Support Groups

General Information

Families for Autism - Eastbourne Support Group
St. Elizabeths Church
266-268 Victoria Drive
Eastbourne
BN20 8QX
07415 137887
eastbournesupport@familiesforautism.com
http://www.familiesforautism.com/

Information Updated 22-09-2015

Services Offered

Information

All welcome. There are no creche facilities, but we do have toys and children are welcome, but parents will have responsibility.

The groups are available to any family members, carers or professionals who have a connection to a child or young person with autism. An admission fee of £1.00 per person will be charged.

We aim to provide:-

The opportunity for parents or any other members of the family to meet for an informal chat in a friendly atmosphere.

Fortnightly day time meetings also covering some school holiday periods.

A chance for you to meet and share your experiences with people in a similar situation.

Time to talk freely about issues that are important to you.

Support and encouragement where needed.

Guest speakers from time to time.

If you would like to find out more about our groups, or possibly attend, you can contact:

Eastbourne- Mark Jones on 07415 137887;
eastbournesupport@familiesforautism.com

Area Covered

Countywide, Eastbourne, Hastings, Lewes, Rother, Wealden
Families for Autism

Families for Autism is a charity which provides information, advice, support for East Sussex families with a child with autistic spectrum disorders. Children on the autistic spectrum and their siblings are able to take part in a variety of activities including computers, multi-sensory play, arts and crafts and cooking. Newsletter and outings for families.

We aim to provide:
The opportunity for parents or any other members of the family to meet for an informal chat in a friendly atmosphere.
Fortnightly day time meetings also covering some school holiday periods.
A chance for you to meet and share your experiences with people in a similar situation.
Time to talk freely about issues that are important to you.
Support and encouragement where needed.
Guest speakers from time to time.

If you would like to find out more about our groups, or possibly attend, you can contact:
Eastbourne & Heathfield- Mark Jones on 07415 137887
info@familiesforautism.com;
Newhaven- Nicki Day on 0772 3805444
newhavensupport@familiesforautism.com

Area Covered
Countywide, East Sussex Downs & Weald (PCT), Eastbourne, Hastings, Hastings & Rother (PCT), Lewes, Rother, Wealden

B.E.A.T.S. (behavioural, educational, advice, training, support group)

At the weekly coffee morning families meet and share their experiences of conditions including obsessive compulsive disorder (OCD), attention deficit hyperactivity disorder (ADHD), autism spectrum disorder (ASD) and Downs syndrome. It is a chance to meet people who understand, make friends and get information, advice and support.

Parent run group for parent, carers of children and young people up to 25 years. Meet weekly in term-time on Fridays at Ark little Ridge primary school 9.45-11.30am. There is a £1 donation for running costs.

Area Covered
Hastings, Rother
In-Clued

Suite D, Blackham Court
Beech Green Lane
Withyham
Hartfield
BN7 4DB

01892 770946
doctor@in-clued.co.uk
http://www.in-clued.co.uk

Information Updated 22-09-2015
ID 28236
Type Community

Hastings Branch of National Autistic Society (NAS)

Cafe De Arts
28-29 Robertson Street
Hastings
TN34 1HT

07920 254569
Bexhill@nas.org.uk

Information Updated 18-09-2015
ID 27935
Type Charity

East Sussex Deaf Children’s Society

Countywide

01323 506178
info@eastsussexdcs.org.uk
http://eastsussexdcs.org.uk

07411 408869

Information Updated 20-08-2015
ID 27867
Type Voluntary

Children, young people and siblings welcome. Wheelchair access.

In-clued provides support, counselling and advocacy for parents and carers of young people under 25 years old with any physical or learning disability/difficulty. Activities are provided for young people in Hailsham, Heathfield, Uckfield and Crowborough. Sat sessions at Freedom Leisure £3 per family, other activities free. Office open 10-3pm, Mon to Fri; Activities evenings and weekends. Contact Pippa or Kirsten for more information.

We are a friendly group of parents looking for new faces to join us for a cuppa! All family members & carers are welcome to come along. The Café des Arts is owned by Autism Sussex and the aim of this café and art gallery is to provide people with autism with an opportunity to undertake work-based learning and to showcase and sell their art work.

