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PARENTS

CHILDREN & YOUNG PEOPLE

SUPPORTERS

## Out of Amaze - March 2021



## Welcome to our spring e-newsletter

This week marks the anniversary of the first lockdown, when we began what would become such an extraordinarily challenging year for us all. As we inch out of lockdown 3, my [spring round-up](#) tells you about all the ways we're working to ensure that children and young people with SEND and their families get the support they need to readjust, recover and thrive. This includes our involvement with the Disabled

Children's Partnership campaign for a Covid catch-up plan for disabled children, and our work to ensure parent carers in Sussex are offered a vaccination, if they want one.

This newsletter is stuffed with useful info about the return to school, our brilliant Amazing Futures and Face 2 Face groups resuming, holiday schemes, free SEND workshops and more. You can find out about getting involved with improving the East Sussex Local Offer or joining a brand new online community for young people with SEND, and also about the work Amaze is undertaking to tackle racism.

And finally, don't forget to book tickets for our BIG CHEER UP online comedy event - it promises to be a really great night in.

*Rachel Travers, Amaze CEO.*

**Online Comedy Spectacular BIG CHEER UP for Amaze!**  
Friday 23 April 8pm to 10pm Tickets £8 (Compass Concessions £6)  
All proceeds to charity Amaze, for families with disabled children

amaze  
Tackling racism through

Joe Wilkinson  
Angela Barnes  
Maisie Adam  
Rosie Jones  
Desiree Burch  
Russell Kane  
Mark Watson

Enjoy this evening to raise all our spirits whilst raising vital funds **In association with NextUp Comedy**

## **BIG Cheer Up for Amaze - have a laugh and raise funds**

We all need a laugh after an incredibly challenging year, so join us for an incredible evening of online comedy, whilst raising vital funds for Amaze! Featuring some of the best names in the UK comedy circuit (thanks to NextUp Comedy), you'll LOL to none other than Angela Barnes, Joe Wilkinson, Maisie Adams, Rosie Jones, Russell Kane and Mark Watson. Standard tickets are £8 per household, Compass Card families £6. Age 14+

[Book tickets now >](#)

## Latest news



### Vaccines for parent carers

Since the last issue, we've been working flat out with other carers' organisations and the local health service to ensure that as many parent carers as possible are invited for a **covid-19 vaccination**, if they want one. Recent supply issues mean there may be fewer 'first vaccination' appointments available for a while, but it's still worth trying to book if you are eligible.

[Get vaccination info >](#)

### Back at school with SEND

The **return to the classroom** (or otherwise) has inevitably raised a lot of issues for children and young people with special educational needs and disabilities and their families. We round up the latest guidance on the things that are worrying you or your child, including **masks, lateral flow tests, attendance and support**.

[Read more >](#)

### Face 2 Face WhatsApps - a 'lifeline' whilst we can't meet up

One unexpected positive from the pandemic has been watching our **Face 2 Face parent carer WhatsApp groups** go from strength to strength. We spoke to some of the parents who are in the WhatsApp groups about what they get out of the digital community. Read all about our [Face 2 Face WhatsApp groups](#)





## For young people



### Amazing Futures groups are meeting up again

Since schools returned, our Amazing Futures groups **for young people aged 14 to 25 with SEND** are back to meeting face-to-face in small groups! We have loads on offer, including games, art, seafront walks, an LGBTQIAU group, and so much more.

[Join our groups >](#)



### Amazine - Issue #7 Spring edition

The March issue of **Amazine**, our e-zine created by and **for young people with additional needs**, is out now. It includes advice on vaccinations and testing, sporty features on Couch to 5k, Zoom yoga and TREC, as well as step by step recipes, arts and crafts and more.

[Read Amazine >](#)



### Inspireable - Become a social media contributor

ISEND East Sussex is looking for **young people who have additional needs** (aged 14-25 years old) to create a **social media community** on Instagram [@Inspireable\\_es](#). Some of the young people from our Amazing Futures groups have been helping to bring the project to life, but now they are looking for a team of regular contributors who will help to create fun, relevant and relatable content to make this social media community thrive. Find out more on [Instagram](#) or email [ISEND.comms@eastsussex.gov.uk](mailto:ISEND.comms@eastsussex.gov.uk).

## East Sussex Joint Strategic Needs Assessment update

Thanks to all the parent carers who participated in the recent survey for the East Sussex Joint Strategic Needs Assessment for SEND. The aim of the survey was to understand what is important to you, what is working well to support your children and young people with SEND, and where there are gaps or improvement is needed in local provision. The survey closed mid-March and findings are being analysed now.



[Read more >](#)

## FREE workshops for parent carers



### Annual Reviews of EHC Plans

This free **SENDIASS workshop** will help you to understand more about the **annual review process** and give practical tips on how to get the best from your child or young person's EHC Plan. The Zoom workshop takes place on **Tues 11 May** from 10.30am to 1pm.

[Book a place >](#)



### EHC needs assessments

This free **SENDIASS workshop** is for parent carers who are going through the EHC needs assessment process, or are considering requesting an assessment for their child. The Zoom workshops take place on **Mon 26 April** and **Mon 3 May** from 10.30am to 1pm.

[Book a place >](#)



### Making claims for DLA and PIP

In April and May, Amaze is running a series of **Zoom workshops** for parent carers in Brighton & Hove and East Sussex about **claiming disability benefits DLA & PIP**. The workshops are led by Lizzie Batten who manages Amaze's benefits service.

[Get details >](#)

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



## East Sussex Parent Carer Forum update

Find out about the latest news from ESPCF including a great parent carer response to an important **SEND survey**, a final chance to share your thoughts for our snapshot survey on the **impact of Covid-19** on health services, and how the forum brought a smile to members' faces with a little surprise in the post.

[Read ESPCF latest >](#)



### Get involved in the new Local Offer website

East Sussex ISEND need your help to get their new Local Offer website right, with clear information that is easy to find and understand. There are lots of easy ways to get involved:

such as testing web pages, or taking part in surveys and focus groups.

Find out [more on the Local Offer website](#) or join the [East Sussex Parent Carer Forum](#) to share your views.



### Need ideas for the Easter holidays?

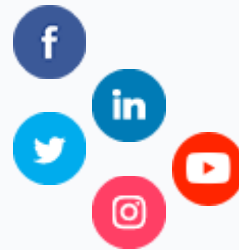
The Easter holidays are nearly upon us and if, like us, you haven't got round to organising any holiday childcare or activities yet, here's a handy [guide to inclusive clubs and activities](#) in Brighton & Hove and East Sussex running over Easter.

## Amaze's commitment to tackling racism

The brutal death of George Floyd in the summer of 2020 and subsequent Black Lives Matter protests brought institutional racism into the spotlight across the globe. The Covid-19 pandemic has also highlighted health inequalities between different communities. In response, Amaze is making it a priority to consider how race and disability combine for many families in Sussex, and how this impacts their experiences of SEND services, including our own. [Read about Amaze's role in tackling racism.](#)



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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)