



This Sunday (8 June) marks Pentecost day and as a school we have been looking on linking the story of Pentecost with the idea of superheroes. The question we left the children with was: 'If you were given the power to do good and be a superhero, what would it be? Do ask your child what their answer would be...

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.
- **Language of the Month:** Turkish
- **Sign of the Week:** Moon
- **Facebook page:** facebook.com/stnmschool

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

- Tuesday 24 June – Thursday 26 June – Reception Bike Balance Course

3. REQUESTS, REMINDERS AND GENERAL NOTES

- **Computers:** most of you will be aware of Microsoft's switchover to Windows 11. Any PC which is not compatible with Windows 11 will not be able to be used – for us, this is most of our PCs in school. Many companies regularly upgrade their PCs, so we would like to ask if any parent/carer works for a company that is (or will be) replacing their PCs, which are compatible with Windows 11, to please consider asking if they can be donated to us! Please do get in touch with the office if you think you might be able to help. Thank you.
- **Washing Machine:** on a similar note, our washing machine has finally given up - it is quite old! If anyone happens to be upgrading their current one (which is still fully operational), we would be grateful if you could consider donating it to us! Please contact the office if you can help. Many thanks.

4. Little Fishes Octopus Breakfast Club: in addition to the wraparound provision we offer on a Monday through to Thursday, we are delighted that we have been able to extend this to a Friday morning! Please book on the Childcare Bookings system.

5. Year 6 Dalesdown Week: I wanted to take the chance to say a huge well done to our Year 6 children as they finish their residential trip today. They have been a credit to the school and our families - it has been a wonderful week. A huge thank you to our staff team, who have worked extra hours, taken on additional responsibilities and (for some) not seen their families since Monday morning. We hope our children have long lasting memories from the week and will speak very positively to others about the Dalesdown experience. Good luck as well to our Year 5 children who will be going on their residential trip to Truleigh Hill next week from Thursday-Friday.

6. PREMISES, HEALTH & SAFETY

- **Parking:** please do not use the staff car park – this is for staff only. Some parents/carers are consistently parking in the staff car park (even when politely asked not to) and we would appreciate your cooperation with this. Parking is available on surrounding roads or at Buckingham Park. Thank you.
- **Dogs:** can we please remind you that dogs are not allowed on the school premises. If you need to come onsite, you must tie up your dog using the rings on the fence (where the children come in/out.)

7. **Geography Week:** Next week, 9th June, is our Geography focus week! Our theme this year is sustainability, and we would love as many children as possible to walk/bike/scoot to school that week and (where possible) ditch the drive! It would also be great if you were able to talk to your child about ways you think about sustainability around the home and what it means to you. Many thanks for your support.
8. **Perform School Visit:** We were very pleased to receive a visit from [Perform](#) on Wednesday 4 June. The children had a wonderful time exploring the theme of [Jungle Rumble](#) and using drama, dance and singing to help develop their confidence, concentration and social skills. To complement the workshop, there is a free educational app for iPhones and iPads based around the theme of [Jungle Rumble](#). It contains fun games, creative tasks and videos of the themed songs and dances. Click [here](#) to download it for free or [here](#) to find out more about the [Jungle Rumble](#) theme. Perform run regular weekly classes in the local area and they are offering a **special introductory discount** to all parents of St Nicolas & St Mary CE (aided) if they come along for a free trial session before Thursday 24 July. To claim your discount, just call Perform on 020 7255 9120 quoting **WSZX240725** or book a Free Trial Session online at perform.org.uk/try.



9. **Special Discounts for St Nic's School Uniform:** Felix School wear have special discounts available on all St Nic's uniform. Please use this order form: <https://form.jotform.com/201631732045344>
- 10% off all school uniform (code: **10SUMMER**). *Excluding polo shirts – see separate discount below.*
 - 15% off all orders of school uniform over £80 (code: **15SUMMER**). *Excluding polo shirts – see discount below)*
 - 20% off all orders of school uniform over £120 (code: **20SUMMER**). *Excluding polo shirts – see discount below)*
 - 30% off all polo shirts – discount already applied on the order form.

