

Below is information on the types of activities we're able to support. 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.  
Before funding any activities, we will require you to complete a form, which will explain the process for receiving funds which is on a pay and reclaim basis.  
Please contact admin@infosussexeds.org.uk or julie.constable3@btinternet.com for the form and/or more information

Type of activity	Specific Activity	Location	Venues - please mention you are a SEDS member when booking  You must make sure any venue / provider is suitable for your needs before booking.	Website	Funding of assessment	Subsequent session Funding	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	<a href="https://www.bridgehamclinic.com/">https://www.bridgehamclinic.com/</a>	Up to £60 for an initial assessment	Up to £25 for each subsequent session Maximum total of £150	SEDS member only	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.	Crawley	Bridgeham clinic 1 Oak Cottage, County Oak Way, RH11 7ST	<a href="https://www.bridgehamclinic.com/">https://www.bridgehamclinic.com/</a>				members to mention SEDS sent them
		Brighton	Brighton Pilates Studio First Floor, Ralli Hall, 81 Denmark Villas, Hove BN3 3TH	<a href="https://www.brightonpilatesstudio.com/">https://www.brightonpilatesstudio.com/</a>				
		Burgess Hill	V Pilates Studio Suite F, KBF House, 55 Victoria Rd, Burgess Hill RH15 9LH	<a href="https://www.vpilatesstudioburgesshill.co.uk/the-team">https://www.vpilatesstudioburgesshill.co.uk/the-team</a>				
		Horsham	Katherine Hunt email pilateswise@mail.com					
			Pilates wise - Katharine Briggs	<a href="https://www.pilateswise.co.uk/about-pilateswise">https://www.pilateswise.co.uk/about-pilateswise</a>				
		East Grinstead	Marion Rowe classes in East Grinstead, Crawley Down and Ashurst Wood. See Email marion@marionpilates.co.uk or call 07980 975511	<a href="https://www.marionpilates.co.uk/">https://www.marionpilates.co.uk/</a>				Marion Rowe suitable for confident EDS/HSD Pilates members only
Treatment	Acupuncture	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.	<a href="https://orientalmed.ac.uk/clinic/">https://orientalmed.ac.uk/clinic/</a>	Up to £60 for an initial assessment	Up to £25 for each subsequent session Maximum total of £150	SEDS member only	good for acute and chronic injuries, energy so Chronic Fatigue syndrome and overall holistic view
	Hydrotherapy / use of pool .	Smallfield	Larger pool near a riding centre. Has shower and disabled toilet but not suitable for wheelchair access.					
		Worthing	Henry House 189 Heene Road, Worthing, BN11 4NN. Tel: 01903 232875. Email: henryhouse1@ntlworld.com.	<a href="http://www.henryhouse.net/hydrotherapy-pool/4533335378">http://www.henryhouse.net/hydrotherapy-pool/4533335378</a>				pls advertise on fb
		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 in or					
	Massage - lymphatic, sports, remedial, deep tissue, therapeutic, Swedish	Crawley	Orange Therapies – call Felicia 07941711092 or email felicia@orangertherapies.co.uk – block bookings at discounted rates available	<a href="https://orangertherapies.co.uk/">https://orangertherapies.co.uk/</a>				
			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	<a href="https://totalbodytreatment.simplybook.it/v2/#">https://totalbodytreatment.simplybook.it/v2/#</a>				Total body offer lymphatic drainage massage, deep tissue massage and kineotaping
		East Grinstead	Devine Balance Holistics	<a href="https://divinebalanceholistics.co.uk/">https://divinebalanceholistics.co.uk/</a>				
	Physiotherapy	Crawley	Try Physiotherapy - Alex Page. 8 Southgate Road, Crawley RH10 6BL. Tel. 07739 009222. see <a href="https://www.facebook.com/TryPhysio/">https://www.facebook.com/TryPhysio/</a>		First free session.	n/a		very suitable for EDS/HSD members

Sports	Cycling	Crawley	Wheels for wellbeing - cycling sessions	<a href="https://wheelsforwellbeing.org.uk/">https://wheelsforwellbeing.org.uk/</a>	One session	n/a	SEDS member and immediate family* or SEDS member and two friends	
			Crawley Wheels for all	<a href="https://cycling.org.uk/locations/">https://cycling.org.uk/locations/</a>	One session	n/a		
		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.	<a href="https://www.theraplay.co.uk/resources/arrange-an-assessment">https://www.theraplay.co.uk/resources/arrange-an-assessment</a>	Free assessment session			
		Eastbourne	Eastbourne wheels for all	<a href="https://cycling.org.uk/locations/">https://cycling.org.uk/locations/</a>	One session	n/a	SEDS member and immediate family* or SEDS member and two friends	
		Horsham	Horsham wheels for all	<a href="https://cycling.org.uk/locations/">https://cycling.org.uk/locations/</a>	One session	n/a		
	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	<a href="https://www.burstowparkridingcentre.com/">https://www.burstowparkridingcentre.com/</a>	Max funding - £200 in total: Full cost of the first visit	Max funding - £200 in total: Half the cost for subsequent visits up to a maximum of ten visits	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.	<a href="http://www.smallfieldsridingschoolandlivery.com/">http://www.smallfieldsridingschoolandlivery.com/</a>				
		Brighton	Chestnuts Riding School, London Road, Pyecombe	<a href="http://www.chestnutsridingschool.co.uk/">http://www.chestnutsridingschool.co.uk/</a>				
		Wisborough Green	Equine Partners – Wisborough Green, West Sussex ; Phone 07739 359213	<a href="https://www.equine-partners.co.uk/">https://www.equine-partners.co.uk/</a>				
	Kayaking		to be filled in				SEDS member only	