




Weekly Bulletin



Diary Dates	
25 th – 29 th May	HALF TERM
01 st June	Year 8 HPV Vaccine Catch up session
01 st June	Year 9 Td/IPV and MenACWY Catch up session
02 nd June	Team picnics School & College Site - PM
04 th June	Interview Skills Workshop MJC
05 th June	South of England Show (College)
15 th – 17 th June	Y10 & Y12 College Residential

Letters sent this week
Year 9 NHS Immunisation Catch-up session – 01.06.26
Year 8 & 9 NHS Immunisation Catch-up session – 01.06.26
KS3 Sports Day – 15.06.26
Primary 1 Sports Day (Fox, Owl, Rabbit & Owl Class) – 16.06.26
Primary 2 Sports Day (Woodpecker, Otter, Badger, Squirrel, Ocean, Hedgehog & Robin Class) – 17.07.26
Rabbit Class Trip to Chessington World of Adventures – 15.06.26
College Swimming Friday Group Summer Term 2
KS3 Parallel Youth Games Report
KS5 RSE Letter – Summer 2026 5AM
Jim Green Group, South of England Show, Ardingly 05.06.26
Year 11 Leaving Date 26.06.26
5CD Trip to McDonalds, Burgess Hill 01.06.26

<p><u>Lunch Menu</u></p> 	<p><u>Copies of letters</u></p> 	<p><u>Term Dates</u></p> 
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School Meals

Please can we remind you if your child requires a school meal these must be booked via Scopay by 09:00am each day, if you are entitled to free school meals, please can you make sure you are still booking your child a dinner via your Scopay account.



Festival Fun and Inclusive Sport Opportunities at Inspiring DISCOVERABILITY Day

On Friday 11th May, Year 9 students from Mountain and Lake travelled to the County Ground in Hove to take part in the annual DISCOVERABILITY DAY, where students had the opportunity to participate in a wide range of highly inclusive and adapted sports and activities, including Table Cricket, adaptive boxing, JOLF, football, inflatable nets, and a variety of fun challenges. There truly was something for everyone, and the festival atmosphere made the day even more enjoyable. Football and boxing were definitely among the most popular activities on offer!

Students also had the chance to try a sport that was completely new to many of them called Showdown — a fast-paced table sport specifically designed for people with visual impairments, where two players use paddles to hit a ball across the table and try to score into their opponent's goal. The ball contains small bells so players can track it by sound, and participants usually



wear eyeshades to ensure fair play. Our year 9s really enjoyed this new sport which soon became very competitive!

We love this annual event as it gives our students a valuable insight into some of the challenges that people with different impairments and additional needs may experience when taking part in sport. It helps everyone to develop an empathy, understanding, and admiration for the skill, resilience, and determination shown by so many athletes and individuals.

It was a brilliant day that was expertly organised by Sussex County Cricket Club, and we would like to say a huge thank you to Sussex Cricket for putting on such an inspiring and enjoyable day. We can't wait to return next year!



Going the Extra Mile: Year 8 Impress during week long Bikeability Training

On Monday 11th May, our Year 8 students began a week-long Bikeability course.

Whether students were completely new to cycling or had been riding for years, it did not matter, as the fantastic instructors assessed each student individually and encouraged them to achieve their own personal targets.

For some students, this meant learning to operate one of the adapted bike

independently. For others, it was experiencing riding a two-wheeler with support, while some focused on developing their danger awareness and response times so they could apply their cycling skills safely on local roads.

Over the course of the week, every single student demonstrated outstanding progress, greatly improved confidence, and real pride in their achievements. Bikeability is always one of the highlights of our sporting calendar because it creates valuable opportunities for our students — opportunities to become increasingly independent by learning an important lifelong skill.

We could not be prouder of our Year 8 students and everything they have achieved throughout the week. A huge thank you must also go to Martin and his team of instructors who, once again, were fantastic with our students and played such a central role in their success and achievements.



ALEX'S FUNDRAISING CHALLENGE



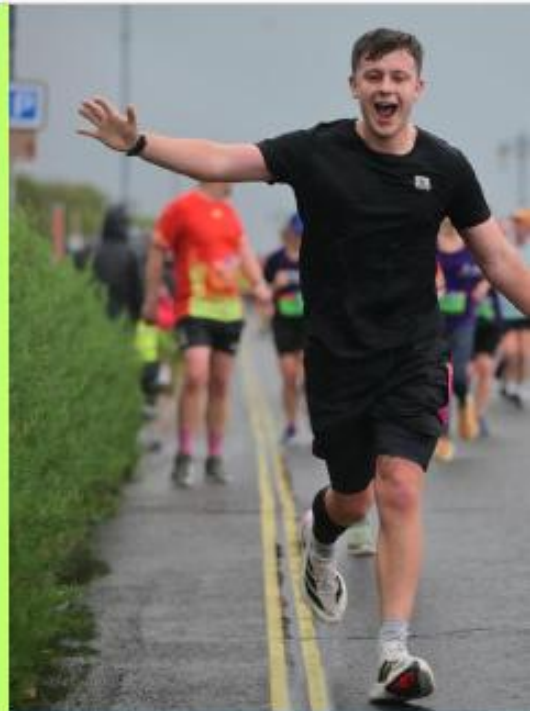
ALEX IS RUNNING THE EDINBURGH MARATHON ON 24TH MAY TO RAISE MONEY FOR READING PENS TO TRANSFORM THE LIFE OF STUDENTS WITH DYSLEXIA AND LOW ABILITY READERS AT WOODLANDS MEED.