		<p>Special Summer discount on polo shirts</p> <p>30% off all summer</p> <p><small>(discount already applied to order form - no code required)</small></p>	<p>ENTER CODE 10SUMMER FOR 10% OFF ALL ORDERS* UNTIL 30/08/2025</p>
<p>Enter code 15SUMMER for 15% off orders* over £80 or 20SUMMER for 20% off orders* over £120 in the coupon box (valid until 31/07/2025)</p>			<p><small>*excludes polo shirts as they have a special 30% discount</small></p>

10. **Drama Kids Sussex** is partnering with West Sussex HAF scheme to run our fun and friendly Summer Theatre and Youth Theatre Schools offering equal number of free places alongside their fee-paying families. This year's weeklong performing camps we will be at Davison High School, Worthing 11-15 August 2025. **NEW NAME SAME TEAM!** To make it easier for parents/carers to find the club they want and enrol- our name has changed for our holiday clubs to Drama and Dance Clubs, Sussex (used to be Drama Kids) with a dedicated website and convenient online payment system. More information on this link: [Drama and Dance Club Sussex](#) Ages 4-9 Summer

Theatre School and Ages 10-16 Youth Theatre School. Our Enrolment form link: Enrolment Form - [Drama and Dance Club Sussex](#). West Sussex Enrolment Link <https://haf.bookinglab.co.uk/westsussex/37147/login>

"BEST CLUB THEY'VE BEEN TO..."
Sussex parent

Summer Theatre SCHOOL

Brighton

4-8 AUGUST

Worthing

11-15 AUGUST

AGES 5-10 WELCOME

email: admin@dramadance.club

www.dramadance.club

FREE scholarships*

***FREE SCHOOL MEAL PUPILS TS & CS APPLY**

"BEST CLUB THEY'VE BEEN TO..."
Sussex parent

Summer Youth THEATRE

Brighton

4-8 AUGUST

Worthing

11-15 AUGUST

AGES 11-16 WELCOME

email: admin@dramadance.club

www.dramadance.club

FREE scholarships*

***FREE SCHOOL MEAL PUPILS TS & CS APPLY**

11. **Summer Holiday Activities and Food (HAF) programme** will open on Monday 9 June. Delivered in partnership with the local authority, this fantastic initiative offers children aged 4–11 the opportunity to enjoy free fun-filled days packed with creative activities and nutritious meals—available to eligible families in West Sussex. Parents can book directly via the West Sussex Council [Booking Portal](#) Quayside Youth Centre, Southwick BN42 4RE, Tuesday 23 July – Thursday 29 August 2025 - 9am – 4pm daily

SCHOOL HOLIDAY & WRAPAROUND CLUBS

SUMMER HOLIDAYS
23RD JUL - 29TH AUG 2025

QUAYSIDE YOUTH CENTRE
UPPER KINGSTON LANE
SOUTHWICK BN42 4RE

OVER 50 AMAZING ACTIVITIES!

- ▲ Bouncy Castles • Nerf Wars
- Fun Games
- Archery • Team Sports
- Plus Loads More Action-Packed Fun!

Ofsted Registered

SOUTHEASTKIDSCAMPS.CO.UK
0333 444 5100

An online talk by Jane Keyworth



Supporting a Child with ADHD

Challenging the stereotypes, offering practical support and explaining more about this condition

June 23rd 7 - 8:30pm

Talks are recorded and available to watch for up to 48hrs after the session £24



Book online
facefamilyadvice.co.uk
go to **PARENTS**
on the **Homepage**



30-minute group **GUITAR + VOCAL** lessons - only £9.90!

in school!



- **Limited spaces remaining!**
- **In-person** during school day
- **Small groups** = £9.90 per student
- Half-termly bookings
- Childcare Vouchers accepted
- Weekly + termly reports
- Book / grade support
- Inspirational tutors
- + Individual **online** drums, guitar, piano + vocals = £18.50



> Enquire online today! <

Web: www.sammusicservice.com/stnics

Email: lessons@sammusicservice.com

Tel: 0800 756 9411



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.



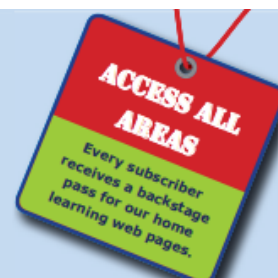
WWW.HARPAcademy.CO.UK

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



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

BEACH DREAMS

Beach Green, Shoreham-by-Sea

Fri 13 June, 6 - 9 pm; Sat 14 June, 12 - 10pm; Sun 15 June, 12 - 8pm

Workshops and Parade Program

Make something for the parade

Fri 13th June, 6 - 8pm & Sat 14th June, 12 - 2pm. Drop in, donation.

Pom pom making

Sat 14th June, 3 - 5pm. Bookable, pay what you can.

Jewellery making

Sat 14th June, 5 - 7pm. Bookable, pay what you can.

Craft party

Sat 14th June, 7 - 9pm & Sun 15th June, 6 - 8pm. Drop in, donation.

Nature collage

Sun 15th June, 12 - 2pm. Bookable, pay what you can.

