



Spring Term

15<sup>th</sup> March 2024

# newsletter

At Thakeham we CARE

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Heroes

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## Welcome

Dear All,

We have had a jam-packed fortnight with several events and special guest visits for the children as well as an Ofsted inspection!

We are hosting our March Music Festival on Fri 22<sup>nd</sup> March so please make sure you have reserved a seat by 9:00am on Tuesday 19<sup>th</sup> March here: <https://forms.gle/84HsoktuF83uJSA6>

Please see some information further down in the Newsletter about a Bags of Support collection arranged by FoTS for after the Easter break (collection on Weds 17<sup>th</sup> April), a perfect opportunity to do some Spring cleaning whilst supporting a great cause!

Information will be sent next week about our Easter Service in the Hall on Weds 27<sup>th</sup> March, our FoTS Spring fun event on Thurs 28<sup>th</sup> March as well as Summer term clubs sign up.

There are also plenty of egg-citing events and activities happening over the Spring break, so please check out all the offers in the Local Adverts section.

Have a great weekend!  
Best wishes from the Thakeham Family.

**If there has been any change to when you gave consent for the school to administer school kept medicine i.e. adverse reactions to paracetamol/antihistamine, please notify the School Office ASAP.**

Email us at: [office@thakehamps.co.uk](mailto:office@thakehamps.co.uk)  
Call us on: 01903 740176

## Who Are We Celebrating This Fortnight?

Positive,  
Persevering Perry



Co-operative  
Caring Chloe



Headteacher  
Award



Reflective,  
Reviewing Rowan



Curious,  
Questioning Cleo



Jack (Beatles)  
Elliot (Wonder)

Frankie ( Marley)  
Nikos (Franklin)

**HALL OF FAME**  
Evelyn (Franklin)  
Eryn V (Franklin)

George (Beatles)  
Madison (Wonder)  
Mathilda (Wonder)  
Neola (Wonder)  
Stanley (Marley)  
Harrison (Franklin)

## Attendance Figures

Thank you for your support in helping our pupils to see the value in each and every day at school. We track attendance because only a little missed can have a huge long-term impact on a child's progress. **Our target is 97%**. Current attendance percentages for the new academic year to date are:

Beatles Class: **97%**  
Wonder Class: **97%**  
Marley Class: **96%**  
Franklin Class: **95%**

## Our School Values

**CARE – COURAGE – AMBITION – RESPECT – ENJOYMENT**

These are the values that drive our school. They feed into how we learn, how we act with one another, how we teach, how we handle our pastoral elements; so much of what we do! So, it is important we remember them. Our Super Learning Heroes relate directly to these and are how we make our values child friendly. They all come under our new, 'Thakeham Way'.

## School Life

Some of the exciting activities some of our pupils have experienced over the last few weeks!

### World Book Day – Thursday 7<sup>th</sup> March

Children and their parents enjoyed toast and story time in the Hall and the four best costumes across each class received a book prize!



## School Life

Some of the exciting activities some of our pupils have experienced over the last few weeks!

### World Book Day continued



## School Life

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### David Fuller Author visit

Children from Marley and Franklin classes enjoyed a visit from KS2 author David Fuller in celebration of World Book Day!



## Author visit

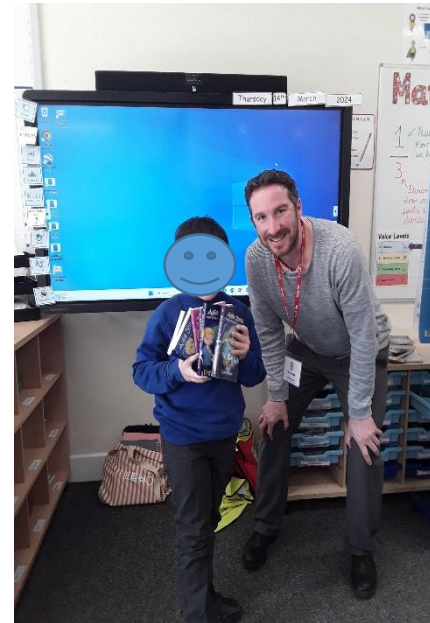


On Thursday 24<sup>th</sup> March, children's author David Fuller will be visiting Thakeham Primary School to talk to the KS2 children about his books and explain what inspires him as a writer.

