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[CHILDREN & YOUNG
PEOPLE](#)

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Out of Amaze - March 2023



Welcome to our March newsletter

Spring is nearly here, and we're enjoying the ability to get out and about more as the weather warms up. We're pleased to bring you this update with the latest in Amaze news, services and useful information.

This issues includes:

- government publishes SEND improvement plan
- upcoming SEND Ofsted inspections
- Amaze mental health support for our children and young people
- updated neurodevelopmental fact sheets (autism, ADHD & more)
- round-up of Amaze parent carer groups
- latest from fundraising: Amaze wins short breaks contract, calling all cyclists, cross-channel swim for Amaze, and more
- latest from Amazing Futures, including new careers video
- chances to win adult-sized Raleigh bicycle or free family ticket to Drusillas

plus the latest from i-go, ESPCF, upcoming workshops, and more.

Latest news



Government publishes SEND improvement plan

This week, the government finally published its **SEND and Alternative Provision Improvement Plan**, in response to the Green Paper published in March 2022.

We haven't had time to get our heads around all the detail yet but here's a summary of the key announcements, and links to further information.

[SEND improvement plan >](#)



Upcoming SEND Ofsted inspections

Preparations are underway in both Brighton and Hove and East Sussex for a **local area Ofsted inspection** of arrangements for children and young people with special educational needs and disabilities (SEND).

The inspection is likely to start in the next few months, and families will have the opportunity to share their views.

Read on to learn more:

[SEND Ofsted inspections >](#)



Responding to the rising mental health needs of our children and young people

Learn about what Amaze is doing to support the **mental health needs** of our children and young people.

We've been successful in securing some additional (very time-limited) funding to increase our mental health support for families, through our Amazing Futures and Face 2 Face services. Read on to learn more:

[Amaze mental health support >](#)



Win one of five adult sized Raleigh bicycles!

We are thrilled to be able to offer Amaze families the chance to win one of five top of the range adult-sized Raleigh bicycles donated to us by o3e, a locally based team building and events company.

Tickets cost just £2 each and you can purchase as many as you want to increase your chances of winning!

This raffle is only open to young people with special educational needs and disabilities (SEND) aged 18+ and parent carers who have used Amaze services.

[Enter our raffle to win a Raleigh bike >](#)

SEND resources



Updated neurodevelopmental fact sheets

Amaze has recently updated its fact sheets about neurodevelopmental conditions including **autism, ADHD, DCD/dyspraxia and sensory processing**.

The content was redeveloped together with parent carers and people with lived experience of neurodiversity, and we've updated all the signposting links so that they now point you to relevant services across Brighton & Hove and East Sussex.

[Read our fact sheets >](#)



New practical advice resources online from Brighton & Hove and East Sussex

Sussex Community NHS Foundation Trust has produced a great new set of **Occupational Therapy Sensory Videos** for families with children and young people with sensory issues. There are explanatory videos such as 'What is sensory processing?' and 'Sensory modulation', as well as practical advice videos about 'Calming strategies', 'Alerting strategies' and issues like chewing, hair care, nail care, smells, etc.

East Sussex School Health and Children's Integrated Therapy and Equipment Service's new website is also packed with **useful advice about specific conditions** such as Down syndrome, autism, sensory processing difficulties or topics like eating and drinking, sleeping, mobility and more.



Amaze parent carer groups

Would you like to meet up with other parent carers of children with additional needs? Not sure what's out there that's near to you? We've put together a handy flyer that lists all our parent carer support groups in East Sussex.

Dates and times may vary, so email marie@amazesussex.org.uk for the latest info or visit [groups and befriending for parent carers](#) of children with SEND.

[View parent carer groups flyer >](#)



Fundraising: Amaze wins East Sussex short breaks contract, calling all cyclists, and more.

We've got the latest news from our fundraising team, including the very welcome news that Amaze was successful in winning an **East Sussex short breaks contract** to provide peer support to young people with special educational needs and disabilities (SEND) in East Sussex for the next three years.

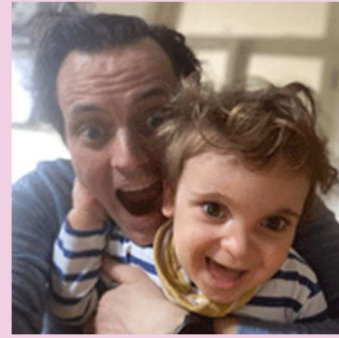
We're also **looking for cyclists** who might be interested in helping raise much needed funds for Amaze by taking part in one of three RideLondon events taking place on Sunday, 28 May 2023.

Read on for more info, or get in touch: email fundraising@amazesussex.org.uk or call us on **01273 234020**.

[Latest from fundraising >](#)

Cross channel swim for Amaze, plus 65km swim round Jersey!