PLEASE SPONSOR THIS FANTASTIC CHALLENGE!

Run FOR
READING PENS!



REGISTERED CHARITY 306356



JustGiving®

[HTTPS://WWW.JUSTGIVING.COM/PAGE/ALEX-ANDY](https://www.justgiving.com/page/ALEX-ANDY)

DONATE



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.

Family Fun Dance



Get Set 4
Education

How to play:

- Think of the typical gestures and movements some of your family members do all of the time.
- Decide on two or more typical movements for each person.
- Link these into a dance performance and add some music to your dance.
- Perform to your family.
- If you have a brother or sister, you could create the dance with them about your parents.

You could even use your pets for ideas.



www.getset4education.co.uk

Well Being Weekly

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

Social media influencers are people who have established credibility in a specific industry and have the power to influence other people's decisions. Most commonly associated with YouTube and Instagram, 'influencers' will usually have a large number of followers and be viewed as authentic by their audience. It is for this reason that many influencers are often paid by big companies to promote their products in the hope of persuading their followers to purchase those goods.



What parents need to know about SOCIAL PRESSURES LINKED TO 'INFLUENCERS'



AN UNREALISTIC PERCEPTION OF BODY IMAGE

Some of the most popular social media influencers often depict themselves as having the 'perfect body' and are paid to promote items such as health supplements or swimwear, which young people believe can help them achieve the same look. What is not always realised is that these images can be edited or filtered and aren't always a true-life representation. Your child may feel like this is what they need to look like and in some cases, become obsessed with their body image, which could contribute towards a lower self-esteem or even becoming depressed if they can't achieve the same look.



BECOMING UNREALISTIC ROLE MODELS

As children become more and more involved on social media and identify with their favourite people are to follow, they may come to see social media influencers as role models, particularly if they are attracted by the lifestyle they see online. This could lead them into developing potentially unrealistic expectations of life and in some cases, using their role models as an escape from reality, particularly if they feel like their own life isn't very fulfilling.

ENCOURAGING BAD HABITS

Although many social media influencers will get paid to advertise brands and their products, they will also post their own material online too, usually depicting their daily life or an activity for example. This may have both desirable and undesirable consequences, with influencers able to inspire both good habits, such as healthy eating, exercise or kindness. However it may also encourage children to adopt bad habits, such as drinking, smoking, swearing or even criminal behaviour, particularly if these are seen to be endorsed by the influencer.

THE NEED TO HAVE EVERYTHING

Many social media influencers will take photos or videos of themselves wearing the latest fashion or jewellery which companies want them to promote. They may also be provided with the latest gadgets to promote or, if they are children, toys to play with in order to persuade their followers to purchase them. Many children will be keen to buy these items in order to keep up with the latest trends however if they get left behind, they could be made to feel inadequate or inferior by other children who do have them.

AUTHENTICITY OF ENDORSEMENTS

Social media influencers hold a lot of persuasion with their audience and are often looked up to by younger followers. Many children will see them as credible, authentic and trust what they see online. However, some influencers may not always believe in the product they are promoting and therefore can mislead their followers, abusing their level of confidence in them. Your child may therefore find themselves looking up to people who are disingenuous or who feign interest in activities that they themselves do not actually care about.



Safety Tips for Parents

FOLLOW WHO THEY FOLLOW

A good way to see first-hand who may be influencing your child is to create your own social media account and follow the same people they do. This will give you a strong indication of what is shaping how your child behaves, what they like and what they are taking an interest in.

TALK ABOUT ROLE MODELS

Role models can play an important part of your child's life, particularly outside of the home. Talk to your child about who they look up to and why. Remind them that not everybody online is who they seem to be and if you do have concerns that your child is being negatively influenced, work with them in finding more positive alternatives.

BUILD THEIR SELF-ESTEEM

It's important that your child is aware of how unrealistic perceptions of life can be depicted on social media and that it is easy to be deceived. Discuss with your child how images can be heavily edited, cropped or manipulated to create artificial scenarios and that often the lifestyle that people display on social media isn't always realistic or in fact the truth.

DISCUSS REALISTIC VS UNREALISTIC EXPECTATIONS

If you notice your child has suddenly taken a strong interest in the way they look, or you find they are a lot more body conscious, then it's a good idea to speak to them about why they feel that way. If they seem unhappy, try to build their self-esteem by talking to them and listening to their concerns. Helping to build their confidence through praise and positivity. Remind them that looks aren't everything and not everything they see online is actually a true depiction of real life.

ENCOURAGE INDEPENDENT THINKING

Social media influencers can be quite powerful individuals who hold a lot of persuasive power so it's important to encourage your child to think independently about everything they see and engage with online. Talk to them about the dangers of blindly following others and in keeping an open mind when viewing content. Teach them to always question people's motives online, especially when they see individuals are promoting a brand or product which they are likely to have been paid to advertise but may not necessarily personally endorse.

Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



10 Top Tips for Parents and Educators CREATING FAMILY RULES FOR USING DEVICES

A set of family rules agreed on with children can promote the safe, responsible use of devices like tablets, smartphones, gaming consoles and computers. By developing rules around technology, it opens the conversation regarding boundaries and expectations, ensuring a healthy balance of screentime. This guide will help you to develop an age-appropriate family agreement to suit your household.

1 WORK TOGETHER

Collaborating with children when setting rules around the use of technology is a valuable task that can encourage them to take more ownership. It's important to make rules which reflect your family and are age appropriate. Think about what you all enjoy doing online and what apps, games or devices children use most frequently.