Please visit the [www.alfiejones.co.uk](http://www.alfiejones.co.uk) website for more information.

David will also be selling and signing copies of his book(s) at the reduced price of £4.50 (usually £5) to any children who would like a copy.

 [www.facebook.com/DavidFullerAuthor](https://www.facebook.com/DavidFullerAuthor)  @08DavidFuller  [www.alfie-jones.co.uk](http://www.alfie-jones.co.uk)



## School Life

Some of the exciting activities some of our pupils have experienced over the last few weeks!

### Beatles Class Special Guests!

Beatles class had two very special guests - Mrs Gowdy and Miss Elvery who spoke to the children about their jobs as an airline pilot and cabin crew respectively. The children learnt lots of interesting facts about travel, flight paths, and even got to try on a pilot's hat! Thank you very much to them both for taking time to talk to the children!



## School Life

Some of the exciting activities some of our pupils have experienced over the last few weeks!

### Year 1/2 Dance Taster

Some Year 1/2 children attended a dance taster session hosted by Steyning Grammar School for locality schools in the area, they had lots of fun!

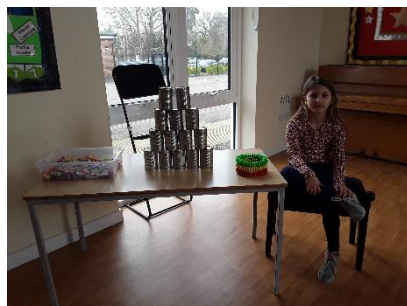


## School Life

Some of the exciting activities some of our pupils have experienced over the last few weeks!

### Red Nose Day for Comic Relief 2024

Lots of red outfits and School Council games fun! School Council raised a whopping £137.50 for Comic Relief - very well done indeed!!!!





School Life

Some of the exciting activities some of our pupils have experienced over the last few weeks!

Red Nose Day for Comic Relief continued



## School Life

Some of the exciting activities some of our pupils have experienced over the last few weeks!

### THAKEHAM REPORTERS



Last week on Thursday (7/3/24) it was World Book Day and everyone came as book characters from the book they brought to school. There was a winner for the best costume in each class. The winners were: Aria from Franklin who dressed up as Sadness from Inside Out. For Marley Class, it was Bertie who dressed up as a dinosaur from the Dinosaurs Who Love Underpants. For Wonder Class, it was Bodhi who dressed up as Frank from Frank Likes to Dance and RJ, from Beatles, dressed up as a dragon from There's a Dragon in your Book.

Today it is Red Nose Day and School Council have organised some games together so you can exchange a pound for a strip (five) of tickets and possibly win either sweets or chocolates by playing games and all the money they raise will go to Comic Relief.

We were fortunate (or unfortunate) that on the 13/3/24, the Ofsted Inspection experience came to Thakeham Primary School. They definitely enjoyed coming here to see us. They spoke to pupils and staff about what we do and how each class learns.

On the 14th of March we had a Guest author - David Fuller - who came to our school to tell us about his life and how he became an author. He has written 12 books in total. They include: 7 Alfie Jones books, 1 Chloe book and three superhero books.

## Charlie & Daniel - Thakeham Reporters

## Dates for Your Diary

- **22<sup>nd</sup> March:** Nick Butterworth author visit (Beatles/Wonder classes) and March Music Festival
- **27<sup>th</sup> March:** Easter Service in Hall – all welcome
- **28<sup>th</sup> March:** FoTS Spring Fun event/End of term
- **29<sup>th</sup> March-12<sup>th</sup> April:** Spring Break
- **15<sup>th</sup> April:** Summer term starts (swimming for Marley & Franklin classes)
- **17<sup>th</sup> April:** Bags of Support collection
- **22<sup>nd</sup> April:** Year 6 Bikeability week (more info to follow)

### Inset Days 2023/2024

Monday 22<sup>nd</sup> July 2024

Tuesday 23<sup>rd</sup> July 2024



FoTS have organised a Bags of Support collection for **Wednesday 17<sup>th</sup> April**.

