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## Out of Amaze - February 2024



### **Welcome to our February newsletter**

We're pleased to bring you our first newsletter of 2024, with the latest SEND news from Amaze and others. This issue includes:

- Help us test our new website
- SEND reforms Change Programme rollout
- Face 2 Face groups and events
- Volunteer with Face 2 Face
- Become an Amaze champion

- SEND advice videos
- Home education resources
- "Raising teens: neurodiversity" podcast
- Join our lottery
- Coming up for young people at Amazing Futures
- Support for families around neurodevelopmental conditions
- Impact Report 2022/23

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

Are you a young person with SEND? Visit our Amazing Futures site for young people.

amaze  
helping you through

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Education ▾ Benefits & money ▾ Diagnosis & health ▾ Early years ▾ Support for your family ▾ Planning for adulthood ▾

**Supporting families with disabled children and young people in Sussex**

Amaze is for any family in Brighton & Hove and East Sussex, with any diagnosis, or no diagnosis at all.

Learn more about us

Translate ▾

## Can you help us test our new website?

Amaze is close to launching its **brand new website**. We really need **parent carers views** on its content and style so that we can make sure the site is as good as it can be. Could you be one of our user testers? It shouldn't take more than half an hour and can be done **digitally or in person**. If you are interested, please [email Charlotte](#).



## SEND reforms Change Programme rollout

Over the next two years, as part of the **South East Change Programme Partnership**, Brighton & Hove and East Sussex will be helping **test proposed reforms** from the government's SEND Improvement Plan, published in March 2023.

Read on to learn about the [plan to test the proposed reforms](#), including how parent carers will be involved in the testing process.



## Face 2 Face groups and events

The Face 2 Face parent carer coffee mornings have restarted for 2024, with a choice of **12 groups across Brighton & Hove and East Sussex!** We trialled a meet-up for parent carers of 16 to 25 year olds in Eastbourne before Christmas, and will be holding one in Uckfield in the next month or two as well.

In addition to our in-person groups, we also have several **WhatsApp peer support groups**, and a private Facebook group. When you sign up to [join our Facebook group](#) you'll be asked a couple of questions to verify that you're part of the Face 2 Face project.

If you'd like to join one of our in-person or WhatsApp groups, find out more on the Amaze website: [Face 2 Face befriending and groups](#).

We also frequently hold **wellbeing events and activities** like relaxation workshops, gentle walks, singing for wellbeing, and more. You'll be able to book onto these events through [Eventbrite](#), and we'll announce them on the [Amaze Facebook](#) page, so keep an eye out!



## Volunteer with Face 2 Face

We're on the lookout for more parent carer volunteers to train up as **Face 2 Face befrienders**. Do you have an hour or two to spare a week and have the knowledge and experience to support other families? Check out how to [become a Face 2 Face befriender](#).

The training is free of charge, and will set you up with the right skills to become part of a close-knit team of parent carers supporting others on their SEND journeys.

## Become an Amaze champion

Do you have a few hours a month to give to Amaze? We are looking for [volunteer community champions](#) to join us.

We are looking for 'Community Champions' to support our **fundraising and marketing** team. Your role will be to help more people find out about Amaze and help raise money for what we do. You could be helping at **fundraising events** or even organising events (like pub quizzes) yourself!



## SEND advice videos

Do you find it hard to attend our workshops due to work or other commitments? Our Amaze Youtube channel features **recordings of**



## Home education resources

Is your child or young person not in school? Are you educating them at home? Are you unsure of your rights and responsibilities?

**some of most popular Zoom workshops** as well as shorter advice videos on SEND issues including getting support in school, EHCPs, part-time timetables and more.

See our [SEND advice video playlist](#) and subscribe to our [YouTube channel](#) to get notifications of new uploads as they happen.

Amaze produces **three companion fact sheets** that aim to address the most frequently asked questions on home education to our SENDIASS advice line: [Emotionally Based School Avoidance](#), [Elective Home Education](#) and [Education Other Than At School](#). Or visit our [fact sheets page](#) for more resources.



