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Out of Amaze - Sept 2020





Welcome to our newsletter!

To get a quick overview of what's in this newsletter, watch my short [video](#). And if you want to find out more about what Amaze has been up to recently, please read my [September round-up](#).

Rachel Travers, Amaze CEO



Still helping you through

Amaze has been working to support you right through the pandemic and we'll continue to do so. Find out how we're delivering our helpline, parent and young people's groups, DLA/PIP support and befriending through the autumn.

[How Amaze can help](#)



Be our volunteer!

Do you or anyone else you know have spare time that you can give to Amaze? We're **urgently looking for volunteers** to fill a variety of roles, mostly online or by phone. We offer great training and support and you would become a crucial part of our amazing team.

[Find out more](#)

ADVICE ZONE: Back to school or college



Return to school - is it good to be back?

Parents, carers, SENCOs and headteachers tell us what it's like to have children and young people back in the classroom again.

[Read more >](#)



What to do if school's not working

Get the latest guidance on SEND law and advice on what to do if your child's return to school or college is not going well.

[Read more >](#)



Coping with anxiety in uncertain times

We are all living with a lot of uncertainty at the moment and this understandably causes anxiety, for kids with SEND especially. Find out how some of the young people involved in our Amazing Futures project have been coping with anxiety and get tips from our SENDIASS team

[Read more >](#)



Latest on therapies

Therapy teams in East Sussex and Brighton & Hove are gradually restoring their services this term, though virtual appointments will continue unless there is a clinical need to meet face to face. Read more about how [assessments and therapies](#) will be delivered.



Foundations for our Future

There's a new mental health and wellbeing plan for Sussex that sets out 20 key recommendations for improvement which have been accepted by the NHS and local authorities in Sussex. Parent carers fed into the review via PaCC. [Read all about Foundations for the Future.](#)

Young people



Back to the future: next steps for young people

After several months of living day-to-day, it's time for young people to switch gears and begin looking to the future again. Now that schools and colleges have reopened, and workplaces are settling into a new normal, [what's next for young people with SEND](#) moving forward?



Amazing Futures East Sussex

After a summer of outdoor and virtual meet ups, we're delighted to be running our Eastbourne **peer support** groups again this autumn/winter in a Covid-safe way. We're also launching a new Bexhill group and our **Amazingly Active** peer-based coaching training and sessions. Find out [more about Amazing Futures](#)



Face to face groups - tell us what you want

The **Amaze Face2Face project** wants to set up some new parent carer support groups in **East Sussex** but we need to know what kind of groups you'd like and when. Could you take a couple of minutes to fill out this really [short survey](#)? It's completely anonymous. And if you'd like to know a little bit more about our Face2Face groups already running in Brighton, watch this short [video](#).



Fundraise for us

It's been a tough time for fundraising at Amaze - but we're back now and we need your support more than ever! [Get inspired by Amaze dad, Adrian](#), who cycled over 100 miles for us during lockdown. Another great way to help **keep Amaze running** is to [take part in the Brighton Half Marathon](#) on **28 February 2021**. Or perhaps you could give your time as a volunteer (see above). For fundraising, contact nickyb@amazesussex.org.uk.



Big thanks to Waitrose

Mia and Claire from Amazing Futures were delighted to collect this giant cheque for £333 from Jo at Eastbourne Waitrose last week. Thanks to all the Eastbourne customers who gave us their tokens!



Latest from East Sussex Parent Carer Forum

It's been a busy summer for the parent carer forum, and no surprise that back-to-school support was the number one priority: access to SEN provision and home-to-school transport being two key issues. ESPCF is approaching 200 members – are you one of them? And find out more about a longer-term project contributing to preparations for the next [Joint Local Area SEND OFSTED inspection](#).

[Read ESPCF's round up](#)

Free virtual workshops



'Coronavirus & school' online Q&A from Public Health

A chance for parents to hear directly from Public Health and ask questions about anything to do with Covid-19 and school. For parents from East Sussex and Brighton. **Friday 2 October** from 11am to 12.30pm

[Find out more](#)



SENDIASS Zoom on Preparing for Adulthood

This SENDIASS Zoom workshop is for parents of young people in Year 9 onwards to help you know more about the key areas of preparing for their future. **Wednesday 4 November** from 10.30am to 12 midday. [Find out more](#)



SENDIASS session on SEN Support

Amaze SENDIASS is running this online Zoom session for parents who are worried about their child's progress in school.

Thursday 22

October from 10.30am to 12 midday. [Find out more](#)

If you do not have access to the internet but would like someone to talk you through the issues or send you the workshop resources, please contact our [SENDIASS helpline](#). Find out about [more Amaze events here](#).

And finally, don't forget to...



Get a flu vaccine

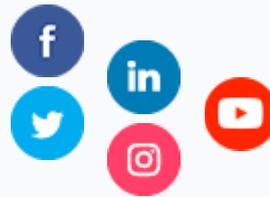
Parent carers are one of the priority groups being urged to take up their free flu vaccine this autumn/winter. Find out [more about flu jabs](#).

And do your DLA & PIP renewals

Renewals, reviews and reassessments for Disability Living Allowance and Personal Independence Payment have started again. Read the [latest on benefits renewals](#) to make sure you don't miss out.



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