2 AGREE TIME LIMITS AND SUITABLE TIMES

Be realistic when setting screen time limits. These can vary depending on the child's age, whether it's a weekday or weekend, and what they're actually doing online. If they're conducting research for homework, that might require more time than if they were playing games. Consider when screen time begins: does it come after chores and homework? Agree times when technology and phones must be put away.

3 ENCOURAGE HONESTY

Family rules ensure that everyone can have fun with their devices and be safe while doing so. Nonetheless, children may make mistakes as they learn to navigate the online world. Emphasise that if they ever feel worried, unsafe or upset about something they've done, sent, said or received, they should tell you immediately so you can help them resolve the problem.

4 CHARGING AND OVERNIGHT STORAGE

To ensure children get the downtime they need overnight, it's important that devices – especially smartphones – are kept in a common space, where possible. This reduces the chance of pointless late-night scrolling or sleep being disturbed by calls, messages or notifications. There are charging boxes you can purchase, or all gadgets could be charged in the kitchen overnight to avoid distractions.

5 REVIEW RULES REGULARLY

Anything you agree on isn't set in stone. These rules will likely alter as children get older and the way they use technology changes. Take time to review these as a family, discuss what's working, and what isn't. Communication is key – so by doing this, you involve the child in their own online safety while promoting an open dialogue.

6 PROTECT PERSONAL INFO

Discuss and demonstrate the importance of protecting your personal information. Talk about what details you share online and who with. Use parental controls to block children from connecting with strangers, so that any information they do share is among their real friends. Ask a child's permission before posting any photos of them on social media, as this demonstrates positive online behaviour that they should learn and remember.

7 BE RESPECTFUL

Highlight the importance of showing respect to others when using technology. Encourage children to speak kindly to others online – such as on social media, when playing multiplayer games or in group chats (which can often lend themselves to teasing behaviour). Explain that if they aren't treating others considerately, they might be made to stay away from their devices for a while.

8 "NO TECH" ZONES

Designating spaces in the house where technology isn't allowed (for example: bedrooms, bathrooms and at the dinner table) lets you keep an eye on what children are viewing and who they're communicating with. It gives you some quality, screen-free time with them, too. It also helps reduce any impulses to potentially engage with inappropriate content, as they're unlikely to do so in a common space within the home.

9 AGREE ON CONSEQUENCES

As a family, discuss why the rules are important: to balance their screentime, to ensure everyone enjoys gaming or interacting online, and that they are safe when doing so. Therefore, if these rules are broken, there has to be a consequence. Discuss what would be fair for certain breaches of the rules, as this can prevent a disproportionate response in the future.

10 KNOW ALL PASSWORDS

To protect children from inappropriate content, parents should have access to all passwords. Parents should also make it clear that they will check children's devices, should they have any concerns about their use. Emphasise that this isn't due to a lack of trust but is an extra way of keeping them safe.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant at SCyberware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: nationalcollege.com/guides/tips-for-creating-family-rules-for-using-devices

X @wake_up_weds

f /www.thenationalcollege

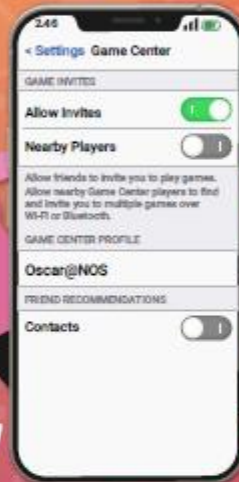
@wake.up.wednesday

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 31.07.2024.

How to Set up PARENTAL CONTROLS for APPS iPhone

Apple devices come with built-in apps already available: Mail, FaceTime and Safari, for example. However, you can choose which apps and features appear on your child's device and which ones don't. You can also manipulate the features in Game Centre to enhance your child's safety and privacy when playing games, as well as blocking iTunes or App Store purchases if you wish.



How to Restrict Built-in Apps/Features

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Allowed Apps (you may need to toggle this to 'on' at the top)
- 5 Enable or disable the apps you wish to appear (or disappear) on your child's device

How to Restrict Game Centre

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Content Restrictions (you may need to switch the toggle at the top to the 'on' position)
- 5 Scroll down to Game Centre
- 6 Choose between Allow, Don't Allow, or Allow with Friends Only in the settings for each feature

How to Restrict iTunes & App Store Purchases

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap iTunes & App Store Purchases
- 5 Select Allow or Don't Allow for each feature (you can also lock these settings with a password)





Dear Parent Carers,

We're inviting parent carers of children and young people in maintained special schools with complex physical, medical or profound needs to take part in this survey.

We know that families with the most complex needs often face challenges that go beyond education, including access to health services, equipment, transport and social care support. At the same time, we also know how much schools and families work together every day to support children in a system that is under significant pressure.

This survey is about your reality: whether your child can attend school safely, whether staff and services are there when needed, and what happens when they're not.

Your responses will be used to strengthen the voice of families like yours in commissioning, service planning and SEND reform discussions. We're here to make sure your experiences aren't just heard, they help shape better services and support in West Sussex, and beyond, for families navigating SEND.

[Parent Carer Survey - Maintained Special Schools – Fill in form](#)

If you're not part of WSPCF yet, we'd love to welcome you. This is your chance to be listened to, supported, and become part of our growing community working for real change.

✦ **Become a Member** - *Join our growing community of parent carers who are helping shape SEND services. Stay informed, have your say, and be part of the change.* [Sign up](#)

🗨 **Tell Your Story** - *Your experience matters. Sharing it could support other families and help drive positive change.* [Share your story](#)

📅 **Join an Event** - *You don't have to navigate things alone. Come along to our events, connect with other parent carers, share ideas, and feel part of a supportive community.* [Upcoming events](#)

For any enquires or questions you have at all about our service or if you would like any further support, please email us on office@wspcf.uk. Thank you for everything you do every day.

