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Out of Amaze - May 2024



Welcome to our May newsletter

We're pleased to bring you our May newsletter, with the latest SEND news from Amaze and others. This issue includes:

- Help support Amaze and win amazing prizes
- New parent groups and befriending service
- Climb Wales' highest mountain by night and raise money for Amaze
- Conditions and concerns on Amaze website
- Video: help your child feel comfortable with food
- Free parent carer groups and workshops
- SENDIASS in-depth guides
- Amazing Futures Big Days Out and new venue
- Fake Bush fundraiser
- Amazing Futures instagram for young people launches

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



Help support Amaze and win amazing prizes

Last month, we **launched a crowdfunder** raising funds for our Amazing Futures groups for young people with SEND aged 14 to 25.

If you donate, you can **claim one of many unique rewards** in return for your donation, including days out and restaurant vouchers. And thanks to the support from Aviva, **your donations will be doubled**, meaning for every £1 donated, Amaze receives £2!

The crowdfunder **ends on 28 May**, so you still have time to claim a reward and support us.

[Donate today >](#)



New parent groups & befriending service – a partnership with ESPCF and PaCC

Amaze's **Face 2 Face** service for parent carers is changing.

Reshaped and renamed '[Parent groups and befriending](#)', the new service is a partnership between Brighton & Hove Parent Carers' Council (PaCC), East Sussex Parent Carer Forum (ESPCF) and Amaze.



Climb Wales' highest mountain by night and raise money for Amaze

Climb Wales' highest mountain by moonlight with our **Yr Wyddfa/Snowdon at Night Trek** on 3 to 4 August 2024 and raise funds for Amaze.

People taking part will walk through the night and **watch the sunrise from the mountain peak**. At the end of the trek, you'll have a very welcome breakfast too.

Registration is £65 and you're asked to fundraise a minimum of £290 for Amaze, but **if you register before 31 May 2024** there is a £20 discount on your registration fee.

[Snowdon at night trek >](#)



New section about specific conditions and concerns on the Amaze website

Have you seen the new section on our website all about [specific conditions and concerns](#)? We've got information and advice about **autism, ADHD, executive function, behaviour and sensory processing**. And you can download our Masking explainer and factsheets on these pages too.

We created this content together with parent carers of neurodivergent children and people with **lived experience of neurodivergence**. We'll be building more over the coming year, so do contact us if there's a topic you think we should include. Email comms@amazesussex.org.uk.



Video: Help your child feel comfortable with food

Parent carer and nutritionist, Sophie Ricard, delivers this talk for parent carers on how to [help your child feel comfortable with food](#), in association with Amaze.

Free parent carer groups and workshops

Have you seen the **Events section** on the new Amaze website?

Use the filters to easily find upcoming parent carer groups, workshops, fundraising events, and more.

[Find groups and events >](#)



SENDIASS in-depth guides

Are you going through the process of trying to get an **Education, Health & Care plan** for your child or young person?

In addition to our workshops and telephone advice, you can now read **in-depth guides to key parts of the EHC assessment process** written by our SENDIASS team, all of whom are IPSEA trained and have local knowledge.

There are guides on requesting an EHC assessment, understanding outcomes, writing the parental contribution, the co-production meeting and checking the draft plan. We also have detailed guides on appeals and mediation and annual reviews of EHCPs.

[In-depth guides >](#)



Young people enjoy "Big Days Out" with Amazing Futures East Sussex

We've been super busy at Amazing Futures East Sussex with our Big Days Out, **visiting loads of attractions** from aquariums and bowling alleys, to Herstmonceux Science Centre, to the National History Museum in London! Learn more, and check out the photos of our exploits:

[Amazing Futures update >](#)



New Eastbourne base

We moved into our new Eastbourne base at **142 Whitley Road** last month.

As well as our new office, there's a **fantastic large space** for us to hold groups and sessions, plus one-to-one spaces too. It's less than 15 minutes walk from the train station, has parking spaces, and lies on the 5 and 5a bus routes.



Transition workshop from Amaze and ESPCF at Carers' Voices conference

We're running a **free workshop about transitions** from child to adult services on **11 June** with ESPCF, at the annual Carers' Voices Conference in Eastbourne, from Care For The Carers.

The workshop will include an **overview of the ways Amaze can help**, including information, advice and support for parent carers, and for young people themselves. ESPCF will also talk about some of the main issues and concerns they hear from parents, and there'll be an opportunity for you to **share your experiences**.

The free conference is a great opportunity to meet and speak with other carers as well as decision-makers, and there are workshops and speakers throughout the day. Learn more and register:

[Register for Carers' Voices conference >](#)



Latest from East Sussex Parent Carer Forum (ESPCF)

Look out for **ESPCF's summer newsletter** which will be published in the next few weeks.

Can't wait that long? Find out what the independent parent voice organisation has been up to by visiting the [ESPCF news and resources](#) page. Recent updates include short breaks and commissioning news, and a **joint position statement on the neurodevelopmental pathway**.

You can also follow [ESPCF's Facebook page](#), which has lots of information about current projects and meetings, and **ways to get involved**. For ESPCF members, the [closed ESPCF Facebook group](#) is a great way to connect with other East Sussex parent carers, seek support, and share experiences.

If you're not already an ESPCF member, it's quick and easy to [join ESPCF](#) by completing an online membership form.

Fake Bush! An affectionate, comic salute to the mighty Kate

Fake Bush is excited to do a big, bushy fundraiser for Amaze!

True to form – she will be romping her way through the back catalogue of the immensely wonderful **Kate Bush**. She hopes very much you will come and join her and the Amaze team to enjoy some Kate classics – all treated with a playful twist.

Join us at The Brunswick in Hove on **Friday 5th July**. Tickets are £15 per person.



[Buy tickets to Fake Bush >](#)



i-go offers and events this half term

Looking for fun things to do this half term? Get great deals with the i-go card:

Fishbourne Roman Palace have lots of fantastic activities for families celebrating Celts and Romans this half term. Usual admission price plus £1 per child, and carer goes free with an i-go cardholder.

The Borde Hill Springtime Stretch for families will have you striking some seriously playful yoga poses as you journey through the garden on their kids' wellbeing trail. i-go member pays £5 admission plus £4 per trail (includes prize) and one carer goes free.

Sharnfold Farm is welcoming their baby piglets and launching three new areas this half term! Set your senses soaring in Sensory Street, play in Lawn Games Land or take a pit stop in Vehicle Valley. Carer goes free.

One carer goes free at [KiddiCity Play Café](#) in Eastbourne. With imaginative play zones, hands-on activities and engaging classes, plus a café for parents.

[Head2Head Sensory Theatre](#) have loads of activities on until 31 May, including inclusive carnival drama workshops in Crawley for £10, Sign and Sing in Horsham for £5, and Thumb-sized Grimm multi sensory show.

Get £5 off 3 hours respite at [Thrive Explorers](#), a special needs respite club, and a haven of joy and inclusion, in Eastbourne.

[Find i-go offers >](#)

International research project launched to review support for families with disabled children

Amaze has been selected as one of six organisations worldwide in [‘Balancing Act’, a new research project](#) conducted by researchers from Queens University Canada.



Amazing Futures Instagram for young people launches

We've launched our [Amazing Futures Instagram for young people with SEND](#). It's the place to go to see what we've been up to lately at our groups, what's coming up, and to get wellbeing tips, advice, and loads more!

We'd love you to check it out and give us a follow.

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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

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