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amaze THE COMPASS

NHS

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Places People Play

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amaze THE COMPASS

NEW edition autumn 2013

Compass Card Activities

Compass Card Activities

Compass Card Activities are a range of activities developed for children with disabilities or special needs who have a Compass Card. Each activity usually offers:

- **A special offer if there's a charge for the activity – a discount, or a free taster for example**
- **Coaches or teachers with special needs experience, so you can feel confident your child's needs will be taken into account**
- **Information to help your child access other activities if they want to**
- **The opportunity to provide feedback on Compass Card Activities, so we can continually improve what's provided**

Please note, Compass Card Activities are subject to change and are added to regularly. Check out the latest offers on the Amaze website at www.amazebrighton.org.uk (click the Compass Card link on the home page), call the Amaze helpline on 01273 772289, email compass@amazebrighton.org.uk or sign up for the Amaze e-bulletin, 'Compass Team News' for the latest information.

If you're anxious about how your child may fit in at the Compass Card Activities listed here, do call the organisation providing the activity to discuss the support your child will need. For more details about the information and support that can help you access Compass Card Activities and other leisure activities in Brighton and Hove, see 'Further info and support' on page 19.

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After school club: BHISP
(brighton and hove inclusive sport project)

What?
A fun, active after school club with loads of stuff to do for 7 to 19 year olds with mild or moderate special needs. Activities include football, wheelchair football, hockey, volleyball, cricket, rugby and badminton. Depending on demand, BHISP may also be able to provide free transport from local schools to the Crew Club.

When?
3.30pm till 5pm on Tuesdays

Where?
Crew Club, 26 Coolham Drive, Brighton BN2 5QW

How?
Call **01273 608607** to book.

Show the Compass Card on the day to get free entry to the club.

Archery for 11 to 19s: Adventure Unlimited

What?
Adventure Unlimited is offering a limited number of spaces for 11 to 19 year old Compass Card holders with mild and moderate special needs on two archery courses – one in October, November and December 2013 and another planned for January/ February 2014. Young people with more complex needs are also welcome to apply for a place with a PA, carer or befriender. Each course is made up of six sessions at an indoor venue on weekday evenings during term time and there's also a weekend day at Brook Farm (meet at The Level in Brighton for transport pick up and drop off). Compass Card holders who secure a Compass Card Activity place qualify for an additional discount on the Adventure Unlimited sliding scale (£10 on the full price, £5 on the mid-price and £1 on the lowest price). The price you pay depends on income. If you don't get a Compass Card Activity place, you can apply for standard discounts on the Adventure Unlimited website.

When?
Tuesdays 4 till 5.30pm at Brighton Youth Centre on 8, 15 and 22 October, 19, 26 November and 3 December and a day of outdoor archery at Brook Farm from 10am till 4pm (with free transport from The Level) on Thursday 31 October during October Half Term. Dates for the second course will be advertised nearer the time at **www.aultd.org/young_people/toads**

Where?
Weekly classes are at Brighton Youth Centre, 64 Edward Street, Brighton BN2 0JR and the day is at Brook Farm, a woodland site near Mayfield, East Sussex with minibus pick-up from The Level in Brighton.

How?
Once dates are confirmed, booking is essential.

Visit **www.aultd.org/young_people/toads/** to download a booking form. If you have questions or need a paper copy of the form, call Adventure Unlimited on **01273 681058** or email **info@aultd.org** Applications will be dealt with on a first come, first served basis. PAs, adult carers, siblings and befrienders are welcome. You may be able to get extra support for your child from a Leisure Buddy at this session (a bit like a short term leisure befriender). See page 19 for more info.

Cinema: Autism-friendly screenings

What?
Exclusive weekend screenings every few weeks for children with autism and other special needs. A great way to introduce children to the fun of a trip to the pictures, without the usual restrictions. Lights and sound are low and children can move around or make a noise if they want to.Compass Card holders pay £3 for a ticket and adults go free. Extra tickets cost £3 and there's free filter coffee, tea, squash and biscuits before the film. Amaze volunteers help out at the Duke of York's screenings.

