

Brighton & Hove support groups

For parents of children and young people with special educational needs & disabilities (SEND)

Our friendly drop-in support groups are for parents of children and young people with any additional need or disability including neurodivergence and mental health. They give you the chance to meet other parents and carers with similar experiences. You can also find out about SEND services that can help or share your experiences and views.

Our monthly in person groups

- **Breakfast Club** - various weekdays
at Al Campo, London Road, Brighton BN1 4FJ
- **Moulsecoomb & Bevendean** - Thursdays
at Moulsecoomb Hall, Lewes Road, Brighton, BN2 4GA
- **Hangleton & Portslade** - Wednesdays
at Hangleton Community Centre, Hove, BN3 8BW
- **Whitehawk** - Tuesdays
at St Cuthman's Church, Whitehawk Way, Brighton, BN2 5HE
- **Dad's group** - Thursday evenings
at the Stoneham Pub, Portland Road, Hove, BN3 5QJ

Every 6-8 weeks, we also run a group for parents of children and young people with **Complex health needs and/or profound learning disabilities** and a group specifically **for parents of 16-25 year olds**, called Parents Like Us. Dates and locations for these groups vary.



To get more details, click on the QR code, email parentgroups@amazesussex.org.uk or visit amazesussex.org.uk/events/



Brighton & Hove WhatsApp groups

Most of our in-person groups have WhatsApp groups attached to them, and we also run the following WhatsApp only groups

- **Autism group** - for parents of autistic children under 8
- **Complex needs group** - for parent carers of children and young people with complex needs or profound and multiple learning disabilities (PMLD).
- **Grandparents/Kinship Carers group** - for grandparents and kinship carers of any child or young person with SEND.
- **Mental Health Room** - a safe space for parent carers to talk about their child's mental health or their own
- **Neurodivergent parents group** - for parent carers who are neurodivergent, or who identify as neurodivergent.
- **Supported living group** - for parent carers of young people living in supported accommodation, and those considering supported living for their young person.



We also run the [Amaze Parent Carer Community](#), a private, closed Facebook group just for parent carers in Brighton & Hove and East Sussex.

To join a WhatsApp group, email parentsgroups@amazesussex.org.uk

About us

Amaze is a charity that supports families with children and young people with special educational needs and disabilities in Brighton & Hove and East Sussex.

Our friendly, drop-in support groups are run as a partnership between Amaze and Brighton & Hove Parent Carers' Council. The groups are sponsored by local law firm, Slater and Gordon



Official sponsors of Amaze's Parent Groups & Befriending Service