



After another busy but enjoyable 5 weeks- We wish all of our St Nic's families a wonderful and restful half term break.

See you back on Monday 2<sup>nd</sup> June.

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](mailto: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:** Science
- **Facebook page:** [facebook.com/stnmschool](https://facebook.com/stnmschool)

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

- Monday 2 June – Y5, Walk Through the Bible 9:00am – 3:00pm
- Monday 30 June – Y3 (am) and Y5 (pm) Community Games @ Shoreham Academy
- Tuesday 1 July – KS1 & Early Years Sports Day (am)
- Friday 4 July – Y4 (am) and Y6 (pm) Community Games @ Shoreham Academy
- Monday 7 July – Summer Concert, School 5:15pm – 7:15pm
- Tuesday 8 July – KS2 Sports Day am (Changed from 24/6 due to Year 5/6 Transitions)
- Thursday 10 July – Ys 5 & 6 Swimming Gala @ Lancing College
- Tuesday 15 July – Y4 Sea Otter Keyboard Concert 2.30pm
- Wednesday 16 July – Y4 Sea Horse Keyboard Concert 2:30pm
- Wednesday 16 July – Y6 Play, PM Performance
- Thursday 17 July – Y6 Play, Evening Performance

### 3. REQUESTS, REMINDERS AND GENERAL NOTES

- Parent Survey:** please do take five minutes to complete the stakeholder survey. The link for the survey can be found below and the **deadline for completion is the end of this month – 30 May**. Many thanks, Mr Lincoln <https://forms.office.com/e/S9iA1ct0Qd>

### 4. A Message from the English Team:

**READING TROLLEY NEWS:** Our 'Reading Trolley Competition' this term is a poetry challenge. We are asking the children to write a poem about any topic or theme they like. It could be about a holiday they have been on, a reflection on the year gone by or anything that pops into their imaginations! You could draw a picture to go with it as well! If you would like to enter (the competition is for all year groups!), please type, write or draw your poem on a piece of A4 paper and hand it to Mr de Waal. There will be prizes for all entries and a special prize for the winners in each year group! Good luck and have fun writing your poems!

**READING JOURNAL REMINDER:** It really is so important that the children are reading every day at home and filling in their Reading Journals. This supports fluency and comprehension skills which are vital for all of our children's progress in all subjects. Please do encourage your children to bring their journals in (signed and dated) on the day

they are supposed to be in. Please also have a look at home for any books that need to be brought back into school. Thank you for your support on this very important matter and if you have any questions, please do not hesitate to get in touch with your class teacher or a member of the English Team via the school office.

**AUTHOR VISIT:** On the 25 June we have author Jim Beckett coming in again to meet and greet years 1, 2 and 3. Details of the event and information about how you can pre-order books have been sent out to the relevant parents and carers. Have a lovely break!

- 5. Geography Week:** The week beginning 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.
- 6. Race across the World:** I wanted to make a make a plug for the latest series of the BBC program Race across the World. One of ex-pupils Letitia Otero is one of the intrepid explorers.
- 7 St Nic's Singers Concert for Christian Aid:** On Wednesday 14 May, the St Nics Singers performed a concert in aid of Christian Aid Week at St Nicolas Church. The Singers sang a collection of 10 songs and performed wonderfully accompanied by Mr Mac (on drum/guitar/bells) and Mrs Woodman. We are delighted to announce that the concert raised over £200 for Christian Aid Week. Well Done Singers!



