

LEARNING DIFFICULTIES

ADDISS

www.addiss.co.uk

The Attention Deficit Disorder Information and Support Service provides information and resources about Attention Deficit Hyperactivity Disorder (ADHD) to anyone who needs assistance - parents, sufferers, teachers or health professionals. Information is available from publications through the website with a range of resources about of ADHD and associated conditions.

ADULT DYSLEXIC TELEPHONE SUPPORT

West Sussex self-help group. For advice on assessment, training and computers, help with practical problems, support for adults with dyslexia, and their families.

ALDINGBOURNE TRUST

www.aldingbournetrust.co.uk

The Trust provides services for people from the age of 18 with learning difficulties. Sheltered employment and training to support sheltered employment are available, as is a craft service, residential accommodation and outreach team.

ARUN SUNSHINE GROUP

Fortnightly drop-in for adults with learning difficulties on Sundays between 2pm and 5pm at Dove Lodge, Littlehampton. It provides an opportunity for social and recreational activities such as pool, table tennis, board games, crafts and outings. Can cater for adults with learning difficulties who may also have additional physical, sensory or communication difficulties.



ASP INTERACTIVE YOUTH CLUB AND ASP 13+ CLUB

Club for children and young people with special needs. Activities include pool, football, table tennis, outdoor and indoor games, art and crafts, cookery, computer games, music and films, fully equipped sensory room. Additional separate activities suited to young people with special needs aged 13 and over.

BRITISH INSTITUTE OF LEARNING DISABILITIES

www.bild.org.uk

Works to improve the lives of people in the UK with a learning disability.

BUDDYS (121 South Farm Road, Worthing)

www.buddys.ukf.net

This is a drop in and meeting place for people with learning difficulties and their families, friends and supporters. Offers work experience in the café and has a shop, information and meeting room.

CHALLENGING BEHAVIOUR FOUNDATION

www.challengingbehaviour.org.uk

Offers information and support to parents, carers and professionals of people with severe learning difficulties and who present challenging behaviour.

CHANCTONBURY COMMUNITY PLAYSCHEME

www.ccps-sussex.org.uk

Provides a summer play scheme for children aged 5 – 19 years with learning difficulties (must have a statement of special educational needs). Activities are matched to the children's ability and needs and range from wheelchair ice skating to music workshops and from fashion shows to visits to the funfair.

CIRCLES (West Sussex)

This project is designed to ensure that people with learning difficulties in the county are assisted to become fully included in their communities. Works with people who are excluded, marginalised and isolated to develop confidence and fulfilling lives, and working towards building inclusive communities. Operates the **Clifton Road Drop-in** in Worthing, a friendship group for people with learning difficulties and open to all those who feel isolated or disadvantaged.

COASTAL ENTERPRISES (previously The Brougham Centre)

www.coastal.ukf.net

A West Sussex County Council day centre for people over 18 years of age with learning difficulties, providing a range of activities and training focused on work opportunities. Is unable to take wheelchair users. Operates a range of business ventures designed to provide continuous work opportunities, including Coastal Cookies (their commercial catering enterprise), woodwork, household maintenance, and art and craft.

COMMUNITY TEAM for PEOPLE WITH A LEARNING DIFFICULTY

The Community Team for People with a Learning Difficulty (CTPLD) includes workers from both Adult Services and Health. Every team includes Social Workers, Nurses, Occupational Therapists, Psychologists, Psychiatrists and Speech and Language Therapists. There are 3 teams that cover West Sussex, based in Chichester, Worthing and Horsham.

- **Adur Arun and Worthing** - 01903 843350
- **Chanctonbury** - 01403 225100

They offer support and information to anyone who has a learning difficulty. This might include help and support with housing/accommodation, employment, daily living, personal care, mental health, support in accessing NHS, behavioural challenges, short breaks for carers, Carers Assessments, psychological well-being, sexual health, person centred planning, health needs (specific to learning difficulty) speech, language and communication, adapting to environments, community participation, advice/information on available services and funding applications for services/ resources.

You can access the team through a referral from the individual or their carer, families or representatives. They can be made by telephone, letter or in person. A psychiatric referral must be made by the individual's own doctor. Waiting times for referrals vary throughout the county.

FERRING COUNTRY CENTRE

www.ferringcountrycentre.org

Rural work experience for adults with learning difficulties, especially all aspects of horticulture, gardening and stable work. It operates a Riding Therapy Unit for people from the local community with disabilities. Open 10-4pm daily.

Brook Lane Workshop provides cookery training, gardening skills and a café and garden centre.

FOUNDATION FOR PEOPLE WITH LEARNING DISABILITIES

www.learningdisabilities.org.uk

This organisation promotes the rights, quality of life and opportunities of people with learning disabilities and their families, by working with people with learning disabilities, their families and those who support them.

GATEWAY CLUB (CHANCTONBURY AREA)

Club for people over 16 with learning difficulties. Meets on Thursday from 7pm -9 pm in Horsham.

GATEWAY CLUB (LANCING)

For adults with learning difficulties. Meets on Saturdays from 3pm – 5.45pm, between September and May in Lancing for activities such as skittles, bowls and dancing, visiting speakers, and a light tea. Small charge.

GATEWAY CLUB (WORTHING)

For adults with learning difficulties. Meets on Mondays from 7-9pm. There a charge of £1 per visit which covers various activities such as dancing and outings, refreshments provided.