Nature drawing

Sun 15th June, 2 - 4pm. Bookable, pay what you can.

Bunting and sticker making

Sun 15th June, 4 - 6pm. Bookable, pay what you can.

For more info and booking scan this QR code:

or see www.weareoverthemoon.org/upcomingevents.

Any queries email weareoverthemoon@gmail.com.



Collaborative painting

Sat 14th June, 12 - 2pm & 3 - 5pm, Sun 15th June, 12 - 2pm & 3 - 5pm.

Bookable, pay what you can.

Book at www.figmentarts.co.uk/book-now or scan this QR code:



Parade

Theme of The Blue and The Green.

Sat 14th June, 2 - 2.30pm, around the festival site, accompanied by samba music. Open to all ages! (You remain responsible for your children.)

Dress up as a sea creature or a tree or anything blue or green! Bring something to wave! Bring something to shake or hit!



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



**ENJOOLATA
FOUNDATION**



BEACH DREAMS COMMUNITY FESTIVAL 13-15TH JUNE

Well-being Area Timetable

Saturday 14th June

12 Love the Journey Yoga

1.15-1.45 Baby Massage ~ Shore Baby Massage

2-2.30 Family Parade

3-4 Children's Yoga ~ Gemma

4.30 Wave Music Therapy

6pm Silent Disco

Sunday 15th June

12 Breathwork ~ Matt Bagwell

1.30 Laughter Yoga ~Time Being

3-4 Shoreham Nutrition

4.30 Poetry workshop ~ Pauline Rutter

6pm Silent Disco



Time being

BEACH DREAMS COMMUNITY FESTIVAL

BEACH GREEN, SHOREHAM-BY-SEA JUNE 13-15TH 2025

BURNING ORGAN - HOLIDAY ON SATURN - DOLLY DAGGER

MARIE DANCE AND THE PURPLE SHOES - BONES ATE ARFA - THE MYTHS

DAVE PACKHAM - THE CLONES - MODESSA - 50HZ - JIMMY DOGFISH

GIRLS ON FILM - STONE OF FIRE - HALLOWEEN CLUB - JOY MACHINES

THE ADORED - TOO MANY TOASTERS - MONTANA - ROUTE 66 - DAYS GONE

WORK IN PROGRESS - SOUTH 43 - LITHIUM - THE OTTS - MONUMENTAL

DUSK - DESTINATION UNKNOWN - KINETICS - BROKEN MYTH - THE BLUE DOTS

THE MOONROCKERS - THE WABI SABIS - FELMAN & TEEJ - HORSE OF THE YEAR

THE ACOUSTICS - MILK FLOAT - DESERT ROSE - BIG EYED EARS

THE BEACH DAD BAND - THE GATHERING LIGHT CHOIR + MORE TBC

+ BAR, FOOD STALLS, WELLBEING AREA, ARTS AND CRAFTS MARQUEE AND MUCH MORE!

FREE
ENTRY!

CLICK ON THE CODE
TO DONATE:



ARTWORK BY RICHARD (SOLD)

SUPPORTED BY:



RAINBOW HAMPERS



IDEAS:

Chocolate
Alcohol
Smellies
Preserves



EACH YEARGROUP WILL BE GIVEN A COLOUR. DONATE AN ITEM IN THAT COLOUR TO ADD TO THE HAMPER

YR- RED

YR1-ORANGE

YR2-YELLOW

YR3-GREEN

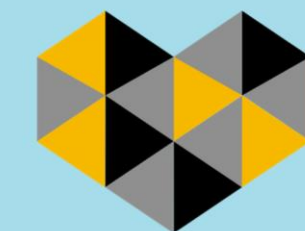
YR4-BLUE

YR5-PURPLE

YR6-PINK

BOX
PROVIDED-JUST
DECORATE

BRING
DONATIONS TO CLASS
W/C 2/6 - 13/6
DECORATED HAMPER TO
BE RETURNED TO
SCHOOL W/C 16/6



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S.T.E.M



HOLIDAY



St Nicolas and St Mary's CE

31st of July

£35 per day

9:30 am to 3:30pm

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

AFTER SCHOOL CLUB 2025 SUMMER TERM



"MY SON HAD SO MUCH FUN. HE WANTS TO GO BACK FOR MORE TOMORROW!"

