

[View in browser](#)



[Parents](#)

[Children and young people](#)

[Supporters](#)

## Out of Amaze - May 2025



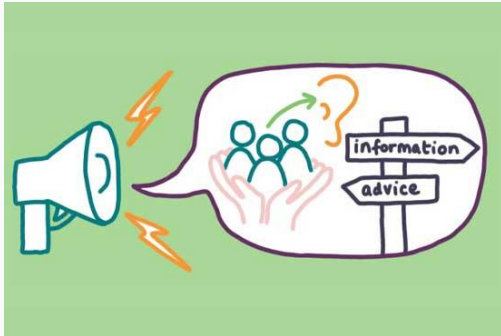
## Welcome to our May newsletter

This issue brings you all the latest news from Amaze and more! Use these links to jump to the items you are interested in or scroll down to browse.

- [Amaze strategy 2025 to 2030](#)
- [Update on SEND education developments in East Sussex](#)
- [NEW!! advice on specific learning difficulties and selective mutism](#)
- [Family Fun Day plus other parent groups news](#)
- [Carers Week conference in Eastbourne](#)
- [Amazing Futures seeks coordinator](#)
- [NEW!! Amazing Futures groups in Peacehaven and Heathfield](#)

- [Annual health checks](#) for young people with learning disabilities
- [Supported internships](#)
- [Fundraising challenge events](#)
- [i-go app and offers](#)
- [Upcoming Amaze workshops](#)
- [Latest from the East Sussex Parent Carer Forum](#)

## Latest news



### Amaze launches its strategy to 2030

This week, Amaze launches the strategy that will underpin our work for the next five years. It is the culmination of lots of listening and engaging with families, young people and other stakeholders over the last year and working together to turn that feedback into achievable goals. Sally Polanski, Amaze's CEO, outlines our four key strategic priorities for 2025-30 and unveils our new vision and mission. She also explains some of the context around the strategy and how your views and ideas are at the heart of everything we plan to do.

[Amaze's future plans >](#)

### SEND developments in East Sussex

Would you like to know how the local authority is working to address the challenges in SEND education? Jessica Stubbings, Head of Education: Participation and Planning in the Education Division of East Sussex County Council, tells us about the programmes and projects that are happening right now to try and improve education for our children and young people with SEND. She covers SEND Provision Planning, Universally Available Provision, the Enhancing Inclusive Practice projects and work to improve education transitions for children and young people with EHCPs.

[SEND developments >](#)

# NEW! Advice on selective mutism and specific learning difficulties

Our ND (neurodevelopmental) Family Support Service is continuing to build a bank of advice around neurodifferences to support parent carers. Our latest web page resources are on selective mutism and dyslexia, dyscalculia and dysgraphia.



## *Dyslexia, dyscalculia and dysgraphia*

Dyslexia, dyscalculia, and dysgraphia are specific learning difficulties or differences that affect the way people read, write and work with numbers. Coordination, organisation and memory may also be affected. Read our new web page to find out more about each condition, including characteristics, assessments and things that can help your child or young person.

[Dyslexia, dyscalculia & dysgraphia >](#)



## *Selective or situational mutism*

Selective mutism is an anxiety disorder where someone is unable to speak in certain social situations, such as at school or to relatives they do not see very often. Our new web page offers information and signposting for parents of children who may be experiencing situational/selective mutism. The page covers what selective mutism is, how to get a diagnosis, supporting your child or young person, and more.

[Selective mutism >](#)

# Parent groups and befriending



## Free Family Fun Day - 30 July in Eastbourne

[Thanks](#) to funding from East Sussex County Council Short Breaks, we are delighted to be running another FREE family fun day during the summer holidays. The day will run from 11am to 3pm on **Wednesday 30 July** at The **Kings Centre in Eastbourne**. There will be heaps of fun, sporting activities with Defiant Sports, and a special visitor to join in the fun and games. Keep a lookout on our social media pages and events page for when bookings open.

### *One to one support and groups*

Unfortunately, due to overwhelm, our one-to-one befriending waiting list is still closed. However, our WhatsApp groups continue to be a great way to receive immediate peer support. We moderate several different groups where you can access peer support, ask questions of other parent carers, receive information on events and build a network of other parents who are having similar experiences.

We run monthly in-person groups at six different locations in East Sussex. You don't need to book a place, just pop along on the day and you'll be assured of a very warm welcome. We also run termly online, evening groups and in-person groups for parent carers of children and young people with complex needs and/or profound learning disabilities, and for parents of 16-25-year-olds. You can see all the groups on our [Events page](#) or [email Parent Groups & Befriending](#) on [parentgroups@amazesussex.org.uk](mailto:parentgroups@amazesussex.org.uk) for more information

Join a group >



**Carers Activities**

## 2025 Carers Voices Carers Week Conference

Free Event Register now



**Tues 10th June 9.30am - 4pm**  
Kings Centre, Eastbourne

National and local speakers • Q&A • Table discussions • Networking with carers and service providers • Marketplace • Themed workshops • Creative sessions • Delicious lunch

Easy to access venue, support with travel costs  
**BOOK YOUR PLACE • [bit.ly/CarersConference25](https://bit.ly/CarersConference25)**

**care for the carers**  
East Sussex

T: 01323 738390  
E: [info@cftc.org.uk](mailto:info@cftc.org.uk)

**"How health and social care can work better for carers."**

The biggest carers event in East Sussex: bringing together carers, decision makers and professionals.

