

Family Training offers in East Sussex

for parent carers with neurodivergent (ND) children/young people or those awaiting assessment.

Collated by Amaze ND Family Training and Navigation Service

Updated July 2024

This information was checked with providers and collated by Amaze. We cannot take any responsibility for any inaccuracies, but we will be updating the document regularly.

Contents:

Quick course finder by area of focus, age or stage on ND pathway	Page 3
Amaze – Introduction to neurodiversity – on a pathway or diagnosed for primary ages or under	Page 4
Amaze – Introduction to neurodiversity –on a pathway or diagnosed for secondary ages	Page 5
Amaze – Insider’s guide to ADHD – on ADHD pathway or diagnosed, up to 18 years	Page 6
Amaze – Specialist workshops – various topics on ND differences, up to age 25	Page 7
Aspens – Parent carer support sessions - diagnosed with autism or traits identified	Page 8
Aspens – Autism Central drop-in sessions - diagnosed with autism or traits identified	Page 9
CLASS+ – Coffee & Chat sessions - on pathway or diagnosed with autism, up to 16	Page 10
CLASS+ – various workshops – on pathway or diagnosed with autism, up to 16	Page 11
CLASS & MHST – Parent carer workshops - on pathway or diagnosed with autism, ages 6-16	Page 12
CITES – recorded sessions on various topics like sensory processing – open to all	Page 13
The Parenting Team – Stepping Stones – any ND conditions, any stage, ages 2 to 12	Page 14
The Parenting Team – New Forest Parenting – any stage on ADHD pathway, ages 3 to 11	Page 15
The Parenting Team – General parenting courses – open to anyone with children up to 16	Page 16
The Parenting Team – Teen Life – any stage on autism pathway, ages 10 to 16	Page 17
The Parenting Team – Learning about Neurodivergent children – any stage, ages 4 to 16	Page 18
CAMHS – Psychoeducation group – for parent carers of children diagnosed with ADHD	Page 19
CAMHS – Recorded workshops on various topics including ADHD – open to all	Page 20
Organisations listed in this directory	Page 21
Links to sources of further information or support	Page 22
Parent carer workshops - on pathway or diagnosed with autism, ages 6-16	

Quick course finder by area of focus, age or stage on ND pathway

Autism – looking into a referral

[Introduction to neurodiversity - Primary school ages](#)
[Introduction to neurodiversity - Secondary school ages](#)
[Stepping Stones for ages 2 to 12](#)
[Learning about Neurodivergent children](#)

Autism – on waiting list for assessment

[Introduction to neurodiversity - Primary school ages](#)
[Introduction to neurodiversity - Secondary school ages](#)
[Coffee & Chat sessions - parents of children up to 16](#)
[CLASS+ workshops - parents of children up to 16](#)
[CUES - parent carers of children up to 16](#)
[Stepping Stones for ages 2 to 12](#)
[Teen Life](#)
[Learning about Neurodivergent children](#)

Autism – already diagnosed

[Introduction to neurodiversity - Primary school ages](#)
[Introduction to neurodiversity - Secondary school ages](#)
[Parent carer support sessions at Aspens](#)
[Autism Central drop-in sessions](#)
[Coffee & Chat sessions - parents of children up to 16](#)
[CLASS+ workshops - parents of children up to 16](#)
[CUES - parent carers of children up to 16](#)
[Stepping Stones for ages 2 to 12](#)
[Teen Life](#)

ADHD – on waiting list for assessment

[Introduction to neurodiversity - Primary school ages](#)
[Introduction to neurodiversity - Secondary school ages](#)
[Insider's Guide to ADHD – up to age 18](#)
[Stepping Stones for ages 2 to 12](#)
[New Forest Parenting – ages 3 to 11](#)
[Learning about Neurodivergent children](#)

ADHD – already diagnosed

[Insider's Guide to ADHD – up to age 18](#)
[Stepping Stones for ages 2 to 12](#)
[New Forest Parenting – ages 3 to 11](#)
[Learning about Neurodivergent children](#)
[Psychoeducation group](#)

Other ND conditions

[Introduction to neurodiversity - Primary school ages](#)
[Introduction to neurodiversity - Secondary school ages](#)
[Specialist workshops at Amaze](#)
[Stepping Stones for ages 2 to 12](#)
[Learning about Neurodivergent children](#)

Amaze

Introduction to neurodiversity – primary age or under



Area of focus:

Autism, ADHD, Tics and Tourette's, FASD, learning disabilities/developmental delay, social communication differences, sensory processing differences.

