



Yesterday saw a special day of remembrance for the life of Mahatma Gandhi. I felt this quote beautifully sums up what can all strive for whether for ourselves or for our children.

Have a wonderful weekend
Mr Lincoln and the Senior Leadership Team

1. COMMUNICATION

- **Website:** please check the website for answers to queries before contacting the office. General information can be found under the Parents & Carers tab. Bulletins/letters are under Parents & Carers > News & Events.
- **Email:** office@stnm.org.uk - please do not email staff directly (unless agreed previously).
- **Calendar:** Follow the link for instructions on how to [use](#) or [subscribe](#) to the calendar.
- **Adult Code of Conduct:** this will be sent out later today (apologies for the delay from last week)
- **New website:** we realise that some of the functionality on the current website (specifically the calendar) is not working. We are in the process of developing a new website which we hope will be ready to launch in the next few weeks. Please bear with us while we get this up and running. The Dates List document is kept up-to-date so do download that version rather than trying to use the google calendar link.
- **Language of the Month:** Korean
- **Sign of the Week:** Music
- **Facebook page:** facebook.com/stnmschool

2. DATES AND EVENTS: click [here](#) for the dates list.

- Monday 13 - 17 October: **Cycle to School Week** [Cycle to School Week - Bikeability](#)
- Monday 17 November: **Year 5 Rainbow Theatre.** Please can Year 5 come in Greek costumes. Thank you.
- Tuesday 21 October: **Year 3 Preston Manor**

3. REQUESTS, REMINDERS AND GENERAL NOTES

- **Milk** - when children join the school, parents and carers are asked if they would like to register their child to receive school milk, which is free if they are under five. Milk is provided in a carton at morning break time (please advise us in writing if you do not want your child to have the milk). Milk is available at lunchtime for children eligible for free school meals. Milk can also be ordered for children over 5 for around £18 per term by registering with Cool Milk online at www.coolmilk.com
- **Parking in School Car Park:** parents and carers are not permitted to use the school car park to pick up or drop off children – this includes breakfast and any after school clubs.
- **Old home phones (not mobiles)** We are looking for any old home phones that could be used in school for roleplay purposes. They don't need to work! Thank you in advance for any donations.

4. Developing Pupils' Executive Function Skills: Following training from the WSCC Local Inclusion Service last year, we have set up some new characters this term to support pupils' development in key executive functioning skills. These new characters are called The Think Squad and staff will be using them within teaching and learning to promote important skills such as self-regulation, resilience, organisation, making links and focus. To find out more, please see the poster below. The Think Squad strategies are useful for all areas of life and you may want to print out the poster for use at home too!



How could you challenge yourself today?

Take your time, ask questions and enjoy learning new things.

Don't be afraid of mistakes, learn from them!

Celebrate success and look for a challenge.

Remember, mistakes help us to grow and become even better!



What can you use to help you?

Remember what you've learned before and use it to help with new tasks.

Think out loud and talk about your learning.

Look for patterns to make learning easier.

Use your learning in school and at home.

Listen to others and think about different ideas.



Are you ready to learn?

Get ready for learning by finding what you need and staying organised.

Follow school routines and show 'Marvellous Manners' - be a great example for others!

Look for important information and break tasks into steps.

Take charge of your own learning by planning when, where and how to do something.



Can you spot when you need to refocus?

Stay focused even when you're tired or bored.

Try your best when working on your own or with others.

Switch between tasks when asked.

Think about what might distract or stop you from learning and work hard to stay on track and keep going.



Are you thinking before doing?

Notice how you're feeling and ask for help when you need it.

Be open to support and build your own toolbox to manage your emotions.

Try not to let your feelings get in the way of learning and think before you act.

Listen kindly and consider other's feelings.