## Raising teens: neurodiversity podcast

Check out this **in-depth podcast** exploring the experiences of neurodivergent young people and how their families can support them. Hear directly from neurodivergent young people sharing their thoughts and experiences, as well as from guest experts including **our very own Sav**, Amaze's NDP family training service manager.

Listen to podcast 

## Join our lottery

You can support Amaze from a little over **£1 a week** by joining our weekly lottery.

With our lottery, we both have the chance to win. Lottery players are in with a chance of winning **up to £25,000** every week, all while raising funds to help Amaze keep running.

Every lottery number means that we can continue to provide **vital support to families** like you across Sussex.



Start playing today >



## Latest from ESPCF

ESPCF, the parent carer voice organisation, has been busy representing your views and experiences to local services. Read about: their new report on accessing **mental health** and support services; how East Sussex is involved in **trailing potential SEND reforms**; preparing for **OFSTED**; share your experiences of **communication from CAMHS**; plus lots more.

[ESPCF round-up >](#)



## Coming up at Amazing Futures

There's loads coming up at our Amazing Futures **groups for young people** with SEND aged 14 to 25, including days out to Brighton Sealife Centre and Glo Balls mini golf, art collage and ceramics workshops, Seaford pub socials, Hastings boardgames group, Be Active sessions, and more!

[What's on at Amazing Futures >](#)



## i-go offers this half term

Looking for something to do this half term? The i-go card has you covered:

For a **family friendly day out**, why not check out [Godstone Farm](#), with animal interactions, reptile house, dinosaur discovery trail, huge adventure playground, and more! Carer goes free with i-go cardholder. Or explore the beautiful [Borde Hill gardens](#) in Haywards Heath, re-opening Feb 10 – £5 for i-go cardholders, carer goes free.

Don't mind going a little **farther afield**? Check out the half term [dark skies festival at Amberley Museum](#), Arundel, with loads of family activities on offer – carers and under 5s go free. Or go wild at [Aldingbourne Country Centre](#) with their safari-themed bouncy castles, guinea pig snuggling, and more! Under 2s and carers go free.

How about some **games**? Head to [Dark Master Escape Rooms](#) in Crowborough and see if you can beat the clock, with 20% for i-go cardholders and everyone with them. Play some [laser tag](#) at Tenpin in Eastbourne – £3 a game for i-go cardholders. Or try axe throwing, augmented reality darts, Crazier Golf, and more at [Boom Battle Bar](#) in Eastbourne, with discounts for i-go cardholders.

Finally, if you're looking for something **a little less active**, how about a [relaxed inclusive screening of Wonka](#) at Hailsham Pavilion Theatre on Thursday 15 Feb - tickets £5, carers go free.

[Find i-go offers >](#)

## Free parent carer 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 **Weds 17 April** from **10.30am to 12.30pm**.

[EHCP workshop:  
book now >](#)



### Preparing for the future

This free wills and trusts webinar in partnership with Renaissance Legal will help you safeguard your child's future.

We aren't able to run this workshop very frequently and this info really is invaluable, so it's worth jumping on this one!

This Zoom workshop takes place on **Thurs 29 February** from **10am to 11.30am**.

[Wills and trusts  
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 21 March** from **7pm to 9pm**.

[PIP workshop:  
book now >](#)

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



## Support for families around neurodevelopmental conditions

Amaze now has **more secure funding from NHS Sussex** to offer support for families with a child or young person on the local **neurodevelopmental pathway (NDP)** in East Sussex and Brighton & Hove.

Read on to learn about Amaze's [support for families around neurodevelopmental conditions](#) like **autism, ADHD and tics/Tourettes**.



For disabled children  
and young people in Sussex  
Impact Report 2022-23

## Impact Report 2022/23

Want to know about the **impact Amaze has on the lives of SEND families** in Sussex?

Download our latest Impact Report to find out about our achievements and challenges in the last year, plus our plans for the future.

[Impact Report 2022/23 >](#)

### 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](mailto:charlotte@amazesussex.org.uk)



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