HOUSING OPTIONS

www.housingoptions.org.uk

This is an independent advice and information service for people with learning disabilities. The aim is to assist people with learning disabilities achieve greater control over aspects of their life and to provide more housing and support choices.

IMPACT ADVOCACY SERVICE

www.impact-initiatives.org.uk

Provide independent advocacy for people with learning difficulties aged 18 and over throughout West Sussex. Advocates can help people with a range of issues including housing, family and social relationships, money, making complaints, access to health and social care services, funding issues and work.

L'ARCHE

www.larchebognor.org.uk

International organisation based on Christian principles providing homes and day services for adults with learning difficulties.

LOOK UP

www.lookupinfo.org

Look Up is an information service about eye care and vision for people with learning disabilities. Helpline and website which includes factsheets and information for carers, those with learning difficulties and professionals.

MENCAP

www.mencap.org.uk

Mencap is the UK's leading learning disability charity working with people with a learning disability and their families and carers.

NATIONAL AUTISTIC SOCIETY (NAS ADVICE LINE)

www.autism.org.uk

Information, advice and services for children and adults with Autistic Spectrum Disorders (ASD). Services include: Autism Helpline, Autism Alert Card which helps a person with autism if communication is difficult, national diagnostic and assessment service, national befriending scheme, Advocacy for Education Service, and has a large range of publications.

NORTHBROOK COLLEGE

'Towards Independence' courses provide activities that complement and reinforce the goals of numeracy, literacy and ICT for adults with learning difficulties and physical disabilities.

PATHWAY EMPLOYMENT SERVICE

Pathway provides a service for people with learning difficulties, helping them towards employment. Pathway canvasses for job opportunities, provides support through interviews, induction and on-job support etc.

RESPOND

www.respond.org.uk

Respond provides a range of services to both victims and perpetrators of sexual abuse who have learning disabilities and those who have been affected by other trauma. Services extend to support and training for families, carers and professionals.

SNAP - LITTLEHAMPTON

Drop-in for parents of children with special needs. Take the child, their brothers or sisters under five, a friend or go alone. Chat over a cup of tea or coffee, share experiences, find out about other relevant groups or share new skills for living with a child with special needs. The premises are fully accessible with a wheelchair accessible toilet and parking.

SNAP - WORTHING

Drop-in and support for parents of children with special needs. Take the child, their brothers or sisters under five, a friend or go alone. Chat over a cup of tea or coffee, share experiences, find out about other relevant groups or share new skills for living with a child with special needs. The premises are fully accessible with a wheelchair accessible toilet and parking.

SOUTHDOWN HOUSING ASSOCIATION

www.southdownhousing.org

Non-profit making housing association, providing housing and support for adults with disabilities. In addition, Southdown has day facilities and supported employment services.

Area(s) covered: Adur, Chanctonbury and Worthing.

SUPPORTED LIVING SCHEME

Provides short term break at home service for carers of people with learning difficulties aged 18 or over. Referrals need to be arranged via West Sussex County Council (Adult Services).

SUSSEX AUTISTIC SOCIETY

www.sussexautisticsociety.org

Runs **Asperger Youth Groups** in Worthing on Saturdays – please phone or see the website for information. Activities and training include social skills, cooking, music, art and outings. Runs **Parents and carers social evenings** in Worthing - an opportunity to meet other parents and carers and to share advice and support. Runs Family sessions for autistic children at **Southdowns Family Centre**, on two Saturdays a month and include drama, art, play, cookery, computing, sport and a multisensory and music environment to encourage sensory awareness, interaction, and confidence.

SUSSEX PARTNERSHIP CARERS CHARTER

01903 843185

www.sussexpartnership.nhs.uk/services-and-information/information-for-carers/carers-charter/

This Carers' Charter is Sussex Partnership Trust's statement of values, principles and standards in relation to all carers of people who use the organisation's specialist mental health, learning disability and substance misuse services. The Charter covers how the Trust intends to address the areas which carers have said are important, such as Information, Assessment processes, Short breaks, Emotional support, Support to care and maintain carer's own health, Having a voice, A life beyond caring, and Equality and diversity.

SUSSEX SEALS

Sports and leisure club in Worthing for over 16's with learning difficulties, on Tuesday evenings. Provides facilities for arts and crafts, drama and photography. Requests £3.50 per week as a contribution towards costs.

THE BIG BRIDGE WEBSITE

www.thebigbridge.org.uk

An on-line information resource for people with learning difficulties, their parents and carers and social care professionals working in West Sussex. The website is designed to offer practical, local information and signposting to services and support.

WAYS TO WORK (Formerly Breakaway Supported Employment)

Offers a free and confidential one-to-one advice service for people with learning difficulties and those on the Autistic spectrum. Matches people with jobs and provides ongoing support once a job has been found.

WEST SUSSEX LEARNING LINKS

West Sussex Learning Links provides a mentoring and befriending service for adults with learning difficulties who would like to go to classes at either an adult education or leisure centre or who would like to get out and about in the community to activities such as ten-pin bowling, cycling or the cinema, by pairing them with a "Buddy". Office hours 9am-2pm Mon – Thurs.

WORTHING AND DISTRICT SCOPE

www.worthingscope.org.uk

A local charity that offers support and services to adults and children with cerebral palsy and similar disabilities, their families, carers and friends. Services include advice, support and information, a day centre for adults, and supported housing.