5. **500 Words Competition:** Exciting news! We are pleased to announce that we will be taking part in the national '500 Words Story Competition' this year. As well as giving the children the opportunity to join the national competition (please click on the link below for more details of how to enter and some great top tips) we will be holding our own internal competition with amazing prizes on offer. There will be prizes for different year groups so everyone is welcome to join! Once you have written your story, please hand it in to Mr de Waal in Year 6 or email it via the Office. The deadline to enter is Friday 7 November so good luck everyone! More information can be found [here](#).



6. **Kids and Smartphones:** Smartphone Free Childhood has organised a meeting at Shoreham Academy with guest speakers to discuss the impact of smartphones on children and young people. It will take place on Thursday 23

October 6.30-8.30pm. As a school we made the decision not to allow smartphone in school from this academic year and we appreciate your support with this. It is a huge issue that concerns many of us so do go along and join in with the conversation. Please see the flyer on the next page for more information and click on the link to book a place: [Let's Talk About Kids and Smartphones · Luma](#)



Let's talk about kids and smartphones

Come along to an open, non-judgemental conversation about the impacts of smartphones on children and young people

When

Thursday 23rd October 2025
18:30-20:30
Doors open 18:00 for a prompt start

Where

Shoreham Academy,
Kingston Lane,
Shoreham-by-Sea,
BN43 6YT

Book Now

Our guest speakers include



Mandy Marshall-Taylor - Panel Host

As a Naked Truth Project Associate, Mandy works to educate and raise awareness of the harmful effects of pornography on children and young people.



Dr. Eleanor Mason

A West Sussex NHS GP for 12 years, Eleanor brings unique insights into the impact of smartphones on children's mental health.



Mr. David Smith

As Head Teacher of Fulham Boys School, David has led groundbreaking reforms to completely remove smartphones from school.



DCI Luke Kyriakides-Yeldham

Part of Sussex Police's Online Child Abuse Team, Luke and Cyntac address the dangers of indecent image sharing, sexting, sextortion, and online grooming.



Tom Rutland MP

Tom Rutland is the Labour MP for East Worthing and Shoreham.

Smartphone Free Childhood is a grassroots movement bringing families together to stand up for healthier, happier childhoods.

WEBSITE: SMARTPHONEFREECHILDHOOD.ORG

SOCIALS: [@SMARTPHONEFREECHILDHOOD](https://twitter.com/SMARTPHONEFREECHILDHOOD)



Try Before you Buy

Shoreham Academy 18:30 to 20:30 23rd October

Check out the latest phones, SIMs and GPS trackers, as part of our wider event "Let's talk about kids and smartphones"
[Book Here](#)

For children aged 11-14 starting secondary school and travelling independently, these phones keep things simple: calls and texts only, with no social media or open web browsers. A gentle step towards independence – and a way to stay connected without the pressure of a full smartphone..



Nokia Flip 2260 -
Texts and phone calls, very long lasting battery, range of colours, radio, MP3 player and torch, snake game, single rear facing camera. £65



Ushining F200 flip phone - Classic flip mobile phone style, lightweight, long battery life. £22-26



Nokia 105 2G- One of the simplest, cheapest handsets with a long battery life, torch, snake game and radio. Comes in a variety of colours. £25

Asda Talk & Text SIM -One of the few SIMs that comes with absolutely no data, making it a great choice for families who want to avoid internet access altogether. It's also very affordable at just £4 a month and uses Vodafone's network, which generally offers good UK coverage. This SIM is perfect for pairing with a simple handset or first phone for kids – keeping things focused on calls and texts, without the distractions or risks of mobile internet.

ParentShield - A SIM card designed specifically with children in mind. Their no-data SIMs work in all phones, and let you control who your child can call or text, review message logs, and even set up time-based usage rules. It's not the cheapest option – but it does offer peace of mind and a strong set of features for parents who want more control.

Most of us grew up without being tracked – and many families still choose not to. But if it brings peace of mind, GPS trackers – which use satellite technology to show your child's live location – offer a screen-free way to stay connected. Some parents find this helps them feel more confident giving their kids independence, like walking to a friend's or catching the bus.