Please bring any filled bags to the Excess Hall at drop off or pick up from Monday 15<sup>th</sup> April right up until drop off on Wednesday 17<sup>th</sup> April. Let's raise some funds for the school and support a very worthwhile cause at the same time! Please see below for items they can collect. Thank you in advance for your support.

### **BAGS OF SUPPORT**

Bags of support was set up in 2012 when the founder Karrie Mellor was chair of her children's primary school PTA. She had been sending clothes to Turgu Mures orphanage in Romania and wanted to have access to a wider variety of clothing to be able to support the orphanages additional children.

Karrie also wanted to find a sustainable, ethical way for the PTA to raise funds that didn't always include asking parents to dip into their pockets or bake a cake! Her school initially used one of the large commercial recycling operations but to help meet the requests from the orphanage she decided to start her own clothes recycling operation. When all her competitors dropped their prices to 35p and below per kilo – Bags of Support continued to offer 50p per kilo.

Bags of Support believes strongly that it is imperative that we teach our children the importance of recycling and has teamed up with Multi award winning Sussex Green Living : [www.sussexgreenliving.co.uk](http://www.sussexgreenliving.co.uk) to provide schools assemblies encouraging recycling and promoting a more sustainable way of living.

**We can take reusable Clothing/ Shoes / Handbags / Belts / Bedding (not duvets or pillows) .**

Aside from the donated Clothes we directly distribute as Aid in Nkuringo, Uganda , the remainder of clothing we collect is sold on in the UK , encouraging the re- use of clothing. If everyone in the UK (63 million people) bought one reclaimed woollen garment each year, it would save an average of 1,686 million litres of water and 480 tonnes of chemical dyestuffs.

Bags  
of  
Support



## NKURINGO , UGANDA

Bags of support finds homes for unwanted re-usable clothing – Karrie and her children regularly distribute Clothing and other textile aid to the Nkuringo community in South Western Uganda where in addition , Bags of Support pays for the Education, Board and Lodgings of some of the children.



# CALLING ALL ARTISTS!

HORSHAM DISTRICT COUNCIL IS CALLING ON **CREATIVE PRIMARY-AGED CHILDREN** IN THE DISTRICT TO **DESIGN A THANK YOU CARD** FOR OUR FANTASTIC **COMMUNITY HEROES**.

There are so many lovely people who make our District a great place to live. From the nicest neighbours to inspiring coaches cheering you on, we would like you to draw or paint a design to celebrate them.

The winning design will be made into cards which our Chairman will present at a special thank you tea party in June for all our wonderful local heroes!

Grown-ups can submit entries by sending in a scan or photo of the design, which should fit on a sheet of A4 paper, along with details of their little artist to: [communications@horsham.gov.uk](mailto:communications@horsham.gov.uk) by **1 May 2024**.



Full details of the competition can be found on our website at: [www.horsham.gov.uk/communityhero](http://www.horsham.gov.uk/communityhero)



Horsham  
District  
Council

# NOMINATE YOUR COMMUNITY HERO



DO YOU KNOW SOMEONE WHO DESERVES  
A SPECIAL THANK YOU FOR MAKING YOUR  
NEIGHBOURHOOD A BETTER PLACE TO LIVE?

Perhaps your postie goes the extra mile, your neighbours are there when you most need them, or your children have a coach giving it their all.

From individual impact to people with a tireless drive to serve your community, we want to say thank you to the everyday heroes of the District at a special tea party hosted by our Chairman.



