

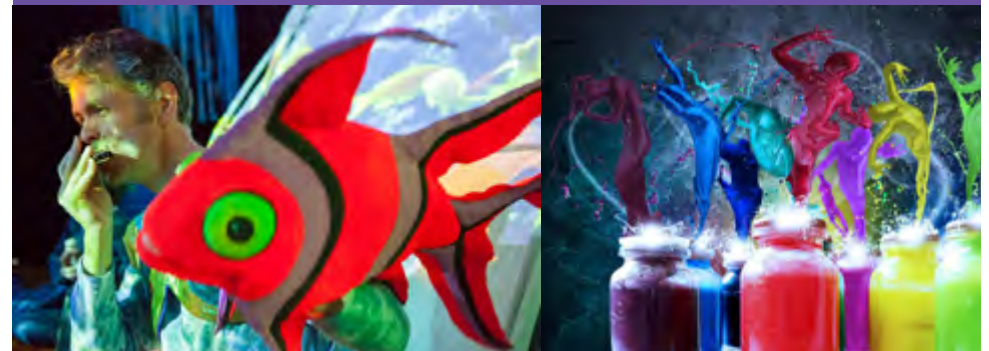


Amaze Brighton and Hove • UK Company Limited by Guarantee No: 3818021  
Registered Charity No: 1078094



Summer  
2015

## Compass Card Activities



# Compass Card Activities

Compass Card Activities are a range of activities developed for children and young people with disabilities or additional needs who are eligible for a Compass Card.

Each activity usually offers:

- **A discount if there's a charge for the activity**
- **Coaches or teachers with experience of disabilities and special educational needs, so you can feel confident the needs of participants will be taken into account**
- **Information to help children or young people 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://amazingbrighton.org.uk/services-and-support/the-compass-card/compass-card-activities/>**

Please note, Compass Card Activities are subject to change. Keep up to date with the latest info by downloading our new, free Compass Card app (see page 18 for details), by signing up for Amaze's weekly e-bulletin, 'Compass Team News', or by checking the Amaze website at [www.amazingbrighton.org.uk](http://www.amazingbrighton.org.uk) To contact the Compass Team, call the Amaze helpline on **01273 772289**, or email [compass@amazingbrighton.org.uk](mailto:compass@amazingbrighton.org.uk)

Amaze assumes you will make your own decisions about whether Compass Card Activities are appropriate and whether activity providers have suitable health and safety and child protection measures in place. If you're anxious about how a child or young person may fit in at the Compass Card Activities listed here, do call the organisation providing the activity to discuss the support they 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 pages 18 and 19.

# Contents

<b>Archery for 11 to 24s</b> (Adventure Unlimited)	4
<b>Art workshops for 16-24s</b> (Make Your Mark)	5
<b>Cinema for up to 24s</b> (Autism-friendly screenings at The Duke's)	6
<b>Climbing for 11 to 24s</b> (High Sports)	7
<b>Cookery for 19-24s</b> (BHFP)	8
<b>Kayaking for 11 to 24s</b> (Adventure Unlimited)	9
<b>Multi-sport for 11 to 19s</b> (Fun-fit Spiral)	10
<b>Multi-sport for 5 to 11s</b> (Saturday Active Club)	11
<b>Multi-sport for 11 to 19s</b> (U-Sport)	12
<b>Otherworld for up to 24s</b> (Different Planet, Same Sky)	13
<b>Street dance for 11 to 19s</b> (Marina Studios)	14
<b>Swimming for 14 to 24s</b> (Sport for All, Grace Eyre)	15
<b>Trampolining for 13 to 19s</b> (High Flyers)	16
<b>Travel Training for 18 to 24s</b>	17
<b>Further information and support</b>	18 - 19

## Archery for 11 to 24s: Adventure Unlimited

### What?

Archery is one of those rare sports that almost anyone can do and there are plenty of local clubs if you discover a passion for it after this wonderful free five week course from Adventure Unlimited. The indoor course, which will show you how to handle a traditional bow, line up a shot and hit a target, then hone your skills, is designed for 11 to 24 year old beginners with mild and moderate additional needs. Young people with more complex needs are also welcome to attend with a PA, carer or Leisure Buddy.