"MY DAUGHTER WAS FULL OF BEANS AND BURSTING WITH LOVELY STORIES WHEN I COLLECTED HER"

FUN, EXERCISE, FRESH AIR & DIFFERENT ACTIVITIES EVERY WEEK

NEW ACTIVITIES FOR THIS TERM INCLUDE:

DEN MAKING: WOLF EDITION
SPACE SHUTTLE RACERS
BUSHCRAFT FIRE LIGHTING
NERF WATER BATTLES & GAMES
EGYPTIANS: CANOPIC JAR MAKING
ZELDA: TEARS OF THE KINGDOM CRAFTS
DODGEBALL BONANZA
STOMP ROCKETS MINIGAME TOURNAMENT
& AS USUAL: FUN VIBES & ADVENTURE!

WATCHING CHILDREN'S CONFIDENCE GROW & NEW FRIENDSHIPS FORM AT OUR CLUBS IS ONE OF THE MOST REWARDING THINGS WE DO.

**ST NICHOLAS & ST MARY
PRIMARY SCHOOL**
WEDNESDAYS 3:30 - 4:30PM
YEARS 1-6

23RD APRIL - 16TH JULY 2025
 TOTAL COST: £96 / 12-WEEK TERM



MORE INFO & BOOK: WWW.THEOUTDOORSPROJECT.CO.UK
 HOLIDAY CLUBS - BIRTHDAY PARTIES - SCHOOL WORKSHOPS - AFTER SCHOOL CLUBS - SAILINGS PARENT & TODDLER GROUP
 OFSTED REGISTERED & CHILDCARE VOUCHERS ACCEPTED



Summer Timetable

all sessions delivered live online via zoom £24 each 90 minutes long
 book online at facefamilyadvice.co.uk Recordings available for 48 hours

Supporting Healthy Sleep	16 June 10am
Decreasing Depression	16 June 7pm
Raising Self-Esteem	17 June 10am
Understanding the Teenage Brain	17 June 7pm
Understanding Addictive Behaviour	23 June 10am
Supporting a Child with ADHD	23 June 7pm
Improving Family Communication	24 June 10am
Autism Improving Communication	24 June 7pm
Facing Defiance	30 June 10am
Anxiety Based School Avoidance	30 June 7pm
Understanding Anger	1 July 10am
Supporting Healthy Screen Use	1 July 7pm
Introduction to OCD	7 July 10am
What is ACT?	7 July 7pm
Cannabis & Ketamine Awareness	8 July 10am

SOUTHWICK RANGERS FC



U7



Players in years year 1 wanted for new U7 team next season 25-26

-please contact-

interested@southwickrangers.org

for more information



Session is on 3g at Southwick Recreation ground. All abilities welcome ,Boys and Girls welcome.

Size 2 footballs are used to maximise ball control in a fun hour session.

SATURDAYS 11-12PM



Southwick Rangers



ACCREDITATION ★★

Accredited

Affiliated Association: Sussex FA



SUMMER CAMPS



Football Camps | Goalkeeper Camps | Multi-Sport Camps

WEEK 1 - July 23rd - July 25th

Football Camps @ Lancing, Portslade, Storrington & Worthing

WEEK 2 - July 28th - August 1st

Football Camps @ Crawley, Lancing, Portslade, Storrington & Worthing
Multi-Sport & Goalkeeper Camp @ Mile Oak Primary School

WEEK 3 - August 4th - August 8th

Football Camps @ Crawley, Lancing, Portslade, Storrington & Worthing
Multi-Sport & Goalkeeper Camp @ Mile Oak Primary School

WEEK 4 - August 11th - August 15th

Football Camps @ Crawley, Lancing, Portslade, Storrington & Worthing
Multi-Sport & Goalkeeper Camp @ Mile Oak Primary School

WEEK 5 - August 18th - August 22nd

Football Camps @ Crawley, Lancing, Portslade, Storrington & Worthing
Multi-Sport & Goalkeeper Camp @ Mile Oak Primary School

WEEK 6 - August 26th - August 27th

Football Camps @ Crawley

KEY INFORMATION

- All courses run from 09:30am-15:30pm | (9am) drop off available.
- All courses led by professional qualified coaches.
- All courses open to children aged 4-13 years.
- Members & Non members welcome - All abilities catered for.
- Booking early is essential - courses do get fully booked due to high demand.

PRICES FROM AS LITTLE AS £15 PER DAY!



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ORCHESTRAS INC. SEND MUSIC GROUP SATURDAYS



JOIN US

Orchestras Inc. is our incredible SEND music group, open to children and young people with additional needs in Key Stage 2 and above (up to 25 years). No previous experience required. The aim of this group is to have fun exploring music together through a range of instruments, and it's **free** to attend.

FIND OUT MORE AT

www.westsussexmusic.co.uk/orchestras-inc.

Supported using public funding by



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ENGLAND



**SIGN UP
HERE**



ORCHESTRAS INC.

