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PARENTS

CHILDREN & YOUNG PEOPLE

SUPPORTERS

## Out of Amaze - January 2021



### Welcome to our January e-newsletter

We know life is feeling really tough for so many families right now so we've kept this newsletter short and to the point. Get the latest info on vaccines and SEND services during lockdown, details of upcoming Amaze SENDIASS workshops and links to useful resources. If you are feeling isolated, find out about our peer support groups for parents or young people, including our new East Sussex ASC groups. And if you'd like to read a bit more about Amaze's focus at the moment, read my [January round-up](#).

*Rachel Travers, Amaze CEO.*

## Latest news



### Vaccinations - your questions answered

In December, we asked you to tell us about vaccinations - what you needed to know and all your worries and concerns. Read the results of our survey and find out more about the vaccine roll out for families with disabled children in Sussex.

[Read more ›](#)



### Guide to SEND Services during lockdown

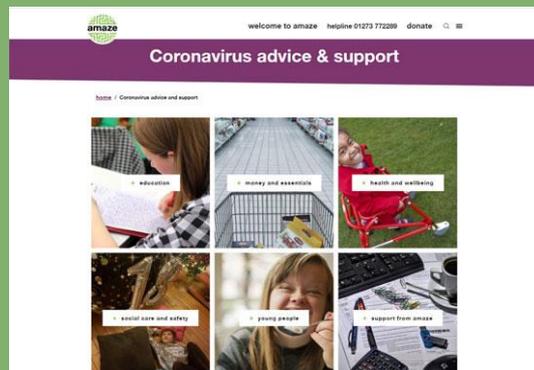
The first lockdown saw many of our local SEND services having to develop new ways of working, fast. Read about how assessments, therapies, SEND support and other services (including Amaze) are operating this time round.

[Find out more ›](#)

## Up to date advice about Covid-19 and SEND

Since the start of the pandemic, Amaze has been working flat out to keep on top of all the latest Covid-19 guidance and changes to education, benefits, health services, social care and more. As soon as things change, we update our website pages about coronavirus, so keep checking back to stay up to date.

[Visit our coronavirus web pages](#)





## Stay connected with Amaze groups

Feeling isolated? In need of a good chat with people like you? Amaze and our local parent carer forums run a range of social groups and drop-ins for **parent carers** or for **young people up to 25 with additional needs**. At the moment all these groups are online via Zoom.

[Find a group for you >](#)

## East Sussex Parent Carer Forum



[Latest news](#)

[What we've been up to](#)

[The bigger picture](#)

[Who are ESPCF](#)

[Get involved](#)

## East Sussex Parent Carer Forum latest

Find out how East Sussex Parent Carer Forum is responding to the current national lockdown, including weekly virtual drop-ins for parent carers and a new phone line to call if you need a friendly ear, as well as a round-up of other ways to get involved.

[Read ESPCF update >](#)

## FREE Amaze workshops



### Education at home: rights and choices

Whilst some parents choose home education, others turn to it when their child's school place isn't working out. This free **SENDIASS Zoom** workshop on **Weds 10 Feb** looks at the home education options and yours and your child's rights.

[Book a place >](#)



### EHC needs assessments

This free **SENDIASS workshop** is perfect for parent carers who are going through the EHC needs assessment process, or are considering requesting an assessment for their child. The Zoom workshop takes place on **Mon 22 Feb** from 10am to 12 midday.

[Book a place >](#)



### Making claims for DLA and PIP

In February and March, Amaze is running a series of **Zoom workshops** for parents in Brighton & Hove and East Sussex about claiming disability benefits, DLA & PIP. Workshops will be led by Lizzie Batten who manages Amaze's benefits service.

[Find out more >](#)

For a full list of Amaze workshops, visit our [Eventbrite page](#)

### Face 2 Face: Star befrienders and new ASC groups for East Sussex

This month we are celebrating the seven year anniversary of one of our longest standing and most experienced **Face 2 Face volunteers**, Diana. Read about Diana and our other befrienders, and our new **groups for families** with children and young people with **ASC** in East Sussex.



[More about Face 2 Face >](#)



## Extra lockdown exercise?

The rules around **outdoor exercising** are more flexible for children and young people with SEND and their families, but you may still feel more confident with a letter explaining your situation. Amaze and the local parent carer forums have produced a **letter** that you can take out with you and your family when exercising outdoors.

[Download letter >](#)



## Tips for getting through

With many of us facing seemingly impossible demands and rising anxiety, now seems like a good moment to remind you of some of our mental health and wellbeing resources. Start with our [young people's guide to coping with anxiety](#), or our [parent carers' tips for surviving lockdown](#). Or browse our online Stories section for more ideas.

[Get more tips >](#)

## Asking our partners

Amaze is developing some new strategic principles and priorities to help decide how we develop our services over the next few years. We've already asked parent carers and some of our young people what they think - now we want to hear from professionals and anyone else with an interest in the SEND sector in Sussex (though parent carers can also respond if they'd like to). What do you want our priorities to be over the coming years? What do you see as the major challenges facing families with children and young people with SEND in your area, that you think Amaze could, or should, help with? Please [complete our survey strategy here](#) (it's only eight questions).

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This is the East Sussex version of our newsletter. If you would prefer to receive the Brighton & Hove version, please email [charlotte@amazesussex.org.uk](mailto:charlotte@amazesussex.org.uk)

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