

Reaching Families

Facebook

We run a popular group on Facebook that is an excellent way of providing parents-carers with information and enabling them to make contact with other parents and carers in a similar situation.

Supporting Reaching Families

The following are a number of ways in which you can help Reaching Families.

Make a Donation

You can make a donation to our charity via the following web link:-

www.localgiving.com/charity/reachingfamilies

Volunteer For Us

Could you spare 2-4 hours per week to help us reach families in your local community?

Fundraising For Us

Would you be interested in fundraising for Reaching Families by holding a small event on our behalf or maybe taking part in a sponsored run or bike ride?

For further information on supporting Reaching Families please contact our project manager Brian O'Hagan.

Contact Us

For further information about our projects and services please contact:-

Unit 16, Oaklands Business Centre
64-68 Elm Grove
Worthing
West Sussex
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Tel: 01903 366360
Email: info@reachingfamilies.org.uk
Web: www.reachingfamilies.org.uk



LOTTERY FUNDED

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

About Reaching Families

Reaching Families was established by parent-carers to “empower, inform and care for parents and families of children and young people with special educational needs and disabilities in West Sussex”. We achieve our mission through the delivery of the following projects and services.

Making Sense of It All

This extensive handbook gives vital information to parents and carers of children aged 0-14 across a number of subjects including:-

- Coping with diagnosis
- Handling stress
- Benefits and money matters
- Special educational needs
- Accessing support from health and social care agencies
- Local leisure opportunities

The guide also contains a directory of over 400 relevant organisations and an extensive jargon buster.



Making Sense of Adult Life

This handbook gives vital information to parents and carers of children aged 14+ making the transition to adulthood. Subjects covered include:-

- Adolescence and relationships
- Benefits and money matters
- Transferring to adult health and social care
- Further education, employment and training
- Housing and independent living
- Social and leisure activities, etc



The guide also contains a directory of over 400 relevant organisations and an extensive jargon buster.

FREE paperback copies of both books are available for parent-carers to order (plus £2.50 postage & packing) from our website.



Fact sheets

We have published a series of localised fact sheets on a wide range of subjects including childhood disabilities. Each fact sheet combines clinical information with local information on relevant projects and services. Each of our fact sheets can be downloaded for free from our website.

Training Roadshow

Reaching Families deliver workshops on a wide range of subjects including:-

- Claiming DLA and Other Benefits
- Understanding Challenging Behaviour
- Handling Stress and Building Resilience
- Helping Your Child Achieve Better Sleep
- Understanding Changes in Education
- Understanding Sensory Issues
- Transition to Adulthood
- Understanding Anxiety in Children

We deliver our training in a roadshow format which means we repeat workshops at multiple venues and locations across West Sussex.

Umbrellas

We currently run four support groups for parents and carers of children and young people with special educational needs and disabilities. The groups meet monthly during the school term at various locations around the county. Please see our websites for details of all groups.