Need a diagnosis?

No – could be at any stage from looking into a referral, waiting for assessments or diagnosed.

Open to anyone?

Any parent carers with a child of primary school age or younger (up to 11 years).
Must live in East Sussex or be registered with a GP in East Sussex.

How is it delivered?

Online – over 2 separate sessions. 1 week apart.

What will I learn about?

Types of neurodevelopmental differences and their pathways and topics including masking, anxiety, executive function, strategies, and support available locally.

How much will it cost?

Free

Who presents the training?

Run by two facilitators including one Amaze worker and one facilitator with lived experience.

How can I book or find out more?

You will need to register with the Amaze Family Training and Navigation Service. You can register by completing this online form and selecting training as the service you are interested in:

<https://webforms.dizons.co.uk/amaze/family-support-referral>

Website: <https://amazesussex.org.uk/ndp-service/>

Amaze

Introduction to neurodiversity – secondary ages



Area of focus:

Autism, ADHD, Tics and Tourette's, FASD, learning disabilities/developmental delay, social communication differences, sensory processing differences.

Need a diagnosis?

No – could be at any stage from looking into a referral, waiting for assessments or diagnosed.

Open to anyone?

Any parent carers with a young person of secondary school age up to 18 years.
Must live in East Sussex or be registered with a GP in East Sussex.

How is it delivered?

Online – over 2 separate sessions. 1 week apart.

What will I learn about?

Types of neurodevelopmental differences and their pathways and topics including masking, anxiety, executive function, strategies, and support available locally.

How much will it cost?

Free

Who presents the training?

Run by two facilitators including one Amaze worker and one facilitator with lived experience.

How can I book or find out more?

You will need to register with the Amaze Family Training and Navigation Service. You can register by completing this online form and selecting training as the service you are interested in:

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Website: <https://amazesussex.org.uk/ndp-service/>

Amaze **Insider's guide to ADHD**



Area of focus:

ADHD

Need a diagnosis?

No – but need to be referred or waiting for an ADHD assessment or have received a diagnosis already.

Open to anyone?

Any parent carers with a child or young person from age 6 up to the age of 18.
Must live in East Sussex or be registered with a GP in East Sussex.

How is it delivered?

In person, in a small group. 3-hour session, once a week for 2 weeks.

What will I learn about?

Understanding ADHD, practical ideas to help at home or school, survival strategies.

How much will it cost?

Free

Who presents the training?

Run by two facilitators including one Amaze worker and one facilitator with lived experience.

How can I book or find out more?

You will need to register with the Amaze Family Training and Navigation Service You can register by completing this online form and selecting training as the service you are interested in:

<https://webforms.dizons.co.uk/amaze/family-support-referral>

Website: <https://amazesussex.org.uk/ndp-service/>

Amaze **Specialist workshops**



Area of focus:

Specialist workshops on various neurodevelopmental differences.

Need a diagnosis?

No

Open to anyone?

The eligibility of who can attend will be unique to the workshop topic being presented. More information will be made available once the workshops are confirmed and ready to book.

How are they delivered?

Usually online, 2 to 3 hours duration.

What will I learn about?

Previous topics include emotional regulation, autism and anxiety, symptomatic hypermobility and neurodivergence, tics and Tourette's. One in planning stages for FASD.

How much will it cost?

Free

Who presents the training?

Run by two facilitators including one Amaze worker and one specialist speaker.