Our Hastings Support Group meets on 3rd Friday of the month (term time only). See website for details. We meet at Cafe Des Arts, Robertson Street, Hastings, TN34 1HT from 9.30-11.30am.

The East Sussex Deaf Children’s Society’s vision is of a future without barriers for every deaf child. We are a ‘self help’ support group for parents, carers, and others interested in helping deaf children. We have lots of exciting events coming up over the next few months, check out our websites events page for info on our upcoming events.

East Sussex Deaf Children’s Society is a local group affiliated with the National Deaf Children’s Society and is run by volunteers. Since its inception in the 1980s, we have worked hard to provide support where it’s most needed.
**Services Offered**

**Embrace Parent Support Group**

Old Town Children'S Centre  
Victoria Drive  
Eastbourne  
BN20 8XN  

07825 800 299  
annette@embraces.org.uk  
http://embraceeastsussex.org.uk

Information Updated 20-08-2015  
ID 25232  
Type Charity

Information

A preschool group for pre diagnosed children with special needs. It runs term time only from the Children’s Centre Victoria Drive, Old Town, every Thursday from 9.30am-12pm. This group is for parents and children.

We offer refreshments, sensory play, family support and a free advocacy service to help with disability benefits and obtaining Education and Health Care Plans and assessments for your child. For children aged 0-5yrs.

Area Covered

Eastbourne

**Special Kids Bexhill**

Various Venues  
Bexhill-on-Sea  
TN BN

07873 721560  
specialkids82@yahoo.co.uk  
http://www.specialkidsbexhill.com

Information Updated 17-08-2015  
ID 24802  
Type Community

Information

Registered charity no 1160545. Support group for parents and carers with children or adults who have any special/additional needs. Parents and carers meet informally for coffee, chat and mutual support in Bexhill regularly in term-time alternating between mornings and evenings. Please contact for further details and see Facebook page Special Kids Bexhill.

Special Kids Bexhill activities for the School Holidays include private visits to; 1066 Gym, Swimming at Bexhill Leisure Pool, Clamber's Playcentre, Ringo-ing, Froggies soft play, Bowling, Laser quest, Roller skating. Also various coach trips including London Zoo, Legoland. Please contact Sharon for dates, times, prices & availability on these specially booked activities.

Area Covered

Rother

**Embrace Something Special (Eastbourne)**

Old Town Children'S Centre  
Victoria Drive  
Eastbourne  
BN20 8XN

07825 800 299  
annette@embraces.org.uk  
http://embraceeastsussex.org.uk

Information Updated 20-08-2015  
ID 25232  
Type Charity

Information

Embrace is a parent-run support group for parent/carers with children with special needs. Parent Support group runs every Tuesday 10am to 12pm. We have a free advocacy service run by two experienced Lawyers. Paper work needs to be provided for our perusal before an appointment is made. We also provide a Family Liaison Service home visits are provided upon request.

Area Covered

Eastbourne
### General Information

**Seaford Downs Syndrome and Special Needs Support Group**

Various Venues  
Contact For Further Details  
Seaford  
BN25  
01273 517294  
dave@seaford-dssnsg.co.uk  
http://www.seaford-dssnsg.org.uk  

Information Updated  28-07-2015  
ID  3964  
Type  Charity

### Services Offered

**Information**

The Seaford Downs Syndrome Support Group aims to provide enrichment to the lives of people with Down’s Syndrome and other special needs and their families.

The Seaford Down’s Syndrome and Special Needs Support Group is a registered charity and aims to provide enrichment to the lives of children with Down’s Syndrome and other special needs and their families. We provide various activities, including speech therapy, swimming, music, drumming, sensory movement, a sensory room drop-in, a monthly family drop-in and a lending library. We also provide guidance and training where required.

**Area Covered**

East Sussex Downs & Weald (PCT), Lewes

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### Caterpillars

**Seaford Children’S Centre**  
Cradle Hill Cp School  
Lexden Road  
Seaford  
BN25 3BA  
01273 335100  
childrencentres.thehavenscluster@eastsussex.gov.uk  
http://www.eastsussex.gov.uk/childrenandfamilies/childcare/parentsandcarers/childrencentres/default.htm  

Information Updated  23-07-2015  
ID  27044  
Type  Voluntary

**Information**

A parent-led drop-in group for parents/carers & children with additional needs 9:30 – 11:30am on 1st & 3rd Friday of each month, term time only,

Sensory Room also available at the Seaford Children’s Centre please contact the centre for details. Parents are very welcome to pop along for support even if their child is in a childcare setting.

