



NEW
edition
summer
2014

Compass Card Activities



Compass Card Activities

Compass Card Activities are a range of activities developed for children with disabilities or additional needs who are eligible for a Compass Card. We've recently reduced the number of Compass Card Activities we support so we can concentrate on a smaller number of targeted activities, but we've listed some of our former activities on page 18 so you can try them if you want to. 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 about Compass Card Activities, so we can continually monitor and improve what's provided. If you want to provide online feedback about a Compass Card Activity, there's a super-quick form at <http://amazebrighton.org.uk/services-and-support/the-compass-card/compass-card-activities/>**

Please note, Compass Card Activities are subject to change. 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.

Amaze assumes you will make your own decisions about whether Compass Card Activities are appropriate for your child and whether activity providers have suitable health and safety and child protection measures in place. 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 16.

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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 for 5-7 week bookings on its term time archery club. Young people with more complex needs are also welcome to apply for a place with a PA, carer or Leisure Buddy. The archery club runs at an indoor venue on weekday evenings during term time. Compass Card holders who secure a Compass Card Activity place qualify for an additional discount on the Adventure Unlimited sliding scale (50 pence per session on block bookings). 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?

Currently 4pm till 5.30pm at Brighton Youth Centre on Thursdays. Please check www.aultd.org/young_people/ for details of any changes.

Where?

Weekly classes are at Brighton Youth Centre, 64 Edward Street, Brighton BN2 0JR.

How?

Booking is essential. Visit www.aultd.org/young_people/toads/ to complete an online 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 (a bit like a short term leisure befriender) at these sessions. See page 16 for more info.

"It really helped his confidence."

Compass Card parent



NEW! Art workshops for 16 to 25s: Make Your Mark

What?

Parents of young people with additional needs may know Sue Winter as Amaze's Transition Worker, but Sue also has an MA in Inclusive Arts and extensive experience in providing art workshops for disabled young people. Her monthly workshop, Make Your Mark, is on the first Saturday of the month and it's a great opportunity to make friends, have fun and try printing, painting, sculpture and drawing. There will also be exhibitions of the work from time to time. Young people with more complex needs are welcome to come to the workshops with a PA, carer or support worker. Compass Card holders pay £15 (a £3 discount on the standard price of £18).

When?

First Saturday of the month 10am till 1pm. Free onsite parking available.

Where?

Prestamex House, 171-173 Preston Rd, Brighton BN1 6BX (opposite Preston Park just after the Travelodge heading out of Brighton). Free onsite parking available. Bus routes 5 and 5A stop nearby.

How?

Book your place by calling Sue on **07400 963 087** or by emailing sue.winter@icloud.com - and mention your child has a Compass Card to trigger the discount.

"His face lit up when I asked him if he wanted to take part in the Make Your Mark art workshop."

Compass Card parent



Cinema: Autism-friendly screenings

What?

Weekend screenings every few weeks for children with autism and other additional 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. All attendees (including carers) pay £3 for a ticket 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?

Usually 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 from 10.30am (film at 11am) - but there are exceptions. For full details, 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**.

"The whole set up is excellent." Compass Card parent



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 Leisure Buddy. 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 16 for more info.

"As well as using up his energy, it's teaching him to focus, concentrate and interact and build trust with others." Compass Card parent



Cookery for teenagers: Brighton & Hove Food Partnership

What?

Free 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 was piloted in 2013 and runs just once a year, so make sure you book your place when booking opens on Monday 1 December 2014!

When?

Term time class for teens – 4.30pm till 6.30pm on five consecutive Tuesdays 13 January to 10 February 2015

Where?

Ebenezer Reformed Baptist Church, Richmond Parade, Brighton BN1 9QD (almost opposite the restaurant Planet India and close to the Old Steine)

How?

From Monday 1 December 2014, call BHFP on **01273 431700** to book, or email **cookery@bhfood.org.uk**

“I really enjoy the classes and I would like a lot more”

Compass Card holder



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 and 2015. 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?

During Easter and summer school holidays - dates advertised via Amaze e-bulletin, Compass Team News, Amaze website and via **www.aulld.org/young_people/toads**

Where?