How can I book or find out more?

You will need to register with the Amaze Family Training and Navigation Service to be on our mailing list for specialist workshops. You can register by completing this online form and selecting training as the service you are interested in:

<https://webforms.dizons.co.uk/amaze/family-support-referral>

Website: <https://amazesussex.org.uk/ndp-service/>

Aspens

Parent carer support sessions



Area of focus:

Autism

Need a diagnosis?

A child or young person must be under 25 years of age and show autistic characteristics or identifies as autistic.

Open to anyone?

Parent/ carer/ partner of an autistic person or professionals, across the Southeast.

How is it delivered?

Online. Two-and-a-half-hour session on Zoom. Run once a month.

What will I learn about?

Themed support groups for parent carers. Topics may include gaming, addiction, masking in school, ADHD, neurodiversity and mental health, early years, transition to adulthood, understanding and regulating emotions, school avoidance

How much will it cost?

Free

Who presents the training?

Delivered by specialists and those with lived experience.

How can I book or find out more?

Booking can be made via the Aspens website. <https://www.aspens.org.uk/Pages/Events/>

Email: familysupport@aspens.org.uk

Aspens

Autism Central – Support sessions



Area of focus:

Autism

Need a diagnosis?

A child or young person must be under 25 years of age and show autistic characteristics or identifies as autistic.

Open to anyone?

Parent/ carer/ partner of an autistic person or professionals, across the Southeast.

How is it delivered?

1-hour online session and/or face to face - at least once a week

What will I learn about?

Informal drop-in support sessions with Q&A session on a variety of topics. Current topics can be found on our events page or advertised on Aspens social media. Topics include autism and disordered eating, school avoidance, transitioning in school, autism and mental health and more.

How much will it cost?

Free

Who presents the training?

Delivered by specialists and those with lived experience.

How can I book or find out more?

Booking can be made here: <https://www.autismcentral.org.uk/hubs/aspens>

Email: autismcentralsoutheast@aspens.org.uk

CLASS+ **Coffee and Chat**



Area of focus:

Autism

Need a diagnosis?

No, includes post diagnosis plus those awaiting assessment for Autism.

Open to anyone?

East Sussex parent carers of autistic children and young people, including those not yet diagnosed and on the pathway to assessment. Includes those also referred for ADHD. For age range primary to 16 years.

How is it delivered?

Face to face sessions in schools & Family Hubs as well as Virtual sessions on Microsoft Teams. Occasional evening sessions offered. Sessions are 90 minutes duration and run across both term time and in school holidays.

What will I learn about?

Session includes a short focus on an autism related theme such as sensory difference, anxiety, emotional regulation. Practitioners facilitate discussion, offer strategies, signposting and encourage parent carers to connect. A register (optional) is taken, and parent carers added to our mailing list & resources sent out after the event.

How much will it cost?

Free

Who presents the training?

Delivered by 2 CLASS+ practitioners.

How can I book or find out more?

Coffee & Chats do ***not*** require booking.

To go on the mailing list, email: CLASS@eastsussex.gov.uk

Facebook page: <https://www.facebook.com/SENDEastSussex>

Area of focus:

Autism

Need a diagnosis?

No, includes post diagnosis plus those awaiting assessment for autism.

Open to anyone?

East Sussex parent carers of autistic children and young people, including those not yet diagnosed and on the pathway to assessment. Includes those also referred for ADHD For age range primary to 16 years.

How is it delivered?

Face to face and virtual sessions on Microsoft Teams. Sessions are 90 minutes duration. Occasional evening sessions offered. Term time only with face-to-face sessions held in schools & Family Hubs

What will I learn about?

Topics include those based on parent carer feedback examples include girls and autism, demand avoidance, post diagnosis, exploring anxiety, siblings & transition.

How much will it cost?

Free

Who presents the training?

Delivered by 2 CLASS+ practitioners.

How can I book or find out more?