Parent Carer Survey - Maintained Special Schools



Do you have a child with SEND?



West Sussex Parent Carer Forum (WSPCF) is an organisation for parent carers of children and young people aged 0-25 with special educational needs and/or disabilities (SEND).

We provide parent carers with information, support and events that equip them in their lifelong caring role and empowers them to participate in shaping services for their children and young people.



Become a member!

Come and be part of our parent carer community, it's quick, free and easy to join!

Parents & professionals
sign up at: www.wspcf.org.uk

Scan to join!



FOLLOW US:



Half-term Crafternoons at Burgess Hill and Bognor Regis Libraries



Join our lovely library colleagues at [Burgess Hill Library](#) and [Bognor Regis Library](#) for some relaxed activities including paper crafts, Lego, friendship bracelets and more. Suitable for ages 11 – 17

Burgess Hill

Thursday 28 May 2.30 – 4.00pm

Bognor Regis

Saturday 30 May 2.30 – 4.00pm


These are **free** events, [book online to reserve your place](#) or just drop-in.


For more information please contact either [Burgess Hill](#) or [Bognor Regis Library](#).

Travel Made Easier for You!



If you have a disability, you could enjoy great savings on public transport.

 [Disabled Person's Bus Pass](#) - free bus travel on journeys starting in West Sussex at any time, and on journeys starting outside the County after 9.30am. You can also apply for a Companion pass, which allows a parent/carer to accompany a young person free of charge.

 [Disabled Person's Railcard](#) - get 1/3 off train fares for the cardholder and one accompanying person, making rail travel more affordable.

SEND Stay and Play at Horsham Family Hub



Horsham Family Hub
SEND Stay and Play Session
Three Acres, Horsham RH12 1RS

A warm, safe space for play, development and meeting other families.
Open to families with children with Special Educational Needs (SEND) up to 11 years, and their siblings

Wednesday 27 May
10.00 - 11.30 or 1.00 - 2.30
Call to book your free place
01430 213590

west sussex county council
children first

As part of the new **BEST START IN LIFE** hubs [Horsham Family Hub](#) are introducing a **SEND Stay and Play** session.

Each session will be a safe space for play, development and meeting other families.

Open to all families with children with Special Educational Needs and Disabilities up to 11 years old and their siblings.

Wednesday 27 May 10.00 - 11.30am or 1.00 - 2.00pm

Call **01403 213590** to book your **free** place

Aspens May half-term Survival Camp



Join the **Aspens** team in the May half-term holiday at Dapper Lane Angmering for a **family style survival camp**, you can expect:

- Shelter Building
- Fire Lighting
- Orienteering and Scavenger Hunt
- Bow Saw, Drill and forest crafts
- Marshmallows

Friday 29 May
10.00am – 3.00pm
£18 per family

Book here for the [Family Survival Camp](#)

[Aspens website newsletter sign up](#)

Relaxed Performance at Ifield Barn Theatre



[Autism Support Crawley](#) are really proud to be working with the wonderful people at **Ifield Barn Theatre** supporting them with their first ever **Relaxed Performance**.

It's an absolute joy to see how passionate they are to create a supportive, inclusive environment and production.

There are two relaxed performances of ***The Lion, The Witch and The Wardrobe*** on **Sunday May 17** at 2.00pm and 6.00pm

Tickets are heavily discounted at just **£7 per person** (instead of the usual £15) and can be **purchased online** via the link below

[Ifield Barn Theatre event tickets from TicketSource.](#)

The Crawley Wheels for Wellbeing holiday sessions are back for 2026

 **Crawley Wheels for Wellbeing** 

Come and try out our purpose-built track and range of adapted bikes for people with disabilities.

Who can come?

Young people aged 8 to 18.

When are the sessions?

All sessions run from the new time of 12pm to 1.30pm on the following Fridays:

- 29 May
- 24, 31 July
- 7, 14, 21 and 28 August

How much does it cost?

- Each session costs £5.50
- Please bring cash and pay on the day
- You do not need to book, just turn up

Want more information?

Email: matt.laird@crawley.gov.uk



Holiday Club+ with THINK 18

THINK 18 have a **Holiday Club** for young people and adults aged 16 – 35 years.



THINK 18 HOLIDAY CLUB+ 16-35 YEARS
Joining us is more accessible than ever!

ACTIVITIES	WEEKENDS
<ul style="list-style-type: none">• Creative Workshops• Active Days• Theatre Trips• Musical Theatre DAYS Workshops• Cinema and bowling• Golf, Basketball & more!	<p>SATURDAY ACTIVE 9.45am - 12</p> <p>SUNDAY'S THINKPERFORM Dance, Sing & Perform 9.45am - 12</p>

GREAT ACTIVITIES FOR LEARNING DISABILITIES

Activities include:

- Creative workshops
- Active days
- Theatre trips
- Musical Theatre workshops
- Cinema and bowling
- Golf and basketball

For more information and to book:

☎ 07765 765865

✉ joinus@think18.org.uk

🌐 www.think18.org.uk

Crawley Town FC Reds for All programme



Reds for All by [Crawley Town Community Foundation](#) is an inclusive and supportive multi-sport session designed for children and young people aged 8-13 of all abilities and disabilities to participate, belong and thrive.

The sessions take place at **K2 Leisure Centre in Crawley** every **Wednesday** from 5.00 – 6.00pm.

