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Out of Amaze - July 2020



Incredible as it seems, as I write this welcome, we have just marked the 115th day of being in lockdown. As many of us now plan for 'coming out of lockdown', we know lots of SEND families remain fearful for their, or their

child's safety, and are worrying how they will cope over the summer with possibly even less structure, and fewer options, than before.

If so, we hope this edition of Out of Amaze is timely to give you a round-up of all the best information we have managed to find for getting you through the summer holidays, but also in preparing for the return to school in September. We also have the latest information on therapies, shielding guidance and updates from your local parent carer forum.

We know many of you are exhausted, with very little time, so we have endeavoured to keep the content as short as possible. But if you are seeking any more in depth advice or support please visit the [Covid pages on the Amaze website](#) which are being regularly updated, or contact the [SENDIASS helpline](#).

Read more about our work during lockdown in my [July round up](#).

Rachel Travers, Amaze CEO

ADVICE ZONE: Sorted for summer and school



Play schemes, groups and having fun

Even though we are easing out of lockdown, many of the things we normally plan for the holidays are still not available or being run differently. Find out more about [play schemes, activities, outdoor fun and Compass offers](#) this summer.



Get support this summer

With six weeks of holiday looming and Covid-19 affecting many of our usual support services, you may not be sure what emotional and mental health support is available over the summer. [Find out where to turn if your family needs help](#).

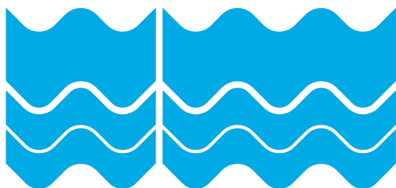
Back to school? What you need to know and how to prepare

Now we know that schools and other educational settings will be open to all children from September, are you jumping for joy at the news or fretting about how it will work in practice? For most of us it is probably a mixture of the two. **Amaze's SENDIASS team** have put together the latest guidance and answers to your most common questions about going back to school in September.



[Read more >](#)

East Sussex
County Council



End of term message from Head of ISEND

Nathan Caine, Head of the Inclusion, Special Educational Needs and Disability Service at East Sussex County Council has written a letter directly to families at the end of this extraordinary term.

[Read Nathan's letter >](#)



FEATURE: Children's therapy - new ways of working

We caught up with children's therapy services in **Brighton & Hove** and **East Sussex** to find out about their new ways of working during lockdown and how the services are slowly returning to normal - albeit a new normal.

[Read more >](#)



Shielding latest

Unsure about the **changes to shielding**? Read the latest guidance here for children and young people with health conditions that make them more likely to become unwell with coronavirus.

[Read more >](#)



Get your finances sorted!

Summer is a great time to make sure you're on top of your family's financial situation. We've got the low-down on what's changed for **disability and carer's benefits** (and what hasn't), and what you need to do now.

[Benefits latest >](#)

East Sussex Parent Carer Forum

Get the latest updates on what ESPCF have been up to including creating fact sheets, gathering your views and appointing a new chair.

[Find out more >](#)



Covid-19 online advice

If you have any questions about **education, health, money and SEND support** during the pandemic and beyond, visit our detailed [Coronavirus advice pages](#).



Summer survival

Amaze SENDIASS is running online, themed sessions over the summer, and the next one is **'Summer Survival Strategies'** on **Tuesday 21 July** from 1.30 to 2.30pm. [Find out more](#)



Amaze groups

Most of Amaze's **regular groups for parents and young people** are running via Zoom over the summer. Find out about [Amaze online groups](#) and how to join.



Amazine issue #4 "The new normal"

In the latest issue of our young people's e-zine, "Amazine", we've got fun quizzes, quirky ideas for keeping busy, Pokemon Sword facts, and info on the Shark Tracker app. Meet one of our SENDIASS advisors, Sally, and learn how we can help you. Or if the upcoming changes to lockdown rules are making you anxious, learn about some resources that can help.

[Read Amazine!](#)



Autism and anxiety - advice video from CLASS+

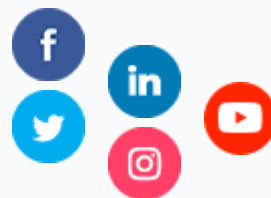
Check out the ISEND CLASS+ team's video offering support, information and advice around anxiety and autism. The video is presented by CLASS+ practitioner Claire Harmer. [Watch the video.](#)



WIN yoga sessions and self care goodies!

If you'd like to win **4 x weekly Zoom yoga sessions** with Sophie Mills from [Ditchling Yoga](#), and a gorgeous set of self care goodies including spacemask, incense, chocs and a signed copy of 'Tender: The Imperfect Art of Caring' by Penny Wincer, just **email the title and author of the book we're giving away** to vicky@amazesussex.org.uk The lucky winner will be contacted the first week of August.

Amaze
YMCA Youth Advice Centre
56-58 Seaside
Eastbourne
BN22 7QL
info@amazesussex.org.uk
amazesussex.org.uk



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