When?
Usualy on the first Saturday of the month at The Duke's at Komedia and on the third Sunday of the month at The Duke of York's. The cinema opens at 10.30am and film starts at 11.00am. For details of dates and films, call the Amaze helpline on **01273 772289** or check our calendar of events at **www.amazebrighton.org.uk** (click 'news and events' link on the home page). Alternatively, call the Duke's enquiry line on **01273 818549** or visit **www.picturehouses.co.uk**

Where?
The Duke of York's Cinema, Preston Circus, Brighton BN1 4NA
The Duke's at Komedia, Gardner Street, Brighton BN1 1UN

How?
You can book tickets in advance by calling the cinema's booking line - **0871 902 5728** (make sure you mention the Compass Card) - or by visiting **www.picturehouses.co.uk** Or you can pay on the day.

For cinema enquiries, call **01273 818549.**

Circus skills: BandBazi Circus Theatre

What?
BandBazi Circus Theatre is providing two inclusive classes for 6 to 25 year olds that are open to children and young people with special needs. Participants learn aerial circus skills like trapeze and rope, drama and ground-based circus skills like juggling and poi (6-10 year old group is just aerial skills). The classes are fully supported by coaches with special needs experience. Compass Card holders get the first class free.

When?
Classes run for 9 or 10 weeks and are on Saturdays:
11.30am till 1pm Youth Circus Theatre for 11-25s
1pm till 2pm 6-10s aerial circus skills

Where?
Brighton Youth Centre, 64 Edward Street, Brighton BN2 0JR.

How?
Book a place by contacting Hannah on **01273 245584**
or email **mail@bandbazi.co.uk**

Places on all courses are limited, so book in advance.

Climbing for 11 to 19s: Adventure Unlimited

What? Adventure Unlimited is offering a limited number of spaces for 11 to 19 year old Compass Card holders with mild or moderate special needs on taster sessions at its weekly climbing clubs at Stanley Deason Leisure Centre. Young people with more complex needs are also welcome to apply to book on with a PA, carer or befriender. Once teenagers have tried a session at the Compass Card discounted rate, they can choose to join the regular climbing club sessions. For the initial session, there's a 50 pence discount on the Adventure Unlimited sliding scale (the price you pay depends on income). If you don't get a Compass Card Activity place, you can apply for standard discounts on the Adventure Unlimited website.

When? Compass Card Activity places are available for age 12 and under at the High Jinks club sessions during term time on Mondays from 4.30pm to 6.30pm and on Saturdays from 10.30am till 12.30pm. Over 12s can attend the Thursday climbing club session from 5.30pm till 7.30pm during term time. School holiday sessions also available – dates vary and are advertised on the Adventure Unlimited website.

Where? The Rock Court, Stanley Deason Leisure Centre, Wilson Avenue, Brighton BN2 5PB

How? Booking in advance is essential. Just call Adventure Unlimited on **01273 681058** or email **info@aultd.org** to book. Places will be given on a first come, first served basis. PAs, adult carers, siblings and befrienders are welcome. You may be able to get extra support for your child from a Leisure Buddy at this session (a bit like a short term leisure befriender). See page 19 for more info.

Cookery for teenagers: Brighton & Hove Food Partnership (BHFP)

What? Free pilot five week cookery class for young people who want to learn to cook. Young people who need support will need to attend with an adult carer (parent, older sibling, PA etc). Come and cook everything from chicken curry to fishcakes, cheese scones to minestrone soup. Practise basic kitchen skills and simple cooking techniques while you make delicious meals to take home and eat. This course has already been trialled with local special school students and was enormously popular. Here's what a member of staff said: "A massive success! All the pupils …thoroughly enjoyed each session. The two members of [BHFP] staff …were fantastic with the pupils. I would highly recommend the course to anyone thinking of doing it!"

We're piloting this course in partnership with BHFP and if there's sufficient demand, we'll be looking for ways of funding more – so watch this space!

When? Term time class for teens – 4.30pm till 6.30pm on five consecutive Thursdays 26 September to 24 October 2013.

