

**Want to be part of a friendly team of young people giving support to young people with SEND?**

**We need young people aged 18+ with and without special educational needs or disabilities (SEND) to volunteer to support young people aged 14+ with SEND.**



**Training Dates:  
4 Monday evenings;**

**6-8.30pm**

**29 April**

**6 May**

**13 May**

**20 May**

**At the Amaze Eastbourne  
office**

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I wanted to help young people become  
more independent and learn to  
support each other.*

## **By the end of the course you will:**

Understand what **peer support** is and its benefits

Understand why **confidentiality** is important.

Be more **assertive**

Develop active **listening skills**

Understand your **role and responsibility as a peer supporter**

Learn about the **5 ways to wellbeing and being resilient**

## **Contact us**

If you'd like to train to be part of our team of  
volunteers (or you would like support from a peer  
support volunteer) contact:

Claire Piper

on **07484915038**

or

**claire@amazesussex.org.uk**

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