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NOMINATE ONLINE BY 1<sup>ST</sup> MAY AT:  
[WWW.HORSHAM.GOV.UK/COMMUNITYHERO](http://WWW.HORSHAM.GOV.UK/COMMUNITYHERO)

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**EASTER HOLIDAYS**

# PREMIER HOLIDAY CAMPS

**Premier Education** | **INSPIRING ACTIVITY**



**SCAN HERE FOR MORE INFORMATION**

or visit [premier-education.com/holiday-camps](http://premier-education.com/holiday-camps)



Based on over 20,000 reviews

## YOUR NEAREST HOLIDAY CAMPS

<b>Worthing</b>	<b>Adur</b>	<b>Arun</b>	<b>Storrington</b>
West Park Primary School	The Angmering School	Sompting Village Primary	Chanctonbury Leisure Centre
Our Lady Sion Senior School			
	<b>Barnham</b>	<b>Horsham</b>	
	Barnham Village Hall	Wisborough Green Primary	

### PLEASE BRING

- A packed lunch
- Plenty of water
- Suitable clothing
- Loads of energy!

Our 5\* Holiday Camps are the perfect place to keep your kids entertained over the Easter holidays.

\*For children in Year 1 - Year 6

\*Drop off from 8.30-4pm £24.95

\*ALL HAF venues, please book via WSCC website

\*ALL Ofsted registered (EXC - WG) Childcare Vouchers accepted

\*10% OFF if all dates booked

Book now for a school holiday full of fun!

### CAMPS ARE BETTER WITH FRIENDS!



**TREAT YOUR FRIENDS TO 20% OFF...AND GET 20% OFF TOO!**

\*T&Cs apply. Refer a friend discount on new bookings only.



Based on over 20,000 reviews

**Chartwells Schools**

# HAPPY EASTER

**Easter Treat**  
**Thursday 28th March**  
 Order now on [parentpay.com](http://parentpay.com)

**MAINS**  
 Beef Burger  
 Veggie Bolognese  
 Jacket Potato & Baked Beans

**SIDES**  
 Rainbow vegetables or Salad

**DESSERT**  
 Lemon Easter Cupcake

Scan QR code to order  
**No later than Thursday 14th March**  
 \*Special diets will remain in place.



## Pulborough Pop-In

Parents/carers are welcome to come and join us in a relaxed and safe environment to chat about anything and everything!

Make friends, learn about the community, the schools, things to do in and around the area for families, natter about work and where to go on holiday!

Tea, coffee and biscuits available.  
 Pre-schoolers are welcome.



**WHEN AND WHERE?**  
 Every Wednesday (during term-time)  
 From 9am - 11am  
 @ Pulborough Library



£1 suggested donation

For more information, please contact  
 Isla Moran 075 226 89948  
[isla@pdcca.org.uk](mailto:isla@pdcca.org.uk)





Windlesham House School Holiday Camp (Pulborough)

# Pied Piper Activities

## holiday camps at Windlesham House

Embark on an exciting journey with Pied Piper multi-activity camps, the ultimate experience for children aged 4 to 12 during their Easter and Summer holidays!

Providing fantastic OFSTED registered childcare with over 60 different activities for children to take part in, you will have complete peace of mind knowing that your children are not only having a great time but are safe and cared for too.

Our camps are safe, friendly, and secure, ensuring your child's adventure unfolds in a nurturing environment. Our handpicked staff are carefully selected for their fun-loving, caring, enthusiastic and committed nature and their ability to deliver the Pied Piper difference throughout your child's week at camp.

Join us at Pied Piper at Windlesham House School, where joy knows no bounds, and every moment is a chance to create wonderful childhood memories that last a lifetime!



BOOK NOW  
ONLINE



Scan me to book!




Creating wonderful  
childhood memories...


