

# Paralympian offers advice to children at charity base

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A PARALYMPIAN has shared the secret of her success with a charity that educates and cares for children and young adults with complex disabilities.

Baroness Tanni Grey-Thompson visited the pupils at the Chailey Heritage Foundation in North Chailey.

The athlete played table cricket with the pupils, watched a session of wheelchair dancing and held a question and answer session with the students at the top of the school.

She also had a tour of the gym for young adults and was particularly interested to hear about the charity's plans for its new centre.

This will be a modern, purpose-built space, large enough for the children and young people at the charity to participate in a

## background

**DEVELOPMENT** director Sally-Anne Murray said: "For this campaign to be a success, the foundation invites local businesses and individuals to donate and support the appeal in any way they can.

"This project has already caught the imagination of the young people and their families and now with public support we can make this dream a reality."

Chailey Heritage Foundation shares its site with Chailey Clinical Services, part of Sussex Community NHS Trust, which provides medical intervention, clinical expertise and a range of therapies on-site for its children, young people and young adults.

It takes children from the age of three.



Baroness Tanni Grey-Thompson DBE at Chailey Heritage

mixture of physical activities and arts.

Baroness Grey-Thompson, who is also a House of Lords Peer, broadcaster and mother, said: "I think the big thing for me that the visit has high-

lighted is what the children and young people can do with individualised support.

"When someone has complex needs that individual support is massive, whether it's teaching someone to

move a finger, driving a wheelchair or being more independent.

"It's been really inspirational and lovely to see how much the young people enjoy being here."

Helen Hewitt, chief executive of Chailey Heritage Foundation, said it was a privilege to welcome the guest.

She said: "What a great way to celebrate International

Women's Day on Wednesday with such an inspirational woman sharing her experiences with the children, young adults and rest of the team here."

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