**Area Covered**

Lewes

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### Parent to Parent Service

**The National Autistic Society**  
393 City Road  
London  
EC1V 1NG  
0808 800 4106  
Parent2Parent@nas.org.uk  

Information Updated  30-06-2015  
ID  26870  
Type  Charity

**Information**

Parent to Parent is the NAS’ UK-wide confidential telephone support service for parents and carers of a child or adult with autism. The service is provided by trained parent volunteers who have personal experience of autism and the impact it has on their own families. They can provide another parent with the opportunity to talk through issues, feelings and problems and support them in identifying key issues and strategies, or provide a non judgmental listening ear.

Parents and carers can contact the service via phone or online. They can either call 0808 800 4106 at any time day and night and leave a message. It is not a manned line, but if they leave a message, a volunteer will call them back as soon as possible, at a time which suits them. Alternatively they can fill in our online enquiry form by visiting the Parent to Parent pages of the NAS website http://www.autism.org.uk/our-services/advice-and-information-services/parent-to-parent-line/parent-to-parent-enquiry.aspx

**Area Covered**

National
Sussex Ups and Downs
Crowborough Venues
Crowborough
TN6

01892 664325
info@sussexupsanddowns.co.uk
http://www.sussexupsanddowns.co.uk/index.html

Information Updated 30-06-2015
ID 26653
Type Voluntary

We are a parent led group that offer support to children with Down’s Syndrome and their families in the Crowborough and surrounding areas. We believe in helping children with Down’s Syndrome to achieve their full potential.
No family in our area with a Down’s Syndrome child should feel alone. We aim to provide support and advice on all aspects of bringing up your child, as well as a range of other services and social events.
We are a small group supporting children with Down’s Syndrome aiming to extend opportunities and enhance experiences.

Area Covered
Countywide

Lark in the Park Charitable Trust
94 Northbourne Road
Eastbourne
BN22 8QP

01323 438743
sarah@larkintheparkcharity.org.uk
http://www.larkintheparkcharity.org.uk/

Information Updated 30-06-2015
ID 27339
Type Charity

Lark in the Park is an Eastbourne based Charitable Trust for local youngsters aged 5-25 with special needs which include Downs Syndrome, Autism and Cerebral Palsy.
Lark in the Park runs Stephanie’s House, a static caravan at Combe Haven Holiday Park in St. Leonard’s in East Sussex. This is available for use to families who have children with special needs rental free, as well as general rental. Lark in the Park also hosts a Christmas Party for the children and their families each year.
Lark in the Park has a static caravan for families to use for a short break. Please call or check the website for further details.

Area Covered
Countywide, East Sussex Downs & Weald (PCT), Eastbourne, Hastings, Hastings & Rother (PCT), Lewes, Rother, Unknown, Wealden

Bunnyhoppers
Springboard House
Hurst Road
Horsham
RH12 2EP

01403 218888
info@springboardproject.com
http://www.springboardproject.com/bunny-hoppers

Information Updated 30-06-2015
ID 2874
Type Voluntary

Bunny Hoppers is a group for under 5s needing additional support accompanied by their families, at Springboard House on Sunday afternoons providing “on-site” short breaks.
Bunny Hoppers meets monthly on Sunday afternoons and is for families with children from birth to 5 years with an disabilities, who can enjoy our centre’s facilities. The session is staffed by the Springboard Project Activities team and volunteers who look after the children, whilst the parents are able to relax a little in the centre and talk to each other or share information and concerns.
Bunny Hoppers membership also includes access to Springboard House during regular opening hours.

Area Covered
Countywide
**General Information**

**Families for Autism - Newhaven Support Group**
Riverside Hall
West Quay
Newhaven
BN9 9BP
07723 805444
newhavensupport@familiesforautism.com
http://www.familiesforautism.org.uk

Information Updated 29-06-2015

**Services Offered**

**Information**

All welcome. There are no creche facilities, but we do have toys and children are welcome, but parents will have responsibility.

The groups are available to any family members, carers or professionals who have a connection to a child or young person with autism. An admission fee of £1.00 per person will be charged. The group meets fortnightly and sessions run between 10am and 12pm.

