

[View in browser](#)



[PARENTS](#)

[CHILDREN & YOUNG PEOPLE](#)

[SUPPORTERS](#)

Out of Amaze - December 2022



Welcome to our 25th anniversary Amaze newsletter

This December we are celebrating 25 years supporting families with children and young people with SEND in Brighton & Hove and East Sussex. You can read about:

- Our 25th birthday event and fundraising campaign
- Videos from young people and parent carers about our impact

****PLUS****

- Amaze's cost of living statement and local support
- SEND tribunals
- Updated DLA and PIP resources
- Festive offers from the Compass
- Becoming a parent befriender
- Support groups for parent carers and young people
- Amazing Futures success story, Molly
- PaCC round-up
- FREE Amaze SENDIASS workshops and courses



Support our 25th birthday fundraising campaign

We're celebrating 25 years supporting families in Sussex with a [festive fundraising campaign](#) that aims to raise £5k to help more disabled young people get specialist careers support.

You can buy a brilliant recipe book, Amazing Bakes, plus beautiful cards and tote bags (all created with young people from Amazing Futures) at various venues through December or via our fundraising team. Just email fundraising@amazesussex.org.uk

Find out [more about the appeal](#) or donate directly via the button below. Even a small contribution can make a big difference.

[Donate now >](#)



Our Amazing impact

As part of our birthday activities, we wanted to celebrate the impact Amaze has had on the lives of local families over the last 25 years. So, we made a series of videos with young people and parent carers we have helped, and created a special 25th anniversary edition of our [annual impact report](#).

[Watch our 25th birthday videos >](#)



Best 25th birthday ever!

What a [wonderful day](#) we had celebrating **25 years of Amaze** on Saturday 26 November! Thanks to everyone who came along to Moulsecoomb Leisure Centre to have fun and support us on the day, especially our patron, **Julia Donaldson**, pictured here getting a bouquet from regular Amaze poster girl, Audrey. Here's to the next 25 years!

Help with the cost of living



How Amaze is supporting families this winter

We know that these are difficult times and Amaze wants to support families as much as possible. Read about the practical measures we are taking in terms of our events and meetings to make your lives that bit easier.

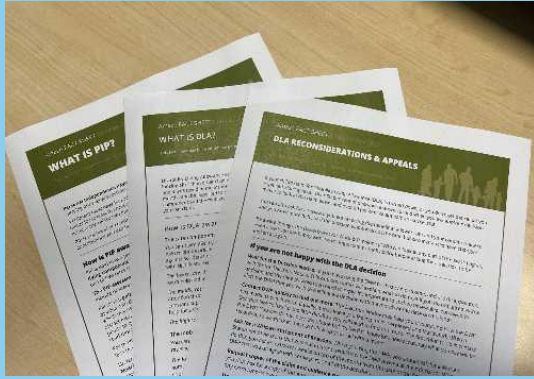
[Read Amaze's statement >](#)



Where to get help as the cost of living crisis continues

Amaze has researched and written up all the ways you can get financial support during these difficult times. We share the latest on disability benefits and grants, help with utility bills, debt advice, food banks and more.

[More cost of living advice >](#)



DLA and PIP advice

Thinking about claiming disability benefits but don't know where to start? Amaze has lots of expert advice on claiming Disability Living Allowance or Personal Independence Payment for a child or young person on our website, and we've just updated all our benefits advice fact sheets (written by DLA & PIP service manager Lizzie Batten) to include Sussex-wide support.

[Download fact sheets >](#)



NEW Whitehawk group for parent carers

Our Face 2 Face team is launching a new NDP group in Whitehawk for parent carers with children who have (or may have) neurodevelopmental conditions like **autism, ADHD and tics/Tourette syndrome**. Meeting from 9.30 to 11.30am on the first Tuesday of every month, starting **6 December**, at St Cuthmans Church on Whitehawk Way. Email sandra@amazesussex.org.uk

This joins our other regular in-person groups including the Breakfast Club, dads group, Hangleton & Knoll multi-cultural and Portslade coffee mornings. No need to book for any of these groups, just show up on the day! E-mail louise@amazesussex.org.uk or visit our website for more information about [Face 2 Face parent groups](#).

Could you be a befriender?

Our Face 2 Face service needs more **befrienders** - could you share your knowledge and experience of being a parent carer with other parents? Our **training** programme will build your listening skills, help you to identify and develop the qualities of a befriender, and establish boundaries. It's also great for your confidence and mental health. You can find lots of information about befriending, including the benefits for our volunteers, on the [Face 2 Face befriending](#) webpage. Call Marie Baker on 07484 051755 or email marie@amazesussex.org.uk.