SATURDAYS DURING JUNE & JULY

Orchestras Inc. is our wonderful SEND ensemble which is open to all children and young people with additional needs, including those attending special schools, those at mainstream schools or colleges with additional needs and those who are home schooled.

This inclusive, creative music group is for children and young people under 25 with special educational needs or disabilities. It is open to young people from anywhere with a parent or carer attending for support, and it's **free** to attend.

Find your nearest Orchestras Inc. ensemble

Horsham Music Centre – Saturday 7, 14, 21, 28 June, 12.30pm – 1.30pm
Millais School, Depot Road, Horsham RH13 5HR

or

Worthing Music Centre – Saturday 5, 12 July, 10.30am – 11.30am
Bohunt School Worthing, 65a Broadwater Road, Worthing BN14 8AH

MEET THE TEAM



Alison Sutton



Rania Rummery



Jo Eames



Anna Ryder

www.westsussexmusic.co.uk/orchestras-inc.

Training

Summer 2025

(2nd 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

June

Making Sense of Wellbeing: Self-care and managing stress	Tuesday 10th	10.30am
Making Sense of Behaviours that Challenge (age 2-11 years)	Wednesday 11th	10.30am
Making Sense of Adult Life - Supporting Adolescents (11 years+)	Wednesday 11th	7.30pm
Understanding Attention Deficit Hyperactivity Disorder (ADHD)	Tuesday 17th	7.30pm
Making Sense of Education Health & Care Needs Assessments and Plans (EHCPs)	Thursday 19th	10.30am
Making Sense of Wellbeing: Understanding and building resilience	Tuesday 24th	7.30pm
Making Sense of Masking	Wednesday 25th	10.30am

July

Making Sense of Personal Independence Payment	Thursday 3rd	7.30pm
Understanding Autism	Thursday 10th	10.30am
Understanding Demand Avoidance	Monday 14th	7.30pm

The SEND Foundation Course

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

Dates: 25th June / 2nd July / 9th July (3-part course) **Wednesdays 7.30pm-9.30pm**

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

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?



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

Fact sheets

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

Umbrellas

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

Benefits Advice Service

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

Training

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

NDP Navigation Service

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

Face-2-Face

Peer based befriending for parents of children undergoing diagnosis

Animations

Short animated films on a variety of subjects

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**

www.reachingfamilies.org.uk

Umbrellas

Parent Support Group Summer 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)

3rd Jun / 1st Jul

Littlehampton Umbrellas

Wednesdays, 10 am - 11.30 am

Creative Heart Community Hub (upstairs)

7th May / 4th Jun / 2nd Jul

Worthing Umbrellas

Tuesdays, 10 am - 11.30 am

Durrington Community Centre

22nd Apr / 13th May / 17th Jun / 15th Jul

Horsham Umbrellas

Wednesdays, 10 am - 11.30 am

Horsham Family Hub

23rd Apr / 21st May / 18th Jun / 16th Jul

Chichester Umbrellas

Thursdays, 10 am - 11.30 am

Donnington Parish Hall

24th Apr / 15th May / 26th Jun / 17th Jul

Burgess Hill Umbrellas

Tuesdays, 10 am - 11.30 am

The Cherry Tree Centre

29th Apr / 20th May / 10th Jun / 8th Jul

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



www.reachingfamilies.org.uk

Umbrellas Online

Thursdays via Zoom

1st May	7.30 pm - 9 pm
12th Jun	7.30 pm - 9 pm
10th Jul	7.30 pm - 9 pm

Your Space
THERAPIES
Secure attachments
Robust learners • Building futures

www.yourspacetherapies.org

Summer Holiday Mindfulness Pony Day's for Kids!

Explore Calm, Connection, and Confidence with Our Gentle Ponies!

Dates: Friday 8th August, Monday 11th August, Monday 18th August, Monday 1st September.

Time: 9am- 2pm

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

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.

Your Child's Special Day with the Ponies will include:

♥ Mindfulness Time with Ponies, Pony Care, Riding and Mounted Games and Mindful Nature Art.

Spaces are limited to 15 children per session! Please visit the Eventbrite links below now to ensure your spot. Once your booking is confirmed we will contact you to gather further information.

Friday 8th August Mindfulness Pony Day. Book now!

Monday 11th August Mindfulness Pony Day. Book now!

Monday 18th August Mindfulness pony Day. Book now!

Monday 1st September Mindfulness Pony Day. Book now!

Contact: bookings@yourspacetherapies.org

Cost: £140

Join us for an unforgettable experience that combines mindfulness and pony magic!

