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PARENTS

CHILDREN & YOUNG PEOPLE

SUPPORTERS

## Out of Amaze - July 2021



### Welcome to our summer e-newsletter

We've got a jam-packed edition of our newsletter to see you through the summer and beyond. There are last minute ideas on childcare options and activities, as well as details of where to go for support if you are struggling during the holidays. You can also win one of three fantastic prizes by completing our short survey about your SEND information needs (just scroll to the bottom for details).

For parents of children with an EHC plan, we have a SENDIASS guide to making the most of annual reviews, including a link to a new video all about it. And you can book Amaze workshops (including one on housing options for young people) or find out about our regular groups for parent carers and young people over the summer, and how to get involved.

Finally, learn about our new young people's voice group that will help shape Amaze's services going forward.

*Rachel Travers, CEO of Amaze*



## Register as a parent carer with Amaze!

We know you get this newsletter but are you also registered as a parent carer with Amaze? If your child or young person has a Compass Card, you will be registered already. If not, register now! It only takes a few minutes and there are lots of benefits to doing so...

[Find out more >](#)

## Sorted for summer



### Planning the holidays

Still not got the summer holidays sorted? Us neither, but don't panic! We've put together details of possible **play schemes, support groups, leisure opportunities** and more to help get you through the six or so weeks. And we tell you where to go to find [more ideas for planning your summer](#).



### Summer fun with i-go

There are some great offers with the **i-go leisure card** this summer. Cardholders can get a Days Out City Card, giving lots of shopping, eating and days out **discounts** across Sussex, a 10% discount at Go Ape nationwide and half price entry at Hastings Adventure Golf. For full details and how to apply, visit the [i-go website](#). i-go is the Children's Disability Register for East Sussex County Council.

## Support for you and your child

We know that **school holidays** can be a really stressful time for some of our families, particularly as the usual school-based support is not available. Here's **advice** on [where to go if you are struggling](#) and need some help for yourself or your child over the summer.



## SENDIASS explains: How to make the most of your child's annual review



Does your child have an **Education, Health and Care plan**? Do you feel you get the best from their **annual review** each year? Our SENDIASS team tells you what you need to know to make sure you are getting the most from the annual review process. The article also includes a link to a new SENDIASS Zoom video about annual reviews.

[Read about annual reviews >](#)

## Amaze peer support groups



### For young people...

This summer our regular Amazing Futures groups **for young people aged 14 to 25 with SEND** in Eastbourne and Bexhill will continue to meet indoors, following Covid-safety rules. We also have lots of outdoor activities planned including weekly walks, Amazingly Active sessions with Defiant Sports, a circus skills session and an art trail family day.

[Join our groups >](#)



### And for parent carers

Our three **Face 2 Face groups** for parent carers in East Sussex (Kids Squad, Escape and a new brunch club) will be keeping in touch via WhatsApp over the summer. We are also on the look out for **new volunteer befrienders** for families in East Sussex, with training starting in the autumn. Could it be you?

[Find out more >](#)

# 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 summer newsletter out now

ESPCF's latest update is a bumper edition packed full of news and opportunities to get involved. Read about **volunteer roles** available on the steering group or as a parent carer rep, a **new dyslexia working group**, an update on the major **SEND provision survey** which many parent carers completed, visiting a **new paediatric centre** in Bexhill, improving the **neurodevelopmental pathway**, child to adult **health transitions**, and lots more.

[Read ESPCF update >](#)

## Latest SEND news



### Housing Options info session

Wondering where your young person might live in the future? Join us to hear



### Help the Local Offer grow

East Sussex County Council are currently building a directory of



### Your Choice, Your Voice

Your Choice, Your Voice is a **new group** set up by some of the **young people**

the **real life experiences** of five parents with adult **young people living in** different places: residential care, supported living, shared lives, living independently, and in the family home. For parent carers of young people with SEND aged 16-25.

[Book now >](#)

community services that are helpful to children with SEND, as part of their **Local Offer redevelopment**. They would like parents and carers to complete a short survey to recommend services that have helped them when they needed it.

[Take part >](#)

from our Amazing Futures peer support project. The group will give young people more responsibility and a voice within Amaze to shape the offers and opportunities for young people.

[Read more >](#)

## FREE workshops on claiming DLA & PIP

Amaze is running a series of FREE Zoom workshops about claiming disability benefits over the summer. These DLA and PIP workshops are led by Lizzie Batten MBE, who manages Amaze's benefits service. She will give you the tools you need to make a successful claim. Visit our [Eventbrite page](#) to see all Amaze's workshops and book a place.



## WIN family bus tickets, Harry Potter and Gruffalo goodies - just tell us what you think of our SEND information

Want to be in with a chance of **winning** a stash of Harry Potter or Julia Donaldson goodies, or an open top bus tour of Brighton & Hove for the whole family? All you need to do is complete this **short survey telling us what you think of our information about SEND** and the ways we communicate with you. Though it will only take you seven minutes, your views will help shape our information work for the next three years. Don't forget to leave your email on the form and we'll announce the winner before the school holidays.

[Take our survey >](#)

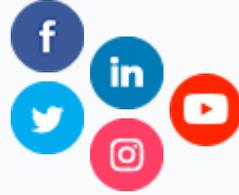
### Enjoyed this newsletter?

If the newsletter has been a good read, and you can afford to give back, please make a donation and 'pay it forward' so we can help another family. Thank you.

**Donate online:** [www.justgiving.com/amaze/donate](http://www.justgiving.com/amaze/donate)

**Donate by text:** To donate £5, please text AMAZE 5 to 70085 (texts cost £5 + one standard rate message).

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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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