

Below is information on the types of activities we're able to support. (these have been checked to ensure that the venues/instructors are EDS/HSD aware)

Please be aware not all types of activity will be suitable for everyone

You must ensure the activity is suitable for your individual circumstances.

We will consider other activities that are medically advised

We will also consider other venues if members advise that the venue / instructor is EDS/HSD aware

Step 1 Fill in request form

Step 2 Book activity

Step 3 Do/Have the activity

Step 4 Send proof of receipt to SEDS

Step 5 Within 1 week funds received

Please contact admin@infosussexeds.org.uk or julie.constable3@btinternet.com for the form and/or more information

Steps	Specific Activity	Location	Current Venues - You must make sure any venue / provider is suitable for your needs before booking.	Website	Funding of activity	Who will we fund - * Immediate family is defined as: your spouse or partner and your children	Suitability considerations
Exercise	Garuda - It has all the benefits of a robust cardiovascular workout, while stretching the mind as well as the body. Garuda is a test of mental strength as well as physical, demanding total concentration during the exercises.	Crawley	Bridgeham clinic 1 Oak Cottage, County Oak Way, RH11 7ST	https://www.bridgehamclinic.co.uk/	Full funding up to £200	SEDS member only	members to mention SEDS sent them
		Crawley	Bridgeham clinic 1 Oak Cottage, County Oak Way, RH11 7ST	https://www.bridgehamclinic.co.uk/			members to mention SEDS sent them
	Pilates -Pilates aims to strengthen the body in an even way, with particular emphasis on core strength to improve general fitness and wellbeing.	Brighton	Brighton Pilates Studio First Floor, Ralli Hall, 81 Denmark Villas, Hove BN3 3TH	https://www.brightonpilatesstudio.com/			Designed specifically for people with EDS/HSD Marion Rowe suitable for confident EDS/HSD Pilates members only
		Burgess Hill	V Pilates Studio Suite F, KBF House, 55 Victoria Rd, Burgess Hill RH15 9LH	https://www.vpilatesstudio.org.uk/			
		Horsham	Katherine Hunt email pilateswise@mail.com				
			Pilates wise - Katharine Briggs	https://www.pilateswise.co.uk/about-pilateswise			
		Online	Jeannie Di Bon wellness movement	https://jeannie-di-bon-wellness-movement.thinkific.com/			
		East Grinstead	Marion Rowe classes in East Grinstead, Crawley Down and Ashurst Wood. See Email marion@marionpilates.co.uk or call 07980 975511	https://www.marionpilates.co.uk/			
Treatment	Acupuncture	Shoreham-By-Sea	Face Facts Wellness Centre	https://www.facefactsclinic.co.uk/?fbclid=IwAR366RUw9fgtCWQFeyz6nrKT3jHVWE7czC2pLqctw_dHawJnPi8RFQO3IM	Full funding up to £200	SEDS member only	good for acute and chronic injuries, energy so Chronic Fatigue syndrome and overall holistic view
		East Grinstead	The International College of Oriental Medicine Van Buren House, Green Hedges Avenue, East Grinstead – West Sussex RH19 1DZ Tel: 01342 313106 info@orientalmed.ac.uk.	https://orientalmed.ac.uk/clinic/			
	Hydrotherapy / use of pool .	Smallfield	Larger pool near a riding centre. Has shower and disabled toilet but not suitable for wheelchair access.				pls advertise on fb
		Worthing	Henry House 189 Heene Road, Worthing, BN11 4NN. Tel: 01903 232875. Email: henryhouse1@ntlworld.com.	http://www.henryhouse.net/hydrotherapy-pool/4533335378			
		East Grinstead	Also private use of small stream jet pool in East Grinstead. Private residence so request from Admin. pls. This is fully subsidised at the moment as no hydrotherapy available. Sessions have to be booked in advance and if cancelled you must let SEDS admin know. Pool can fit a family or				
			Orange Therapies – call Felicia 07941711092 or email felicia@orangetherapies.co.uk – block bookings at discounted rates available	https://orangetherapies.co.uk/			

	Massage - lymphatic, sports, remedial, deep tissue, therapeutic, Swedish	Crawley	Total Body Treatment. K2 Crawley, Pease Pottage Hill, Crawley, GB, RH11 9BQ or in Horsham Clinics. Also available for home mobile visits in these areas. Offering Deep Tissue Massage, Lymphatic Massage, Swedish Massage or taping lesson. Also rehab core training. Tel: 07939656082 or 07881526694	https://totalbodytreatment.simplybook.it/v2/#				Total body offer lymphatic drainage massage, deep tissue massage and kineotaping Aya is a qualified massage therapist offering various therapies in Sussex. On-site chair massage, Thai foot massage, and also qualified in VTCT Aromatherapy Massage. She is a member of the Federation Tracy Kittivanakul - Advanced reflexology , massage and reiki	
		Henfield	A Little Massage	https://www.alittlemassage.co.uk/about					
		Shoreham-By-Sea	Face Facts Wellness Centre	https://www.facefactsclinic.co.uk/?fbclid=IwAR366RUw9fgtCWQEeyz6nrkKT3jHVWE7czC2pLqctwJdHawJnPil8RFQO3IM					
			East Grinstead	Devine Balance Holistics					https://divinebalanceholistics.co.uk/
	Physiotherapy	Crawley	Try Physiotherapy - Alex Page. 8 Southgate Road, Crawley RH10 6BL. Tel. 07739 009222. see https://www.facebook.com/TryPhysio/		First free session.	Full funding up to £200		very suitable for EDS/HSD members	
Sports	Cycling	Crawley	Wheels for wellbeing - cycling sessions	https://wheelsforwellbeing.org.uk/	Full funding up to £200		SEDS member and immediate family* or SEDS member and two friends		
			Crawley Wheels for all	https://cycling.org.uk/locations/					
		Sussex	Theraplay An assessment offers the opportunity to see and try a cycle before deciding to purchase. Theraplay offers this service to help riders, families and therapists make an informed decision about our cycles	https://www.theraplay.co.uk/resources/arrange-an-assessment	Free assessment session	n/a			
		Eastbourne	Eastbourne wheels for all	https://cycling.org.uk/locations/	Full funding up to £200		SEDS member and immediate family* or SEDS member and two friends		
		Horsham	Horsham wheels for all	https://cycling.org.uk/locations/					
	Horse riding / horse related activities eg grooming, emotional therapy	Horley	Burstow Park Riding Centre, Antlands Lane, Horley RH6 9TF - Offer rides, rein led rides. or lessons indoor or outdoor plus carriage rides for wheelchair users	https://www.burstowparkridingcentre.com/	Full funding up to £200		SEDS member and immediate family* or one friend / carer		
			Smallfield Riding School, Broadbridge Lane, Smallfield, Horley RH6 9RF They offer rein led rides on outside bridle paths, in school or carriage rides for wheelchair users. Also stroking and other type events on the ponies. Also has swimming pool at the centre.	http://www.smallfieldsridingschoolandlivery.com/					
		Brighton	Chestnuts Riding School, London Road, Pyecombe	http://www.chestnutsridingschool.co.uk/					
	Wisborough Green	Equine Partners – Wisborough Green, West Sussex ; Phone 07739 359213	https://www.equine-partners.co.uk/						
	Kayaking		to be filled in		TBC		SEDS member only		