# RAINBOW HAMPERS

## IDEAS:

**Chocolate**

**Alcohol**

**Smellies**

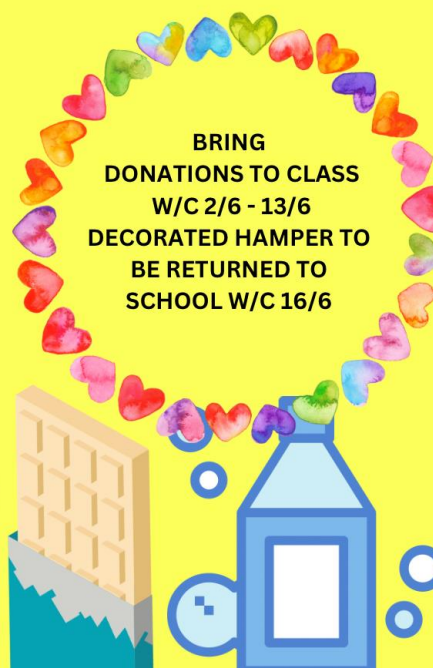
**Preserves**



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



**BOX  
PROVIDED-JUST  
DECORATE**







**The Outdoors Project**  
Inspiring Adventure Clubs For Kids

**BOOK NOW**

**BUSHCRAFT INSET DAY 23RD MAY  
NOW ON SALE**

★★★★★  
"IT'S CHILDCARE DURING THE HOLIDAYS THEY WANT TO GO TO!"

★★★★★  
"THIS CLUB IS CONSISTENTLY BRILLIANT"

★★★★★  
"OUR GO-TO HOLIDAY CLUB. NO SCREENS. JUST GOOD FUN IN NATURE"

**NATURE NINJA**  
THE OUTDOORS PROJECT

**NERF SHARP SHOOTER**  
THE OUTDOORS PROJECT

**WILD THING**  
THE OUTDOORS PROJECT

**OUTDOOR AMBASSADOR**  
THE OUTDOORS PROJECT

**CAMP CRAFT**  
THE OUTDOORS PROJECT

[WWW.THEOUTDOORSPROJECT.CO.UK](http://WWW.THEOUTDOORSPROJECT.CO.UK)



**The Outdoors Project**  
Inspiring Adventure Clubs For Kids

**BOOK NOW**

**MINECRAFT INSET DAY 27TH JUNE  
NOW ON SALE**

★★★★★  
"IT'S CHILDCARE DURING THE HOLIDAYS THEY WANT TO GO TO!"

★★★★★  
"THIS CLUB IS CONSISTENTLY BRILLIANT"

★★★★★  
"OUR GO-TO HOLIDAY CLUB. NO SCREENS. JUST GOOD FUN IN NATURE"

**NATURE NINJA**  
THE OUTDOORS PROJECT

**NERF SHARP SHOOTER**  
THE OUTDOORS PROJECT

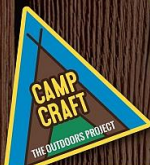
**WILD THING**  
THE OUTDOORS PROJECT

**OUTDOOR AMBASSADOR**  
THE OUTDOORS PROJECT

**CAMP CRAFT**  
THE OUTDOORS PROJECT

[WWW.THEOUTDOORSPROJECT.CO.UK](http://WWW.THEOUTDOORSPROJECT.CO.UK)





# MAY HALF TERM HOLIDAY CLUBS



ST NICOLAS AND ST MARY CE PRIMARY SCHOOL

FRIDAY 23RD MAY (INSET DAY)

## MARSHMALLOWS, FIRE LIGHTING, SHELTERS AND WOODLAND GAMES

Solve any inset day stress by sending the kids to us for a day of Outdoors Project classics! We'll get really stuck into fire lighting with strikers, friction sets and flaming fire pits. Marshmallow toasting never gets old AND water pistols may be coming out weather-dependant!

TUESDAY 27 MAY

## BUSHCRAFT VS MINECRAFT

Bushcraft meets Minecraft! The kids work together to build a den/village using bushcraft techniques, earn tokens for completing various challenges, play games featuring Steve & the Creeper, & find hidden resources to make tools! [knowledge of Minecraft is not required!]

WEDNESDAY 28 MAY

## CIRCUS SKILLS & WATER PISTOL PAINTING

Step right up for an action-packed circus day! Create giant bubble wands, master circus skills like diabolo & poi, then team up for a massive water pistol art mural! Unleash your creativity & skills - it's a day full of fun, bubbles, & colourful masterpieces!

THURSDAY 29 MAY

## NATURE NINJAS: CAMPING HACKS

Gear up for the best camping trip ever! Learn to set up a tent, start a fire, whittle sticks, cook over a campfire, & play popular camping games from around the world. Master these top camping hacks & become a pro camper ready for the ultimate summer adventure!