In September this year, parent carer Will Ellis is raising money for Amaze doing a [solo swim 65 km around Jersey](#). As if that wasn't enough, he's following it up with a solo cross Channel swim next year!



[Read Will's story and sponsor his swim >](#)



Offers and events from i-go

Here are some of the latest fab offers from the i-go leisure discount card for children and young people aged 0 to 25 with additional needs in East Sussex:

The [Chicken Circus](#) is flapping its way to Brighton's memorial Hall on May 20-21 - book your free spot at this Makaton friendly multi-sensory Fringe show now. The [Jungle Book Musical](#) is swinging into Hailsham this Easter half term, with £2.50 off ticket prices for i-go cardholders. [Active Youth SEND sessions](#) are starting up at Horntye Sports Complex, Hastings, for ages 6 to 18: sessions cost £1 with an i-go card. And Rye pool has had to close temporarily, but they've made i-go cardholders a new £5/hour [table tennis offer](#) at Rye Sports Centre.

Finally, not an i-go offer, but [sensory storytelling and crafts](#) for ages 2+ by Head2Head Sensory Theatre will be coming to Denton Island Community Centre on Sat 25 March – only £5 and carers go free.

We're also pleased to share that we've introduced an **accessibility toolbar** to our website, allowing you to change the text size and select high or low contrast colour schemes.

[Search for i-go offers and events >](#)



East Sussex Parent Carer Forum (ESPCF) update

Check-in on the latest news from East Sussex Parent Carer Forum including an NHS initiative to provide **keyworkers for children with complex mental health needs**, travels across the county promoting the **NDP family support service**, and what's happening **day to day**.

[Read ESPCF's update >](#)

Young people



New Amazing Futures careers video

Check out this fab new short video (3 min) about our **Amazing Futures careers service** for young people with additional needs in Brighton and Hove and East Sussex.

Learn about how we support young people aged 14 to 25 who are



Latest from our East Sussex groups for young people

We've got a round-up for you on what the young people in our East Sussex Amazing Futures have been up to lately.

thinking about their next steps, and meet Dara, who runs the service.

The video was **created by Rory**, a talented young film-maker who's been receiving support from Amazing Futures careers.

For more info about Amazing Futures careers support, email AFcareers@amazesussex.org.uk or call Dara on **07458 345903**.

[Watch careers video >](#)

Monkeying around at Drusillas:

Amaze is Drusillas' charity of the year, so our young people had the difficult task of picking their favourite animal - Drusillas will pledge 20% of all adoption fees from our chosen animal directly to Amaze!

Keeping active: We recently started a new walking group for young people with SEND in Bexhill, and several young people from our running group recently completed the Eastbourne 5 mile!

[Latest from Amazing Futures >](#)

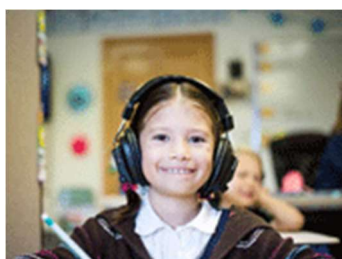
Free workshops



EHC needs assessments

Parent carers who are going through the EHC needs assessment process (or are considering requesting an assessment for their child) should check out this free Zoom workshop on **Tues 25 April** from **10.30am to 12.30pm**.

[EHC needs assessments workshop: book now >](#)



SEN support in school

A free 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 **Tues 7 March** from **10.30am to 12.30pm**.

[SEN support in school workshop: book now >](#)



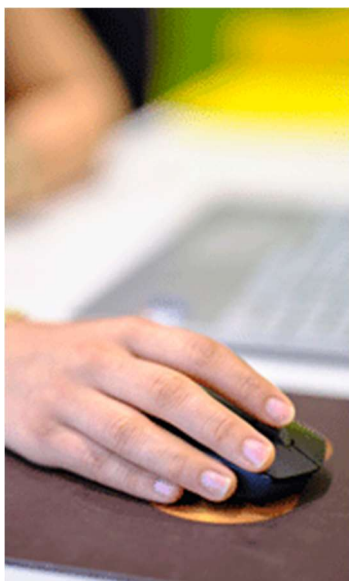
Medication and SEND workshop for young people

A free workshop about medication for young people aged 14 to 25 with SEND in East Sussex.

The workshop will be held in Eastbourne YAC on **Weds 12 April** from **11am to 1pm**.

[SEND and medication workshop: book now >](#)

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



Tell us what you think of the Amaze website and you could win a family ticket to Drusillas!

Have you got five minutes to complete a **short survey** about Amaze's website? We are planning to update and improve our website this year and we want to know whether you use it, what you like about it and what you don't.

It really shouldn't take you more than five minutes and if you give us your email address, we'll enter you into a draw to win one of two **free family tickets to Drusillas!**

[Complete 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

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

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



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