Contact us:

E: [teamyellow@piedpiperactivities.co.uk](mailto:teamyellow@piedpiperactivities.co.uk)

W: [piedpiperactivities.co.uk](http://piedpiperactivities.co.uk)

Follow us on:

 @PiedPiperActivitiesLtd

 piedpiperactivities

# EASTER NETBALL CAMP

Date: Wednesday 10th April

Venue: Steyning Grammar School, Rock Road

Time: 9am to 1pm

Age: 7 to 16 year olds

Cost: £20

To book fill in the google form in the email or for non members email [starsnccamps@gmail.com](mailto:starsnccamps@gmail.com)



Stars NC



£18 per Family



**Goodwood Education Trust: Forest Adventures Family Day**

Please join us for one of our Goodwood Education Trust Family Fun Days. A wonderful opportunity for our young people on the neurodevelopmental pathway and their families to access a range of outdoor activities in a fun and relaxed environment.

Activities: Fire lighting and Smores, Hapazome, Wood Cookies and Nature Detectives\*

Please wear appropriate clothing, footwear and bring a packed lunch for the day

\*Please note: activities are subject to change

Date: Saturday 24th March, 11am-3:30pm  
 Venue: Goodwood, Chichester, West Sussex, PO18 0QF  
 Booking is essential, please contact: wsxbookings@aspens.org.uk



aspens.org.uk Charity no: 1171446

In aid of Chestnut Tree House children's hospice

**THE BIG SWIM RELAY**



Organised by United Swimming Academy  
 Good Friday 29th March 2024  
 Windlesham House School,  
 London Road, RH20 4AY

Swim as a team, swim for fun, swim for charity. Train, challenge and enjoy...  
 How many lengths can your team swim in 55 minutes?

- Adults and children all welcome
- Teams of six
- 55 minute-relay event
- All participants must be able to swim a comfortable 25m



Enter

Contact: Simon King  
 simon@unitedswimmingacademy.com  
 07391 420931

<https://qrco.de/SwimRelay>

[www.chestnut.org.uk](http://www.chestnut.org.uk)  
 Registered charity number 256789



**STORRINGTON & DISTRICT MUSEUM PRESENTS**

**QUIZ NIGHT**



**QUIZ STARTS AT 7PM!**

**RAFFLE & PRIZE FOR THE QUIZ WINNERS!**

**TO BOOK PLEASE CALL 01903 746569**

**SATURDAY 16TH MARCH 2024 - 7PM**  
**STORRINGTON & SULLINGTON PARISH HALL,**  
**THAKEHAM ROAD, STORRINGTON, RH20 3PP**  
**TABLES OF 6**

**£10 PER PERSON INCLUDING A LIGHT SUPPER**  
**TABLES & PLACES MUST BE BOOKED IN ADVANCE**  
**PLEASE DON'T BRING DRINKS AS BAR AVAILABLE**

**STORRINGTON & DISTRICT MUSEUM PRESENT**

**TAYLOR MAID**

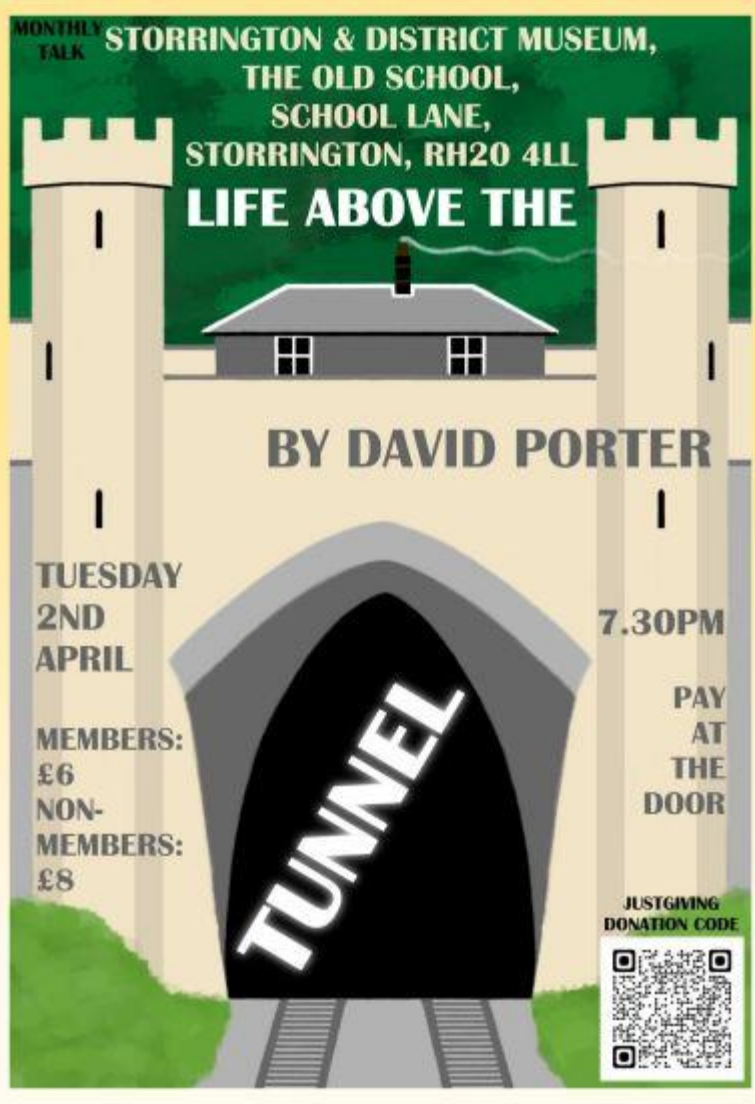
VINTAGE SWING  
 POPULAR JAZZ  
 LIVELY FIDDLE TUNES  
 LATIN & MUSIC TO MAKE YOU SMILE!



