

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 October 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 – Understanding the neurodevelopmental pathways – any stage on pathway, ages 0-17	Page 4
Amaze – Understanding neurodiversity – any stage on pathway, primary or younger	Page 5
Amaze – Understanding neurodiversity – any stage on pathway, secondary ages	Page 6
Amaze – Insider’s guide to ADHD – on ADHD pathway or diagnosed, ages 6-17	Page 7
Amaze – Specialist workshops – various topics on ND differences, up to age 25	Page 8
Aspens – Parent carer workshops - diagnosed with autism or traits identified	Page 9
Aspens – Autism Central workshops - diagnosed with autism or traits identified	Page 10
CLASS+ – Coffee & Chat sessions - on pathway or diagnosed with autism, up to 16	Page 11
CLASS+ – various workshops – on pathway or diagnosed with autism, up to 16	Page 12
CLASS & MHST – Parent carer workshops - on pathway or diagnosed with autism, ages 6-16	Page 13
CITES – recorded sessions on various topics like sensory processing – open to all	Page 14
The Parenting Team – Stepping Stones – any ND conditions, any stage, ages 2 to 12	Page 15
The Parenting Team – New Forest Parenting – any stage on ADHD pathway, ages 3 to 11	Page 16
The Parenting Team – General parenting courses – open to anyone with children up to 16	Page 17
The Parenting Team – Early Bird Plus Programme - any stage on autism pathway, ages 4 to 9	Page 18
The Parenting Team – Teen Life – any stage on autism pathway, ages 10 to 16	Page 19
The Parenting Team – Learning about Neurodivergent children – any stage, ages 4 to 16	Page 20
CAMHS – Psychoeducation group – for parent carers of children diagnosed with ADHD	Page 21
CAMHS – Recorded workshops on various topics including ADHD – open to all	Page 22
Organisations listed in this directory	Page 23
Links to sources of further information or support	Page 24

Quick links to courses by area of focus, age or stage on ND pathway

Autism – looking into a referral

[Understanding the neurodevelopmental pathways](#)

[Understanding neurodiversity – Primary ages](#)

[Understanding neurodiversity – Secondary ages](#)

[Stepping Stones for ages 2 to 12](#)

[Learning about Neurodivergent children](#)

Autism – on waiting list for assessment

[Understanding the neurodevelopmental pathways](#)

[Understanding neurodiversity – Primary ages](#)

[Understanding neurodiversity – Secondary ages](#)

[Coffee & Chat sessions - parents of children up to 16](#)

[CLASS+ workshops - parents of children up to 16](#)

[Coping with Uncertainty in Everyday Situations - parent carers of children up to 16](#)

[Stepping Stones for ages 2 to 12](#)

[Early Bird Plus Programme](#)

[Teen Life](#)

[Learning about Neurodivergent children](#)

Autism – already diagnosed

[Understanding the neurodevelopmental pathways](#)

[Understanding neurodiversity – Primary ages](#)

[Understanding neurodiversity – Secondary ages](#)

[Aspens parent carer workshops](#)

[Autism Central workshops](#)

[Coffee & Chat sessions - parents of children up to 16](#)

[CLASS+ workshops - parents of children up to 16](#)

[Coping with Uncertainty in Everyday Situations - parent carers of children up to 16](#)

[Stepping Stones for ages 2 to 12](#)

[Early Bird Plus Programme](#)

[Teen Life](#)

ADHD – on waiting list for assessment

[Understanding the neurodevelopmental pathways](#)

[Understanding neurodiversity – Primary ages](#)

[Understanding neurodiversity – Secondary 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

[Understanding the neurodevelopmental pathways](#)

[Understanding neurodiversity – Primary ages](#)

[Understanding neurodiversity – Secondary 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](#)

[Psychoeducation group](#)

Other ND conditions

[Understanding the neurodevelopmental pathways](#)

[Understanding neurodiversity – Primary ages](#)

[Understanding neurodiversity – Secondary ages](#)

[Specialist workshops at Amaze](#)

[Stepping Stones for ages 2 to 12](#)

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 East Sussex or be registered with a GP in East Sussex.

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 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
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 East Sussex or be registered with a GP in East Sussex.

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/ndp-service/>

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, learning difficulties, 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 East Sussex or be registered with a GP in East Sussex.

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/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 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 emotional regulation, autism and anxiety, symptomatic hypermobility and neurodivergence, tics and Tourette's, sensory processing, 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.dizions.co.uk/amaze/family-support-referral>

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

Aspens

Parent carer 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?

Themed workshops that address a different topic each time. Topics currently covered include emotional wellbeing in autistic children & young people, autistic women and girls. autism and eating, neurodiversity & self-harm.

How much will it cost?

Free

Who presents the training?

These workshops are delivered by the Aspens family support team who have lived experience of autism and neurodiversity.

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/>

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/>

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?

In person Coffee & Chats do ***not*** require booking but to join a virtual chat you will need to book a place. Find more details here:

<https://localoffer.eastsussex.gov.uk/activities-and-events#CLASSCoffeeChatSessions>

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. Resources will be sent to participants afterwards.

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?

For more information go to the Facebook page:

<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 Early Bird Programme



Area of focus:

Autism

Need a diagnosis?

Yes, or on the diagnostic pathway.

Open to anyone?

The Early Bird programme is a 7–8-week journey for parents and carers of children aged 4-9 navigating the autism pathway. Parents can also invite a professional who works closely with their child.

How is it delivered?

Online, through MS Teams.

What will I learn about?

Over the course of the programme, attendees will have an opportunity to discuss and explore:

- building effective communication and interaction skills
- using structured approaches to support their children in different environments
- developing social skills and fostering positive relationships
- understanding and managing behaviours in a supportive way
- practical strategies for collaborative problem-solving

Each family and professional will receive a Early Bird Plus programme book to support continued learning beyond the sessions.

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

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- 8-week course for parent carers of autistic young people aged 10-16 years. Parents can invite a professional who works closely with their young person.

How is it delivered?

Online, through MS Teams.

What will I learn about?

This programme aims to empower parents to understand and support autistic teenagers as they navigate this important phase of life. Attendees will have an opportunity to discuss and explore:

- understanding autism and autistic identity
- managing stress and anxiety
- understanding and supporting behaviour
- health and wellbeing during adolescence
- navigating puberty
- education and school experiences
- preparing for the transition to adulthood

Each family and professional will receive a Teen Life programme book to support continued learning beyond the sessions.

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?

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>

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/sendiaass/>

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

East Sussex Parent Carer Forum: <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/>