Weenect Kids Tracker
Affordable, SOS button with emergency telephone, 7-day battery life
£ 39 -49, plus monthly subscription



Scan the QR code to see more top SFC recommended phones and trackers.



STARTING SCHOOL IN SEPTEMBER 2026?



At St Nicolas and St Mary CE Primary School, we're passionate about providing an early years learning environment where every child feels valued and empowered to reach their full potential.



**NEWLY-REFURBISHED
CLASSROOMS**



**NEW PLAY
EQUIPMENT**



**EXTENSIVE SCHOOL
GROUNDS**



**DEDICATED AND
PASSIONATE STAFF TEAM**

We'd love to meet you and your child at one of our upcoming tours or stay and play sessions. Please call or email the office to book:



- Mon 13 Oct/Weds 22 October - 9.15-10.15am
- Tues 11 Nov - 9.15-10.15am
- Weds 12 Nov - 6-7pm
- Thurs 13 Nov/Tues 18 Nov - 3.40-4.30pm - STAY and PLAY
- Fri 28 Nov - 9.15-10.15am
- Sat 29 Nov - 10-11.30am - STAY and PLAY
- Thurs 4 Dec - 1.30-2.30pm
- Weds 7 Jan - 9.15-10.15am

'Thank you to everyone for settling my child into school so brilliantly. I love the wide range of areas my child learns about and how the learning follows the children's interests. The Reception team staff are so nurturing and caring' - Reception Parent.

☎ 01273 454470



www.stnicolasmmary.w-sussex.sch.uk /
office@stnm.org.uk



Eastern Avenue, Shoreham-by-Sea, West Sussex, BN43 6PE



Zylo Performance **DRUMMING** at St Nicolas & St Mary Primary!



Dear Parent/Guardian,

We provide weekly **drumming** lessons at St Nicolas & St Mary for children in **years 1 to 6** that take place during the school day on Thursdays.

The Lessons

Zylo drumming lessons accommodate up to **4 children**, last **30 minutes** and take a modern approach to drum tuition, providing a fun, relaxed environment suitable for beginners and experienced drummers. Using full drum kits every week, children are guided by excellent teachers as they play along to the modern songs they love, learning and mastering the fundamentals of percussion and rhythm as they go.


Required Equipment

Just 2 things are needed for participation in Zylo drumming lessons: a **drum pad** and a **pair of drumsticks**. Together they cost less than **£45** and we will share our recommendations for these upon confirmation of your booking. A full drum kit is not required, though we also share recommendations for them in case you wish to purchase one now or sometime in the future.

Cost & Availability

There are 16 places available. Lessons cost **£11.00** each or **£9.50** each for siblings and are charged termly.

HOW TO BOOK

Step 1 Go to **www.zyloperformance.co.uk** and click  or scan this:



Step 2 Complete the online booking process.

Step 3 ... there is no step 3, you're done! Simple wasn't it :)

And it's showtime!

The Zylo Performance Team



October Half Term Mindfulness Pony Day for Kids!



www.yourspacetherapies.org

Date: Wednesday 29th October 2025

Time: 9am- 2pm

Location: Ponies 'n' Kids, Eaton Thorne Stables, Woodmancote, Nr Henfield, W.Sussex, BN5 9AG

Join us for a magical day designed especially for children ages 5-11! Dive into a world of peace, friendship, and mindfulness, all while experiencing the calming presence of our adorable ponies.

✦ What to Expect:

💖 **Mindfulness Time with Ponies:** Learn calming techniques and emotional regulation skills while spending quality time with our gentle ponies.

🐾 **Pony Care:** Discover the joys of caring for ponies through grooming, feeding, and building a bond.

🦷 **Riding and Mounted Games:** Experience the joy of pony rides and engage in fun, team-based games that promote confidence and cooperation.

🌿 **Connect with Nature:** Immerse yourself in the tranquillity of our beautiful, quiet stables and serene surroundings.

👫 **Make New Friends:** Build connections and friendships with other children in a supportive, nurturing environment.