To go on the mailing list, email: CLASS@eastsussex.gov.uk

Facebook page: <https://www.facebook.com/SENDEastSussex>

CLASS and Mental Health Support Team
CUES
Coping with Uncertainty in Everyday Situations



Area of focus:

Autism

Need a diagnosis?

No, includes post diagnosis plus those awaiting assessment for autism.

Open to anyone?

East Sussex parent carers of autistic children and young people, including those not yet diagnosed and on the pathway to assessment. For age range 6 to 16 years.

How is it delivered?

Face to Face sessions for 1 ½ hours. The course normally runs for 5 weeks. Term time only.

What will I learn about?

The workshops focus on the recognition, understanding and management of the feelings experienced in times of uncertainty. Strategies suggested during the group will be individually tailored to each child and parent carers can practise using these new skills in their selected target situation.

How much will it cost?

Free

Who presents the training?

The East Sussex Mental Health Support Teams (MHSTs) and CLASS practitioners.

How can I book or find out more?

To register your interest in attending the workshops:

<https://forms.office.com/e/Sd4pDuyMuX>

For more information:

<https://www.facebook.com/SENDEastSussex>

CITES

Sensory workshops



East Sussex School Health and
Children's Integrated Therapy Services

Area of focus:

Sensory processing difficulties but many other topics are available.

Need a diagnosis?

No

Open to anyone?

Yes

How is it delivered?

Three pre-recorded online workshops. Access any time via website.

What will I learn about?

Three recorded sensory workshops aimed at parent carers.

1: Introduction to sensory processing (10 minutes)

2: Understanding processing - the 8 senses (24 minutes)

3: Strategies to support (34 minutes). Sensory strategies family record sheet available to download alongside further information and recommended links on webpage.

How much will it cost?

Free

Who presents the training?

Delivered by therapists at CITES

How can I book or find out more?

Go to www.eastsussexchildren.nhs.uk/childrens-integrated-therapy

www.eastsussexchildren.nhs.uk/sensory-processing

As well as sensory processing workshops there are 50 videos (27 'short' videos 3-10 minutes and 23 longer workshops 15 - 60 minutes) available across all aspects of CITES for parent carers and professionals.

The Parenting Team Stepping Stones (SEN)



Area of focus:

Non-specific

Need a diagnosis?

No

Open to anyone?

A course specifically tailored to parent carers of children aged between 2 and 12 years old who have additional needs (diagnosed or undiagnosed).

How is it delivered?

Online, group sessions. 8 weekly sessions, 2 hours each.

What will I learn about?

The group can help you manage problem behaviour and development issues common in children with a disability or additional need. It helps you: encourage the behaviour you prefer; cope with stress; teach your child new skills and build better family relationships.

How much will it cost?

Free

Who presents the training?

Parenting Practitioners for the Parenting Team.

How can I book or find out more?

Email: EH.0-19parentingteam@eastsussex.gov.uk

Visit the Facebook page: <https://www.facebook.com/TheParentingTeam>

Website: <https://familyhubs.eastsussex.gov.uk/activities>

The Parenting Team

New Forest Parenting Programme (NFPP)



Area of focus:

ADHD

Need a diagnosis?

No

Open to anyone?

A course specifically tailored to parent carers of children aged between 3 and 11 with moderate to severe symptoms of ADHD.

How is it delivered?

Online, group session along with telephone support. 7 weekly sessions, 2 hours each.

What will I learn about?

NFPP takes place online and during these sessions, parent carers are made aware of symptoms and signs of ADHD and the ways in which they may affect their child's behaviour and their relationship with their child. Parent carers also learn strategies for managing their child's behaviour and attention difficulties.

How much will it cost?

Free

Who presents the training?

Parenting Practitioners for the Parenting Team.

How can I book or find out more?

Email: EH.0-19parentingteam@eastsussex.gov.uk

Visit the Facebook page: <https://www.facebook.com/TheParentingTeam>

Website: <https://familyhubs.eastsussex.gov.uk/activities>

The Parenting Team

General parenting courses



Area of focus:

Non-specific

Need a diagnosis?

