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## Amaze newsletter - February 2022



### Welcome to our February newsletter

We're back in your inboxes, bringing you the latest in Amaze news, services and other information we hope you'll find helpful. We've got a great article about helping to get your child into school, as well as a video about getting the right SEN support once they're there. Plus you can book onto any of our free SENDIASS workshops.

Find out about work to improve mental health and wellbeing provision across Sussex, a new parent carer support group and the latest from East Sussex Parent Carer Forum. If you would like to find out more about Amaze's work, you can read my [February round-up](#). We're also asking for your help with a vaccination survey, for anyone who has wanted a vaccination but not been able to have one due to disability or additional needs. Finally, we introduce you to some brilliant young people who are working for us right now and share what our Amazing Futures groups have been getting up to. Enjoy!

*Rachel Travers, CEO, Amaze*

## LATEST NEWS



### Foundations for our Future

Work continues on the Sussex-wide Foundations for our Future programme which seeks to drive improvement in **children and young people's mental health services**. It has identified 20 recommendations intended to drive forward much-needed change, and Amaze and the three Sussex parent carer forums are involved in shaping how these recommendations are implemented. Young people from our Amazing Futures project are involved too.

[Read more >](#)



### Tell us about your barriers to vaccination

We want to find out more about parent carers who want a **Covid-19** vaccination (for themselves or a family member), but haven't had one due to disability or SEND. All completed **surveys** will be entered into a **prize draw** for a gift voucher. We appreciate that not everyone wants a vaccination and we'll do a further survey for these families too. A third survey will be for people who did get vaccinated, to tell us what worked well or not.

[Take the survey >](#)



### Have a Cuppa, Cake and Chat

Face 2 Face has a new **parent carer support group**. Cuppa, Cake and Chat offers a relaxed and welcoming space for all parent carers. The group will be in two different venues, starting:

- **Weds 9 March**, 10am to 12 noon, at JPK's Café, in **Eastbourne**
- **Weds 23 March**, 11am to 12 noon at The Nest, The Old Town Hall in **Hastings**

E-mail [kathy@amazesussex.org.uk](mailto:kathy@amazesussex.org.uk) for more info or book via [Eventbrite](#).

## SENDIASS ADVICE



### TIPS: My child won't go to school - what can I do?

Struggles with **school attendance** have always been an issue for children with additional needs. Our SENDIASS team has put together a useful list of dos and don'ts for parent carers trying to manage this tricky issue.

[Read more >](#)



### VIDEO: Making the most of SEN support in school

Want to know more about getting the right SEN support for your child in school or college? Our SENDIASS SEN support **workshop** is now available on YouTube for you to watch at your own pace. Or you can register to do the workshop live with other parents below.

[Watch the video >](#)



### Be a SENDIASS volunteer

Are you interested in supporting other families with children with SEN and disabilities? Consider becoming a SENDIASS volunteer. We offer **training and supervision**, and in return we ask that you give us a few (daytime) hours each month to help support other families.

[Find out more >](#)



## FREE AMAZE WORKSHOPS



### SEN support in school

This free SENDIASS Zoom workshop is for parents who are worried about the progress their child is making at school (where the child doesn't have an EHC plan). The session takes place on **Thurs 24 Feb** from 10.30am to 12 noon.

[Book now >](#)



### How to claim DLA

This free workshop led by Lizzie Batten will help you identify whether your child is likely to get Disability Living Allowance (DLA) and help you make a strong claim. The workshop takes place on **Weds 2 March** from 10.30am to 12 noon.

[Book now >](#)



### Preparing for adulthood

This free SENDIASS Zoom workshop is for parent carers of young people with SEND in Year 9 and above with an EHC plan. On **Thurs 3 March** from 10.30am to 12.30pm, it covers health, education, employment, housing and more.

[Book now >](#)

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



## YOUNG PEOPLE

### Meet the Amaze Kickstarters...

Our newest recruits Charlotte and Mia share their experience of joining Amaze through the Kickstart scheme for unemployed young people. We offer them useful learning and development opportunities, and benefit from their skills, knowledge and abilities in return.