We aim to provide:-

The opportunity for parents or any other members of the family to meet for an informal chat in a friendly atmosphere.

Fortnightly day time meetings also covering some school holiday periods.

A chance for you to meet and share your experiences with people in a similar situation.

Time to talk freely about issues that are important to you.

Support and encouragement where needed.

Guest speakers from time to time.

If you would like to find out more, please contact:

Newhaven- Nicki Day on 07723 805444
newhavensupport@familiesforautism.com

**ID 25974**

**Type** Community

**Area Covered** Countywide, Eastbourne, Hastings, Lewes, Rother, Wealden

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**Pippa’s Group**
Pells C Of E Primary School
Landport Road
Lewes
BN7 2SU
01273 483992
info@pippasgroup.org.uk
http://www.pippasgroup.org.uk

Information Updated 24-06-2015

**Information**

This drop in group is for any parent, whether accompanied by a child or not. Parents of children with extra needs especially welcome. Drop in and pre-school groups also listed. Summer holiday outings arranged.

Drop in Friday 1-3pm. To help & support parents of any age children, including those with additional needs. Please visit our website for further information on our other groups.

**ID 1151**

**Type** Charity

**Area Covered** Countywide, East Sussex Downs & Weald (PCT), Eastbourne, Hastings, Hastings & Rother (PCT), Lewes, Rother, Wealden
SCREAM
Call For Venue Details
Crowborough
TN6 *

01892 653511
sblb77@gmail.com

07876 636292

Information Updated 23-06-2015
ID 26941
Type Voluntary

Information
A parent run support group for parents of children with dyslexia. Please come along for informal chat, exchanging information and support.

Please contact for details for next session and venue in Crowborough.

Area Covered
Countywide , Eastbourne , Hastings , Lewes , Rother , Wealden

Bexhill & Hastings Branch of National Autistic Society (NAS)
Hastings Venue See Notes
Bexhill-on-Sea
TN39 TN40

07920 254569
Bexhill@nas.org.uk
http://nasbexhillandhastings.webeden.co.uk/

Information Updated 20-05-2015
ID 2866
Type Voluntary

Information
Friendly group to meet people, gain support and information. The Support Group meets at the Cafe des Arts, Robertson Street, Hastings, TN34 1HT, on the 3rd Friday of the month, 9.30-11.30am, term time only. All family members welcome. We have 'Family Activities' during the school holidays, hiring venues exclusively for children on the autistic spectrum & their families. Contact for more information.

Branch of a National Autistic Society. Social group offering support and information for families who have a child with autism.

Area Covered
Hastings , Hastings & Rother (PCT) , Rother

Down Syndrome Development Trust
Unit 35
Newhaven Enterprise Centre
Denton Island
Newhaven
BN9 9BA

01273 615073
hello@downsyndromedevelopment.org.uk
http://downsyndromedevelopment.org.uk
07897 373839

Information Updated 12-05-2015
ID 27541
Type Charity

Information
We provide up-to-date information on a range of topics to support your child’s learning. DSDT offer experienced advisors familiar with the issues families face and available to talk through any worries or concerns you may have..

Children with Down Syndrome require regular enrichment classes in order for them to develop skills. DSDT help in the planning and setting up of a range of enrichment programmes and provide you with the framework necessary to deliver them within your community.

We provide information on the specific learning profile of children with Down syndrome and help develop strategies and resources to create the best learning environment within schools and nurseries in your area.

Area Covered
Countywide , Eastbourne , Hastings , Lewes , Rother , Wealden
Dyspraxia Foundation Sussex (EAST)

Countywide  
BN TN

Please email
info@dyspraxiafoundation.org.uk
http://www.dyspraxiafoundation.org.uk/

Information Updated  12-03-2015
ID  25243
Type  Charity

Area Covered
Countywide, East Sussex Downs & Weald (PCT), Eastbourne, Hastings, Hastings & Rother (PCT), Lewes, Rother, Wealden

Whilst every effort has been made to ensure the accuracy of the information provided, we cannot accept responsibility or liability for any errors which may have occurred. It is therefore recommended that you always check details with providers to ensure their service meets your requirements. Furthermore, we cannot recommend or endorse any of the providers listed.