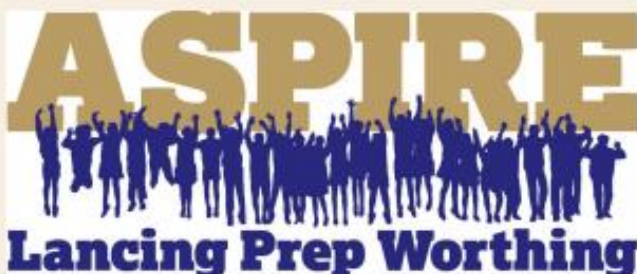
Scan the QR code or click this link to book: [Mindfulness Pony Day 29th October 2025](#)



Cost: £140 per child

Spaces limited to 15 children

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.



Saturday School

Saturday 11 October -FREE to attend

9am-12pm

Open to children who attend other schools

Is your child a bright and talented Year 5 pupil
with great aspirations?

If the answer is yes, we would love for them to
join us for a fun morning of English-based
Metacognition Exercise, PE/Team Building
Games and History Detectives.



Register Now!

<https://bit.ly/AspireSaturday11OCT25>



More Information

worthing@lancing.org.uk

lancingprepworthing.com

Lancing Prep Worthing, Broadwater
Road, Worthing, BN14 8HU

Sign up using this [link](https://bit.ly/AspireSaturday11OCT25)



STEM INNOVATION Ltd

Inspiring the future!



S.T.E.M HOLIDAY



St Nicolas & St Mary's

28th of October

9am to 3pm

£36

Please provide a packed lunch

For Booking Details Contact: – Ali Khan

Email : STEMInnovation@outlook.com

Tel : 07951287236

Payment to :

STEM INNOVATION Education

ACCOUNT NO : 17721733

SORT CODE : 01-00-04

www.steminnovation.co.uk

Home of Junior UK Harmonica
Champions since 2011



where musicians are made

DEDICATED HARMONICA CLASSES IN YOUR SCHOOL

Try a **FREE**
TASTER SESSION
Starter harmonica and
music sheet **INCLUDED!**
Ongoing lessons just
£40.00 per half-term



A great way to make music

We recently showed your school how much fun it is to play the harmonica. It sounds great, it's easy to carry and it's cool for boys and girls alike. In fact it's the perfect way to access music for children of any age, from Pre-School to Key Stage 2, and it's much more affordable than other instruments. No tricky keys, frets or finger holes for small hands either. If you can breathe in and out, you can enjoy making music on the harmonica!

Thank you so much for introducing my daughter to this wonderful art form. She absolutely loves harmonica and will keep playing forever!

Woodingdean Primary School

Why learn harmonica?

- ✓ It sounds great
- ✓ It's affordable
- ✓ It's portable
- ✓ It's cool for boys & girls
- ✓ Free taster session
- ✓ Performance opportunities
- ✓ Music aids wider learning

Musical Enrichment with Harp Academy

We provide daytime harmonica classes at your school for groups of up to 8 children. Each session is half an hour and we provide ten sessions per term. We also offer individual tuition on request. Lesson content includes fun warm-up activities, instrument skills, exploring musical elements from the national curriculum and learning songs for enjoyment and performance. Our teachers are professional musicians, with DBS certification, safeguarding and first aid training.



Free Taster Session

Why not take advantage of a **FREE TASTER SESSION**? We'll provide a harmonica and music sheet to get you started. Dates and times for our termly 10 week schedule are advertised on the Harp Academy website. To register, simply click the **Gold Harmonica** on our homepage and we will email you further details. Subscription for further sessions is just **£40.00 per half term**. That's a third of the price for private music tuition. Further information is on our website.



