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Out of Amaze - July 2024



Welcome to our July newsletter

With the school holidays just starting, this short newsletter includes information about support over the summer break, ideas for fun things to do and news about a paid research opportunity for parent carers.



Amaze advice over the summer

Our Amaze advice services continue to run right through the summer:

- [SENDIASS advice line](#)
- [DLA & PIP advice service](#)
- [Amazing Futures careers advice](#)
- [ND Family Support Service](#)

Due to staff holidays, we may be a bit slower to respond than usual, but in the meantime you can get answers to most of your queries in the information and advice section of the [Amaze website](#).

[Get advice >](#)



Our parent support groups and befriending

Our in-person groups (except for our Dads group) take a break over the summer, but you can still keep in touch via our WhatsApp groups or our [private Facebook group](#). Autumn's parent group schedule will be posted on our website [Events page](#) soon.

If we have already matched you with a befriender, support will continue over the summer. New matches will restart in September. Read more about [Parent groups and befriending](#)



Amazing Futures swimming sessions

This summer, we're running free private swimming sessions for **young people aged 14-25** who attend our Amazing Futures groups, as part of Brighton & Hove City Council's Active for Life programme. These group sessions take place at St Luke's Swimming Pool in Hanover from 2.45 to 3.45pm on Mondays, from 29 July to 19 August. An Amazing Futures staff member will sit poolside with a lifeguard throughout.

Spaces are limited so please [email Jem](#) to book now.

Amaze seeks paid parent carer researchers



Amaze is recruiting up to five parent carers to carry out interviews with other parent carers about the support they have had from Amaze. This is part of an international research project called Balancing Act, that is looking at the balance between 'formal' and 'natural' support for disabled people and their families.

All interviewers will receive relevant training and equipment, and will be paid £25 per hour.

If you are interested, you'll need to tell us in a couple of paragraphs what skills or experience you could bring to the project role and confirm you can commit to the training and delivery schedule. The deadline for expressing an interest is 5pm **Friday 19 August**.

[Find out more >](#)

Support with your mental health and wellbeing

We know the summer can be a difficult time for many families, with reduced support, changes to routines and stretched budgets.

If you or your child or young person are struggling to cope, there are people that can help. Check out our guide to [Getting support over the summer](#).

We list all the local and national organisations that can help with the mental health and wellbeing of you and your child or young person, including where to turn in an emergency.



[Read more >](#)

Enjoy your Compass Card this summer!



Keeping the kids busy and entertained over the 6-week summer holiday can be a daunting and expensive business, so dust off your Compass Card and head over to our [offers page](#) to check out the savings you could make. Lots of our partners have brilliant activities and events on offer, such as block printing at [Sussex Prairie Gardens](#), lawn games at [Godstone Farm](#), dinosaurs and dragons summer trail at [Borde Hill Gardens](#) and a whole host of different activities at [Weald and Downland Living Museum](#).

If we have a typical British summer, then you may want some indoor activity ideas. [Puzzle Bored](#) are providing some free Short Breaks activity sessions, there's FREE swimming at the [King Alfred Leisure Centre](#) for the Compass Card holder, one carer and up to three others, and there's always heaps to see at [Brighton Toy Museum](#).

All of our offers are listed on our offer's page and free Compass Card app. If you haven't already downloaded the app, check out our [easy guide to installing and using the app](#).

You can keep up to date with all things Compass on our social media pages:

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

[Find Compass offers >](#)

A promotional poster for a 'Firewalk' event. The background is a close-up photograph of a person's bare feet walking on a bed of glowing red and black hot coals. The text 'Firewalk' is in large white font at the top left. Below it, '16th November 2024' is written in white on an orange rectangular background. In the top right corner is the 'amaze' logo, which consists of a stylized maze pattern with the text 'amaze' and 'helping you through' below it. At the bottom left, it says 'Sponsored by' above the 'Hopscotch' logo, which is a 3x3 grid of colored squares containing the letters 'h o p', 's c o', and 't c h'. At the bottom right, the text 'Registration fee: £20' and 'Fundraising target: £150' is displayed in white on an orange background.

Firewalk

16th November 2024

amaze
helping you through

Sponsored by

h o p
s c o
t c h

Registration fee: £20
Fundraising target: £150

Face your fears and walk over hot coals to raise money for families with disabled children in Sussex

You will leave the Firewalk with a truly unforgettable experience, as well as a real sense of achievement for stepping out of your comfort zone. Registration is £20 and we ask you to fundraise a minimum of £150. The location is TBC but it is likely to be in Brighton & Hove.

This event has kindly been sponsored by [Hopscotch](#).

[Register >](#)

Amaze workshops



How to claim DLA

Thurs 12 Sept, 10.30am to 12pm

If your child needs a lot more help than other children the same age, they may be entitled to Disability Living Allowance. This free Zoom workshop will help you identify whether your child is likely to get DLA and help you make a strong claim, whether it is a first claim or a review. The workshop is for parents and carers in Brighton & Hove and East Sussex.

[Book now >](#)



How to claim PIP

Weds 21 August, 7 to 9pm

This free Zoom workshop, led by Lizzie Batten, will help you identify whether your son or daughter is likely to get PIP at 16, and how to make a strong claim. It is aimed at parents and carers in Brighton & Hove and East Sussex who are supporting their young person to claim Personal Independence Payments (PIP).

[Book now >](#)

Our free SENDIASS workshops will resume in September and will be bookable soon. Keep your eyes out for the first two:

- Getting the most from your EHCP, Tues 17 Sept 2024
- Getting support for my child's SEN in school, Fri 27 Sept 2024

Book any of our workshops via the [Events](#) page of our website. You can also find recordings of some of our workshops on our [YouTube channel](#).

Did you know you can raise money for Amaze for free while you shop?

We're signed up to easyfundraising, which means you can raise free donations for us every time you shop online. Over 7,000 brands will donate to us when you use easyfundraising to shop. These donations really mount up and make a BIG difference to us, so we'd really appreciate it if you could take a moment to sign up and support us. It's completely free and only takes a moment.

[Join easyfundraising >](#)

Latest from Brighton & Hove Parent Carers' Council (PaCC)

Here's a visual taster of what PaCC have been busy with so far this summer. Look out for their full update in our September newsletter and [click here to find out more about joining PaCC](#).

A sample of what PaCC have been up to:

Planning for regular mental health parent carer listening events with services

Attended various meetings linked to the SEND Strategy

Facilitated parent carer events as part of the Autism in Schools Project



Training for sitting on BHCC People's Scrutiny Committee

Chaired and attended Short Breaks Meetings

Attended the Brighton & Hove SEND conference for school leads



ARE YOU READY?



**INCLUSIVE FUN DAY,
JULY 28th 10-12pm**

WATER BALLOON BATTLE

JOIN US AT MOULSECOOMB COMMUNITY LEISURE CENTRE ON JULY 28TH, ALONG WITH OUR REGULAR SPORTS (BOCCIA, INDOOR CURLING, BADMINTON AND THE BOUNCE HOUSE) WE WILL BE HOLDING AN EPIC WATER BALLOON BATTLE ON THE FIELD, WITH FOUR TEAMS COMPETING.



PICK YOUR TEAM CAPTAIN!

- Commander Levi the Launch Master
- General Kat the Soaker Supreme
- Admiral Anna the Aqua Ace
- Captain Mark the Splash Commander



FREE FOR SEND KIDS AND THEIR FAMILIES THANKS TO AMAZE

NO NEED TO BOOK - JUST TURN UP!

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.

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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 comms@amazesussex.org.uk