### When?

4.30pm till 6pm on Wednesdays 23 September to 21 October 2015.

### Where?

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

### How?

Booking is essential. Bookings open from Monday 22 June 2015 and you'll need to book your place with Amaze. **Email [info@amzebrighton.org.uk](mailto:info@amzebrighton.org.uk)** or call the Amaze helpline on **01273 772289**. You'll need to complete a registration form that provides contact details and information about the Compass Card holder before the course starts – Amaze will provide full information when you book. Bookings will be dealt with on a first come, first served basis. Young people may be able to get extra support from a Leisure Buddy (a bit like a short term leisure befriender) at these sessions. See page 18 for more info.

**“The leaders were lovely and made him feel very at home. He really enjoyed it.”**

Compass Card parent



## Art workshops for 16 to 24s: 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 and occasional holiday sessions. 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. For additional holiday sessions, check Compass Team News or the Compass Card app for the latest information, or visit **[amzebrighton.org.uk](http://amzebrighton.org.uk)**

### Where?

The Make Your Mark workshop venue varies so contact Sue, check the Compass Card app, or see Compass Team News for the latest info.

### How?

Book your place by calling Sue on **07400 963 087** or by emailing **[sue.winter@icloud.com](mailto:sue.winter@icloud.com)** - and mention young person has a Compass Card to trigger the discount.

**“The art workshops are brilliant.**

**Sue Winter and her team are wonderful.”**

Compass Card parent



## Cinema: Autism-friendly screenings

### What?

Weekend screenings every few weeks for children and young people with autism and other additional needs. A great way to introduce children and young people to the fun of a trip to the pictures, without the usual restrictions. Lights and sound are low and children and young people 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 in the 30 minutes before the film starts. 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 at 11am (doors open 10.30am) and on the third Sunday of the month at The Duke of York's at 10.30am (doors open at 10am) - but there are exceptions. Check Compass Team News or the Compass Card app for the latest information, or visit [www.amazebrighton.org.uk](http://www.amazebrighton.org.uk). Alternatively, call the Duke's enquiry line on **01273 818549** or visit [www.picturehouses.co.uk](http://www.picturehouses.co.uk). Cinema staff advise that you check the screening is on before you set out.

### Where?

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

### How?

Show the Compass Card at the cinema box office.

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



## NEW! Climbing for 11 to 24s: High Sports

### What?

High Sports is running a number of discounted exclusive climbing sessions for Compass Card holders aged 11 to 24 years at the state-of-the-art facilities at the High Sports climbing wall at Withdean Sports Complex. The sessions will cost just £5 for Compass Card holders (a discount of up to 66% on standard prices). Choose from:

- 1 hour 15 minute 'Beginner' sessions for young people aged 11-24 with special educational needs who've done little or no climbing before and who want to see if climbing is for them. Young people will be shown climbing basics. Suitable for mild and moderate additional needs, young people with more complex needs are welcome with a PA, parent carer, support worker or Leisure Buddy.
- 1 hour 30 minute 'Para' sessions for young people with physical disabilities. Suitable for mild and moderate physical disabilities, young people with more complex physical needs are welcome with a PA, parent carer, support worker or Leisure Buddy. Young people will be shown the climbing basics and assisted hoists or full hoists can be used, dependent on disability.

There's free parking at Withdean and all sessions are run by specially trained High Sports coaches in small groups of no more than four. If you get the climbing bug and want to do more after the discounted sessions, the first session booked after your Compass Card Activity will be discounted by 20% if you show the Compass Card. Thereafter, Compass Card holders will benefit from the standard Compass Card discount of 10% discount on most climbing sessions at High Sports.

**When?** Discounted Compass Card Activity places are available for nine Beginner sessions and three Para sessions. Dates had yet to be confirmed as we went to press, but will run from September/October 2015 to March 2016. Check Compass Team News or the Compass Card app for the latest information, or visit [www.amazebrighton.org.uk](http://www.amazebrighton.org.uk)

### Where?

Withdean Sports Complex, Tongdean Lane, Brighton BN1 5JD

### How?

Booking in advance is essential, once dates are confirmed. Just call High Sports on **0845 363 1177** or drop into the centre – and make sure you show the Compass Card to trigger the discounts. Young people may be able to get extra support from a Leisure Buddy (a bit like a short term leisure befriender). See page 18 for more info.