Where? Ebenezer Reformed Baptist Church, Richmond Parade, Brighton BN1 9QD (almost opposite the restaurant Planet India)

How? Call BHFP on **01273 431700** to book, or email **cookery@bhfood.org.uk**

Homework: Clubs & support sessions

What? Brighton and Hove's weekly library homework clubs and study support sessions include children and young people with special needs and disabilities. The term time clubs help 9-19s get to grips with school homework in a friendly place with books, computers, internet and print and photocopying facilities. They include 'We Love Mondays', a club for 13-19s at Hove Library and 'We Love Thursdays', a club for 13-19s at Jubilee Library.

When? After school in term time. Ask at your local library for times, call **01273 290800** or visit **www.citylibraries.info**

Where? In most local libraries in Brighton and Hove.

How? Just turn up. If you want to talk to Library Service Study Support Manager, Sara Morden, about your child's individual needs, call **07847 176830** or email **sara.morden@brighton-hove.gov.uk**

Kayaking for 11 to 19s: Adventure Unlimited

What?
Adventure Unlimited is offering a limited number of spaces for 11 to 19 year old Compass Card holders with mild and moderate special needs on specific kayaking courses in the Easter and summer school holidays in 2014. Each course runs over three separate weekdays during school holidays and transport is provided from The Level in Brighton. Compass Card holders who secure a Compass Card Activity place qualify for additional discounts on the Adventure Unlimited sliding scale (£10 on the full price, £5 on the mid-price and £1 on the lowest price). The price you pay depends on income. If you don't get a Compass Card Activity place, you can apply for standard discounts on the Adventure Unlimited website.

When?
Future dates during Easter and summer school holidays will be advertised nearer the time at **www.aultd.org/young_people/toads**

Where?
Tillgate Park, Cuckmere Haven and Tonbridge (River Medway). Transport provided from The Level in Brighton.

How?
Booking is essential. Visit **www.aultd.org/young_people/toads/** to download a booking form. If you have questions or need a paper copy of the form, call Adventure Unlimited on **01273 681058** or email **info@aultd.org**

Places for each taster session will be allocated and confirmed after each booking deadline. Applications received after the deadline will be dealt with on a first come, first served basis. PAs, adult carers, siblings and befrienders are welcome. You may be able to get extra support for your child from a Leisure Buddy at this session (a bit like a short term leisure befriender). See page 19 for more info.

Martial arts: Karate and Kick boxing

What?
Sama Organisation provides inclusive classes in karate and kick boxing for kids over 3. Compass Card holders get half price membership (£10 instead of £20) and a £5 discount on a karate suit when they join. For under 17s, classes cost £4 each for karate and £4.50 for kick boxing. Classes for over 17s are £5.

When?
Classes are after school, in the evenings or at weekends. Call the number below for more information or visit the Sama website.

Where?
Lots of different venues across Brighton and Hove and beyond.

How?
Call 01273 60 70 90 or **email admin@samabrighton.co.uk**
For general information visit **www.samabrighton.co.uk**

Multi-sports for 11-19s: Fun-fit
(new timings!)

What?
A weekly Saturday fitness club for 11 to 19 year olds with mild and moderate special needs at King Alfred Leisure Centre. No chance to get bored at this fun, friendly fitness session provided by Active for Life and Freedom Leisure! A range of activities to suit all and the perfect opportunity to make new friends and improve health and fitness. Activities include boccia, circuit training, fitness activities and much more. Young people with more complex needs are also welcome to attend with a PA, carer or befriender.

When? 11am till 12 noon on Saturdays

Where? King Alfred Leisure Centre, Kingsway, Hove BN3 2WW

How?
Fun-fit has a booking system in place and you can book in right up to the morning of the session if there's space. Book via King Alfred Leisure Centre on **01273 2902**90. Staff will ask for the name of the Compass Card holder and anyone accompanying them. If you have general questions about Fun-fit, call the Amaze helpline on **01273 772289**. Siblings and friends welcome too and parents can join in if they want to. Show the Compass Card on the day to get a 50 pence discount off the usual price of £4. You may be able to get extra support for your child from a Leisure Buddy at this session (a bit like a short term leisure befriender). See page 19 for more info.

For more info about other sports sessions in the city, call Active for Life on **01273 292569** or visit **www.brighton-hove.uk/activeforlife**

Multi-sports for 5-11s: Saturday Active Club

What? Get fit, make friends and have loads of fun at this monthly Saturday sports session at King Alfred Leisure Centre run by Active for Life and Freedom Leisure. The club is for children and young people aged five to 11 with disabilities and special needs. Activities include soft play, badminton, table tennis, basketball, boccia and fitness circuits.