Tillgate Park, Cuckmere Haven and river location. Transport provided from The Level in Brighton.

How?

Booking is essential. Visit **www.aulld.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@aulld.org**

Places for each course 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 16 for more info.

“Great to make friends, learn new skills and have fun.”

Compass Card parent

Multi-sports for 11-19s: Fun-fit Spiral

IT'S BACK! Multi-sports for 11-19s: Fun-fit Spiral starting Sunday 14 September 2014

Our weekly fitness club for 11 to 19 year olds with mild and moderate special needs is back – but it's bigger, better and has two of the most experienced coaches in the city leading the session! Lisa Nobbs and Paul McCullum are award-winning coaches who have been running multi-sport and dance sessions for local learning disability charity, Spiral Sussex, for the last nine years and they'll be working together to create Fun-fit Spiral, a high quality, fun, reliable session with indoor and outdoor activities to suit everyone. Activities will vary with each session and include basketball, tennis, boccia, dance, aerobics, uni-hoc and multi-skills. Young people with more complex needs welcome to attend with PA, adult carer or Leisure Buddy. Siblings welcome too. All parent carers will be expected to stay around for the young person's initial sessions at Fun-fit Spiral. Compass Card holders get a discount of 50 pence off the standard 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 16 for more info.

When?

Starting Sunday 14 September 2014 2pm till 4pm on Sundays in term time, with possibility of some ad hoc sessions in school holidays.

Where?

Carden Primary School, County Oak Avenue, Brighton BN1 8LU (free parking in car park on Carden Avenue)

How?

Call Spiral Sussex to find out more on 030 30 40 2860, or just turn up.



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 additional 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?

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 £3.50. 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**

"The attitude and approach and enthusiasm of coaches is excellent"

Compass Card parent



Multi-sports for 11-19s: 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, dance, boccia, polybat, floor basketball, badminton, table tennis 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: 14 June, 19 July, 13 September, 4 October, 8 November, 29 November and 13 December 2014 and 17 January, 7 February, 14 March, 25 April and 16 May 2015. 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 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 16 for more info.

"Awesome!" Compass Card parent



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 disabled children and young people and their family and friends. After an amazing first year, Otherworld is moving from space travel into a magical, ocean-themed multi-sensory environment in the autumn of 2014. Prepare for six more runs of the show and some extraordinary happenings!

Otherworld Immersive Theatre combines traditional storytelling and music with the latest interactive technology including sound beams and audio and video projections. Otherworld Film Nights are exciting interactive film nights where participants join performers for moving images, story and a whole lot more. Prepare yourself for an evening full of surprises...

When?

Six Otherworld performance events a year – dates to be confirmed as we went to press. 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 Ariane at Different Planet Arts on **07821 328973** or Same Sky on **01273 571106**.

Where?

Various locations around Brighton and Sussex. Further details confirmed closer to the time – Amaze will keep you updated, or you can contact Same Sky or Different Planet Arts (see above).

How?

The best way to book tickets for the next Otherworld event is online at <http://buytickets.at/samesky> or via the Same Sky website at www.samesky.co.uk. You can also reserve tickets by email or 'phone and then pay on the day – email ariane@samesky.co.uk or call Ariane on **07821 328973**. There are no additional booking fees to pay. If you're booking online, click the Compass Card option. If you're booking by 'phone mention your child is a Compass Card holder. Compass Card holders and one adult carer pay £5 (usual price £7), so make sure you take your Compass Card with you to trigger the discount.

"Amazing. It was a fantastic experience ...so inclusive and interactive"
Compass Card parent

NEW! Street dance for 11-19s: Marina Studios

What?
The award-winning Marina Studios will be piloting a new street dance class for 11-19s with additional needs. Run by JP Omari and the city's multi-award-winning hip hop dance school, Streetfunk, there are two 5-day mini courses planned in October Half Term 2014 and May Half Term 2015. Young people with more complex needs are also welcome to attend with a PA, carer or Leisure Buddy.