No

Open to anyone?

Yes, but check the ages range and topics covered suit your needs.

How is it delivered?

Online, group sessions.

What will I learn about?

Online webinars on various parenting topics are available. The current offer includes: Parenting ages 2 -12, Parenting Teens (10+), Fearless (Anxiety) any age, S.T.O.P Programme for parent carers of Teenagers (10+), Transitions (Reducing parental conflict for separated couples), Amity Parenting Programme (8 weeks), Reducing parental conflict for couples living together), Solihull Approach for parents (ages 0-2), The Power of Positive Parenting ages 2-8, Healthy Sleep.

How much will it cost?

Free

Who presents the training?

Parenting Practitioners for the Parenting Team.

How can I book or find out more?

Email: EH.0-19parentingteam@eastsussex.gov.uk

Visit the Facebook page: <https://www.facebook.com/TheParentingTeam>

Website: <https://familyhubs.eastsussex.gov.uk/activities>

The Parenting Team

Teen Life



Area of focus:

Autism

Need a diagnosis?

Yes, or on the diagnostic pathway.

Open to anyone?

The Teen Life programme is a 7-week course for parent carers of autistic young people (10-16 years) and an (optional) accompanying professional.

How is it delivered?

Online, through MS Teams.

What will I learn about?

The programme aims to empower parent carers to understand more about how autism is experienced by autistic teenagers. It will discuss useful strategies and share ideas of how to support the autistic person through their teenage years.

How much will it cost?

Free

Who presents the training?

A programme created by the National Autistic Society. Delivered by Parenting Practitioners for the Parenting Team.

How can I book or find out more?

Email: EH.0-19parentingteam@eastsussex.gov.uk

Visit the Facebook page: <https://www.facebook.com/TheParentingTeam>

Website: <https://familyhubs.eastsussex.gov.uk/activities>

The Parenting Team

Learning about neurodivergent children



Area of focus:

A range including but not limited to autism, ADHD and PDA.

Need a diagnosis?

No

Open to anyone?

Parent carers of children aged 4-16 years old.

How is it delivered?

2-hour online session, via MS Teams.

What will I learn about?

This introductory session is for parents who want to develop their understanding and knowledge of different types of neurodivergence and ways to best support neurodivergent people. Topics include: What is Neurodivergence? Common types of neurodivergence, Pathological Demand Avoidance (PDA), sensory sensitivities, understanding meltdowns and best ways to respond.

How much will it cost?

Free

Who presents the training?

Parenting Practitioners for the Parenting Team.

How can I book or find out more?

Email: EH.0-19parentingteam@eastsussex.gov.uk

Visit the Facebook page: <https://www.facebook.com/TheParentingTeam>

Website: <https://familyhubs.eastsussex.gov.uk/activities>

Area of focus:

ADHD

Need a diagnosis?

Yes

Open to anyone?

Parent carers of children aged 6 to 18 who have received a diagnosis of ADHD and are known to the CAMHS NDP team and want to explore options for medication.

How is it delivered?

Online, group workshop.

What will I learn about?

Information about ADHD, strategies to support young people with a diagnosis of ADHD with an emphasis on promoting a neuroaffirmative self-image for young people. Information about ADHD treatment and information to support making an informed decision in relation to ADHD medication. Sign posting to local supports available in the area.

Parents will need to complete health screening following the group if they wish to explore ADHD medication for their child and additional health checks may be requested before booking in-person clinic appointment to discuss ADHD medication further.

How much will it cost?

Free

Who presents the training?

Run by a specialist nurse from the CAMHS NDP team.

How can I book or find out more?

Details will be sent to you on how to book when you receive your diagnosis letter.

CAMHS

Recorded workshops

Area of focus:

Various topics including ADHD.

Need a diagnosis?

No

Open to anyone?

Yes

How is it delivered?

Pre-recorded workshops. Access any time website.

What will I learn about?

