

# Reaching Families

## Facebook

We run a popular group on Facebook that is an excellent way of providing parents with information and enabling them to make contact with other parents 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](http://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

To find out more about our services please contact:-

Brian O'Hagan  
Project Manager  
Tel: 07939 192388  
Email: [info@reachingfamilies.org.uk](mailto:info@reachingfamilies.org.uk)

Office Address:

Unit 16, Oaklands Business Centre  
64-68 Elm Grove  
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Tel: 07939 192388  
Web: [www.reachingfamilies.org.uk](http://www.reachingfamilies.org.uk)



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Company Limited by Guarantee: 8261096



*Empowering families of  
children with special needs*

## About Reaching Families

Reaching Families was established by parent-carers to “empower, inform and care for parents and families of children with special needs 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 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 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 parents 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 Road-show

Reaching Families deliver workshops on a number 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

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

## Umbrellas

We currently run four support groups for parents of children with special educational needs and disabilities who attend mainstream schools. The groups meet monthly during the school term in Billingshurst, Haywards Heath, Worthing and Littlehampton.