

116 123 (open 24/7)



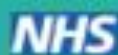
**PAPYRUS**

0800 068 41 41 or Text  
PAPYRUS to 07860 039967

**childline**

online, on the phone, anything

0800 1111 (open 24/7)



Sussex Partnership  
NHS Foundation Trust

Sussex Mental Healthline

0800 0309 500 (24/7)



## Text Services:

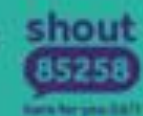
For under 25s:

Text THE MIX to 85258



For help with self-harm:

Text SHOUT to 85258



For info and advice:

Text YM to 85258



**General  
Support:**

For emotional wellbeing:  
[e-wellbeing.co.uk](http://e-wellbeing.co.uk)



For help with eating disorders:  
[beateatingdisorders.org.uk](http://beateatingdisorders.org.uk)



For young people and families:  
[youngminds.org.uk](http://youngminds.org.uk)



**IN CASE OF  
EMERGENCY:**

Call 111 or 999, or go to  
your nearest A&E



**e-wellbeing**

MEMBER OF  
YMCA Sussex UK Group



**ORCHESTRAS INC.  
SEND MUSIC GROUP  
SATURDAYS**



**SEND music group**

**Orchestras Inc.** is our inclusive SEND music group, open to children and young people with additional needs from 8 yrs to 25 yrs. No previous experience required. Free to join!



**SIGN UP  
HERE**

Supported using public funding by



**ORCHESTRAS INC.**

**Orchestras Inc.** is our SEND music group that is open to children & young people from 8 years old to 25 years with a parent or carer for support. No previous experience required. Free to join.

Come and join us to explore music through a range of instruments in a fun and creative way and meet other families.

**Find your nearest Orchestras Inc. sessions**

**Worthing Music Centre**, Bohunt School Worthing, 65a Broadwater Road  
Worthing BN14 8AH (A24)

**Horsham Music Centre**, Millais School, Depot Road, Horsham RH13 5HR

Go to [www.westsussexmusic.co.uk/orchestras-inc](http://www.westsussexmusic.co.uk/orchestras-inc) for more information and to apply

**MEET THE TEAM**



Alison Sutton



Rania Rummery



Jo Eames



Anna Ryder

[westsussexmusic.co.uk/orchestras-inc](http://westsussexmusic.co.uk/orchestras-inc)  
[music.centre@westsussexmusic.co.uk](mailto:music.centre@westsussexmusic.co.uk)