FRIDAY 30 MAY

## NERF: ULTIMATE NERF GAMES

Lock & load! A high-energy day with team Nerf games, building forts, tactics & challenges. Four of the best Nerf games out there: Hunger Games, Tower Defence, VIP Rescue & Man Down, plus an ultimate frisbee-style game with a rocket ball! (Age 6+ recommended)



"NO SCREENS, JUST GOOD FUN OUTSIDE"  
★★★★★



"THE KIND OF DAY EVERY CHILD SHOULD HAVE"  
★★★★★



For more info on dates, locations and how the clubs run & to book: [www.theoutdoorsproject.co.uk](http://www.theoutdoorsproject.co.uk)





## 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](http://www.sammusicservice.com/stnics)

**Email:** [lessons@sammusicservice.com](mailto:lessons@sammusicservice.com)

**Tel:** 0800 756 9411



## harpacademy

where musicians are made

**DEDICATED HARMONICA CLASSES IN YOUR SCHOOL**



### 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.



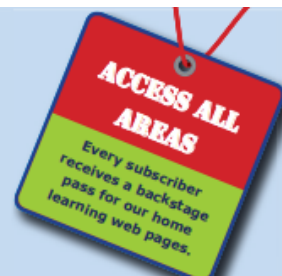
**WWW.HARPACADEMY.CO.UK**



# harpacademy

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**





Autism: Improving Communication  
Raising Self-Esteem  
Supporting Healthy Screen Use  
Supporting Healthy Sleep  
Cannabis & Ketamine Awareness  
What is ACT?  
Introduction to OCD  
Anxiety Explained

## FAO SENCo

Choose one of the 16  
Parent talks below.  
Email Jane for a free  
recording and watch in  
your own time.

[info@facefamilyadvice.co.uk](mailto:info@facefamilyadvice.co.uk)

Anxiety-Based School Avoidance  
Supporting a Child with ADHD  
Facing Defiance  
Understanding Anger  
Addictive Behaviour  
Understanding the Teenage Brain  
Decreasing Depression  
Improving Family Communication

## FACE School Membership Plan

Give **ALL** your parents and **ALL** your staff unlimited free access  
to **ALL** the above FACE talks for Parents



[info@facefamilyadvice.co.uk](mailto:info@facefamilyadvice.co.uk)  
[facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)



## Summer Timetable

all sessions delivered live online via zoom £24 each 90 minutes long  
book online at [facefamilyadvice.co.uk](http://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  |





## 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.](http://www.westsussexmusic.co.uk/orchestras-inc.)

Supported using public funding by



ARTS COUNCIL  
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.](http://www.westsussexmusic.co.uk/orchestras-inc.)







**FOR KIDS IN  
YEARS 4-6  
(8-11)**



**SCAN THE QR CODE  
ABOVE TO REGISTER  
YOUR KID(S)**



# **THE ULTIMATE TEAM CHALLENGE! 3**



**EACH COMPLETED  
CHALLENGE WILL  
DRAW THE  
TEAMS CLOSER  
TO VICTORY!**

**WORK AS A TEAM AND WIN THE PRIZE!**

**SATURDAY 31ST MAY 2025**

**17:00-19:00**

**CITYCOAST CHURCH**

**NORTH STREET, PORTSLADE, BRIGHTON**

**BN41 1DG**



*CityCoast*  
CHURCH





# BEACH DREAMS

Community Festival Workshops by  Over the Moon

## @The Circular Space:

**Messy Makers for Beach Dreams:** Mondays, 3.45 - 5.15pm

**Make textile festival decor:** Sun 4th & 25th May, 10am - 3pm, free

**Make cardboard trees:** Mon 5th May, 2 - 4pm, free

**Screenprinting on fabric:** Sun 11th May, 10am - 1pm, pay what you can

**Sew festival banners:** Sat 17th May, 10am - 1pm & 1.30pm - 4.30pm, free

**Sew a festival outfit:** Sun 18th May, 10am - 1pm & 1.30pm - 4.30pm, pay what you can

**Linoprinting on fabric:** Sat 24th May, 10am - 1pm, pay what you can

**Holiday Art Club festival headgear:** Tues 27th May, 9.30 - 12.30pm, pay what you can

**Holiday Art Club screenprinting on fabric:** Tues 27th May, pay what you can

**Hands on Holiday workshop, Beach Dreams theme:** Thurs 29th May, 9am - 3pm,  
book at [hanskibol88@gmail.com](mailto:hanskibol88@gmail.com)

