

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

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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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Autism – on waiting list for assessment

[Understanding the neurodevelopmental pathways](#)

[Understanding neurodiversity – Primary ages](#)

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

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[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](#)

[Autism Central workshops](#)

ADHD – on waiting list for assessment

[Understanding the neurodevelopmental pathways](#)

[Understanding neurodiversity – Primary ages](#)

[Understanding neurodiversity – Secondary ages](#)

[Insider's Guide to ADHD](#)

ADHD – already diagnosed- up to age 18

[Understanding the neurodevelopmental pathways](#)

[Understanding neurodiversity – Primary ages](#)

[Understanding neurodiversity – Secondary ages](#)

[Insider's Guide to ADHD](#)

[Psychoeducation group](#)

Other ND differences

[Understanding the neurodevelopmental pathways](#)

[Understanding neurodiversity – Primary ages](#)

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[Specialist workshops at Amaze](#)

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Amaze

Understanding the neurodevelopmental pathways



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 under 18.

Must live in Brighton & Hove or be registered with a GP in Brighton & Hove.

How is it delivered?

Online, 3-hour workshop.

What will I learn about?

Topics covered include neurodiversity and neurodivergence, neurodevelopmental differences, what happens during the assessment process, executive function, masking, and where to find 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/nd-family-support/>

Amaze
Understanding neurodiversity
for parent carers of children primary age or younger



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 age or younger.
Must live in Brighton & Hove or be registered with a GP in Brighton & Hove.

How is it delivered?

Online, 3-hour workshop.

What will I learn about?

Topics covered include - strengths and positives of being neurodivergent, anxiety, demand avoidance, double empathy, emotional regulation and distressed behaviour, rejection sensitivity, and triggers and 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/nd-family-support/>

Amaze

Understanding neurodiversity – for parent carers of children of secondary age



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/young person of secondary age up to 18.
Must live in Brighton & Hove or be registered with a GP in Brighton & Hove.

How is it delivered?

Online 3-hour workshop.

What will I learn about?

Topics covered include - strengths and positives of being neurodivergent, anxiety, demand avoidance, double empathy, emotional regulation and distressed behaviour, rejection sensitivity, and triggers and 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/nd-family-support/>

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 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 support your child or young person. It's also an opportunity to connect with others having similar experiences.

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/nd-family-support/>

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 at the live workshop. More information will be made available once the workshops are confirmed and ready to book.

How are they delivered?

Usually online, 1 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, understanding FASD. Some of these are available to watch on our Youtube channel - <https://www.youtube.com/@AmazeSussex/videos>

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/nd-family-support/>

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 five 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 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, DLD (Developmental Language Disorder), and supporting your child with speech, language and communication needs.

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 Together 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 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?

Invitation only. 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>

Brighton & Hove Family Hubs

Raising Early Achievement in Literacy (REAL)

SEND



Area of focus:

Early literacy and home Learning for very young children. This evidence-based programme from The National Children's Bureau is especially adapted for children with SEND, including those who may be neurodiverse.

Need a diagnosis?

No – children are usually identified to join the group or are offered support in the home at the two-year development review or during pre-school years.

Open to anyone?

Any parent carers with a child aged 2-5 year (pre-school). Must live in Brighton & Hove or be registered with a GP in Brighton & Hove.

How is it delivered?

Both face to face in groups or 1-1 in the home. 4 sessions usually 4 weeks apart.

What will I learn about?

A range of ideas to support mark making, enjoyment of books, using print in the environment and support for language and communication. All participants receive a pack of resources to use during the course or home visits.

How much will it cost?

Free

Who presents the training?

Family Hubs staff.

How can I book or find out more?

You can self-refer, or ask a professional to refer you using this form:

<https://www.brighton-hove.gov.uk/families-children-and-learning/tell-us-if-you-are-worried-about-child>

Or call 01273 293545

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

Brighton & Hove Family Hubs

Triple P Stepping Stones Groups



Area of focus:

Supporting parents with strategies to promote positive communication and relationships with their children.

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 in Brighton & Hove.

How is it delivered?

Both face to face groups and Online options are offered each term – over 7 separate sessions. 1 week apart.

What will I learn about?

A range of strategies to support positive parenting techniques, meet other families with similar circumstances, and develop support networks after the training.

How much will it cost?

Free

Who presents the training?

Run by two facilitators from Family Hubs.

How can I book or find out more?

You can self-refer, or ask a professional to refer you using this form:

<https://www.brighton-hove.gov.uk/families-children-and-learning/tell-us-if-you-are-worried-about-child>

Or call 01273 293545

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

Aspens

Autism Central workshops



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 sessions via zoom. The length varies depending on the workshop and topic.

What will I learn about?

These workshops are funded by NHS England as part of the Autism Central Peer Education program of which Aspens leads the South East Hub. There are informal drop-in support sessions and themed workshops on a variety of topics relating to autism and neurodiversity.

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?

For more information on Aspens:

<https://www.aspens.org.uk/autism-central-south-east-hub>

To view and book workshops go to:

<https://autismcentralsoutheast.aspens.org.uk/group-sessions/>

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>



Brighton & Hove Family Hubs

A service provided by Brighton and Hove City Council. Family Hubs support families in Brighton & Hove with children aged from age 0 to 19. Young people with special educational needs or disabilities (SEND) can access our services up to age 25. Information, advice and guidance on subjects like childcare, services that can support with finances, local services for parents, young people and children.

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

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>



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/>

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/>