**FRIDAY 26 APRIL 2024**

DOORS OPEN AT 6.30PM MUSIC 7PM -10PM  
 PARISH HALL • THAKEHAM RD • STORRINGTON • RH20 3PP  
 DRINKS INCLUDING ALCOHOL & SNACKS WILL BE AVAILABLE

TICKETS £15 IN ADVANCE ONLY FROM THE MUSEUM OFFICE:  
 01903 740188 OR EMAIL: [contact@storringtonmuseum.com](mailto:contact@storringtonmuseum.com)  
 OR FROM THE OLD SCHOOL • SCHOOL LANE • STORRINGTON • RH20 4LL  
 Office opens Sat & Wed 10am-4pm • Sun 10am - 1pm



**LIFE ABOVE THE TUNNEL**

**By DAVID PORTER**

**APRIL 2nd at 7.30 p.m. at Storrington Museum,  
The Old School, School Lane, Storrington, RH20 4LL.**

David has lived at the Clayton Tunnel North Portal, which is 7 miles outside Brighton, since 2003. After clearing the land of decades of rubbish and cutting back the rampant vegetation that seeks to overcome the cottage, he has sought to bring the story of this unique building to the attention of a wider audience through talks and the occasional tour.

David is an experienced public speaker and, during his day job, works as a freelance fraud investigator. In this talk he explains this Gothic folly's historic origins and features a bold Victorian architect, plucky railway families, all manner of flora and fauna, railway disasters, secret passages and a few ghosts.

Venue: Old School, School Lane, Storrington RH20 4LL.

Members £6. Non Members £8. All welcome

# Farmyard Fun!



Have a quacking time this Easter – join us at the library for some hay-larious stories and a-moo-sing craft activities!

Suitable for children aged 4 years and up

**Booking essential – please contact the library to reserve a place.**

**Parents and carers must remain with their child during this activity.**

**Friday 12 April  
11am - 12noon**



## Join us for our Easter and Summer intensives and Term Time Swimming courses at Lancing College

Classes available for all abilities  
Expert teachers, beautiful facilities

E [info@penguinswimlessons.co.uk](mailto:info@penguinswimlessons.co.uk)  
[www.penguinswimlessons.co.uk](http://www.penguinswimlessons.co.uk)



**Easter Intensive 5-day Course.**  
**Monday 8<sup>th</sup> April – Friday 12<sup>th</sup> April**

**Summer Intensive 5-day Course**  
**Monday 29<sup>th</sup> - Friday 2<sup>nd</sup> August**

**Cost, £80.00 per child**

Penguins Swimming Lessons is an experienced and dedicated team, passionate about nurturing swimmers of all ages and abilities. Over the last 30 years, we are proud to have helped thousands of swimmers gain a skill for life.

