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Out of Amaze - October 2023



Welcome to our October newsletter

We're pleased to bring you this autumn update with the latest SEND news from Amaze and others. This issue includes:

- Another year, another Big Cheer
- Extratime youth club transferring to Amaze
- Could you be Amaze's next top model family?
- Amaze guide to masking
- Latest from Children's SLT service
- Schools Wellbeing name change
- Summer fun at our Face 2 Face family fun day
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- Save the date: Amaze AGM and art exhibition
- Amaze seeks young people's artwork
- Fundraising update
- Spotlight on Youth Employment Hub
- SEND half term activities
- Free SENDIASS and wellbeing workshops
- In memory of Sinead Gillespie

plus the latest from the Compass Card, PaCC and more.

Latest news



Another year, another great Big Cheer!

We had a fantastic time last Thursday at our annual comedy fundraiser, the Big Cheer, **raising nearly £5000** and having a blast in the process! We were joined by comedians **Marcus Brigstocke, Joe Foster, Ahir Shah** and surprise headliner **Tom Houghton**, and Amaze patron **Angela Barnes** hosted.

Hope to see you there next year!

[Big Cheer fundraiser >](#)



Extratime youth club transferring to Amaze

Over recent months we've been in discussions with our colleagues at Extratime about **transferring Extratime's youth club and participation project to Amaze** when Extratime closes at the end of October.

We're doing our best to change as little as possible so that the transfer is as smooth as possible for the young people who attend.

Read on to learn more:

[Extratime youth club at Amaze >](#)

Could you be Amaze's next top model family?

Would you and your child/young person be up for having a photoshoot with us to create some lovely images that we can use across our website and publications?

In return, we'll share the pics with you, give you a **framed copy** of the best one and a **free family ticket to Drusillas!**



[Find out more >](#)



A quick guide to masking

What is masking?

- **hiding or suppressing parts of your autistic/ADHD self** so you fit in with others, for example by not stimming or talking about your special interests
- **saying you're okay when you're not**, to avoid attention and blend in
- **acting like other people** to fit in and to avoid being spotlighted. For example, a person who seems sociable might just be wearing their "sociable mask". This is sometimes called camouflaging
- **people pleasing** - doing things to make others happy even if you don't want to
- **disguising the reasons for your behaviour** by taking on a role like the class clown, the loner who doesn't care what anyone thinks, etc.

"Masking is when I wear a metaphorical mask that gives me the appearance of being neurotypical"

Confused by terms like "neurotypical"? Check out Amaze's Inclusion Bulletin




Amaze's guide to masking

Brighton & Hove Inclusion Support Service (BHISS) Autism team and the Brighton & Hove Hidden Children's Officer led a project earlier this year to produce a **leaflet about masking** for their local schools. It was co-produced with Amaze, PaCC, Seaside View, other teams from BHISS and with contributions from Brighton & Hove pupils.

Amaze asked if we could **adapt the leaflet for parent carers** and here is the end result which includes ideas on how to help your child/young person who is masking and how to approach their school or college for support. We worked with people with **lived experience of masking and autism and ADHD** to produce the leaflet.

[Masking guide >](#)



Latest from the children's SLT service

Hear about new additions to the [children' speech and language therapy](#) team, how they're building the therapy team for the future, and their plans for Developmental Language Disorder (DLD) Awareness Day.



Schools Wellbeing service name change

The Schools Wellbeing Service and the Mental Health Support Team will now be working under the title [Schools Mental Health Service](#). They will also now be sitting alongside BHISS rather than within it. However, nothing is changing with their delivery.



Summer fun at our Face 2 Face Family Fun Day

At the beginning of the summer, families accessing Face 2 Face at Amaze came together for a day of family fun. Almost 120 people enjoyed a variety of activities including **inclusive dance, cricket and arts & crafts**.

Children and young people had a fantastic, **interactive session with Animazing**, who shared information and facts about their awesome animals. The very naughty toad made everyone laugh! And the day would not have been complete without a **marvellous magic show**, courtesy of It's Magic Time, who left everyone completely mesmerised.

Huge thanks to [Brighton & Hove Mencap](#) for funding this day of inclusivity and fun.



Do you want to meet other parent carers in Brighton & Hove

[Amaze Face 2 Face](#) runs lots of informal, friendly drop-in groups for parent carers in Brighton & Hove. We also have WhatsApps and a Facebook group to keep in touch digitally.

[See our parent carer groups >](#)

Save the date: Amaze AGM and art exhibition

Amaze's Annual General Meeting (AGM) this year takes place on **30 November**, from **5.30 to 6pm** at the Phoenix Art Space, Brighton. It will be followed by the launch of our **young people's art exhibition** (more about this below) and supporter engagement event.

All members of Amaze and any families interested in hearing more about how Amaze works as a charity (ie our governance, finance and plans) are warmly invited to join us.

Please email info@amazesussex.org.uk to let us know you are coming along.



