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**Amazing Futures East Sussex**

**February to March 2021**

Please book in with Claire. This is due to number restrictions
email: claire@amazesussex.org.uk mobile: 07484 915 038

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| What | Date and Times  | Notes  |
| **1:1 support walks** with Claire  | Monday, Tuesday and Wednesdays | Claire is very happy to walk and talk one to one with you. Please contact her to book a time |
| **Weekly Tuesday catch up** with the group on zoomWith Nicky B | Every Tuesday at 4-5pm from 2 February | Contact Claire for Zoom link and passcode |
| **Weekly art club** with Claire | Every Wednesday at 4.30 pm from 3 February | Contact Claire for Zoom link and passcode |
| **Pairs walking;**Tuesday walksWednesday walks  | From 2 February onwards2.00pm11.30 am | Pre book only walking in pairs and strictly socially distanced. To meet at the Pier in Eastbourne. Brave the winter weather and get active outdoors. |
| **Thursday Quiz & Games night** **on zoom**Join the group for your weekly fix of games and quizzes with Lewis and Claire  | Every Thursday from 4 February 6-7pm  | Contact Claire for Zoom link and passcode |
| **1:1 support sessions** with Amaze’s Liam Ryan and Amy Goble, offering conversation, information, advice and guidance on a range of matters responding to your needs | Please contact Claire and she will refer you to Liam and Amy | On phone or zoom at a time suitable for you.  |
| **Phone calls and texts** **WhatsApp group***Please do keep in touch* We are a team and it’s important to stay in touch through this new lockdown | **The Amazing Futures social media group agreement*** No messages after 8pm (people need their beauty sleep)
* Please do not private message people from the WhatsApp group
* If you are worried about anyone then please let Claire know.
 | Please keep in touch and contact Claire if you have any concerns or queries. |

 **Amazing Futures Brighton & Hove**

**February to March 2021**

We offer support to young people with SEND aged 14 to 25.

We are not currently meeting in person, but we are running small Zoom groups, including:

* art group
* young women’s group
* young men’s group
* group for young people from Black, Asian and minority ethnic communities
* group for young people who are LGBTQIAU

Please email sue@amazesussex.org.uk or call Sue on 07483 111 648 if you’re interested and would like to find out more.

Learn more about Amazing Futures groups and peer support on our website:

<https://amazesussex.org.uk/young-people/groups/>