A 5 day-long intensive course will give your child a wonderful opportunity to immerse themselves in swimming. Whether they are completely new to the water, or have come to build on existing skills, devoting this time and energy to their swimming is an invaluable way to start, or continue, their swimming journey.

**These 30-minute lessons** are for **children aged 4 years and over.**

We have small classes for all abilities and take place in the morning at the same time each day. Our teachers and team of Helpers are in the pool with the little ones.

To book your spot on a course email  
Office Penguin; [info@penguinswimlessons.co.uk](mailto:info@penguinswimlessons.co.uk)

We look forward to hearing from you 😊



## Autism and Social Communication Advisory Team

### Exploring Autism for Parents and Carers

A new and updated programme  
offering up to date thinking and links  
to research-based evidence for parent  
carers of autistic children  
and young people.



Sessions to explore Autism and strategies to support acceptance, empowerment, and relationships in family life.

**Are you a parent/carer of a child or young person, aged 8-16 years, who is autistic or on the social communication pathway and have not attended this course before?**

This NEW programme has been redeveloped to ensure that it is current and up to date. The course is an excellent source of information for those new to Autism or for those requiring a little more in-depth knowledge. Parent carers and the facilitators will learn and collaborate together. The programme is free of charge to families of children in West Sussex maintained schools and academies, at this time.

#### Course aims:

- to give a broad and balanced and positive view of how autism and social communication differences may impact on the child/young person's life and that of the family.
- to explore key practical strategies that can support autistic children.
- to provide a forum for families to share their experiences and expertise together.

#### Course outline:

The six sessions will be focused on both theoretical and practical aspects of autism and the resulting strengths and challenges. These recorded sessions can be watched when convenient to the family, followed by the one hour weekly group meeting. This provides opportunity to participate in discussions and ask questions via an online platform. We ask that parents attend each of these weekly online discussion groups.



In order for participants to fully benefit from this course we ask that they attend **all** sessions.

#### Topics covered by session:

##### Session 1: Autism Acceptance

Develop understanding of autism, discuss experiences of getting a diagnosis and identify how autism can affect families.

##### Session 2: Communication

Develop understanding of communication difficulties and strategies to improve communication and interaction skills for the autistic child/young person.

##### Session 3: Sensory Needs

Consider how sensory information and experiences may be processed differently by those who are autistic, share strategies to help with sensory differences.

##### Session 4: Anxiety

Improve understanding of the signs of distress that autistic young people may display and consider approaches to support self-regulation.

##### Session 5: Social Thinking and Masking

Explore the differences autistic young people may have with socialising and developing relationships. Look at ways to develop social thinking, explore the idea and impact of masking.

##### Session 6: Adolescence and Independence

Consider ways to encourage independence and manage adolescence challenges including puberty, sensory impact and social differences.

#### Exploring Autism Welcome Video:

<https://youtu.be/JqGPImJHRMs>

#### Dates:

Spring 2: Every Thursday 12-1pm from 22<sup>nd</sup> February to the 28<sup>th</sup> March 2024.

Summer: Every Thursday 6.30-7.30pm from 18<sup>th</sup> April to the 23<sup>rd</sup> May 2024.

Summer 2: Every Wednesday 1-2pm from 5<sup>th</sup> June - 10<sup>th</sup> July 2024.

Summer Holidays: 6.30-7.30pm Dates TBC.

