



Today marks international day for the eradication of poverty and as the bible shows us giving can be as much of a blessing as receiving.

Have a wonderful weekend  
Mr Lincoln and the Senior Leadership Team

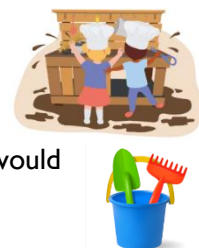
## 1. COMMUNICATION

- **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](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.
- **New website:** we realise some of the functionality on the current website (specifically the calendar) is not working as it should. Please bear with us while we get our new website up and running.
- **Language of the Month:** Korean
- **Sign of the Week:** Quiet
- **Facebook page:** [facebook.com/stnmschool](https://facebook.com/stnmschool)

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

## 3. REQUESTS, REMINDERS AND GENERAL NOTES

- **Mud Kitchen!** We are looking to create a mud kitchen for Reception, Year 1 and Year 2 children to use at break and lunchtimes on the Cherry tree playground. If you have any old cooking pots/pans/wooden spoons etc that you would be happy to donate to the school, then please do pop into the school office.
- **Sandpit:** In addition, if you have any spare plastic buckets/spades for our sand pit then we would gratefully put them to good use in the school sandpit.



## 4. FSM eligible families in West Sussex will be entitled to a total of £10.00 worth of vouchers per child, to span the entirety of the October half term school holiday period. These will be sent via email on the 24 October.

## 5. WSCC Upper Shoreham Road Active Travel improvements: Following on from Phase 1 & 2 (construction of a parallel crossing and shared use cycle path), WSCC is looking to complete works improving cycling and pedestrian connectivity on Upper Shoreham Road & Buckingham Road by carrying out carriageway resurfacing on Buckingham Road within the area of Hamfield Road between **27 – 31 October 2025**, carriageway resurfacing outside Buckingham Park School, and associated lining works. The road will be closed during this time to allow a safe working space. A signed diversion route will be in place.

## 6. DCAT Christmas Card Competition

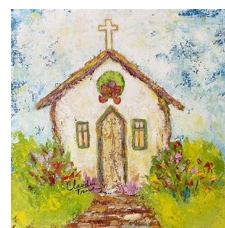
*"Art through the eyes of the festive season."* Deadline for entries -Monday 10 November 2025. Themes: Pupils will design a Christmas card inspired by the style of one of three artists. They should interpret festive themes - joy, kindness, winter, celebration—through the lens of their chosen artist.

Artist Choices

Wassily **Kandinsky** – \*Abstract & Colourful\*

Romero **Britto** – \*Pop Art & Positivity\*

Claudia **Nice** – \*Nature & Watercolour Detail\*



Prizes: 1 winner EYFS, 1 winner KS1, 1 winner KS2, 1 winner KS3/4. All 4 winners become the printed official cards for the Trust. Schools with winning pupils will also receive a pack of cards to use to send to their community links. Schools with winning pupils will receive an Amazon voucher for Art supplies £50. Winning pupils will receive a prize and framed copy of their card. All entrants will receive a certificate of participation. Please can all entries be sent to the Office FAO Mrs MacDonald.

- 7. Celebrations:** We are incredibly thankful to work in a school that is filled with so many wonderful children. We are therefore continuing with our monthly celebration assembly where teachers from each class choose children who have shown consistently an amazing attitude to their work, friendships and all of school life. We then invite them to come up to the front of our assembly, to hear why the teacher has chosen them and receive a sticker and a round of applause from the rest of the school. This is our third time of celebrating in this way and our themes for this term have been ***‘Celebrating those who have settled into their new classes’***, ***‘Celebrating children who have been a great friend to others’*** and ***‘Celebrating our children with marvellous manners’***. We look forward to our next celebration assembly in November.

Class	Children
Blue Whale	Sierra Niyah
Gray Whale	Orla Reuben M
Dusky Dolphin	Finnley Rory Matilda Aqsa Sonny Ginny
Spinner Dolphin	Jonah Evelyn Nathaniel Bella Kobe Freddie
Penguin	Harry T Eleanor Flo Ralph Ottilie Elias
Puffin	Olive Evalyn Dylan Robyn Baxter Ava
Seal	Faith Bronte Gwen Edie Phoebe Frankie
Sea Lion	Arlo Nico Dolly-Jo Willow Hendrix Abel
Seahorse	Jaedan R Ivy P Mattie Chase Sophie Rae
Sea Otter	Fleur Thomas Jovin Sophie Holly Fabian
Terrapin	Imogen Samuel Theo Isla Farrah Toby
Turtle	Danny Iris Libby Ruby Liv Mia
Coral	Rosie-Mae Toby Harrison Ea Johnny Evie Sasha
Oyster	Bella Sophia Harry Skye Matilda Mary

- 8. Kids and Smartphones:** don't forget to book your place on Smartphone discussion to be held at Shoreham Academy on Thursday 23 October 6.30-8.30pm. As a school we made the decision not to allow smartphones 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 23<sup>rd</sup>  
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](http://SMARTPHONEFREECHILDHOOD.ORG)

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



## Try Before you Buy

**Shoreham Academy 18:30 to 20:30 23<sup>rd</sup> 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.

We are pleased to announce that Fraser Portraits will be at the School on

**Wednesday 22nd October**

to undertake individual and in-school siblings photographs during the school day.