When? 10am till 11.30am on the first Saturday of every month.

Where? King Alfred Leisure Centre, Kingsway, Hove BN3 2WW

How? Call 01273 292729 to book – or just turn up. Siblings and friends welcome too and parents can join in if they want to. Show the Compass Card on the day to get a 50 pence discount off the usual price of £3. For more info about Saturday Active Club, or other sports sessions in the city, call Active for Life on **01273 292569** or visit **www.brighton-hove.uk/activeforlife**

Multi-sports for young people: U-Sport

What?
An activities club run by Extratime in partnership with the Y Club, U-Sport is specially designed for 11-19 year olds with moderate or complex needs. Activities are adapted to the needs of participants and there is one to one support for young people who require it. U-Sport's a great way for young people with disabilities to get out, get active and make new friends and for parent carers to get a break too. Activities include wheelchair football, table top cricket, boccia, polybat, floor basketball and trampolining and are varied at each session. U-Sport sessions cost £14.

When?
9.30am till 1.30pm on Saturdays in term time, roughly once a month. Dates confirmed are: 21 September 2013, 19 October 2013, 16 November 2013, 14 December 2013, 18 January 2014, 22 March 2014, 26 April 2014 and 17 May 2014. Call Extratime on **01273 420580** for more information.

Where?
Y Club, 17 Marmion Road, Hove BN3 5FS

How?
Call Extratime on **01273 420580** to book (at least a month in advance) or email **lisa.nash@extratimebrighton.org.uk** PAs, adult carers, siblings and befrienders are welcome. You may be able to get extra support for your child from a Leisure Buddy at this session (a bit like a short term leisure befriender). See page 19 for more info.

Otherworld:

What?
Same Sky and Different Planet Arts bring you Otherworld, a unique, interactive space that combines theatre, music and storytelling with the latest sound and video technology to stimulate the senses of children and young people with disabilities and their family and friends. Inside Otherworld, you'll find space travellers who will take the whole family on a unique journey and create a sensory experience that's totally unforgettable.

When?
Six Otherworld performance events a year, starting autumn 2013. First dates are at Downs View School from 13 to 15 November, with two family days over the weekend of 16 and 17 November. There will also be performances at Heronsdale School in Shoreham from 4 to 8 December and at the Corn Exchange in January 2014. Amaze will publicise each event fully closer to the time - read our weekly e-bulletin, Compass Team News, visit the events section of the Amaze website at **www.amazebrighton.org.uk** or call the Amaze helpline on **01273 772289** for the latest information. Alternatively, call Same Sky on **01273 571106** or Different Planet Arts on **07711 717634.**

Where?
Various locations, including Downs View School, Warren Road, Brighton BN2 6BB. Further venue details to be announced – Amaze will keep you updated, or you can contact Same Sky or Different Planet Arts (see above).

How?
Compass Card holders and one adult carer pay £5 (usual price £6), so make sure you take your Compass Card with you to trigger the discount.

Swimming: Starfish swimming

What?
Starfish Swimming combines the old special needs-friendly Starfish swimming class with the established weekly Wednesday Family Swim for children with special needs and disabilities and their parent carers and siblings. It's a fun session where children can learn too - and a great opportunity to relax, socialise and make new friends. Suitable for 4 to 16 year olds, an experienced swimming teacher with special needs experience is available for the first half hour to provide help and advice for those who want it and the last 30 minutes is for social swimming. Teaching takes each child's needs into account and the teacher will offer advice to children with special needs as a priority. Because Starfish swimming is essentially a social swim with help and advice, parents will need to be in the water with their children if they're under eight years old, or if they need the support of an adult (one adult for every two children). There's wheelchair access to the teaching pool, but no hoist.

When?
Wednesdays 6pm till 7pm (Prince Regent staff ask that you don't come to the poolside before 6pm)

Where?
Prince Regent Swimming Complex (teaching pool), Church Street, Brighton BN1 1YA

How?
Just turn up – but take the Compass Card with you so the card holder, one carer and up to three siblings go free! If you need help, or you need to use the disabled changing room, call the pool on **01273 685692** to let them know you are coming.