WWW.HARPACADEMY.CO.UK

Try a **FREE**
TASTER SESSION
Starter harmonica and
music sheet **INCLUDED!**
Ongoing lessons just
£40.00 per half-term



where musicians are made

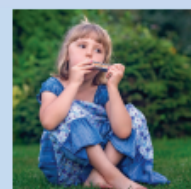
DEDICATED HARMONICA CLASSES IN YOUR SCHOOL

**ACCESS ALL
AREAS**
Every subscriber
receives a backstage
pass for our home
learning web pages.



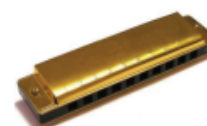
Harp Academy online

Children and parents who subscribe to Harp Academy also enjoy a complimentary backstage pass for the protected content on our website. There are carefully prepared support pages for the music we are learning, some helpful key skill advice and exercises to help build musical technique. For weekends and holidays, there is also an exciting Harp QI section to explore, with fun videos, music activity ideas and wider learning topics.



The home of champions

At Harp Academy having fun is top of our wish list, and playing to audiences is a vital part of our curriculum. We understand how performance builds self confidence and creates happy memories for everyone. When children are ready, their journey starts with playbacks in school assembly. From there we attend local festivals such as Paddle Round The Pier, Harpin' By The Sea and entertain in children's hospitals. There is also an opportunity to compete at the national harmonica festival, where we have been producing junior champions since 2011!



Free Taster Session

Why not take advantage of a **FREE TASTER SESSION**? We'll provide a harmonica and music sheet to get you started. Dates and times for our termly 10 week schedule are advertised on the Harp Academy website. To register, simply click the **Gold Harmonica** on our homepage and we will email you further details. Subscription for further sessions is just **£40.00 per half term**. That's a third of the price for private music tuition. Further information is on our website.



WWW.HARPACADEMY.CO.UK



OCTOBER HALF TERM HOLIDAY CLUBS



ST NICOLAS AND ST MARY CE PRIMARY SCHOOL



MONDAY 27 OCTOBER

BUSHCRAFT ADVENTURE: SURVIVAL SKILLS & CAMPFIRE TREATS

A bushcraft adventure all about fire - how to make it, cook on it & respect its wild power. Discover ancient fire making techniques, learn how to spark & build your own campfire, cook up tasty seasonal treats, build a shelter & take on survival challenges just like wilderness explorers. A full day of hands-on bushcraft, outdoor skills & discovery - perfect for curious kids who love nature & adventure!

TUESDAY 28 OCTOBER

NERF: MISSION SPOOKTACULAR

Are you ready? Forage for resources, defend your vault, rescue teammates, & take on the ultimate Nerf survival adventure with epic games like Swamp Rescue, Zombie Apocalypse & Hunger Games! An action-packed outdoor day full of action, fun, strategy & teamwork - with a spooky twist! (Age 6+ recommended)

WEDNESDAY 29 OCTOBER

ULTIMATE HALLOWEEN ADVENTURE: TRICKS, TREATS & CAMPFIRE FUN!

Get ready for the spookiest, silliest & slimiest day of the holidays! Make gooey slime, decorate Day of the Dead sugar skulls, brew Mayan hot chocolate over the campfire & join a zombie scavenger hunt. All topped off by a visit to the Witch, Goblin, & Bog Troll to solve riddles, crack the Halloween mystery... & earn sweet rewards. A mix of hands-on fun, laughter & imagination!

THURSDAY 30 OCTOBER

WAY OF THE VIKING: VIKING CRAFT, GAMES & CHALLENGES!

Live the Viking way for a day! Join your clan, take a Viking name, create your own Viking pottery, learn how to build an effective shield wall, & then switch from craftsman to warrior as you rise to the challenge with ancient Viking games Kubb & Jomswiliker!

