



Welcome to the March edition of the PACSO newsletter. Here you can find out about what we've been up to during 2017, as well as what's to come this spring. Our focus in this newsletter is Fundraising.

During February we held a Sausage Sizzle fundraiser at Bunnings Chichester, and raised £790 for PACSO. Thank you to all those who helped with this event, including our fantastic families and Play team who gave up their time to cook for us! We hope to run this event again in the summer.

On the more glamorous side, the Mayor's Charity Ball was held in February in aid of PACSO and St Wilfrid's Hospice. On Saturday May 12th, we'll be holding our own Family

Fairytale Ball at the Chichester Assembly Rooms: let's see all of you Superheroes and Princesses there!

It was lovely to see so many PACSO families at the *First Steps to Adulthood* event at Chichester College. This was a great evening for young people and their carers to get together and find out about all the services available in West Sussex.

This month, we had a Pop Up event at Flip Out, which was attended by 77 children and their families. This was a great event, where we had the whole venue to ourselves! February half term activities with PACSO included Horizon soft play, Bouncy castle parties, Out of Bounds, Flip Out, bowling and a very popular Recording Studio session. We even made PACSO Pop Star's Cover C.D. We also

PACSO Newsletter March 2018

What are PACSO up to?

Saturday Club (am and pm @ Fordwater school) **17 March.**

PACSO Race Night at Woolpack Fishbourne, Fri 23 March 8 pm.

'Resilience' evening Mon. 19 March 7.20 p.m. Chichester University.

Easter Play Days: 4 and 5 April.

Easter Trips: week 9 – 13 April.

C.Y.E. Fun Day: Mon 7 May.

Princesses and Superheroes Family Fairytale Ball at Chichester Assembly Rooms, Sat 12 May 5-7 pm.

had bowling and a pub lunch with our PACSO Plus Members. We had a happy Stay and Play session at Chichester Nursery, and it was lovely to welcome new families to our Saturday club at the end of half term, too.

What makes PACSO so special is.... how engaged our Play team and Volunteers are with your young people during PACSO clubs, play schemes and trips. As we approach the end of our financial year, we thought we'd have a quick look back at all the activities and events that PACSO have fitted into 2017!

To access PACSO Clubs and activities you must be a PACSO member. It's free to join! See our website Pacso.org.uk for more details. Please note that all clubs and activities must be pre-booked.

Please pass this newsletter onto friends, your school or workplace to help spread the word about PACSO.

PACSO clubs are dynamic and varied. Throughout the year, these change regularly. However, some constants, like Little PACSO, Sensory club, Go Club, Job Club, and Pub Club, are anchors in our children and young people's schedules. At Go Club, our youth have the chance to experience all kinds of activities, from climbing, swimming and skateboarding, to using a recording studio, or watching a movie with friends. Our other clubs vary seasonally. During 2017, these included: Active club, Dance Club; Club Morgan (acting); Beach club; Pet Club; C.Y.E. Club (for watersports); Swimming club; Dining club; Flip Out; Horse riding; and Bouncy boots club. In the spring and summer, we have clubs almost every night, sometimes two. Every week at PACSO is exciting!



Saturday clubs and Pop Ups

In addition to the weekly afterschool clubs, in 2017 PACSO held monthly Saturday clubs for children and young people, where they could choose either a morning or an afternoon play session at Fordwater school. The availability of one to one support for many children means that we are an inclusive, safe and exciting

place to be for all PACSO members. During 2017, we also held monthly Pop Up PACSO events. These met on a Saturday in many locations throughout West Sussex. We also met at the Flying Fortress, at New Park Cinema Chichester; and Swimming with Chichester Otters.

Summer Play Scheme

PACSO's flagship event each year is its two-week Play Scheme during the summer holidays. This year's theme was 'Under the Sea', which was enjoyed by 105 children and young people. We enjoyed magic shows, dancing, painting, crafts and games, and were not at all downhearted by the weather! Our summer play scheme is open to all PACSO members from school year 1 to age 19, as well as their siblings. You can come for a day, or a whole week. Each day of the play scheme has different planned activities, which is repeated in the second week. The play scheme is incredibly popular with our PACSO Members; and our Play team have a lot of fun, too!

PACSO Plus events

Our PACSO Plus members meet weekly for Pub Club and Job Club. During the holidays they often get together for bowling or a pub meal. Some PACSO Plus volunteers helped at our summer Play scheme in 2017, gaining valuable work experience and helping to support younger PACSO members. One of our members has written this first hand account of helping at the Playscheme. If this has inspired you to contribute something to our newsletter, please get in touch!