Table tennis: Coaching & practice session

What?
Hollingbury Table Tennis Club (HTTC) is a local club that organises table tennis coaching and practice sessions. The club welcomes children over the age of 8 and adults with or without special needs. Compass Card holders get first session at the club free. Annual membership at the club is £20 for under 18s, £23 for over 18s. The coaching session costs £3.50 and the practice session costs £3 for members, £4.50 for non-members.

When?
Coaching session for 8-18s in term-time on Mondays 6.30pm till 8.30pm (excluding Bank Holidays). Adult practice session 7pm till 9.30pm on Sundays.

Where?
Bevendean Primary School, Heath Hill Avenue, Brighton BN2 4JP

How?
Call Christine Wicks on **07982 250988**, or visit **www.hollingburyttc.co.uk**

Trampolining: Take a Leap!

What?
Sussex Central YMCA has developed an inclusive trampolining class specifically for 7 to 15s who have special needs. Fully supported by coaches with special needs experience, trampolining can help develop coordination – but above all, it's FUN!

When?
Take a Leap sessions are 4.45pm till 5.45pm on Mondays and Thursdays (term time only). Compass Card holders get a 25% discount off the usual cost.

Where?
The Y Club, 17 Marmion Road, Hove BN3 5FS

How?
Book a place on **01273 731724.**

www.sussexcentralymca.org.uk

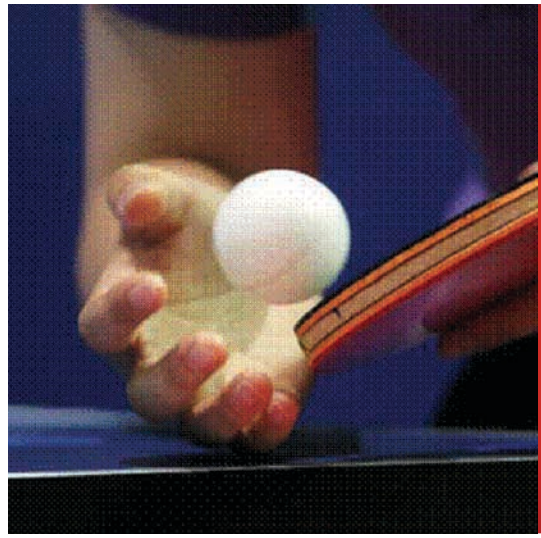
Trampolining for 13-19s: High Flyers

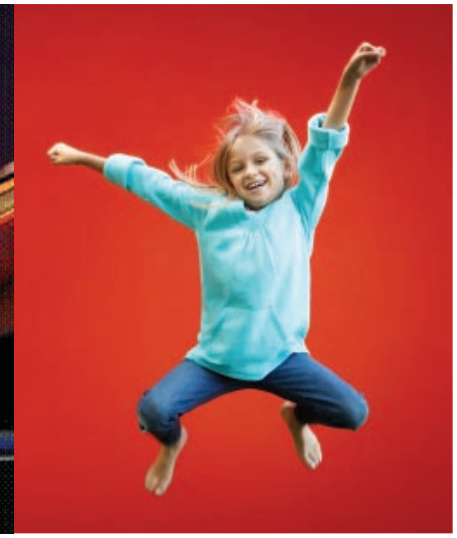
What?
High Flyers is a weekly inclusive trampolining course for teenagers with mild and moderate special needs at Moulsecoomb Community Leisure Centre. Provided by Freedom Leisure, the six week course provides a brilliant opportunity to learn new skills in a class which is sociable, energetic and amazing fun. Young people with more complex needs are also welcome to attend with a PA, carer or befriender.

When?
4.30pm till 5.30pm on six consecutive Thursdays. There are two six week courses per term. First course starts Thursday 26 September 2013.

Where?
Moulsecoomb Community Leisure Centre, Moulsecoomb Way, Brighton BN2 4PB

How?
Call **01273 622266** for more information – or to book on one of the six week courses. Show the Compass Card to get a 50 pence discount off the usual price of £4. You may be able to get extra support for your child from a Leisure Buddy at this session (a bit like a short term leisure befriender). See page 19 for more info.





youth clubs: the crew club

What?
A free, inclusive youth club for 13 to 25 year olds with mild or moderate special needs (up to 25 with SEN), the Crew Club provides a full range of fun youth activities including street cricket, basketball, football, arts and crafts, cookery, girls' netball and music-making.