**Messy Makers Beach Dreams special:** Fri 30th May, 3 - 5pm

**Musical instrument making:** Sat 31st May, 10am - 12pm, pay what you can

**Lantern making:** Sat 31st May, 2 - 5pm, pay what you can

**Make festival signage:** Sun 1st June, 10am - 1pm, free

**Make festival sculptures:** Sun 1st June, 2 - 5pm, free

## @Lancing Green Dreams on Lancing Beach Green:

**Make what you want from the blue/green scrap stash:** Sun 8th June, 10.30am - 3.30pm, drop in, donation

## @ Beach Dreams festival on Shoreham Beach Green:

**Make something for the parade:** Fri 13th June, 6 - 8pm & Sat 14th June, 12 - 2pm,  
drop in, donation

**Parade:** theme of **The Blue** and **The Green**, Sat 14th June, 2 - 2.30pm

**Pom pom making:** Sat 14th June, 3 - 5pm, pay what you can

**Jewellery making:** Sat 14th June, 5 - 7pm, 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, pay what you can

**Nature drawing:** Sun 15th June, 2 - 4pm, pay what you can

**Sticker making:** Sun 15th June, 4 - 6pm, drop in, donation

Unless stated otherwise, for more info and booking scan the QR code  
or see [www.weareoverthemoon.org/upcomingevents](http://www.weareoverthemoon.org/upcomingevents).

Any queries email [weareoverthemoon@gmail.com](mailto:weareoverthemoon@gmail.com).



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**ARTS COUNCIL  
ENGLAND**



**ENJOOLATA  
FOUNDATION**



# AFTER SCHOOL CLUB 2025 SUMMER TERM



**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](http://WWW.THEOUTDOORSPROJECT.CO.UK)**  
HOLIDAY CLUBS - BIRTHDAY PARTIES - SCHOOL WORKSHOPS - AFTER SCHOOL CLUBS - SAPLINGS PARENT & TODDLER GROUP  
OFSTED REGISTERED & CHILDCARE VOUCHERS ACCEPTED



# Street Cricket Holiday Camp

Come along for a whole day of cricket for **FREE** during May half term.  
Open to all girls and boys **aged 8+**. No equipment required.

## BACA

**Thursday 29 May**

9:00am - 2:00pm

**Cost: FREE**



**Brighton Alridge  
Community Academy**  
Lewes Rd, Brighton, BN1 9PW

## Contact

Ayscha Woods  
[ayscha.woods@sussexcricket.co.uk](mailto:ayscha.woods@sussexcricket.co.uk)

## What to Expect?

- ✓ Have fun & make new friends whilst improving your skills!
- ✓ Wear what you want (comfortable sports shoes recommended)
- ✓ Teas & coffees available for parents, access to look around the Aldridge Cricket Centre

SCAN QR CODE  
TO VISIT REGISTER



FOR MORE INFORMATION



[WWW.SUSSEXCRICKET.CO.UK/CHANCE-SHINE-STREET](http://WWW.SUSSEXCRICKET.CO.UK/CHANCE-SHINE-STREET)

# Street Cricket Holiday Camp

Come along for a whole day of cricket for **FREE** during May half term.  
Open to all girls and boys **aged 8+**.

## Porstlade CC

**Friday 30 May**

9:00am - 2:00pm

**Cost: FREE**



**Portslade Cricket Club**  
Old Shoreham Rd, next to  
Sainsburys, BN3 7GD

## Contact

Ayscha Woods  
[ayscha.woods@sussexcricket.co.uk](mailto:ayscha.woods@sussexcricket.co.uk)

## What to Expect?

- ✓ Have fun & make new friends whilst improving your skills!
- ✓ Wear what you want (comfortable sports shoes recommended)
- ✓ No equipment required & session is free!