FRIDAY 31 OCTOBER

WIZARDS OF THE WILD: A HARRY POTTER ADVENTURE

Bringing the magic of Harry Potter to life! Join this adventure where imagination runs wild. Brew bubbling potions in Potions Class, whistle & enchant your very own wand & join the Quidditch tournament for the house cup. A spellbinding day of fun, creativity, & adventure



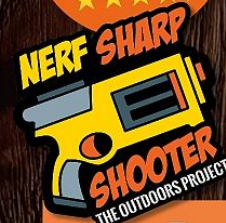
"LOTS OF GOOD OLD FASHIONED GET DIRTY PLAY!"
★★★★★



"BEST HOLIDAY CLUB AROUND"
★★★★★



"IT'S A LIFESAVER FOR WORKING PARENTS"
★★★★★



Book for 1 day or multiple days. Find out more at www.theoutdoorsproject.co.uk



DAVISON

C.E. High School for Girls

Come and have a look at our school

OPEN MORNINGS 30th Sept, 1st, 2nd, 3rd Oct 9.00am - 11.00am

OPEN EVENING 7th October 5.00pm - 7.30pm

Presentation and Headteacher talks 5.30pm and 6.30pm

For further details: www.davison.w-sussex.sch.uk

**We are delighted to be able to invite you to our forthcoming open events
for admissions in September 2026**

Please come along and have a look at our school, the preferred date for families of your primary school to attend the Open Morning is **Thursday 2nd October** and there is no need to book.

Please see the link below to our e-prospectus for more information:

<https://www.davison.w-sussex.sch.uk/admissions/prospectus/>

We are very much looking forward to meeting you.

Davison CE High School for Girls

[Prospectus - Davison High School](#)

Apply online at:
westsussex.gov.uk/admissions



Is your child due to transfer to secondary school in September 2026?

Apply online!

It's simple, convenient and time-saving. If your application is received after the deadline, your chance of securing a place at one of your preference schools could be seriously affected.

You can apply online from **Monday 8 September 2025**. If you would like further advice or information, phone: **03330 142 903**.

Deadline: Friday 31 October 2025

Free internet access to apply online is available at all West Sussex libraries.



WS110(A) 08.25

West Sussex SENDIAS Service

Is your child starting primary school or transferring to junior or secondary school in September 2026?

Do you think, for
● whatever reason, you
● may struggle with the
● Admissions process?

Secondary School

Online applications open:
Monday 8 September 2025.

Deadline for applying for a secondary school place for your child is:
Friday 31 October 2025.

Primary School (inc. infant/junior)

Online applications open:
Monday 6 October 2025.

Deadline for applying for a school place for your child is:
Thursday 15 January 2026.

For more information on the admissions process:
www.westsussex.gov.uk/admissions

If so, the West Sussex SENDIAS Service can:

- explain the admissions process to you
- help you to make an informed decision about your child's schools of preference
- help you to fill in the online application form.

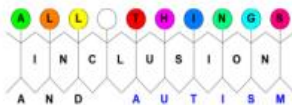
Please contact the SENDIAS Service:

Helpline: 0330 222 8555

Email: send.ias@westsussex.gov.uk

www.westsussexsendias.org





allthingsautism ltd@gmail.com

01895 649211

<https://allthingsinclusionandautism.com>

Workshops for parents / carers (and practitioners) - Autumn term 2025

<p>All things visual strategies Supporting autistic children / those with communication difficulties with visual strategies - why use visuals, which visuals to use and how to use them? Thursday 23rd October 2025 10 - 11.30am Online - via Zoom £36 plus VAT per person</p>	<p>Pathological Demand Avoidance (PDA) Understanding PDA and practical strategies to support Monday 10th November 2025 9.30 - 11.30am Online - via Zoom £44 plus VAT per person</p>
<p>All things communication and play: Supporting autistic children with communication and play skills - laughing and learning together Tuesday 4th November 2025 9.30am - 12 Online via Zoom £51 plus VAT per person</p>	<p>Autism and Girls Exploring differences and diagnosis . Understanding how autism impacts on girls and strategies and ideas to support them Thursday 13th November 2025 10 - 11.30am Online via Zoom £36 plus VAT per person</p>
<p>All things behaviour - supporting positive behaviours for autistic children Tuesday 7th October 2025 9.30am - 12 Online via Zoom £51 plus VAT per person</p> 	<p>All things sensory processing - a workshop exploring the sensory needs of autistic children and practical strategies to support their needs Wednesday 26th November 2025 9.30am - 12 Online via Zoom £51 plus VAT per person</p> 

