

East Sussex 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

- **Bexhill** - Wednesdays
at The Pelham, Holliers Hill, Bexhill on Sea, TN40 2DD
- **Eastbourne** - Wednesdays
at Kings Centre, 27 Edison Road, Eastbourne BN23 6PT
- **Hailsham** - Tuesdays
at Hailsham East Community Centre, Vega Close, BN27 3JZ
- **Heathfield** - Thursdays
at Union Church, Station Road, Heathfield TN21 8LB
- **Uckfield** - Thursdays
at Victoria Pavilion, New Town, Uckfield TN22 5DJ
- **Dad's group** - Monday evenings
at The Old Bank Wellbeing Trust, Hampden Park,
Eastbourne BN22 9NH

We also run a group every 6-8 weeks for parents of children and young people with **Complex health needs and/or profound learning disabilities**. Dates and locations for this group vary.



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



East Sussex WhatsApp groups

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

- **Complex needs group**- for parent carers of children and young people with complex needs or profound and multiple learning disabilities (PMLD).
- **Brunch Club**- for any parent of any child or young person aged 0 -25 in East Sussex with SEND.
- **Grandparents/Kinship Carers group** - for grandparents and kinship carers of any child or young person with SEND.
- **Kids Squad** - for parents and carers of neurodivergent children up to 10 in East Sussex
- **Escape** - for parents and carers of neurodivergent children and young people aged 11 to 25 in East Sussex.
- **Mental Health Room** - a safe space for parent carers to talk about their child's mental health or their own
- **Supported living group** - for parent carers of young people living in supported accommodation, and those considering supported living for their young person.
- **Neurodivergent parents group** - for parent carers who are neurodivergent, or who identify as neurodivergent.



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 East Sussex Parent Carer Forum. The groups are sponsored by local law firm, Slater and Gordon



Official sponsors of Amaze's Parent Groups & Befriending Service