

Family Training offers in Brighton & Hove

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

Collated by Amaze ND Family Training and Navigation Service

Updated June 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.

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Quick links to courses 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](#)

Autism – on waiting list for assessment

[Introduction to neurodiversity - Primary school ages](#)

[Introduction to neurodiversity - Secondary school ages](#)

[Autism monthly drop-in - Seaside view patients only](#)

[Parent carer workshops - Seaside view patients only](#)

[Thinking about autism](#)

[Year 6 to Year 7 transition support](#)

[Sensory workshop](#)

Autism – already diagnosed

[Introduction to neurodiversity - Primary school ages](#)

[Introduction to neurodiversity - Secondary school ages](#)

[Exploring autism – ages 10 or under - Seaside view patients only](#)

[Exploring autism – over 10's - Seaside view patients only](#)

[Thinking about autism](#)

[Year 6 to Year 7 transition support](#)

[Coping with uncertainty in everyday situations](#)

[Post 16 transition support – Year 11 only](#)

[Sensory workshop](#)

ADHD – on waiting list for assessment

[Introduction to neurodiversity - Primary school ages](#)

[Introduction to neurodiversity - Secondary school ages](#)

[Insider's Guide to ADHD](#)

ADHD – already diagnosed- up to age 18

[Introduction to neurodiversity - Primary school ages](#)

[Introduction to neurodiversity - Secondary school ages](#)

[Insider's Guide to ADHD](#)

[Psychoeducation group](#)

Other ND differences

[Introduction to neurodiversity - Primary school ages](#)

[Introduction to neurodiversity - Secondary school ages](#)

[Specialist workshops at Amaze](#)

[DLD workshop](#)

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 Brighton & Hove or be registered with a GP or at school in Brighton & Hove.

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 in the city.

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 Brighton & Hove or be registered with a GP or school in Brighton & Hove.

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 in the city.

How much will it cost?

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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 Brighton & Hove or be registered with a GP or at school in Brighton & Hove.

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 Emotion Coaching, 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/>

Seaside View

Exploring autism – a parent carer group (Under 10 years)

Area of focus:

Autism

Need a diagnosis?

Yes

Open to anyone?

Parent carers of recently diagnosed children **under** 10 years old. Only available to families already seen at Seaside View.

How is it delivered?

Either online or in person. 6 sessions. Once a week for 6 weeks.

What will I learn about?

Adjustment to diagnosis, parent carer wellbeing, sensory processing, communication, understanding and promoting positive behaviours, managing behaviours, future support, working with professionals.

How much will it cost?

Free

Who presents the training?

Specialist nurses at Seaside View and Early Years Practitioners.

How can I book or find out more?

Parent carers are given information at their post-diagnosis support contact. They can then self-refer.

If your child has received a private diagnosis of autism, you can send the assessment report to SC-Tr.BGH-seasideview@nhs.net to access post-diagnostic support.

Seaside View

Exploring autism – a parent carer group (Over 10 years)

Area of focus:

Autism

Need a diagnosis?

Yes

Open to anyone?

Parent carers of recently diagnosed children **over** 10 years old. Only available to families already seen at Seaside View.

How is it delivered?

Once a week for six 2-hour sessions. Runs three times a year.

What will I learn about?

Offers the opportunity to learn about autism and their child's diagnosis as well as a place to share advice and ideas with other parent carers in similar positions.

How much will it cost?

Free

Who presents the training?

Run by clinical psychologists and autism specialists.

How can I book or find out more?

Parent carers are given information at their post-diagnosis support contact. They are then placed on a waiting list. Places are offered on a first come first served basis.

If your child has received a private diagnosis of autism, you can send the assessment report to SC-Tr.BGH-seasideview@nhs.net to access post-diagnostic support.

Seaside View

Autism monthly drop-in

Area of focus:

Autism

Need a diagnosis?

No but need to be referred to Seaside View.

Open to anyone?

For parent carers of children awaiting an autism assessment at Seaside View.

How is it delivered?

This is currently run during term time, on the first Thursday of the month.

What will I learn about?

Place for parent carers to seek advice, offer and share ideas with other parent carers. Covers topics such as preparing for the assessment, school issues and behavioural strategies.

How much will it cost?

Free

Who presents the training?