Siblings welcome to join in.

For enquires email: community@crawleytownfc.com

[Participant Consent Form - Community Development](#)

Get involved with Springboard

Saturday Stay and Play

Join us on selected Saturdays for fun Stay and Play sessions.

There is lots to do and a range of play spaces to explore and enjoy, including soft play, sensory room, a spacious garden with inclusive, adapted play equipment, and lots of opportunities for imaginative play.

There are **two SEND supported sessions** with reduced capacity at 9.15 am and 1.15pm.

Dates include:

- 23 May
- 15 August
- 22 August
- 26 September
- 28 November

[Upcoming events - Booking by Bookwhen](#)



Springboard SATURDAY STAY AND PLAY

We're opening our Stay and Play sessions on various Saturdays this year!

We have a range of play spaces to explore and enjoy, including soft play, sensory room, role play/dressing up, books, arts and crafts, spacious garden with inclusive, adapted play equipment and accessible changing facilities.

Times	Dates
09:15-10:45 (SEND session)	• 25th April
11:15-12:45	• 23rd May
13:15-14:45 (SEND session)	• 15th August
15:15-16:45	• 22nd August
No deposits needed for SEND sessions	• 26th September
	• 28th November

Phone No: 01243 821101 | Mobile: 07464 22288

For more information visit our website www.springboardsupport.org



Wellbeing Wednesdays

Join us every Wednesday morning to socialise, exercise and learn techniques to keep yourself happy and healthy.

10.00am – 12.00pm in The Hub
£12.50 per session

Activities include:

- Self-care first aid kit
- Pet therapy
- Creative crafting
- Colours of the rainbow
- Music feeds the soul
- Let's get back to nature



Stepping Stones

There are a variety of pathways to support young people aged 14-30 with SEND to access a range of services.

These include volunteering and employability, work experience, life skills, cooking, skills and training courses, and drop-in social hubs.

We can help you get work ready, learn valuable skills, build your CV, and have social opportunities.

Discover more information about all Springboard programmes

<https://www.springboardsupport.org>

hello@springboardproject.com

HOLY TRINITY, CUCKFIELD

MEN'S BREAKFAST CLUB


GOOD FOOD. GOOD COMPANY. A BIT OF HEAD SPACE.

Holy Trinity, Cuckfield are launching a new opportunity for men to **take a break**.

We know this may not suit everyone, but we would like to offer you an opportunity to gather on the **first Saturday of every month from 9am** in a local pub for breakfast and some head space.



First inaugural meeting

 THE WHEATSHEAF
CUCKFIELD



SATURDAY
6TH JUNE



FROM
9.00AM



PLACES ARE LIMITED TO **24 MEN ONLY**,
SO PLEASE BOOK AS SOON AS POSSIBLE USING THE CHURCHSUITE LINK.



BREAKFAST



CONVERSATION



HEAD SPACE



BOOK NOW

Attention Autism at Home



**Online Training for Parents
by a Parent, who is also
an Advanced Practitioner.**

**Delivered by Anna Burke Attention Autism™
Advanced Practitioner
and parent of an autistic son.**

and Lyndsay Barlow Co-owner and Director of Attention Autism™

Venue: Online (Zoom)

Workshop time: 7:30pm – 8.30pm

Workshop dates: Thursdays 4th and 11th June, 2nd July

Cost: £240 for one person. BUY ONE GET ONE FREE!

**Two parents or one parent and a family member can attend
on one ticket. The second has a free place!!**

Klarna payments are available.



If you would like to attend the training, please use

Go to www.attentionautism.co.uk to book. **It is going to fill up fast.**

In this series of three 1 hour workshops, we will cover all 4 stages of the Attention Autism Programme, discuss the ideas behind it and use real-life examples to show exactly how and why it works.


You and your child will learn how to connect, get focused attention, keep it, share it and use it to develop communication and have some fun with your child. After the training you will:


- Understand the ideas that drive the Attention autism programme
- Get connected so interaction is shared and enjoyable
- Know how to engage your child's attention, keep it and share it
- Build understanding and confidence in getting the message across
- Know how to move forward to spontaneous expression for your child, however that might look for them
- Access individual sessions for your unique child
- Create activities that are worth communicating about and inspire your child to learn
- Create sessions that everyone enjoys and remembers


Each family will also have three 30-minute zoom coaching sessions with Anna Burke (parent) to help them implement the programme in their home.

****This is an invitation for parents of neurodiverse young people aged 8-18 who may be interested in accessing clubs, holiday activities and support.****

This May half term, you're invited to our free information drop-in sessions. This is a space to meet the Aspens short breaks team with your young person, ask questions and get familiar with What We Do. You can expect:

 Our lovely team ready to answer any questions you may have

 Details of our summer holiday activities & trial sessions, including our transition into Aspens *Soft Start Sessions*

 Info and visual supports to share with your young people

 Sensory-friendly activities to try

When?

Tuesday 26th May

Where?

The Yews Community Centre, Haywards Heath RH16 1BJ from 10am – 2pm

K2 Youth and Community Centre, Littlehampton, BN17 7HE from 2pm – 4pm

Tickets?

No need to book, just pop in when you can!



We're hosting free drop-in information sessions on **Tuesday 26th May**
This is a chance to meet the team, ask questions and learn more about what we do! No need to book, just come along when you can.