#### For further details please contact:

**Email:** [ASCT@westsussex.gov.uk](mailto:ASCT@westsussex.gov.uk)

*Please note there are a limited number of places on this course.*

## WEBINARS FOR PARENTS/CARERS

### SUPPORTING CHILDREN AND YOUNG PEOPLE WITH THEIR MENTAL HEALTH



Each webinar will take place on Zoom at 10am and 7pm and will run for 90-120 minutes

FREE TO ANY  
PARENT/CARER  
LIVING IN  
SUSSEX

- 22<sup>ND</sup> FEBRUARY AVOIDANT/RESTRICTIVE FOOD INTAKE DISORDER (ARFID)
- 26<sup>TH</sup> MARCH MANAGING CHALLENGING BEHAVIOUR
- 16<sup>TH</sup> APRIL BEREAVEMENT
- 15<sup>TH</sup> MAY SUPPORTING PRIMARY TO SECONDARY SCHOOL TRANSITION
- 13<sup>TH</sup> JUNE SUPPORT FOR KINSHIP CARERS
- TBC JULY CYBER SAFETY



SUPPORTED BY HEADS ON AND NHS CHARITIES TOGETHER'S COVID APPEAL

## WANT TO BOOK YOUR TICKETS?

Scan here:



Or visit:

[https://ticketlab.co.uk/series/  
id/1206#/](https://ticketlab.co.uk/series/id/1206#/)

### NEED TO GET IN TOUCH?

If you have any questions, please email: [CAMHSParticipationTeam@spft.nhs.uk](mailto:CAMHSParticipationTeam@spft.nhs.uk)

Delivered by [Sussex Child & Adolescent Mental Health Services \(CAMHS\)](#)

# Winter Timetable: Parenting Peer Support Group 'Circles'



**If you are a parent or care giver to a child or young person and supporting them with their mental health, you may feel alone at times and need some support.**

**Did you know peer support from others who are experiencing similar situations can help with increasing confidence and learning new skills like coping with challenges? We at West Sussex Mind know how vital it is for people to talk and share their experiences, so we have started Peer Support Group 'Circles' across the county, where you can meet the team and other parents, all with lived experience, who can provide some much needed empathy and understanding.**

**The Parents Service at West Sussex Mind has lots more to offer:**

- Peer Support Groups both during the day (both in person and on-line) and evening (on-line)
- Monthly 'Expert by Experience' Guest Speaker Zoom evening sessions, i.e. Self-Harm, EBSA, Autism and mental health, Masking, Supporting siblings and more . . .
- 1:1 sessions with a Peer Support Worker (who has lived and professional experience). These are in blocks of three and can be delivered at a time convenient for you
- Closed Facebook group; regular newsletters and access to training, e-learning and webinars (on the West Sussex Mind website).

**Come and join us at:**

## **ADUR (Lancing)**

Lancing Parish Hall, South Street,  
Lancing BN15 8AJ

- THURSDAYS - 22/02/24 and 14/03/24
- AFTERNOONS - 12:30-14:00

## **ARUN (Bognor Regis)**

Arun West Family Hub, Laburnam Grove,  
Bognor Regis PO22 9HT

- THURSDAYS - 18/01/24 and 21/03/24
- MORNINGS - 10:00-11:30

## **NORTH (Crawley)**

Bewbush Family Centre, Dorsten Square,  
Crawley RH11 8XW

- TUESDAYS - 02/01/24; 06/02/24; 05/03/24
- MORNINGS - 10:00-11:30

## **NORTH (Horsham)**

i-Rock, Hurst Cafe, Hurst Road, Horsham RH12 2DN

- TUESDAYS - 09/01/24; 20/02/24; 12/03/24
- AFTERNOONS - 13:00-14:30

## **WEST (Midhurst)**

South Downs Centre, North Street,  
Midhurst GU29 9DH

- TUESDAYS - 30/01/24; 27/02/24; 26/03/24
- MORNINGS - 10:30-12:00

## **WORTHING**

Methold House (The Annexe), North Road,  
Worthing BN11 1DU

- TUESDAYS - 23/01/24 and 19/03/24
- MORNINGS - 10:30-12:00

**To access the Parenting Service you will need to register with us. If you would like to attend one of our groups, you can drop into a session and then register with the service, or contact us via our Help Point and state you would like a Parenting referral to access the groups. Please call our Help Point Monday to Friday, 10am until 4pm on 0300 303 5652 or email [helppoint@westsussexmind.org](mailto:helppoint@westsussexmind.org)**