## Cookery for 19 to 24s: Brighton & Hove Food Partnership (BHFP)

### What?

Free five week cookery class for young people aged 19 to 24 who want to learn to cook, or improve their cooking skills. 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. The course runs just once a year, so make sure you book your place when booking opens – see the Compass Card app, read the Compass Team News e-bulletin or visit [www.amazebrighton.org.uk](http://www.amazebrighton.org.uk) for the latest info.

### When?

Tuesday evening class 5.30 till 7.30pm 12 January to 9 February 2016. Check Compass Team News or the Compass Card app for the latest information, or visit [www.amazebrighton.org.uk](http://www.amazebrighton.org.uk)

### Where?

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

### How?

Call BHFP on **01273 431700** to book, or email [cookery@bhfood.org.uk](mailto:cookery@bhfood.org.uk) to apply for a place. Bookings open Monday 23 November 2015.

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

Compass Card holder



## Kayaking for 11 to 24s: Adventure Unlimited

### What?

Come and discover the excitement of kayaking on the beautiful Tilgate Lake in West Sussex with a free full day course for beginners from Adventure Unlimited in July or September 2015. You'll learn how to stay safe, how to paddle efficiently and play some fun games on the water. The course is designed for 11 to 24 year old beginners with mild and moderate additional needs.

### When?

9.30am till 4pm on Saturday 25 July or Saturday 26 September 2015.

### Where?

Tilgate Lake, West Sussex. Free transport provided from the north end of The Level in Brighton – the minibus will be in the parking bay next to the recycling bins.

### How?

Booking is essential. Bookings open from Monday 22 June and you'll need to book your place with Amaze. Email [info@amazebrighton.org.uk](mailto:info@amazebrighton.org.uk) or call the Amaze helpline on **01273 772289**. You'll need to complete a registration form that provides contact details and information about the Compass Card holder before the course starts – Amaze will provide full information when you book. Bookings will be dealt with on a first come, first served basis. Young people may be able to get extra support from a Leisure Buddy (a bit like a short term leisure befriender) at these sessions. See page 18 for more info.

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

Compass Card parent

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

### What?

Fun-fit Spiral is a high quality, fun, reliable session with indoor and outdoor activities to suit 11-19 year olds with mild and moderate needs. Run by two very experienced coaches, activities vary 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 are 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.

### When?

2 till 4pm on most Sundays in term time.

### Where?

Carden Primary School, County Oak Avenue, Brighton BN1 8LU (free parking in car park on Carden Avenue). NB. venue change from September 2015.

### How?

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

Young people may be able to get extra support from a Leisure Buddy (a bit like a short term leisure befriender). See page 18 for more info.

**“Very well run session. Enough coaches to help everyone.**

**The kids were smiling!”**

Compass Card parent



## 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?

Small Sports Hall, 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. There are also regular trips. U-Sport sessions cost £14.

### When?

9.30am till 1.30pm on Saturdays in term time, roughly once a month. Dates until end of March 2016 are: 20 June, 18 July, 12 September, 10 October, 7 November, 28 November and 12 December 2015 and 23 January, 27 February and 19 March 2016. 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](mailto:lisa.nash@extratimebrighton.org.uk) PAs, adult carers, siblings and befrienders are welcome.

**“Awesome!”** Compass Card parent

Otherworld



## Otherworld for up to 24s: Same Sky/Different Planet Arts

### 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. The last of the second year runs is in July 2015, after which Otherworld will move from its current underwater theme to a brand new jungle theme in the autumn of 2015. Prepare for six more runs of the show and some extraordinary happenings!

Otherworld Immersive Theatre combines traditional storytelling, theatre and music with the latest immersive 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, film and a whole lot more. Prepare yourself for an evening full of surprises...

NB. Compass Card holders over 19 are advised to check when they book that the performance will be suitable for them.