10am - 12pm
The Yews Community Centre,
Haywards Heath, RH16 1BJ

2pm - 4pm
K2 Youth and Community Centre,
Littlehampton, BN17 7HE

Come say HI!

aspens

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The Yews Community Centre,
Haywards Heath, RH16 1BJ

2pm - 4pm
K2 Youth and Community Centre,
Littlehampton, BN17 7HE

Come say HI!

aspens

Free Glow Wild lantern making workshops at Creative Crawley

Ever wondered how the glowing lanterns on the Wakehurst *Glow Wild* trail are created? This is your chance to find out.

Join us for a hands-on lantern-making workshop where you can explore the materials, techniques, and creative ideas that bring *Glow Wild* to life each winter. These informal sessions offer a unique opportunity to learn from the team behind the trail and get involved in the creative process.



Taking place in **Creative Crawley's space in Crawley Shopping Centre**, the workshops are open to anyone who would like to try something creative — whether you're an experienced maker or simply curious. You'll work with accessible materials and techniques to create your own small lantern to take home, as well as contribute to a larger collaborative lantern that will feature on the *Glow Wild* trail.

As a thank-you for taking part, you'll receive a free *Glow Wild* ticket, so you can return and see your work glowing as part of the trail.

Saturday 1st August 11am-12:30pm & 1:30am-3pm

Saturday 8th August 11am-12:30pm & 1:30am-3pm

Session details:

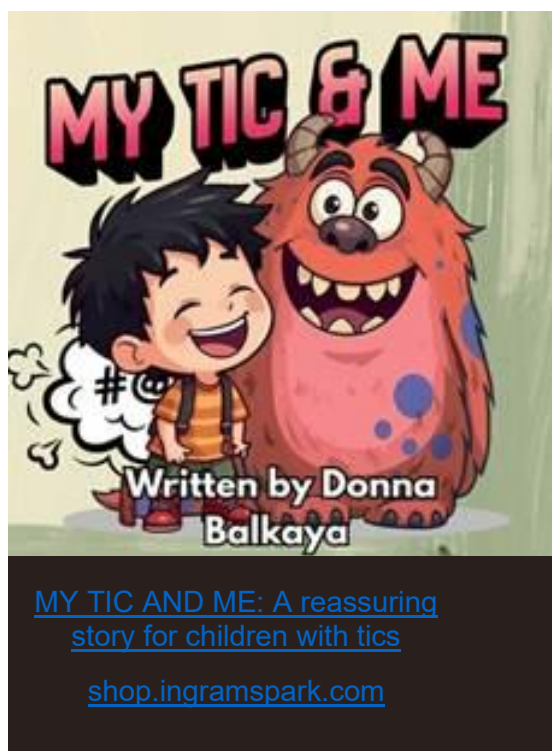
- Each session is limited to 20 participants
 - Open to everyone aged 5+
- Suitable for families, young people, and individuals
 - No previous experience needed
 - Free!
- **Aimed at people who may experience barriers to visiting Kew Wakehurst**

Drop in, get creative, and be part of bringing Wakehurst's *Glow Wild* to life.

Book here: [Glow Wild lantern making at Creative Crawley – Fill in form](#) if the sessions become oversubscribed, we will be in touch to offer an alternative session where possible.

My Tic & Me

Please see below a link to a book written by a Woodlands Meed Parent.



My Tic and Me is a reassuring children's picture book about tics and Tourettes.

My Tic is always with me. He is always there. He makes silly noises and sometimes makes me swear!

What's it like living with Tic?

A reassuring story for kids of all ages dealing with tics.

For more information on the author and other books she has written please click the link below:

www.donnabalkayabooks.com

**Sunday 21
June 2026**



Lingfield Circus

is coming to town!

 **Doors open: 12:30pm**

 **Show starts: 1:30pm**

Racecourse Road, Lingfield, RH7 6PQ

Ticket price: £15

Family price: £55

Join us for a spectacular family fun day.
Happy Circus brings its unique, accessible
non-animal show to Lingfield!
Expect laughter, acrobatics and
unforgettable entertainment for all ages.

**Come along,
enjoy the show & support
St Piers and Dormansland
Primary School**

Funds raised through ticket sales go
St Piers and Dormansland Primary School



**Scan me
to book**



Book Here: <https://www.stpiers.org.uk/circus2026>

We would love to offer your staff and families an exclusive 20% discount on tickets using the code:

DISCOUNT20

westsussex.gov.uk/outofschool



Do your school-age children need childcare that works with your schedule?

Out of school childcare includes **wraparound provision** and **holiday playschemes**. It provides a safe, fun, and supportive environment for your child — giving you peace of mind while you manage your day.



What is out of school childcare?

Out of school childcare offers flexible, fun, and supportive care outside the typical school day. Children have a safe, welcoming space to relax, play, and learn. This includes:

Wraparound childcare – regular sessions before and after school to fit around your working day, typically running from 8.00am to 6.00pm.

Holiday playschemes and **Holiday Activities and Food (HAF) programme** – exciting activities during school holidays to keep children active and happy.

These services help you balance work and family life while giving your child a chance to make friends and enjoy new experiences.

Why use out of school childcare?

Benefits for children:

- children build strong friendships, boost their confidence and independence
- they can enjoy fun and enriching activities
- they can learn new skills.

Benefits for families:

- enables parents and carers to pursue work
- more flexibility to manage work and family commitments
- creates opportunities to train or study.

How can out of school childcare be paid for?

Each provider sets their own fees. Please reach out to them directly for detailed pricing information. If you are eligible, you may be able to use the following to help pay for an out of school childcare place:

- Tax-Free Childcare
- Universal Credit
- Holiday Activities and Food funding

Visit westsussex.gov.uk/outofschool or scan the QR code to find out more information about out of school childcare and the different providers who offer it.