When?
Two mini-courses planned for 11am till 12 noon Monday 27 to Friday 31 October 2014 and 11am till 12 noon Monday 25 to Friday 29 May 2015. Please call to check details.

Where?
Marina Studios, 11 Mermaid Walk, Brighton Marina Village, Brighton BN2 5WA (directly behind the Palm Drive bus stop)

How?
Call **01273 253679** for more information or to book. Show the Compass Card to get a 50% discount off the five day courses (£22.50, instead of the standard price of £45). 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 16 for more info.



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 drop-in classes provide a brilliant opportunity to learn new skills in a session which is sociable, energetic and amazing fun. Young people with more complex needs are also welcome to attend with a PA, carer or Leisure Buddy.

When?
4.30pm till 5.30pm on Thursdays in term time.

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

How?
Call **01273 622266** for more information – or just turn up. 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 16 for more info.

“It’s good because there’s not much trampolining classes in Brighton”
Compass Card holder



further information and support:

Leisure Buddies - one to one support for young people taking part in archery, climbing, kayaking, Fun-fit Spiral, U-Sport, Street Dance or High Flyers

There's extra help available for some young people who want to do archery (page 4), climbing (page 7), kayaking (page 9), Fun-fit Spiral multi sport (page 10), U-Sport multi sport (page 12), Street Dance (page 14) or High Flyers trampolining (page 15). 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 additional needs and disabilities, including the Compass Card which provides a range of discounts to children and young people with significant additional 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 info on the latest Compass Card Activities, Compass Card offers and lots more.

Call the Amaze helpline on **01273 772289** for more information, or email **info@amazebrighton.org.uk**

Access 2 Youth

A new project from Extratime that provides young volunteer befrienders to support 13 to 19 year olds with additional needs to access youth clubs across the city.

Call Zoe Anstey or Lisa Nash on **01273 420580**, or email **zoe.anstey@extratimebrighton.org.uk** for more information.

Active for Life

If you're interested in physical activity, Active for Life, a local project funded by Brighton & Hove City Council, 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 292724** or email **sports.info@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 just 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 16s with learning disabilities including table tennis, indoor cricket and swimming.

Call **01273 222097** or visit **www.sportsforallsussex.co.uk** 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 12 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**

Former Compass Card Activities

Amaze has recently reduced the number of Compass Card Activities it supports, but we wanted to include information about some of our former activities so you can decide whether you want to give them a go. We've only included information about activities that have confirmed their details at the time of going to press.

Circus Skills for 6-18s: BandBazi Circus Theatre

If your youngster has lots of energy and a head for heights then why not let them try their hand at aerial circus? Bandbazi's Youth Circus group is made up of a fantastic group of young people from many different backgrounds and with a range of abilities in circus skills. The group has a focus on inclusion and instructors are trained and experienced in the delivery of circus workshops for participants with additional needs and learning difficulties. Activities take place at Brighton Youth Centre, 64 Edward St, Brighton, BN2 0JR on Saturdays from 1 till 2pm. Fees are £75 for a 12 week term, but Compass Card holders get the first class free.

To book, call **01273 245584** or email **mail@bandbazi.co.uk**

Homework clubs and support sessions

Brighton and Hove's weekly library homework clubs and study support sessions include children and young people with additional needs. The term time clubs help 9-19s get to grips with school homework in a friendly, informal 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.

Ask at your local library for times, call **01273 290800** or visit **www.citylibraries.info**

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**

Sama karate and kick boxing

Sama Organisation provides inclusive classes in karate and kick boxing after school, in the evenings or at weekends for kids over 3 across the city and beyond. 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.

Call **01273 60 70 90**.

Email **admin@samamartialarts.co.uk**, or visit **www.samamartialarts.co.uk** for more information.

Trampolining: Take a Leap!

Sussex Central YMCA's inclusive trampolining class for 7 to 15s who have additional needs. Fully supported by coaches with experience of disabilities, trampolining can help develop coordination – but above all, it's FUN! 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.

Classes are at the Y Club, 17 Marmion Road, Hove BN3 5FS.

Call **01273 731724** to book.