When?
6:30pm till 8:30pm Thursdays

Where?
Crew Club, 26 Coolham Drive, Brighton BN2 5QW

How?
Call **01273 608607** to find out more, or email **vicky@crewclub.co.uk** Or just turn up. If you think your child will need extra support to attend the club, they're welcome to come with a family member, friend or PA.

www.crewclub.co.uk

youth clubs: the Y club

What?
An inclusive youth club for 12 to 16 year olds with mild or moderate special needs, Sussex Central YMCA's Y Club is a great place to get fit, learn new skills and make new friends. Activities include music-making in the DJ suite, football, basketball, cricket and gymnastics. There's also food, arts and crafts, pool, x-boxes and Macs.

When?
6pm till 8pm Fridays

Where?
The Y Club, 17 Marmion Road, Hove BN3 5FS

How?
Call **01273 731724** for more info, or just turn up. If you think your child will need extra support to attend the club, they're welcome to come with a family member, friend or PA. Show the Compass Card to get the first session free (usual price £1).

www.sussexcentralymca.org.uk

further information and support:

Leisure Buddies - one to one support for young people taking part in archery, climbing, kayaking, Fun-fit, High Flyers or U-Sport
There's extra help available for some young people who want to do archery (page 5), climbing (page 8), kayaking (page 10), Fun-fit multi sport (page 12), U-Sport multi sport (page 13) or High Flyers trampolining (page 17). Local charity Extratime is providing specially trained staff called Leisure Buddies to help your child get the most out of their activity and to make sure coaches understand their needs during their first few sessions. A bit like a short term leisure befriender, Leisure Buddies can also help your child get to and from an activity and can really help out if your child feels anxious about trying something new. Leisure Buddies need to be booked in advance. For more info, call Extratime on 01273 420580, or email lisa.nash@extratimebrighton.org.uk

Amaze services
Amaze provides a full range of services and information to parents of children with special needs and disabilities, including the Compass Card which provides a range of discounts to children and young people with significant special needs. The Amaze fact sheet, 'Fun Things to do for All Ages' is packed with ideas and information on leisure opportunities for children and young people and the Amaze e-bulletin, Compass Team News, provides news on the latest Compass Card Activities, Compass Card offers and lots more. Call the Amaze helpline on 01273 882279 for more information, or email info@amazebrighton.org.uk

Active for Life
If you're interested in physical activity, Active for Life, a local project funded by Brighton & Hove City Council and Brighton & Hove NHS, can help identify a suitable sports club or sports provider and help you get the most out of your choice. For example, Active for Life can put you in touch with coaches/teachers/organisers so you can discuss your child's needs, or can talk to them on your behalf. Call 01273 292569 or email activeforlife@brighton-hove.gov.uk and mention the Compass Card.

Want to help your teenager get round town safely?
We know parents of teenagers can feel anxious about their teenager travelling around the city independently – but wouldn't it be great if you had the tools to help them learn to travel safely and you felt happier about letting them do it? Amaze has teamed up with the Grace Eyre Travel Buddy Project to provide a training programme for parents which will help you do exactly that. Call the Amaze helpline on 01273 772289 or email info@amazebrighton.org.uk for more information.

Grace Eyre
As part of the Sports England-funded Sports for All in Sussex Project, Grace Eyre and partners are developing a range of sports for over 14s with learning disabilities including swimming, power lifting, athletics, bowls and swimming. Call 01273 201209 for more info. Over 18s with learning disabilities who want to work towards travelling around Brighton and Hove by themselves might also find the Travel Buddy Project run by the Grace Eyre Foundation useful. The project offers a 16 week Travel Training Course that includes road safety, using buses, staying safe and dealing with the unexpected. Afterwards, some trainees can be paired up with a volunteer travel buddy who may be able to help with a specific journey. For more info, call David Matthews on 01273 222049, Ben Gardiner on 01273 222053, or Active Lives on 01273 201909. Or email travelbuddy@grace-eyre.org