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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 plus news about a paid research opportunity for parent carers. We also feature i-go offers and news, and the latest update from East Sussex Parent Carer Forum.



## Amaze advice over the summer

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

- [SENDIASS advice line](#)
- [DLA & PIP advice service](#)
- [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 summer fun for young people with SEND

Our Amazing Futures East Sussex summer offer is all about getting out and about in the sunshine (fingers crossed)!

We have park trips, walks, outings, a Concordia 10-day programme for 16 to 25-year-olds, as well as a retro gaming session, manga drop-in, board games, meet-ups and more. Download our [full summer timetable](#) or visit the [Events](#) section of our website.

## Could you be a paid parent carer researcher?

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 on **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 >](#)

## Free Family Fun Day

11am - 3pm, Weds 28 August at Kings Centre, 27 Edison Road, Eastbourne, BN23 6PT



From Amaze Parent Groups & Befriending Service  
and East Sussex County Council Short Breaks

Come along to try out activities with Defiant Sports, make slime and cool badges with our Amazing Futures team, or join in accessible dancing with

Parable Dance. Animazing will also be running a brilliant animal workshop that will give you the chance to get up close to loads of cute (and not so cute) animals!

You may book up to six tickets per family. If you need any more or you have any questions, [email Marie](#) on or call 07484 051755.

[Register now >](#)

## 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](#).

# Firewalk

16th November 2024



Sponsored by



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 >](#)

## 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 >](#)





## ESPCF July newsletter out now

The latest newsletter from **East Sussex Parent Carer Forum (ESPCF)** is packed with updates on their recent work including results from their parent carer survey 2023/4 and their poll about communication while waiting for autism, ADHD, and mental health support. You can also read the latest on the project to improve school experiences for SEND children, get info about summer holiday clubs and more.



[Read more >](#)

## Plan your summer fun with i-go



Keeping the kids busy and entertained over the 6-week summer holiday can be a daunting and expensive business, but the huge range of offers on the i-go card can make it all more doable.

## Latest i-go offers

The latest i-go offers include [Sheffield Park](#) in Uckfield and [Sky High Trampoline Park](#) in Peacehaven. Sheffield Park is a family friendly park and garden with lots of summer activities, where up to two carers can go free. At Sky High, you can get 20% off for cardholder OR a carer goes free if bouncing too. Coming soon - offers from My Skateworld Eastbourne and Into the Trees Family Festival in Uckfield too. See the [i-go offers page](#) for all the latest details.

## Other SEND events and activities?

If you are looking for inclusive SEND events over the summer, check out i-go's [SEND Events page](#). Highlights include a relaxed inclusive screening of Inside Out 2 at Hailsham Pavilion (Thurs 25 July and Thurs 8 August) and Horsham "Wheels for All" inclusive cycling, where you can try out 25 different kinds of adapted bikes and trikes.

i-go is a leisure discount card for disabled children and young people up to 25 in East Sussex. [Apply for an i-go card](#).



i-go's Facebook page is moving to a new page called [SEND East Sussex](#). This new page will keep you up to date with i-go offers but also give you information on a wealth of SEND topics and services, all in one place.

The current i-go Facebook page will close down in September, so make sure you follow the [new i-go page](#) by then! And now you can also follow [SEND East Sussex on Instagram](#)

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### 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 East Sussex version of our newsletter. If you would prefer to receive the Brighton & Hove version, please email [comms@amazesussex.org.uk](mailto:comms@amazesussex.org.uk)

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