Contact us today

Email: family.info.service@westsussex.gov.uk

Phone: 01243 777807

Facebook: @FISWestSussex

SCAN ME



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WS13809 01_2020

NHS



Together
for Change



west
sussex
county
council

SEND Local Offer WEST SUSSEX

Information about the support available for children and young people (0-25) with special educational needs and disabilities (SEND) and their families.

SCAN ME



Powered by EdTech
Address: 01243 777807

westsussex.gov.uk/LocalOffer

Website: westsussex.gov.uk/LocalOffer

Email: LocalOffer@westsussex.gov.uk

Phone: 01243 777807 (ask for Local Offer)

Facebook: [@westsussex.LocalOffer](https://www.facebook.com/westsussex.LocalOffer)

Whether you have a diagnosis or not, visit our website to find:

- a directory of services, community groups and Short Breaks;
- details of support you can expect from childcare, schools and colleges;
- information about NHS services, including support while you wait for an assessment;
- finance, grant and benefit information;
- guidance on Education, Health and Care Needs Assessments, Plans and Reviews;
- support for preparing for adulthood, finding housing and a job; and
- information about Early Help, social care and how to request assessments.



- We can provide Local Offer information in an alternative format on request.
- Follow us on Facebook for SEND news and events in West Sussex.
- Contact us with any questions or comments about the Local Offer website or services.



Ready, Set, Save!

15% off

Everything!

Use Code: **SAVE15** at checkout.

monkhouse.com

18th - 26th May

We're making back-to-school easier
(and cheaper!) for you.

Promo starts Monday 18th May until 26th May, enjoy
15% off everything!

Whether you're stocking up or prepping ahead, this
is the perfect time to grab everything you need.



Shop early and avoid
the summer rush.



Built to last - sustainable
and high-quality products.



Worried about growth
spurts? Don't be - **we've
got extended returns.**



One-stop shop:
All your school
essentials in one place.

Shop online today and start saving!

Use Code: **SAVE15** at checkout.

monkhouse.com

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, ANYTIME

0800 1111 (open 24/7)



Sussex Partnership
Mental Health 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



e-wellbeing

For help with eating disorders:
beateatingdisorders.org.uk



For young people and families:
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

We're excited to invite you to book an upcoming event at the American Express Stadium.

On the 21st of June, we'll be hosting a special 3-course Father's Day Lunch 🍴🏆. It's a lovely opportunity to spend time with family and mark the occasion in a relaxed and friendly setting in one of our stadium lounges.

Why not join us at The Terrace for our Father's Day Fun Day! Upgrade for a discounted price when booked on our Father's Day Sunday Lunch, click here to view the sit-down menu: [Father's day menu](#)

We have a whole host of family friendly activities including mini golf, cornhole, axe-throwing (child-friendly), skittles, quizzes on the Big Screens, Video DJ Mike Pantelli and plenty more options to keep everyone entertained. Doors will be open from 11am - we will release an activities list for the day closer to the event. Food outlets will be available to purchase our famous Terrace food options.

And that's not all! We're continuing with our Summer on the Big Screens and will be sitting down to watch Big Daddy from 4:30pm. Snacks at the ready...

Please feel free to share this invitation with colleagues and parents, as we would love to welcome everyone to our events 😊: [Home | Events at the Amex | BHAFC](#)

Kind Regards,

The Events Team at American Express Stadium



FATHER'S DAY LUNCH

SUNDAY 21 JUNE
ADULT 3 COURSE £34 | CHILD 3 COURSE £18

[BUY TICKETS NOW](#)

UPGRADE AND ADD A TICKET TO OUR FATHER'S DAY PARTY DOWN AT THE TERRACE AND RECEIVE 50% OFF
ADULT £10 £5 | CHILD £7-£0 £3.75

 **AMERICAN EXPRESS STADIUM**

UMBRELLAS

Parent Support Groups

Summer 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

14th Apr / 5th May / 2nd Jun / 30th Jun

Littlehampton Umbrellas

Wednesdays, 10 am - 11.30 am

Creative Heart Community Hub (upstairs)

22nd Apr / 13th May / 3rd Jun / 1st Jul

Worthing Umbrellas

Tuesdays, 10 am - 11.30 am

Durrington Community Centre

21st Apr / 12th May / 16th Jun / 7th Jul

Umbrellas Online

Thursdays via Zoom

7.30 - 9pm

23rd Apr / 14th May / 11th Jun / 9th Jul

Horsham Umbrellas

Wednesdays, 10 am - 11.30 am

Horsham Family Hub

15th Apr / 20th May / 17th Jun / 15th Jul

Shoreham Umbrellas

Tuesdays, 10 am - 11.30 am

Adur East Family Hub

28th Apr / 19th May / 23rd Jun / 14th Jul

Bognor Regis Umbrellas

Thursdays, 10 am - 11.30 am

Arun West Family Hub

30th Apr / 21st May / 25th Jun / 16th Jul

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



www.reachingfamilies.org.uk

Dove Lodge, 49 Beach Road,
Littlehampton, BN17 5JG

Registered Charity No: 1150906
Company Limited by Guarantee No: 8261096



Early Years Sessions

We're excited to have launched our new Early Years Session for children aged 0-5 years



SESSIONS:

**£5 PER FAMILY
STARTING 17TH APRIL,
ALTERNATE FRIDAYS**



TIME:

12:30-14:30



LOCATION:

**KANGAROOS, UNIT 7 & 8, MORE HOUSE FARM
BUSINESS CENTRE, DITCHLING ROAD,
HAYWARDS HEATH RH17 7RE**



For enquiries or to register your interest, please email:

info@kangaroos.org.uk



[@kangaroosussex](https://www.instagram.com/kangaroosussex) [@Kangaroos Sussex](https://www.facebook.com/KangaroosSussex)

www.kangaroos.org.uk

Registered Charity No: 1150202



The Blissful Group
Aqua yoga for all

Blissful Bumps a pregnancy class with a difference.

