

Reaching Families

Empowering families of children
and young people with special
educational needs and disabilities

Training Roadshow

*Workshops aimed at parents and carers of children
with additional needs and/or disabilities*

We regret that we cannot accommodate children at the workshops.

Making Sense of Anxiety in Children

Friday 26th January 9.45am – 12.30pm
Easebourne School, Midhurst

An introduction to understanding anxiety in primary aged children, ways to support them if they are worrying too much and tips for looking after yourself along the way.

Booking: Please visit [Eventbrite](#) and search for Reaching Families, or look at our Events page on [facebook](#) Any queries, please email: admin@reachingfamilies.org.uk or call Rosemary: 07704 037664 or Michele: 07470 005734.

FREE WORKSHOPS: Suggested donation £3



www.reachingfamilies.org.uk

Unit 16 Oaklands Business Centre,
64-68 Elm Grove, Worthing. BN11 5LH

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



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Training Roadshow - Winter 2018

Workshops aimed at parents and carers of children with additional needs and/or disabilities

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Making Sense of Personal Independence Payment (PIP)

Wednesday 24th January 9.45 am – 12.30 pm

Broadfield Community Centre, Crawley

Learn all about PIP including how your young person will be transferred at 16, completing the form, the different rates and the process of face to face assessments.

Making Sense of E-Safety

Monday 26th February 7.00 pm – 9.00 pm

Lancing Parish Hall, Lancing **Evening workshop**

What we should say to our children - what helps, what may not, accessing safety features; cyber-bullying, sexting, what they may be learning at school, resources you can access at home.

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An introduction to understanding anxiety in primary aged children, ways to support them if they are worrying too much, and tips for looking after yourself along the way.

Making Sense of Sensory Processing Difficulties

Tuesday 6th March 7.00 pm – 9.00 pm

Trafalgar Road Baptist Church, Horsham

Find out about sensory processing difficulties and learn about ways to help your child/young person.

Making Sense of Parenting Siblings of Children with SEN

Tuesday 30th January 9.45 am – 12.30 pm

Maybridge Children & Family Centre, Worthing

Focuses on providing advice on managing feelings and emotions that siblings may be experiencing as well as how to manage all the questions they may have.

Making Sense of Challenging Behaviour

Monday 12th March 9.45 am – 12.30 pm

New Park Centre, Chichester

Explore ways to respond to your child so that positive behaviour is encouraged and challenging behaviours are reduced.

Making Sense of Transition to Adulthood

Tuesday 6th February 9.45 am – 12.00 pm

Bognor Regis Nursery, Bognor

An introduction to the options available after school and supporting a young person to make choices about their future.

Handling Stress and Building Your Own Resilience

Wednesday 21st March 9.45 am – 12.30 pm

The Kings Church, Burgess Hill

Learn how to recognise stress in yourself, strategies to reduce it and how to become more resilient.

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All About Me

A new course starting at the
Chichester Children and Family
Centre on 6th February 2018
09:30 - 11:30 x 10 sessions
term time only



*Some of the things we will start
looking at are:*

- Where you are now and where you want to be
- The skills and qualities you already have
- Identify and work toward the ones you need to improve upon
- Identify and work toward the ones you need to gain



Moving on to the next steps we will:

- Explore the rights of parents in work and education
- Look at working relationships and childcare options
- How we can fit time for ourselves around family life

We will then:

- Find out about the local opportunities available
- Look at different ways to apply
- Prepare for interviews/ applications

You can move onto:

- An IT qualification
- A Childcare qualification
- Helping in Schools
- Another course with Aspire
- Volunteering

Find out more session
30th January 09:30-11:30
Call to book: 01243 642950

FREE to anyone who is unemployed and in receipt of JSA/ESA, WRAG or anyone who wants to work and earns less than £330/month.

HALF TERM ACTIVITY CLUBS AT LODGE HILL



12th & 16th February 2018

- Drop your child off at 8:30am for a full day of exciting outdoor activities!
 - Pick up at 5pm
- These days are for 8-14 year olds and will include a packed lunch and refreshments.
- £35 per child per day or £60 per child for both days
 - Spaces are limited



**CALL 01798 831411 OR EMAIL
ADMIN@LODGEHILL.ORG.UK TO BOOK**

*CHECK OUT OUR WEBSITE AND
FACEBOOK FOR MORE INFO*

- ⇒ We are unable to store or administer medication
 - ⇒ Places are limited
 - ⇒ No half day bookings
- ⇒ Please make us aware of any dietary requirements
- ⇒ Please wear outdoor appropriate clothing



⇒ Lodge Hill Centre, Watersfield, Nr Pulborough, West Sussex, RH20 1LZ



WIN

Family Ticket to
Warner Brother Harry
Potter Studio's Tour*

Add
Magic

to your school
this term!

Buy your lottery ticket and you could win
a **Family Ticket to Warner Brothers**

Harry Potter Studio's Tour

- Tickets only cost £1 a week!
- Match all 6 numbers and win £25,000!
- Guaranteed cash prize to one of our supporters every week!
- Joining is easy, it only takes a minute!

[Click here to support today](#)

Sign up before 22nd December. Supporters must be 16 years of age or older

* Terms and Conditions apply



Was your child born between 1 September 2013 and 31 August 2014?

If so then he or she is eligible to
start school in September 2018.

Apply online! It's simple, convenient
and timesaving, plus you get an
instant email acknowledgement
that your application
has been received.

Apply online from
2 October. If you would
like further advice or
information contact:

☎ 03330
142 903

Free internet access
to apply online is
available at all:

- West Sussex libraries;
- Children and
Family Centres.



Apply online at:
□ www.westsussex.gov.uk/admissions
Deadline: Monday 15 January 2018



Is your child due to transfer to Junior School in September 2018?

Apply online! It's simple, convenient and timesaving, plus you get an instant email acknowledgement that your application has been received.

You can apply online from 2 October. If you would like further advice or information contact:

 03330 142 903

Free Internet access to apply online is available at all:

- West Sussex libraries;
- Children and Family Centres.



Apply online at:

□ www.westsussex.gov.uk/admissions

Deadline: Monday 15 January 2018