"They say volunteering is a service for the benefit of others, but I find, more often than not, I'm the one benefiting from it."

[More about befriending >](#)

Mental health 'room' and workshop

Amaze Face 2 Face will be hosting **mental health and wellbeing workshops** in the new year, starting off with a session with Dr Pooky Knightsmith. Alongside this we'll be running a new **'Mental Health Room'** WhatsApp group, to provide peer support to families who may be struggling with their own, or their child's, mental health. To join the WhatsApp group, email zoel@amazesussex.org.uk



SENDIASS guide to SEND tribunals

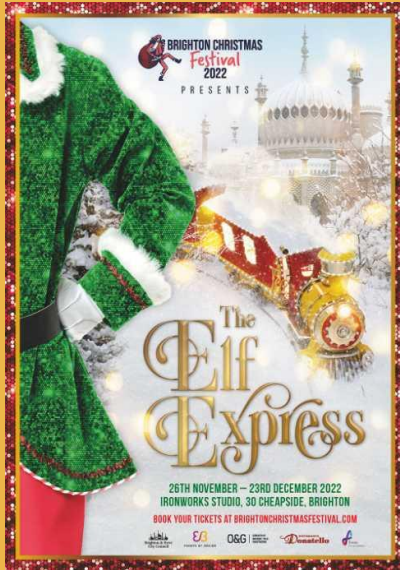
Our SENDIASS team knows that families are currently waiting a long time to have an appeal heard by the First-Tier (SEND) Tribunal. With waits of around 50 weeks for face-to-face hearing dates, we thought it would be the perfect time to provide some SENDIASS advice about the tribunal process. Read our [SENDIASS guide to SEND tribunals](#)

Molly's success story

Molly has come a long way since she started attending our **Amazing Futures** groups for young people with SEND over three years ago. Since then, she's volunteered as an Amazing Futures peer supporter, graduated from Brighton University and run 5k to raise funds for Amaze. We couldn't be prouder.

[Read Molly's story >](#)





Festive fun with The Compass

There are loads of opportunities for cheaper festive fun with the Compass Card this Xmas, including a free carers ticket at [Royal Pavilion Ice Rink](#), [Worthing Ice Rink](#) and the [Ironworks Studio](#) to see 'The Elf Express'. The one free carer offer is also in place for Brighton & Hove families at [The Hawth](#) in Crawley, [Worthing Theatres](#), [Chichester Festival Theatre](#), [The Capitol in Horsham](#) and [The Ropetackle Arts Centre](#) in Shoreham, all of whom have some super fun festive shows.

And don't forget the regular SEND activities taking place across the city. Click the link below for details.

[More festive Compass fun >](#)

Free SENDIASS workshops



How to claim PIP

This free workshop led by Lizzie Batten will help you identify whether your child is likely to get Personal Independence Payment (PIP) and help you make a strong claim. The Zoom workshop takes place on **Tues 13 December** from **7pm to 9pm**.

[Book now >](#)



Getting support for your child in school

A free SENDIASS Zoom workshop 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 **Mon 23 January** from **10.30am to 12.30pm**.

[Book now >](#)



Getting the most out of your child's EHCP

This free SENDIASS Zoom workshop helps you prepare for the next annual review of your child's Education, Health and Care (EHC) plan. It takes place on **Tues 10 January** from **10.30am to 12.30pm**.

[Book now >](#)

For a full list of Amaze SENDIASS workshops, visit [Eventbrite](#).



PaCC round-up - December 2022

Read PaCC's latest updates, including their social care position statement, their early years and equality and diversity work, and their neurodevelopmental pathway (NDP) PaCC Connect report.

PaCC also has an online surgery coming up covering good relationships between parents and schools, a profile on Ren Barrowman, who joined as a PaCC Rep this year, and you can find out more about your child or young person featuring in PaCC's 2023 desk calendar!

[Read PaCC update >](#)



Amaze festive opening hours

Amaze's **SENDIASS advice line** will be closed from Friday 23 December for the festive season. We **will reopen Tuesday 3 January 2023**. If you need information and advice over the holidays, please visit our [website](#). If you need support with mental health and wellbeing, visit <https://www.brightonandhovewellbeing.org/>

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

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

Amaze
Community Base
113 Queens Road
Brighton BN1 3XG
info@amazesussex.org.uk
amazesussex.org.uk



A proud member of the [East Sussex Voluntary, Community and Social Enterprise \(VCSE\) Alliance](#) sharing the same values and principles; connecting and supporting people and communities

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



© 2022 Amaze