

## Amazing Futures East Sussex



### February to March 2021

Please book in with Claire. This is due to number restrictions

email: [claire@amazesussex.org.uk](mailto:claire@amazesussex.org.uk) mobile: 07484 915 038

What	Date and Times	Notes
<b>1:1 support walks</b> 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
<b>Weekly Tuesday catch up</b> with the group on zoom With Nicky B	Every Tuesday at 4- 5pm from 2 February	Contact Claire for Zoom link and passcode
<b>Weekly art club</b> with Claire	Every Wednesday at 4.30 pm from 3 February	Contact Claire for Zoom link and passcode
<b>Pairs walking;</b>  Tuesday walks  Wednesday walks	From 2 February onwards  2.00pm  11.30 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.

<p><b>Thursday Quiz &amp; Games night on zoom</b></p> <p>Join the group for your weekly fix of games and quizzes with Lewis and Claire</p>	<p>Every Thursday from 4 February 6-7pm</p>	<p>Contact Claire for Zoom link and passcode</p>
<p><b>1:1 support sessions</b> with Amaze's Liam Ryan and Amy Goble, offering conversation, information, advice and guidance on a range of matters responding to your needs</p>	<p>Please contact Claire and she will refer you to Liam and Amy</p>	<p>On phone or zoom at a time suitable for you.</p>
<p><b>Phone calls and texts</b></p> <p><b>WhatsApp group</b></p> <p><i>Please do keep in touch</i></p> <p>We are a team and it's important to stay in touch through this new lockdown</p>	<p><b>The Amazing Futures social media group agreement</b></p> <ul style="list-style-type: none"> <li>• No messages after 8pm (people need their beauty sleep)</li> <li>• Please do not private message people from the WhatsApp group</li> <li>• If you are worried about anyone then please let Claire know.</li> </ul>	<p>Please keep in touch and contact Claire if you have any concerns or queries.</p>

# **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](mailto: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/>