Run by a clinical psychologist and student/trainees at Seaside View.

How can I book or find out more?

Parent carers who are eligible are given information and invitation but need to self-book by emailing or calling Seaside View to receive the link.

If you are on the autism assessment waiting list, email <mailto:sc-tr.ssvdropins@nhs.net> to receive the online link.

Seaside View

Parent carer workshops

Area of focus:

No specific areas are covered. Most families who attend will have children on the autism assessment waiting list.

Need a diagnosis?

No – but need to be referred to Seaside View.

Open to anyone?

For any parent carer with a child open to Seaside View.

How is it delivered?

2-hour session online. Each session runs a couple of times a year.

What will I learn about?

It covers - anxiety, demand avoidance, bonds and boundaries, and repetitive and restrictive behaviours. New workshop on restricted eating and managing mealtimes.

How much will it cost?

Free

Who presents the training?

Run by a clinical psychologist at Seaside View.

How can I book or find out more?

Parent carers who are eligible are given information and an invitation but will need to self-book by emailing or calling Seaside View to receive the link.

Seaside View Sensory Workshop

Area of focus:

Sensory differences

Need a diagnosis?

No – but need to be referred to Seaside View.

Open to anyone?

Open to parent carers of children who have been to Seaside View and who have sensory needs.

How is it delivered?

One hour online recorded workshop.

How much will it cost?

Free

Who presents the training?

Designed and run by Seaside View Occupational Therapists.

How can I book or find out more?

Parent carers who are eligible are given information by the staff at Seaside View.

BHISS
Thinking About Autism



Area of focus:

Autism

Need a diagnosis?

No

Open to anyone?

Parent carers of children on the autism diagnosis pathway, or who have received a diagnosis.

How is it delivered?

Once per term, online.

What will I learn about?

We will look at the complex and changing world of autism, think about the impact of this on the family, explore how to draw in support if necessary and discuss how to navigate the way forward.

How much will it cost?

Free

Who presents the training?

BHISS Autism and Language Family Support Workers.

How can I book or find out more?

Email bhiss@brighton-hove.gov.uk for log in details.

BHISS

Year 6 to Year 7 Transition support



Area of focus:

Autism

Need a diagnosis?

No diagnosis needed for stand-alone workshops.

In depth 3-week sessions are open to parent carers of autistic students.

Open to anyone?

Specifically for parent carers of children in year 6.

How is it delivered?

We offer three different options to support transition in the summer term.

Option 1: Three face-to-face sessions for parents/carers of autistic young people in Year 6 who are making the transition to secondary school

Option 2: One online session for parents/carers of children in Year 6 on the autism pathway, or who have received a diagnosis making the transition to secondary school

Option 3: One online session offering advice about the transition to a different year group for parents/carers of children on the autism pathway or who have received a diagnosis

What will I learn about?

See above.

How much will it cost?

Free

Who presents the training?

BHISS Autism and Language Family Support Workers.

How can I book or find out more?

Email bhiss@brighton-hove.gov.uk for log in details or course availability.

BHISS

Online workshops with various themes



Area of focus:

Autism

Need a diagnosis?

This varies depending on the course being offered.

Open to anyone?

Open to parent carers. Some courses have specific audiences e.g. parent carers of secondary age students; students with language differences; those with a confirmed diagnosis. Please check individual courses for eligibility.

How is it delivered?

These sessions are delivered online.

What will I learn about?

Topics vary each year - however past workshops have included social anxiety, social media/internet safety, looking after yourself (parental well-being), working successfully with schools, puberty, students struggling to access school.

How much will it cost?

Free

Who presents the training?

Delivered by BHISS staff.

How can I book or find out more?

Email bhiss@brighton-hove.gov.uk to receive a copy of this term's training flier.

BHISS

School workshops



Area of focus:

Autism and/or language

Need a diagnosis?

This is dependent on what has been agreed with the school.

Open to anyone?

This is dependent on what has been agreed with the school.

How is it delivered?

This is held in person as part of parent carer SEND coffee mornings and events.

What will I learn about?

Each year primary schools are offered in-person workshops and coffee mornings from the BHISS Autism and Language Family Support Workers. These are usually held in school and are a combination of training and informal chat. The themes vary depending on what has been agreed with the school, however previous workshops have covered anxiety, puberty and transition.