<p>All Things Toileting Exploring the challenges around toilet training for autistic children and practical strategies to support them Friday 17th October 2025 10 - 11.30am Online via Zoom £36 plus VAT per person</p>	<p>Gestalt Language Processing How to support early language skills for young children including Gestalt learners Tuesday 18th November 2025 10 - 11.30am Online via Zoom £36 plus VAT per person</p>
<p>All Things Mealtimes Looking at the challenges around food and eating for autistic children and practical strategies to support Tuesday 4th December 2025 10 - 11.30am Online via Zoom £36 plus VAT per person</p>	<p>ADHD Understanding ADHD in young children and practical ideas to support them Tuesday 25th November 2025 10-11.30am Online via Zoom £36 plus VAT per person</p>
<p>Supporting children with Bereavement and Loss Looking at the impact of bereavement and loss on young children and strategies to support them Thursday 2nd October 2025 10 - 11.30am Online via Zoom £36 plus VAT per person</p>	<p>Promoting positive mental health in young children Examining causes of mental health difficulties, learning about anxiety and trauma Tuesday 11th November 2025 9.30 am - 12 Online via Zoom £51 plus VAT per person</p>

Contact Jaci Smith or Nikki Duhig at allthingsautism ltd@gmail.com or 01896 649211 to book your place/s



Hands on Art Club

October Half Term Art Workshops

Make, draw, build, sculpt, design!

Monday 27th October 2025

Tuesday 28th October 2025

Small groups – Aged 6+ - Drop off 9am-3pm - £35 per day

@The Circular Space, Ham Rd, Shoreham



Bring your ideas to life!

Time to explore your ideas, different materials,
creative techniques and your imagination!

Run by Hanna Boal - Qualified Teacher, Community Artist & Maker- DBS & Insured

Book Now - hanskibol88@gmail.com 07912 569 481

Instagram- HandsOn_bringyourideastolife



Baby & Toddler GROUP

Includes • interactive singing • musical instruments
• story • play time • snack
in a relaxed and welcoming space

When

Wednesday mornings
9:15am – 10:15am
(Term time only)

£3
per
family

Where

Shoreham Baptist Church
Western Road
BN43 5WD

Booking



Book your place here 
www.shorehambaptist.co.uk/musicmakers



Starts Wednesday
8th October



Training

Autumn 2025

(1st half-term)

Reaching Families offer a range of free training courses and workshops to parents and carers of children and young people with special educational needs and disabilities in West Sussex



Training Workshops

September

Making Sense of Wellbeing: Understanding and building resilience	Tuesday 16th	7.30pm
Understanding Attention Deficit Hyperactivity Disorder (ADHD)	Thursday 18th	7.30pm
Understanding Autism	Tuesday 30th	10.30am

October

Making Sense of Personal Independence Payment (PIP)	Thursday 2nd	7.30pm
Making Sense of Behaviours that Challenge (age 2-11 years)	Thursday 16th	7.30pm
Understanding Demand Avoidance	Tuesday 21st	7.30pm
Making Sense of Education Health & Care Needs Assessments and Plans (EHCPs)	Wednesday 22nd	10.30am

The SEND Foundation Course

An introduction to SEND and the key issues parents and carers will encounter as their children grow and develop.

Dates: 24th September / 1st October (2-part course) **Wednesdays** 10.00am-1.15pm

All training above will be delivered via Zoom

For further information visit our website or email: outreach-training@reachingfamilies.org.uk



SCAN ME

All our workshops are free of charge, for more information or to book a place, please visit our Eventbrite page or scan the QR code.

<https://reachingfamilies.eventbrite.com>



Reaching Families

www.reachingfamilies.org.uk

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

Umbrellas

Parent Support Group
Autumn Term 2025

Would you like to connect with other local parent carers?

