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Out of Amaze - April 2020

First and foremost, I hope this special **Covid-19 edition** of Out of Amaze finds you and your family well. We know that many of you are feeling overwhelmed at the moment and that your time is even more precious than usual, so we're keeping this edition brief. We've pulled together all the latest **SEND-specific Covid-19 information** for your area as well as **resources** that might help. This newsletter also updates you on how you can continue to access all our different **services** during this time (albeit a little differently) and how Amaze has been working alongside the parent carer forums on a couple of key issues: notably **accessing supermarkets and outside space**. Finally, we really want to hear from you about what more you need from us or other services, so please complete our **quick survey** below. This data will help strengthen our influencing work as well as our funding bids which are going to be so important to secure our finances over the coming year.

Wishing you all the best for the coming month – we are here if you need us.

Rachel Travers, Amaze CEO.

Read more about Amaze's work during lockdown in [Rachel's roundup](#).



We're still here for you

Even though we're in lockdown, Amaze is still here to support you. Our **SENDIASS helpline** is open and our advisers can call you to offer advice or just have a much-needed chat. All you need to do is leave a message on 01273 772289 or sendiass@amazesussex.org.uk Find out how all our services are operating during lockdown in our [Coronavirus service statement](#)

[More about our services >](#)

Covid-19 - new SEND resources from Amaze

Over the last few weeks, Amaze has been working continuously to create resources that answer your most pressing questions about SEND and coronavirus and give you SEND-specific advice to help you through these challenging times.



Covid-19 FAQs

We've worked together with the local authority, parent carer forums and health services give detailed answers to your [SEND-specific frequently asked questions for Brighton & Hove](#)



Leisure & learning

Our Compass team have put together a really comprehensive list of ideas of things to do for [leisure and learning during the lockdown](#)



Health & wellbeing

Now more than ever we need to be taking care of ourselves. Read our guide to [Looking after your family's health and wellbeing](#) during the coronavirus lockdown.

Tell us how you are and what you need!

We really want to hear from you about what more you need from Amaze or other services. Please complete this quick online survey - it shouldn't take you more than 10 minutes - and you'll be entered into a prize draw to win a **lockdown hamper or shopping vouchers**. Your responses will help strengthen our influencing work and support essential funding bids for the coming year.



[Complete our quick survey](#)



Still here for young people too

All Amaze's work with children and young people is up and running despite coronavirus. Sally from **SENDIASS** can offer advice and support to children and young people by text, phone, email or video call. The **Amazing Futures** groups in East Sussex and Brighton & Hove are finding fun ways to keep in touch and **Looking Forward** can still help you plan for the future. Read more about [how our services are operating during lockdown](#). And have you heard about the **Amazine** e-newsletter by and for young people? [See the first two editions or our young people's e-zine](#)

Feeling isolated? Want to talk to other parent carers?

Even though we are not running groups face to face at the moment, many of our parent carer and young people's groups are meeting online using platforms such as Zoom or WhatsApp. If you'd like to join an online Amaze group, email sendiass@amazesussex.org.uk so we can direct you to the right group for you.



#BigCheerUp for Amaze

If you follow us on social media you will no doubt have seen loads of big name comedians (and a few families) sharing jokes and general silliness to help raise funds for Amaze. Now it's your turn! Record your favourite joke, silly dance or whatever makes you laugh and put it online with the tag #BigCheerUp. Simple. And [find out more about #BigCheerUp](#) here.



Volunteer for us

We know many people are fully occupied managing at home at the moment. But if you or someone you know might have some time to volunteer from home, we could use your help, for example by making supportive calls to other parents or helping us "host" a meet up on Zoom. Please email info@amazesussex.org.uk if you're interested.



Join our SENDIASS drop in on Zoom

2.30pm Thursday 23 April

Do you want a more informal way to ask questions, find out the latest information and hear from other parents too? Join a couple of the SENDIASS team and other parents at a virtual drop in session.

Email sendiass@amazesussex.org.uk to get your invitation to join us for this session. If you haven't tried Zoom before it's easy to use on a smartphone, tablet or laptop and is a bit like a group video call on WhatsApp or Facetime. We can send you full instructions. If this works well we will plan more in coming weeks. We can give them a specific theme so if you can't join us this time but have an idea for a useful topic to focus on one week please email too.

[Join the SENDIASS drop in](#)

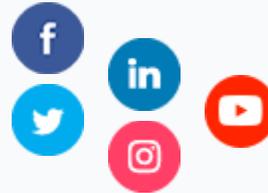


Brighton & Hove PaCC round up

Find out how the local parent carer forum has been working to make sure your voices are heard by local service planners during coronavirus and beyond.

[Find out more >](#)

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