### When?

Six Otherworld performance events in 2015/2016 – dates to be confirmed as we went to press. Amaze will publicise each event fully closer to the time - check Compass Team News or the Compass Card app for the latest information, or visit the events section of the Amaze website at [www.amazebrighton.org.uk](http://www.amazebrighton.org.uk) Alternatively, call Ariane at Different Planet Arts on **07711 717634** 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 via the Compass Card app or Compass Team News, 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](http://www.samesky.co.uk) You can also reserve tickets by email or 'phone and then pay on the day – email [ariane@samesky.co.uk](mailto: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 the Compass Card. Compass Card holders and one adult carer pay £5 (usual price £7), so make sure you take the Compass Card with you on the day to trigger the discount.

**“...an amazing personalised experience which was truly magical for the children. Thank you.”**

Compass Card parent

## Street dance for 11-19s: Marina Studios

### What?

The award-winning Marina Studios is running three more street dance mini-courses for 11-19s with additional needs. Young people with more complex needs are also welcome to attend with a PA, carer or Leisure Buddy. Run by JP Omari and the city's multi-award-winning hip hop dance school, Streetfunk, there are three 5 hour mini courses planned – one at the end of July 2015, one during the Christmas holidays December 2015, and one in February half term 2016.

### When?

July mini-course 10am till 12 noon Tuesday 28 July and 10am till 1pm (with showcase for families in last hour) Wednesday 29 July. Specific times and dates for remaining mini-courses TBC, but planned for Christmas holidays December 2015 and Half Term February 2016. Check Compass Team News or the Compass Card app for the latest information, or visit [www.amazebrighton.org.uk](http://www.amazebrighton.org.uk)

### Where?

Marina Studios, 11 Mermaid Walk, Brighton Marina Village, Brighton BN2 5WA (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 hour mini courses (£22.50, instead of the standard price of £45). Young people may be able to get extra support from a Leisure Buddy (a bit like a short term leisure befriender). See page 18 for more info.

**“My son found the whole experience very stimulating.”**

Compass Card parent



## NEW! Swimming classes for 14 to 24s: Grace Eyre, Sport for All

### What?

Part of Grace Eyre's Sport for All programme (see page 19 for more info), these drop-in classes are delivered by Special Olympics Brighton & Hove. The classes are for young people with learning disabilities who want to learn to swim, as well as those who want to improve their swimming skills. Led by two qualified ASA swimming coaches, young people who want to progress may be able to compete for Special Olympics Brighton & Hove. Compass Card holders get the first two classes free (usual price £5 per session).

### When?

6 till 7pm on Thursdays from 17 September 2015

### Where?

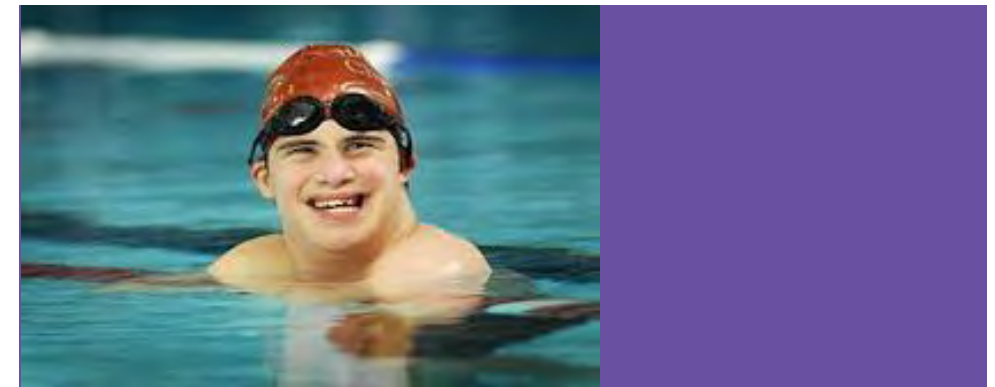
Brighton Swimming Centre, Eastern Road, Brighton BN2 5JJ

### How?

Call Sport for All Manager, Jon Hart, on **01273 222097** or **07848 456214** to book. Show the Compass Card on the day to trigger the two free sessions.

[www.sportsforallsussex.co.uk](http://www.sportsforallsussex.co.uk)

Young people with more complex needs are welcome to attend with a support worker, adult carer or Leisure Buddy. Young people may be able to get extra support from a Leisure Buddy (a bit like a short term leisure befriender). See page 18 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?