SCAN QR CODE  
TO VISIT REGISTER



FOR MORE INFORMATION

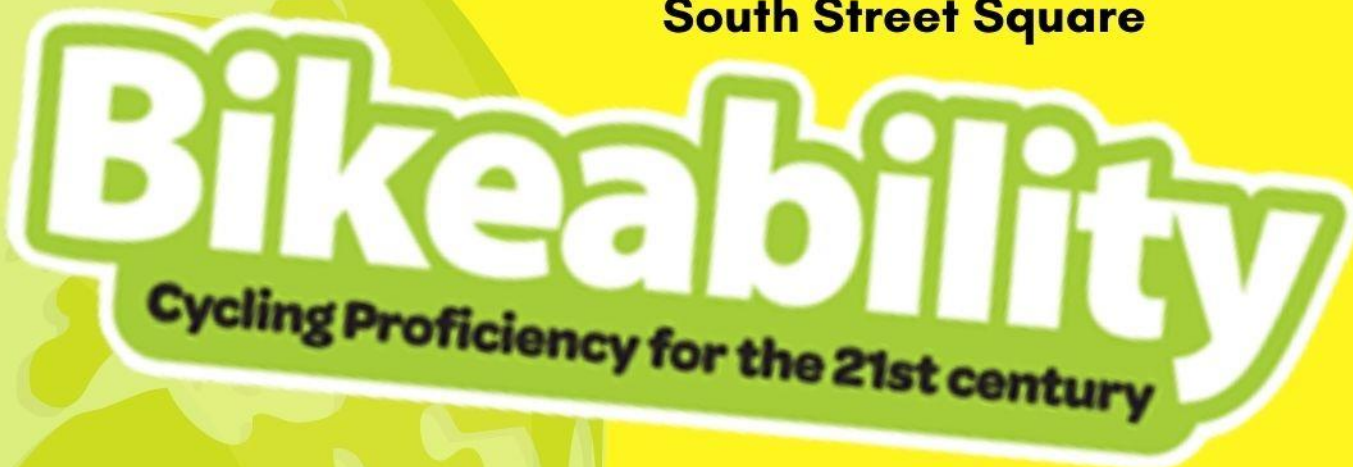


[WWW.SUSSEXCRICKET.CO.UK/CHANCE-SHINE-STREET](http://WWW.SUSSEXCRICKET.CO.UK/CHANCE-SHINE-STREET)



# World Cycling Day 2025

Location: Worthing Town Centre -  
South Street Square



**Sunday, 1st June,  
from 11:00 AM to 3:00 PM**



**Come and meet us, have a chat,  
try a balance bike (younger  
children) or an adapted cycle (all  
ages and abilities)!**







**Your Space**  
THERAPIES  
Secure attachments  
Robust learners • Building futures

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

### May Half Term Mindfulness Pony Day for Kids!

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

Date: Friday 30<sup>th</sup> May 2025

Time: 9.30am- 2.30pm

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.*

#### 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.

**Mindful Nature Art:** Unleash your creativity with activities that inspire observation and connection with the natural world.

**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.

**Spaces are limited to 12 children! Email now to ensure your spot.**

Contact: [bookings@yourspacetherapies.org](mailto:bookings@yourspacetherapies.org)

Cost: £110 plus VAT

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



Website: [www.stnicolasmary.w-sussex.sch.uk](http://www.stnicolasmary.w-sussex.sch.uk)



## 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

### 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

### Facebook Group

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

### Animations

Short animated films on a variety of subjects

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

Email: [admin@reachingfamilies.org.uk](mailto:admin@reachingfamilies.org.uk)

Telephone: 01903 366 360

Reg Charity No 1150906



**Reaching Families**

[www.reachingfamilies.org.uk](http://www.reachingfamilies.org.uk)

Em: [office@stnm.org.uk](mailto:office@stnm.org.uk) Calendar: click on link for how to [use](#) or [subscribe](#)



# 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](mailto: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>



[www.reachingfamilies.org.uk](http://www.reachingfamilies.org.uk)

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# 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](mailto:outreach-training@reachingfamilies.org.uk)



[www.reachingfamilies.org.uk](http://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 |