Hi my name is Isabelle Lack and I am 23 years old and I have helped at the PACSO summer scheme. I really enjoyed looking after the children and I felt like I was helping my PACSO team and I enjoyed engaging the children in messy play, bouncy castles and I helped making drinks and getting their lunch boxes out ready for lunch time. I gave out some tokens to children who were helpful. I was a part of PACSO Plus. I helped the staff to get things out ready for the day. It was amazing. I would like to do PACSO plus again. Thank you for letting me do some work experience with you. I was very pleased. Isabelle

Family events and stay and plays

Another key event each year for us at PACSO is the Family Fun Day, held traditionally on the May Bank Holiday Monday at C.Y.E. sailing centre at Chidham. This year was our sixth annual Fun Day, with something for everyone; water and land-based activities including kayaking, sailing, wheelchair-accessible boat trips around the harbour, an assault course, archery, tunnelling, and a BBQ lunch. The day is a great opportunity for families to get together, and for everybody (however young or old) to enjoy themselves! In July 2017, we also had a family residential weekend at C.Y.E., staying on board the T.S. Resolute. At PACSO we believe that family time is important, but equally appreciate that when you have a child with a disability or special needs, it is not always easy to get out and about and do the things that other families

take for granted. Our family trips, days and weekends are designed with this in mind.

Other family trips in 2017 included Knockhatch Adventure Park; and Paulton's Park; a Christmas trip to the theatre; and sibling events such as bowling and McDonalds, Flip Out and a Sibling breakfast. We also held Stay and Play sessions for families each half term and holiday. We continued to run our successful 'Developing Resilience' course with the University of Chichester for parents and carers.

Easter, Half term and Summer Trips

Our play team also put on some fantastic trips for PACSO children and young people during each half term and holiday in 2017. These have included: Flying Fortress, Arena Sports Centre, Flip Out, Bunn Leisure, the Blue Reef Aquarium and Sea Life Centre; Gaston farm; Butlins and Out of Bounds. We visited the Aldingbourne Centre; Harbour Park; and C.Y.E. We've been to Fishers Farm, Tangmere Aviation museum; Adventure golf; Arundel Wetland Centre, Hayling Island and Chessington, and went snow tubing at Lodge Hill. We also visited the Isle of Weight, as well as Marwell Zoo, Staunton, and Playzone. Wow! What amazing opportunities our children and young people have with PACSO. However adventurous the trip, we know that our children and young people will be safe, happy, and well looked after, whilst enjoying the company of their peers and the PACSO Playworkers.

FOCUS ON FUNDRAISING

Introducing: Buddy's numbers

PACSO is launching "Buddy's Numbers": a monthly lottery (sometimes referred to as a 100 or 200 Club) from 1st April 2018. Look out for further details and how to register in the Easter mail out at the beginning of March.

Each entry to the draw will cost £2 per month and to cut down on administration will be payable annually in advance. 45% of tickets sales each month will be paid out as **cash prizes** with the remaining 55% going direct to PACSO. The more people who buy tickets/numbers the greater the prizes. This is an exciting way to raise money for PACSO, whilst also standing a very good chance of winning some prize money for yourself and your loved ones - go on, treat yourself!

Over 400 children and young people with disabilities or special educational needs and their siblings are registered with PACSO. The incredible level of care and support provided for our children and young people at PACSO clubs currently costs £18 per young person per hour, before activity costs. Just one day of our Summer Play Scheme costs £3,000! To make our clubs accessible, though, we only charge £3 per person per hour. PACSO is partly funded by Short Breaks for disabled children, nevertheless, last year we had to dip into our reserves to pay for running costs for the charity. This is where fundraising comes in! We have some

wonderfully committed fundraisers among our PACSO parents. Some of you run for us, swim for us, or even host events for live music, dining or formal Balls! Thank you to all of you.

On Friday 23rd March the **Woolpack** pub in Fishbourne is hosting a Race Night in aid of PACSO. This is a family event, with tickets costing £5 each including a light buffet supper. 50% of all bets go to PACSO. To book a table, contact admin@pacso.org.uk.

Paul Abbott is walking 35 hilly kilometers from Goodwood to raise money for PACSO on the 12th May. To sponsor him, see: <https://www.justgiving.com/fundraising/paulwalksforpacso>. Also raising money in May through running and cycling are **Ian and Kate Luxford** <https://www.justgiving.com/fundraising/ian-luxford2>. If you're less sporty, don't forget a cake sale or sponsored dinner party might be your thing? A really easy way to raise money for PACSO is to sign up for either **EasyFundraising.org.uk** or **theGivingMachine.co.uk**. If you shop online using the links from their sites, you generate income for PACSO at no extra cost to yourself!

Some of the PACSO team will also be running the **Bognor 10km** on Sunday 20th May. Come along and support us! Another fundraising event in May is **CAMRA's Beerex in Yapton**, from Friday 18th – Sunday 20th May. PACSO have been chosen as CAMRA's charity for this event, and we'll be there collecting for PACSO.

Don't forget our Princesses and Superheroes Family Fairytale Ball at the Chichester Assembly Rooms on Saturday 12 May 5-7 pm. Tickets available soon!