If you are a parent or carer of a child or young person with special educational needs and disabilities in West Sussex, please join us at one of our local support groups or from the comfort of your own home.



Shoreham Umbrellas

Tuesdays, 10 am - 11.30 am

Adur East Family Hub (Shoreham)

9th Sep / 7th Oct / 4th Nov / 2nd Dec

Littlehampton Umbrellas

Wednesdays, 10 am - 11.30 am

Creative Heart Community Hub (upstairs)

10th Sep / 8th Oct / 5th Nov / 3rd Dec

Worthing Umbrellas

Tuesdays, 10 am - 11.30 am

Durrington Community Centre

16th Sep / 14th Oct / 11th Nov / 9th Dec

Horsham Umbrellas

Wednesdays, 10 am - 11.30 am

Horsham Family Hub

17th Sep / 15th Oct / 19th Nov / 17th Dec

Chichester Umbrellas

Thursdays, 10 am - 11.30 am

Donnington Parish Hall

25th Sep / 23rd Oct / 20th Nov / 11th Dec

Burgess Hill Umbrellas

Tuesdays, 10 am - 11.30 am

The Cherry Tree Centre

23rd Sep / 21st Oct / 25th Nov / 16th Dec

If you would like more information about our Umbrellas Support Group or would like the link to join Umbrellas online, please contact the outreach team.

Email:

outreach-training@reachingfamilies.org.uk



Reaching Families

www.reachingfamilies.org.uk

Umbrellas Online

Thursdays via Zoom

11th Sep	7.30 pm - 9 pm
9th Oct	7.30 pm - 9 pm
6th Nov	7.30 pm - 9 pm
4th Dec	7.30 pm - 9 pm



Reaching Families

Are you a parent or carer of a child or young person who has, or may have, special educational needs and disabilities in West Sussex?



EMPOWER

INFORM

SUPPORT

Reaching Families is a parent-carer led charity which aims to empower parent-carers and families of children & young people with special educational needs and disabilities in West Sussex through the delivery of information, training and peer support.

Making Sense of it All

In-depth parent-carer guide covering SEND issues from birth to adulthood

Umbrellas

Parent support groups based at locations across West Sussex and online, via Zoom

Training

Workshops and courses on a variety of issues delivered online, via Zoom

Face-2-Face

Peer based befriending for parents of children undergoing diagnosis

Animations

Short animated films on a variety of subjects

Fact sheets

Covering a range of SEND issues localised to the needs of West Sussex families

Benefits Advice Service

1-2-1 advice & claim checking support for families applying for DLA, PIP & Carers Allowance

NDP Navigation Service

Support service for parent-carers of children undergoing assessment on the West Sussex Neurodevelopmental Pathway (via referral from a professional)

Facebook Group

An online parent support group providing news, information and peer support

If you would like more information about how Reaching Families can help, please contact:

Email: admin@reachingfamilies.org.uk
Telephone: 01903 366 360

Reg Charity No 1150906



Reaching Families

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October Timetable

All sessions delivered live online via zoom. 90 minutes long

£24 each or FREE with School Membership

Book online at facefamilyadvice.co.uk

Recordings available for 48 hours (excluding Free Talk)

Understanding The Teenage Brain	6 Oct 10am
Supporting Healthy Sleep	6 Oct 7pm
Supporting A Child With ADHD	13 Oct 10am
Understanding Addictive Behaviour	13 Oct 7pm
Autism Improving Communication	14 Oct 10am
Improving Family Communication	14 Oct 7pm
Supporting Healthy Screen Use	20 Oct 10am
Facing Defiance	20 Oct 7pm
Anxiety Based School Avoidance	21 Oct 10am
Understanding Anger	21 Oct 7pm
FREE - Raising Self-Esteem	23 Oct 7-8pm
Anxiety Explained	27 Oct 10am
Cannabis and Ketamine Awareness	27 Oct 7pm
What Is ACT?	28 Oct 10am
Introduction To OCD	28 Oct 7pm

