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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 Brighton & Hove and East Sussex 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?



### Eliph's story

Eliph, a young woman with disabilities, has been a young people's intern with Amaze since 2018. Now, as she moves on to university, she tells us about her experience and what the internship has meant for her.

[Read Eliph's story](#)



### Compass offers latest

Covid-19 has had a huge impact on leisure and sadly not all our Compass Card partners have been able to reopen yet. However, we still have almost 130 venues across Brighton & Hove and West Sussex offering fantastic Compass Card discounts. We know how difficult it can be trying to adapt to our 'new normal' so we've tried to add in some new outdoor offers, you can [see these on our offers page!](#)



### Fundraise for us

It's been a tough time for fundraising at Amaze - Covid-19 has seen most of our activity cancelled or delayed. 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 Nicky at [nickyb@amazesussex.org.uk](mailto:nickyb@amazesussex.org.uk).

## Latest from the Parent Carers' Council (PaCC)

Brighton & Hove PaCC have had a very busy few months. They've been working on the SEND Strategy with Brighton & Hove City Council, building relationships with local head teachers and helping develop better support for ADHD and specific learning difficulties. PaCC and their partners also joined forces with local SEN leaders to put on [extra summer activities for kids with SEND](#) over the holidays.



[Read PaCC'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, their health and school. **Friday 2**

**October** from 11am to 12.30pm

[Find out more](#)



### 'Phase transfers with an EHCP' online Q&A with SEN Team

This SENDIASS online talk and Q&A with Brighton's SEN Team is for parents of children with EHC plans who are moving to a new education setting this time next year. **Monday 5**

**October** from 10.30 to 11.30am. [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 10.30 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!

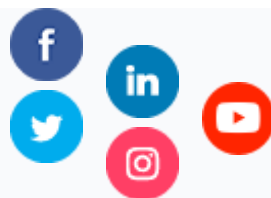
Parent carers are one of the priority groups being urged to take up their free flu vaccine this autumn/winter. Find out [more about flu jabs](#).



### 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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