How much will it cost?

Free

Who presents the training?

Delivered by BHISS staff.

How can I book or find out more?

The school will provide information when a workshop has been arranged.

BHISS

CUES - Coping with Uncertainty in Everyday Situations

Area of focus:

Autism

Need a diagnosis?

Yes

Open to anyone?

For parent carers of autistic young people aged 6-16.

How is it delivered?

An eight week programme (eight x 2 hour sessions).

What will I learn about?

Parent carers are encouraged to share their experiences and develop strategies to support their young people with uncertainty to try out between sessions.

How much will it cost?

Free

Who presents the training?

Developed by Newcastle University and delivered by BHISS staff.

How can I book or find out more?

email bhiss@brighton-hove.gov.uk for course availability.

BHISS

DLD workshop



Area of focus:

DLD (Developmental Language Disorder)

Need a diagnosis?

Yes. It's specifically for DLD parent carers, rather than anyone with a language disorder (e.g. those associated with autism). DLD is generally diagnosed by speech and language therapists.

Open to anyone?

Only parent carers of children and young people who have been diagnosed with DLD (Developmental Language Disorder).

How is it delivered?

The course is delivered online or in person, depending on the cohort. It involves seven x 90-minute sessions, organised weekly.

What will I learn about?

Supporting the parent carers to find out more about the diagnosis and building a community of support.

How much will it cost?

Free

Who presents the training?

BHISS specialist teachers, NHS Speech and Language Therapists, and Afasic.

How can I book or find out more?

Email bhiss@brighton-hove.gov.uk for course availability.

BHISS

Post 16 Transition Support



Area of focus:

Autism

Need a diagnosis?

Yes

Open to anyone?

Specifically for parent carers of children in year 11.

How is it delivered?

Online – a two-hour long workshop held in the summer term.

What will I learn about?

This workshop explores opportunities for post-16 autistic young people in Brighton & Hove. We will look at how to access information and advice so that we can prepare them to navigate this big transition into sometimes unfamiliar territory.

How much will it cost?

Free

Who presents the training?

BHISS Autism and Language Family Support Workers.

How can I book or find out more?

Email bhiss@brighton-hove.gov.uk for the online link.

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 on what ADHD is along with advice on the medication available, potential side effects and outcomes of medication. If you want your child to have medication you will then need to book an in-person clinic appointment to discuss this 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/>



Seaside View

The Seaside View Child Development Centre is where children in Brighton and Hove with concerns about their development are assessed and where health professionals such as paediatricians, nurses and therapists work together to support and treat your child.

<https://www.sussexcommunity.nhs.uk/services/seaside-view-child-development-centre.htm>



Brighton & Hove Inclusion Service (BHISS)

A service provided by Brighton and Hove City Council. BHISS works with nurseries, playgroups and childminders registered with Ofsted, as well as schools and colleges to support children and young people with special educational needs and disabilities (SEND), and their families. The service works closely with parent carers and professionals across maintained settings to ensure all children have access to quality first education and support.

<https://www.brighton-hove.gov.uk/directories/special-educational-needs-and-disability-send-support/brighton-hove-inclusion-support-service-bhiss>



CAMHS

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>

Links to sources of further information or support:

Family Service Directory: <https://www.familyinfobrighton.org.uk/kb5/brighton/fsd/home.page>

Front door for families: <https://www.brighton-hove.gov.uk/families-children-and-learning/refer-child-or-family-front-door-families> <https://www.brighton-hove.gov.uk/families-children-and-learning/refer-child-or-family-front-door-families>

Family hubs: <https://www.brighton-hove.gov.uk/families-children-and-learning/childcare-and-family-support/what-family-hubs-offer>

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

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

Brighton & Hove Parent and Carers Council: <https://paccbrighton.org.uk/>

Schools Mental Health Service: <https://www.brighton-hove.gov.uk/directories/special-educational-needs-and-disability-send-support/schools-mental-health-service>

Brighton Pebbles parent carer groups and activities: <http://www.brightonpebbles.org.uk/>

mASCot support network for autism: <https://www.asc-mascot.com/join-mascot>

A Seat at the Table (ASATT) - a parent carer support group formed by parent carers from ethnically diverse communities: <https://aseatatthetable.org.uk/>

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/>