We are also holding a drop in session at the beginning of the school day for Nursery School students.

This will run from

**9.00-9.15 a.m.**

This session will run on a first come, first served basis. **No appointment needed.**

**We look forward to seeing you soon!**





# 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](http://www.stnicolasmmary.w-sussex.sch.uk) /  
[office@stnm.org.uk](mailto:office@stnm.org.uk)



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



## October Half Term Mindfulness Pony Day for Kids!



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

**Date: Wednesday 29<sup>th</sup> 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 tranquility 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.**





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](mailto:STEMInnovation@outlook.com)

Tel : 07951287236

Payment to :

STEM INNOVATION Education

ACCOUNT NO : 17721733

SORT CODE : 01-00-04

[www.steminnovation.co.uk](http://www.steminnovation.co.uk)

# SAMA KIDS KARATE

St Nicolas & St Marys C.E. Primary

Thursdays 3.40pm



register your  
child here

**CLASSES £6.00 PAY AS YOU GO**

GREAT FOR KIDS • DISCIPLINE • FITNESS • RESPECT  
CONFIDENCE • SELF- DEFENCE • GREAT FUN

**[SamaKarateandKickboxing.co.uk](http://SamaKarateandKickboxing.co.uk)**

**01903 767616**



The  
**Outdoors Project**  
OFSTED  
REGISTERED

# OCTOBER HALF TERM HOLIDAY CLUBS

ST NICOLAS AND ST MARY CE PRIMARY SCHOOL



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



**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 Kubba & Jomswilker!

**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

**Book for 1 day or multiple days. Find out more at [www.theoutdoorsproject.co.uk](http://www.theoutdoorsproject.co.uk)**



"BEST HOLIDAY  
CLUB AROUND"  
★★★★★



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





# MESSY CHURCH

Join us for fun activities and refreshments!!



Saturday 25 October at 3 p.m.

ST GILES CHURCH, UPPER SHOREHAM ROAD,  
SHOREHAM-BY-SEA, BN43 6BT  
RSVP: 07989 250344



**SATURDAY 25TH OCTOBER • 7PM**

**The Church of the Good Shepherd**  
Kings Walk, Shoreham-by-Sea BN43 5LF, UK

Entry by donation to support our little Church on the Beach  
Contact Jill on 07796 932 420 to reserve a place, or just turn up!



Apply online at:  
[westsussex.gov.uk/admissions](https://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](https://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:

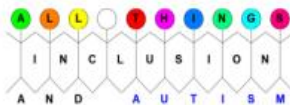
Helpline: 0330 222 8555

Email: [send.ias@westsussex.gov.uk](mailto:send.ias@westsussex.gov.uk)

[www.westsussexsendias.org](https://www.westsussexsendias.org)







allthingsautism ltd@gmail.com

01895 649211

<https://allthingsinclusionandautism.com>

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

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

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

Contact Jaci Smith or Nikki Duhig at [allthingsautism ltd@gmail.com](mailto:allthingsautism ltd@gmail.com) or 01896 649211 to book your place/s



## Hands On Art Workshops

After school Art Clubs



### NEW VENUE !!!

@The Circular Space,  
Ham Rd, Shoreham

**Mondays and Tuesdays**  
**3:30-5:30pm**

Ages 6-12 - Small groups



**Bring your ideas to life!**

Hanna Boal- Qualified teacher, Community Artist & maker -DBS & Insured  
hanskibol88@gmail.com **Insta- HandsOn\_bringyourideastolife**



## St Mary de Haura



Join us for stories, crafts and fun.  
We start in the hall then join the main  
church service.

2nd & 4th Sunday of each month.

St Mary's Hall 10am

0-11 year olds

0-6 year olds to be accompanied by  
an adult.



# 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:** 24<sup>th</sup> September / 1<sup>st</sup> 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](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>



**Reaching Families**

[www.reachingfamilies.org.uk](http://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](mailto:outreach-training@reachingfamilies.org.uk)



**Reaching Families**

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



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](mailto:admin@reachingfamilies.org.uk)  
Telephone: 01903 366 360

Reg Charity No 1150906



**Reaching Families**

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



## 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](http://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
<b>FREE - Raising Self-Esteem</b>	<b>23 Oct 7-8pm</b>
Anxiety Explained	27 Oct 10am
Cannabis and Ketamine Awareness	27 Oct 7pm
What Is ACT?	28 Oct 10am
Introduction To OCD	28 Oct 7pm