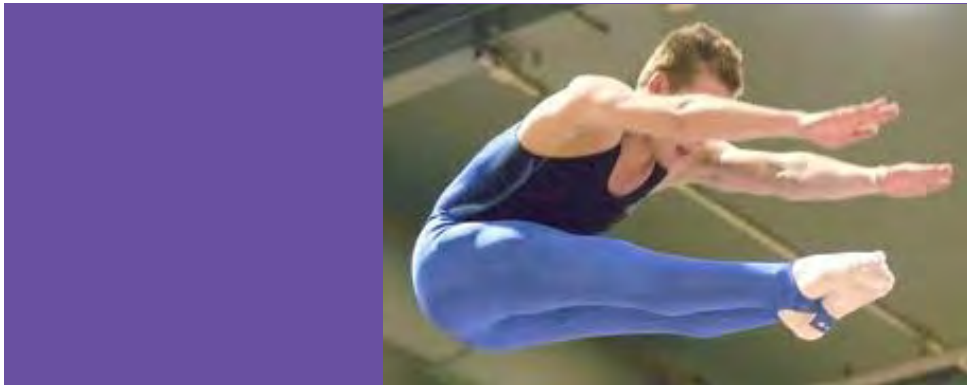
Moulsecoomb Community Leisure Centre, Moulsecoomb Way, Brighton BN2 4PB

### 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. Young people may be able to get extra support from a Leisure Buddy (a bit like a short term leisure befriender) at this session. See page 18 for more info.

**“It’s good because there’s not much trampolining classes in Brighton”**

Compass Card holder



## Travel Training for 18 to 24s: Grace Eyre Foundation

### What?

Parents can feel anxious about young people travelling around the city independently – but wouldn't it be great if there was specialist training to help them learn to travel safely? The Grace Eyre Travel Buddy Project provides the perfect solution. Young people over the age of 18 can sign up for a free six week course which is run throughout the year (parents are welcome to attend one or two sessions, but it's not essential). The course covers road safety, using buses, staying safe and dealing with the unexpected. Grace Eyre also supports people to practice specific journeys in one to one sessions with a Travel Buddy. One to one sessions cost Compass Card holders £10 each (a £2 discount on the full price of £12) and include putting together a risk assessment for a particular journey, providing support on the journey, observation and review (parents welcome to get involved in the one to one sessions and to help support their young person).

### When?

Six week courses run on a rolling programme and sessions are during the work day once a week. One to one sessions are organised at times to suit you.

### Where?

Six week courses are usually based at Grace Eyre, 36 Montefiore Rd, Hove BN3 6EP. For one to one sessions, a travel expert will come to your home and do training for a particular journey.

### How?

Call the Amaze helpline on **01273 772289** or email [sue@amazebrighton.org.uk](mailto:sue@amazebrighton.org.uk) for more information.

Alternatively, call Grace Eyre Travel Buddy Project on **01273 222053** or email [bgardiner@grace-eyre.org](mailto:bgardiner@grace-eyre.org)

**“It gave him a lot of confidence and independence. [He was] really proud of himself after his bus-train journey to college”**

Compass Card parent

## further information and support:

### **Leisure Buddies - one to one support for young people taking part in archery, climbing, kayaking, Fun-fit Spiral, street dance, swimming 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), street dance (page 14), swimming (page 15) or High Flyers trampolining (page 16). Local charity Extratime is providing specially trained staff called Leisure Buddies to help young people 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 young people get to and from an activity and can really help out if they feel anxious about trying something new, or if parents don't have time to get them there and back. Leisure Buddies need to be booked in advance.

For more info, call Extratime on **01273 420580**, or email **zoe.anstey@extratimebrighton.org.uk**

### **Amaze services**

Amaze provides a full range of services and information to parents of children with additional needs and disabilities and to young people over the age of 16, 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**

### **The Compass Card smart 'phone app**

If you have an android smart 'phone or iphone, you can download our new, free Compass Card app, so you'll have an up-to-date, searchable list of Compass Card offers and Compass Card Activities while you are on the move. The app's news function also keeps you up to date with Compass Card and local leisure news. Search for 'Compass Card' in Google Play or in the Apple App Store.

### **Access 2 Youth**

A 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 Brett Preston 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 a child or young person'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.

### **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.

Also, see swimming (page 15) and Travel Training (page 17) - both are Compass Card Activities provided by Grace Eyre.