[Read more about Charlotte and Mia](#)

## Quizzes, fitness and SEND resources

Our Amazing Futures peer support groups in East Sussex have been busy these past few months! Read about the Mayor's quiz night, Ed's Amazing Running Group, writing new resources for young people and more... [Amazing Futures highlights](#)



If you're aged 14 to 25 with SEND, and live in Brighton & Hove or East Sussex, learn more about [Amazing Futures groups for young people](#).

### WORKING TOWARDS CAREERS WORKSHOPS

Amazing Futures East Sussex

We will learn about...

Workshop 1 - 2nd March: CVs

Workshop 2 - 9th March: Applying for jobs

Workshop 3 - 16th March: Interviews

Workshop 4 - 23rd March: Support and your legal rights at work

Aged 14-25 and thinking about steps into work and careers?

Dara (our Amazing Futures Careers coordinator) will be running a series of 4 workshops (once per week on Wednesdays) in March that could help you!

They will be a great way to improve your work related skills and knowledge and to meet other young people.

We are going to be running these workshops on Wednesdays from 4:30pm-6:30pm, at YMCA, 56-58 Seaside, Eastbourne, BN22 7QL.

If you are interested in coming along, please get in contact with Dara and she can keep you up to date with location and timings:

Email - [dara@amazesussex.org.uk](mailto:dara@amazesussex.org.uk)  
Phone - 07485 345903

## Working towards careers

Find out about and sign up to a series of four workshops in March to improve young people's work-related skills. In **Eastbourne** from **Weds 2 March**. Email [dara@amazesussex.org.uk](mailto:dara@amazesussex.org.uk)

amaze helping you through

## NEON DISCO

FRIDAY 25TH FEBRUARY  
7PM TO 9PM AT THE TENNIS CENTRE  
HARDWICK SUITE, LAWN TENNIS CENTRE, DEVONSHIRE PARK, EASTBOURNE

**SEND Friendly Neon Disco in aid of the Mayor's Charities**

**Age 14-25 | Wear bright clothes!**

**Ticket price includes glow stick & optional festival face paint**

**TICKETS £7 PER PERSON**  
**BUY ONLINE HERE:**

<https://www.eventbrite.co.uk/e/send-friendly-neon-disco-in-aid-of-the-mayors-charities-tickets-10824667197>

Non alcohol paid bar. Parent/carer waiting area with tea & coffee.  
You can also buy tickets in person at Eastbourne Tourist Information Centre, The Welcome Building, BN21 4BP.  
In association with Amazing Futures Eastbourne

## Don't miss the Neon Disco!

Get your tickets for the SEND friendly Neon Disco on **Fri 25 Feb** at the International Lawn Tennis Centre in **Eastbourne** now! [Book via Eventbrite](#)



## East Sussex Parent Carer Forum (ESPCF) update

It's been a busy start to 2022 for East Sussex Parent Carer Forum. Catch up on the news here, including a key event for parents and carers to help shape future SEND priorities; Holly's meeting with the Director of Children's Services at East Sussex; and an update on assessment and planning investment from the local authority.

[Read ESPCF latest >](#)

## Huge thanks to The Grand

Amaze is so grateful for the overwhelming support from our friends at **The Grand Hotel** in Brighton for **donating £16,250**, generously raised by staff and customers over the festive season. This amazing donation will go to support our Face 2 Face Service which offers emotional support to parent carers going through challenging times. If you work for an organisation or business that could support Amaze, email [nickyb@amazesussex.org.uk](mailto:nickyb@amazesussex.org.uk).



[Support Amaze >](#)

Help us to help all unpaid carers

# STAY WELL THIS WINTER



[Click here for tips and advice  
to help you get through the  
rest of winter](#)



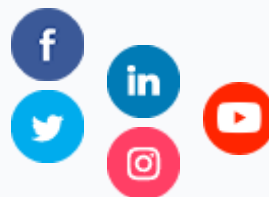
## Enjoyed this newsletter?

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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