Amaze seeks young people's artwork for our autumn exhibition

We are very excited to be holding an exhibition of young people's artwork from **Thurs 30 November to Mon 4 December**.

We are inviting any **young people (aged 14+)** who have had support from Amaze, either in the past or now, to submit photos of their artwork for consideration for the exhibition (and auctioned off in aid of Amaze!).

There will be a team of young people curating the exhibition, who will choose the artwork that gets displayed and where each piece will hang. The exhibition will be held in the **Phoenix Art Space** in Brighton.

Please email Sue Winter - sue@amazesussex.org.uk - with a photo of your artwork, and details of its size, by **Monday 23 October**. And let her know if you are happy for your artwork to be auctioned or not (it's OK if you don't want that).

We look forward to seeing your work!

Fundraising update

Read about our [fundraising superstars](#) this summer, including star bakers **Audrey and Rex** (pictured right), staff member and swimmer **Boo**, swimmer **Will Ellis**, **Balfour Beatty's team** of cyclists, and more! Plus learn about some ways you could help support Amaze.



Spotlight on Brighton Youth Employment Hub

Our **Amazing Futures Careers** coordinator Dara now works in partnership with the Brighton Youth Employment Hub, offering SEND-specific advice and information to young people.

Learn more about the [Youth Employment Hub](#) and the support they offer to young people aged 16 to 25 in Brighton.



Compass Card offers this autumn

We've got a couple of great new Compass Card offers for you as we head into autumn. If your Compass Card holder is aged 10+ and they'd like to give boxing a go, then [WBC Adaptive Boxing](#) offers a whopping 20% discount on one-to-one **accessible boxing** sessions. If some quiet space and a bit of **puzzling** is more your thing, then head over to [Puzzle Bored](#), our new Compass Card Partner, for a 10% discount on food and drink in their sensory-friendly café.

We're excited to be working in collaboration with the Healthy Lifestyles Team again to host two [skateboarding activity sessions](#) for Compass Card holders on **Monday 23 October** at the King Alfred in Hove.

Keep a look out on the [Compass Card offers](#) page for all new offer updates and keep up to date with all things Compass on our social media pages (below), as well as on our offers page and free Compass Card app. If you have a favourite venue that you think would make a fantastic Compass Card offer, let us know by dropping us a note via the [Compass contact us](#) page.

[Compass Facebook](#) | [Compass Twitter/X](#) | [Compass Instagram](#)

[Find Compass offers >](#)



Latest from the Parent Carers' Council

In this autumn update from PaCC you can read about:

- PaCC's Early Years report
- the PaCCConnect on Transition to Adulthood
- how PaCC have been representing you
- how you can get involved in PaCC's work
- the new PaCC Steering Group member, Sim.

There's also a call for entries for PaCC's 2024 calendar and info on their coffee mornings.

[PaCC round-up >](#)

SEND October Half Term Activities

Welcoming all children and young people with special educational needs and disabilities to participate in holiday activities

These sessions are **FREE** to attend thanks to our partners



October SEND Half Term Activity Timetable

- 24th 13:00 – 15:00 Moulsecoomb Community Leisure Centre
- 25th 15:00 – 17:00 Stanley Deason Leisure Centre
- 27th 14:00 – 16:00 Portslade Sports Centre

Session one will be for 4 – 11 year olds and session two will be for 12 – 21 year olds

Scan the QR code to book on



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Brighton & Hove City Council

Free parent carer workshops



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 **Mon 30 October** from **10.30am to 12.30pm**.

[EHCP workshop: book now >](#)



Wellbeing and relaxation

Free online wellbeing workshop for parent carers, with guided relaxation led by Karen, a trained hypnotherapist and parent carer. The workshop will take place on **Weds 1 November** from **12pm to 1pm**.

[Wellbeing workshop: book now >](#)



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 **Thurs 2 November** from **7pm to 9pm**.

[PIP workshop: book now >](#)

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



In memory of Sinead Gillespie

Amaze is very sad to share news of the death of a **much-loved colleague and Amaze parent**, Sinead Gillespie. Parents of adult children may remember Sinead, who helped to develop and co-deliver our **Insiders' Guide course** for parents of teenagers with SEND. Sinead remarried and moved to Somerset with her son Oliver several years ago.

Sinead was a teacher, writer and performer and these skills, combined with her warmth and vivacity, made her a brilliant facilitator. She also contributed to our **Through the Next Maze handbook** for parents of teenagers and was a parent representative on the Brighton & Hove Learning Disability Partnership Board.

Sinead was passionate about trying to improve the **transition to adulthood** for young people and their families, and we will be forever grateful for the part she played in helping us develop our first services for young people with SEND.

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 with JustGiving](#)

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 Brighton & Hove version of our newsletter. If you would prefer to receive the East Sussex version, please email charlotte@amazesussex.org.uk © 2023 Amaze

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