Various recorded sessions available including these topics: ADHD, autism and challenging behaviour, anxiety, sleep.

How much will it cost?

Free

Who presents the training?

Delivered by specialist staff from the CAMHS team.

How can I book or find out more?

<https://www.sussexcamhs.nhs.uk/resources/resources-for-families-carers-and-professionals/parent-and-carer-workshops>

Organisations in this directory:



Amaze

Amaze is a charity that gives information, advice and support to families of children and young people with special educational needs and disabilities (SEND) in Brighton & Hove and East Sussex. Their ND Family Support Service is for families with children and young people under 25, before and after assessment for neurodevelopmental differences such as autism, ADHD and tics/Tourette's. Their core offer is ND Family Training and Navigation, and they also offer peer support through parent carer groups and befriending, as well as youth activities that welcome young people with neuro-differences.

<https://amazesussex.org.uk/nd-family-support/>



Aspens

Aspens is a charity that supports children, families and adults with Autism across Kent, East Sussex, West Sussex, Brighton and Hove. Their services include registered care homes; supported living; children and young people's groups, specialist support and online workshops.

<https://www.aspens.org.uk/>



Class+

CLASS+ works across East Sussex to support families/carers of Autistic children and young people. This includes those on the diagnosis pathway. Run by Education East Sussex (previously called iSEND)

<https://www.facebook.com/SENDEastSussex>



CITES

Children's Integrated Therapy and Equipment Service. They are the East Sussex NHS providers of occupational therapy, physiotherapy, and speech and language therapy for children.

<https://www.eastsussexchildren.nhs.uk/about/childrens-integrated-therapy-and-equipment-service/>



The Parenting Team – East Sussex Family Hubs

The parenting Team is funded by East Sussex County Council. They offer a variety of parent carer training and support sessions such as: Triple P programme, one-off groups, longer courses, and online sessions.

<https://familyhubs.eastsussex.gov.uk/activities>

CAMHS Neurodevelopmental Service provides diagnostic assessments of neurodevelopmental conditions in children. They undertake the assessment and diagnosis of ADHD for ages 6-18 and autism for ages 11-18. This is known as the Neurodevelopmental Team (NDT).

<https://www.sussexcamhs.nhs.uk/our-services/service-finder/neurodevelopmental-service-children-and-young-people>

The East Sussex Mental Health Support Teams (MHSTs) provide short-term support for children and young people affected by mild to moderate mental health needs. Education Mental Health Practitioners (EMHPs) deliver the evidence-based interventions. They are East Sussex County Council teams with close links to the NHS

<https://1space.eastsussex.gov.uk/Services/5900>

Links to sources of further information or support:

East Sussex Local Offer: <https://localoffer.eastsussex.gov.uk/>

Family hubs: <https://familyhubs.eastsussex.gov.uk/>

Amaze SENDIASS for advice on education, health and social care:
<https://amazesussex.org.uk/sendias/>

Amaze ND Family Support: <https://amazesussex.org.uk/nd-family-support/>

ESPCF: <https://www.espcf.org.uk/>

Autism pathway support available: [https://localoffer.eastsussex.gov.uk/assets/documents/Pre-Autism-Pathway-\(May-2024\).pdf](https://localoffer.eastsussex.gov.uk/assets/documents/Pre-Autism-Pathway-(May-2024).pdf)

Schools Health Team: <https://www.eastsussexchildren.nhs.uk/parents/>

i-Rock for young people aged 14 to 25 to access advice and support on emotional wellbeing:
<https://www.sussexcamhs.nhs.uk/our-services/service-finder/i-rock>

National Autism Society: <https://www.autism.org.uk/>

PDA UK: <https://www.pdasociety.org.uk/>

ADHD Foundation: <https://www.adhdfoundation.org.uk/resources/>

National Organisation for FASD: <https://nationalfasd.org.uk/>

Tourette's Action: <https://www.tourettes-action.org.uk/>

Witherslack Resources: <https://www.witherslackgroup.co.uk/support-and-events/resources/>