Aquanatal yoga taught in warm private pools in Sussex.

A safe and secure environment to gently exercise, meet other expectant parents and take a moment for yourself.

"Toni's classes were such a special part of my pregnancy. I really looked forward to the session each week. I found it such a great way to safely stretch and meet other expecting mums! Toni really takes the time to understand all the individual needs of class. Can't recommend this class enough"
(Sophie, Hassocks)

Exercise - gentle, water-based exercises to strengthen and stretch

Ease aches & pains - help alleviate niggles you may be having, tailored for your individual needs

Relax - Breathing exercises and dedicated time for a float at the end of each session

Wellbeing - classes support emotional wellbeing and aid a better night's sleep

Social - a great way to meet others on the same journey as you

Prepare for birth - help understand your changing body



Classes by Toni Sibley
toni@theblissfulgroup.co.uk
07926 274616

 The Blissful Group
 theblissfulgroup
www.theblissfulgroup.co.uk

Turn over for info about general aqua yoga (suitable for postnatal)



The Blissful Group
Aqua yoga for all

Gentle exercises working from the inside out to help improve body tone, balance and strength.

Movements and stretches using water resistance to work the body.

Achieve a greater range of motion, stabilise the joints, loosen stiffness, sooth aches and pains.

Aid a better night's sleep and support emotional wellbeing.

A great way to regain strength in your core and pelvic floor postnatally.



Classes by Toni Sibley
toni@theblissfulgroup.co.uk
07926 274616

 The Blissful Group
 theblissfulgroup
www.theblissfulgroup.co.uk

Turn over for info about aquanatal yoga

Enrichment Beyond The Classroom

COOL 4 SCHOOL

MAY 25th - 29th

HALF TERM CAMP



Holiday Activities

- ✔ Creative Arts & Drama Games
- ✔ Play - Led environment
- ✔ Drama Play & Party Games
- ✔ Outdoor Quest
- ✔ Sports: Dodgeball, Football, Cricket, & More.

- ✔ Hot / Cold Lunch/ Tea available
- ✔ Drop off service available
- We Accept Vouchers & Tax Credits

9am - 6pm **£16.99**
FROM



Holiday Location
BIRCHWOOD GROVE PRIMARY
SCHOOL RH15 ODP

C: 07475724576 **BOOK NOW** info@cool4schoolclubs.co.uk
www.cool4schoolclubs.co.uk

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- Food Hygiene Level 2 
- Safeguarding Qualified

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Info@cool4schoolclubs.co.uk





COOL 4 SCHOOL SWIM SCHOOL

In Partnership with
SUSSEX SWIM SPECIALISTS

**BUILDING CONFIDENCE
FOR LIFE**

At Cool 4 School, everything we do is built around passion, experience and giving children
the very best opportunities to grow.

Before founding Cool 4 School Clubs, Rashid Moaddel spent years working as a swim instructor and personal trainer, teaching at respected institutions including Dulwich College Sports Club and Ardingly College. His passion for working with children through sport and development has always been at the heart of his journey.

To build Cool 4 School into what it is today, that chapter was put on hold – but the passion never left.

We are now proud to announce that Rashid has returned to swim teaching through an exciting collaboration with Sussex Swim Specialists, bringing together experience, energy, and a shared commitment to high-quality swimming provision.



LESSONS AVAILABLE

- ✓ Parent & Baby Sessions
- ✓ Pre-School / Tadpoles
- ✓ Beginners & Non-Swimmers
- ✓ Intermediate Stroke Development
- ✓ Advanced Technique Coaching
- ✓ Water Safety & Rescue Skills
- ✓ Pre-Competitive / Squad Preparation
- ✓ 1:1 & 2:1 Private Lessons



WHY CHOOSE COOL 4 SCHOOL SWIM SCHOOL?

- 👤 Confidence-building approach
- 👥 Small supportive group sizes
- ★ Fun, engaging & energetic lessons
- 🛡️ Focus on safety, technique & enjoyment
- ❤️ Experienced instructors who genuinely care
- 55+ ★★★★★ Google Reviews across Cool 4 School

MORE THAN JUST SWIMMING LESSONS

Our lessons are designed to help children progress at their own pace in a calm, encouraging and positive environment.

Whether your child is:

- 💧 nervous in the water,
- 💧 learning the basics,
- 💧 or refining advanced technique...

...we would love to support their swimming journey.

WE BELIEVE SWIMMING BUILDS



REFERRAL OFFER!
Recommend a friend who joins and you'll BOTH receive
25% OFF FOR 2 MONTHS!



ENQUIRE TODAY!

☎ 07475 724576

✉ info@cool4schoolclubs.co.uk

Follow us on social media for updates, photos and upcoming sessions!



★ 55+ 5-STAR REVIEWS from local parents who trust and recommend us.

👥 OPPORTUNITIES for children to mix with others across the local community.

❤️ SMALL GROUP SIZES so every child feels seen and supported.

🏆 HIGHLY TRAINED, CARING STAFF who really get to know each child as an individual.

📅 FUN, VARIED ACTIVITIES, SPECIAL EVENTS & TRIPS that inspire creativity, teamwork and confidence.

P.S. All our images and videos are of genuine moments captured at our clubs.