

# UMBRELLAS

## Parent Support Groups

**Summer Term 2026**

Connecting parents and carers of children and young people in West Sussex with special educational needs and disabilities



### **Burgess Hill Umbrellas**

**Tuesdays, 10 am - 11.30 am**

**The Cherry Tree Centre**

**14<sup>th</sup> Apr / 5<sup>th</sup> May / 2<sup>nd</sup> Jun / 30<sup>th</sup> Jun**

### **Littlehampton Umbrellas**

**Wednesdays, 10 am - 11.30 am**

**Creative Heart Community Hub (upstairs)**

**22<sup>nd</sup> Apr / 13<sup>th</sup> May / 3<sup>rd</sup> Jun / 1<sup>st</sup> Jul**

### **Worthing Umbrellas**

**Tuesdays, 10 am - 11.30 am**

**Durrington Community Centre**

**21<sup>st</sup> Apr / 12<sup>th</sup> May / 16<sup>th</sup> Jun / 7<sup>th</sup> Jul**

### **Umbrellas Online**

**Thursdays via Zoom**

**7.30 - 9pm**

**23<sup>rd</sup> Apr / 14<sup>th</sup> May / 11<sup>th</sup> Jun / 9<sup>th</sup> Jul**

### **Horsham Umbrellas**

**Wednesdays, 10 am - 11.30 am**

**Horsham Family Hub**

**15<sup>th</sup> Apr / 20<sup>th</sup> May / 17<sup>th</sup> Jun / 15<sup>th</sup> Jul**

### **Shoreham Umbrellas**

**Tuesdays, 10 am - 11.30 am**

**Adur East Family Hub**

**28<sup>th</sup> Apr / 19<sup>th</sup> May / 23<sup>rd</sup> Jun / 14<sup>th</sup> Jul**

### **Bognor Regis Umbrellas**

**Thursdays, 10 am - 11.30 am**

**Arun West Family Hub**

**30<sup>th</sup> Apr / 21<sup>st</sup> May / 25<sup>th</sup> Jun / 16<sup>th</sup> Jul**

If you would like more information about Umbrellas or the link to join Umbrellas online, please contact our outreach team.

[outreach-training@reachingfamilies.org.uk](mailto:outreach-training@reachingfamilies.org.uk)

