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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
- Save the date: Amaze AGM and art exhibition
- Could you be Amaze's next top model family?
- Amaze's guide to masking
- ISEND name change
- Summer fun at our Face 2 Face family fun day
- Face 2 Face parent carer groups
- Fundraising latest
- Amazing Futures East Sussex update
- Amaze seeks young people's artwork
- i-go discounts and offers
- ESPCF news
- Free SENDIASS and wellbeing workshops

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!

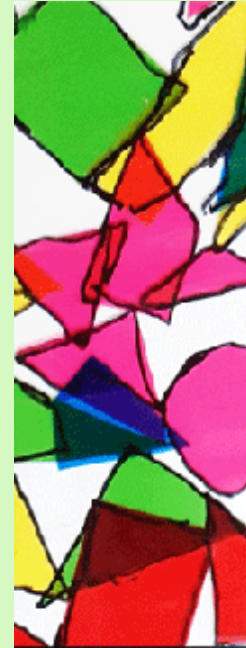
[Big Cheer fundraiser >](#)

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 on 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.



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 [larger bundle](#)



Amaze's quick guide to masking

Amaze has produced a new **masking explainer for parent carers** which includes ideas on how to help your child/young person who is masking and how to approach their school or college for support. The guide was adapted from a schools' guide to masking that we developed together with SEND and other children's services in Brighton & Hove. We also worked with people with **lived experience of masking and autism and ADHD** to produce the guide.

[Masking guide >](#)



ISEND name change

Have you noticed that ISEND has had a rebrand? The newly named **Education East Sussex** combines ISEND (Inclusion, Special Educational Needs and Disabilities) and SLES (Schools Standards, Learning and Effectiveness Service). Find out [more about Education East Sussex here](#).



Summer fun at our Face 2 Face Family Fun Day

At the beginning of the summer, families East Sussex and Brighton & Hove who access 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 East Sussex?

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

[See our parent carer groups >](#)

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.





Update from Amazing Futures East Sussex

Read about what the Amazing Futures team in East Sussex has been up to recently, including **moving venues**, getting involved with **local community events** and art projects, and starting up **new groups**.

We're also putting a call out for young people aged 18-25 who might be interested in **volunteering** with Amazing Futures - free training provided.

[Amazing Futures update >](#)



Spooky deals with autumn with i-go

Looking for frightfully fun activities this half term? Why not try the [Spooky Halloween Trail](#) at Smugglers, Hastings - carers go free. Step into a world of scales, fangs, and hisses with the [RepTylers Halloween activity](#) at Borde Hill, Haywards Heath, on Weds 25 October, or try one of their [explosive experiment shows and slime](#)

[making classes](#) on Tuesday 24 October. Activities/shows cost between £3-5 plus cost of admission. Or if you're brave enough, [explore the spooky tunnels](#) at Newhaven Fort by torchlight, free entry for an i-go cardholder and up to 4 carers can pay just £2.25.

True crime lovers may be interested in visiting the [true crime museum](#) in Hastings between Sun 22 October to Tues 31 October. Carer goes free and reduced price for 17 to 25's with an i-go card. Parent's discretion advised for entry for children under 13.

Looking for less spooky things to do? [Paradise Park](#) in Newhaven has a dinosaur safari, crazy golf, miniature railway, and loads more, and is offering 50% ticket price for i-go cardholders and up to five companions. Or to get more active, head to [Ninja Arena Eastbourne](#) for one of their SEN sessions on Sundays 5.15-6.15pm, these sessions have no music, loud announcements or flashing lights, and less people. 1 hour session costs £12, one carer goes free.

Find i-go offers >

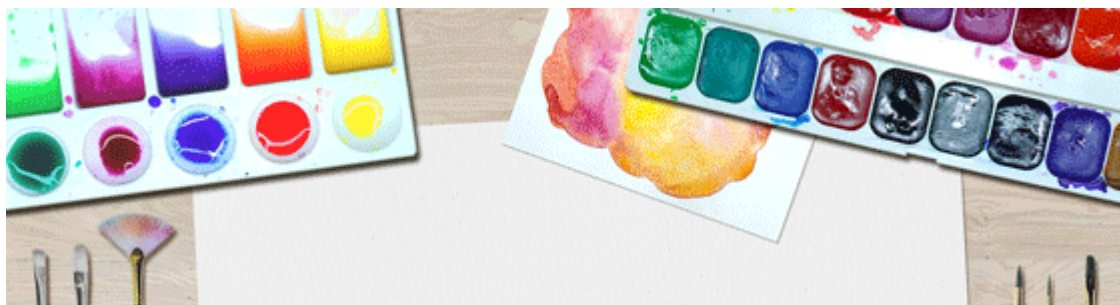


ESPCF's October update

Catch up with news from East Sussex Parent Carer Forum. This update includes:

- the recent calls for feedback on **pathological demand avoidance, exclusions, home to school transport**, and East Sussex's mental health referral process
- a parent's powerful account on **EBSA** (emotionally based school avoidance)
- the latest from the neurodevelopmental team
- a reminder about what to expect in an **Ofsted** inspection of SEND services.

[ESPCF update >](#)



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!

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 >](#)



Insiders' Guide to ADHD

A free course for East Sussex parent carers with a child or young person under 18, who has been diagnosed with ADHD. This is a **free 5-week course** in Eastbourne which is run by an Amaze worker and a parent carer with lived experience.

Dates: Thurs Nov 9, 16, 23, 30 and Dec 7.
Times: 10am to 1pm each week.

[Insiders Guide to ADHD: book now >](#)

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

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

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