TXT: 07860 077300  
[www.cftc.org.uk](http://www.cftc.org.uk)

# Carers Voices

## 2025 Carers Week Conference in Eastbourne

This year, Carers Week is from 9 to 15 June. On Tuesday 10 June we will be joining [East Sussex Parent Carer Forum](#) at the **Carers' Voices – Celebrating Carers Week Conference** in Eastbourne.

The conference is organised by [Care for the Carers](#).

Come and join us! We'll have a stall and will also be running a workshop. Stay tuned to our social media pages for more details.

[Get conference tickets >](#)



## Amaze seeks Youth Project Coordinator

We're looking for a coordinator to lead our small but wonderful Brighton youth team, running activities with young people with SEND to have fun, try new things, make friends, express their views and prepare for adulthood.

It's a two year fixed-term contract, 24 hours per week, working out of Amaze's Brighton office and at different venues across the city and into East Sussex. Pay is £18.65-£19.14 per hour, which equates to £33,945-34,834 FTE. Closing date for applications is **Monday 2 June**.

[Apply now >](#)

## Annual health checks

Did you know that young people with a learning disability can get an annual health check at their GP surgery from 14 upwards? The checks are all about building relationships and spotting problems early to improve their health.

If your young person is on the surgery's learning disability register, they should get invited for the health check automatically once they turn 14. But you can contact them to request one if you haven't heard from them. You can also check they are on the learning disability register then.

If your young person is worried about seeing a doctor, tell the GP surgery. The doctor or nurse can make reasonable adjustments to make the appointments work for them.

Read more about [annual health checks](#).



## Supported internships

Is your young person keen to get into work? Supported internships can be a great bridge between education and employment for young people with additional needs. Find out more about local providers and how internships work.

[About supported internships >](#)

## Our Amazing Futures groups for young people with SEND in Peacehaven and Heathfield

Our two newest Amazing Futures groups are in Heathfield and Peacehaven. The groups are for young people aged 14-25 with SEND or additional needs of any kind. We play games, talk about life, create art and try different activities

The **Heathfield** group takes place every other Monday from 4.15 to 6.15pm at the Union Church on Station Road. Our Peacehaven group meets every other Wednesday in the Anzac Room, Community House (by the Meridian Centre) in



Peacehaven. The next group is on **Weds 28 May**.

[Email Amazing Futures](#) for more info or to join either group.



## Take on a challenge for Amaze!

We're looking for daredevils and thrillseekers to take on some of our exciting events this year to raise money for Amaze.

Whether you're doing it alone or with friends and family, you can have a huge impact on families in Sussex by supporting Amaze this year.

Events already in the calendar include a Peacehaven abseil in June, Yr Wyddfa at Night in August, and Inflatable Run Brighton in October.

[Sign up >](#)



## Get your skates on this summer!



Fancy a [SEND Roller Disco](#) session in Haywards Heath? These monthly, inclusive sessions with Al Jordan Roller Discos use the same hall space, lighting and sound system as the main Roller Disco events, but with everything "tuned down". Tickets are £10 plus £1 skate hire. Next session is on 30 May. See more great SEND events and i-go offers such as free carers entry for the [How to Train Your Dragon trail](#) at Bodiam Castle and the [Exotic Spots Summer Trail](#) at Sheffield Park and Garden on the i-go website.

## New i-go app coming soon!

The new i-go app will make it easier for you to visit i-go on your phone, giving you quick and easy access to all things i-go. The app will be live in time for the summer holidays. Visit the i-go website for updates on the date the app will launch, and for information on how to install it on your phone.

[i-go website >](#)



# Upcoming workshops



## *Getting support for my child's SEN in school*

A free Zoom workshop for parents who are worried about the progress their child is making at school (where the child doesn't have an EHC plan).

Our next workshop takes place on **Weds 11 June** from **10.30am to 12pm**.

SEN support  
workshop:  
Book now >



## *How to claim PIP*

This free evening 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.

Our next Zoom workshop takes place on **Weds 25 June** from **7pm to 9pm**.

PIP workshop:  
Book now >



## *Making the most of Annual Reviews 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.

The session takes place on **Tues 1 July** from **10.30am to 12pm**.

Annual Review  
workshop:  
Book now >

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](#).

## Legal clinics on medical negligence and education

Amaze partner [Slater and Gordon](#) is hosting **free online legal sessions** for families on 10 and 13 June, in collaboration with our Parent Groups and Befriending service. The sessions will give you a chance to ask questions from a **medical negligence** or **education specialist** lawyer. [Email Slater and Gordon to book a your free legal session.](#)



[Free legal clinics >](#)



## East Sussex Parent Carer Forum

There's lots of news for East Sussex parent carers over on the ESPCF website, including the latest 'temperature check' results and ESPCF's feedback report submitted during the Ofsted inspection – it's a powerful and at times heartbreaking account of the daily realities for many SEND families. You can also read the statement from the ESPCF steering group in response to the Ofsted report, plus news about the CAMHS participation parent carer group. Check out ESPCF's Facebook page for all the latest info updates, and if you'd like to become an ESPCF member, it's quick, free, and easy to join.

[Get ESPCF latest >](#)

## 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 with them – at no extra cost to yourself! 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 >](#)

---

### 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.

---

Amaze  
Community Base  
113 Queens Road  
Brighton BN1 3XG  
[info@amazesussex.org.uk](mailto:info@amazesussex.org.uk)  
[amazesussex.org.uk](http://amazesussex.org.uk)



---

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