

## Insiders' Guide

Insiders Guide courses aim to build parents' knowledge and wellbeing so they are well placed to enjoy the journey bringing up their children. They offer a mixture of practical skills like dealing with meetings or helping your child have a social life, as well as time to look at how it feels to have a child with special needs and how to build your own resilience. All IG courses are run by Amaze but co-delivered by a professional and a parent carer. They have 6 sessions. There are five versions of IG so as to bring together parents with things in common:

- Under 5s with special needs
- Under 12s with special needs
- Teenagers with special needs
- Severe and profound learning difficulties
- Complex health needs.

Call Amaze on 772289.

## Looking After You

Looking After You courses aim to help with the physical and emotional stresses that can come with parenting a disabled child. They combine relaxation, bite sized Pilates techniques and a chance to talk. This course is run by Amaze and is for any parent of a child with additional needs of any age up to 19. Call Amaze on 772289.

Amaze runs workshops for parents on specific topics e.g. disability benefits, transition planning, bullying; an annual parent information fair and PaCConnect meetings.

This leaflet has been jointly produced by Amaze and the Integrated Child Development and Disability Service. For further copies contact Amaze or Seaside View.

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## Other courses, groups and workshops for parents in the city

**Mindfulness:** free or low cost courses are available via Seaside View and other services across Brighton & Sussex for parent carers. The courses involve learning practical skills and techniques for better managing low mood, anxiety and stress. Research into Mindfulness has found helpful outcomes for people with these experiences and it is a recognised and recommended form of NHS treatment. If you would like further information about Mindfulness please contact; [kv@mindfulhealth.co.uk](mailto:kv@mindfulhealth.co.uk) or go to the website [www.mindfulhealth.co.uk](http://www.mindfulhealth.co.uk)

**Childrens Centres:** programme of groups and activities. May be open to all or by invite. Often includes Triple P.

**Schools:** some offer parent get togethers and courses. E.g. Downs View and Hillside have regular parent sessions on useful topics.

**Parenting Team:** keep an up to date list of Triple P groups running across the city. Tel 294471

**Learning support services:** may run parents sessions. The ASCSS hold regular parent meetings.

## Parent-run groups

There are a number of local parent-led groups that are another way to get together with other parents and share ideas and experiences. They may arrange parent get togethers or family activities. Some are open to all, some are disability specific or are in particular local communities. Amaze keeps an up to date list.

# Courses and groups for parents



A guide to courses and groups for parent carers of children and young people with disabilities and special needs in Brighton and Hove

## What parents say about joining a course or group

Parents of disabled children and children with special needs say it is good to take part in a course that is aimed especially for them because it can offer:

- A chance to spend some time with other parents in a similar situation
- More information or understanding about their child's needs
- A chance to share ideas and experiences with other parents and with trainers who know about disability and special needs
- New skills, strategies or tips to help their child and family
- A bit of time and space for themselves to make sense of the challenges of having a child with extra needs.

## Finding the right course or group for you

This leaflet has details of the courses that should run regularly via Seaside View, Amaze or CAMHS. There is an annual timetable. If this is not with this leaflet, check the Amaze website for the latest list [www.amazebrighton.org.uk](http://www.amazebrighton.org.uk) or call the Helpline on 772289 . You can also use the Helpline to talk through which courses may suit you. The course details tell you how or where to book a place. All these courses are FREE for local parents.

## Triple P Stepping Stones

Triple P positive parenting courses are all about making family life run smoothly and happily by really focussing on how we deal with children's behaviour. Find out reliable ways to encourage more good behaviour and cut down the less good. Stepping Stones is for parents of under 12s with any special need or disability. It is run by Seaside View and Amaze. 6 group sessions and 2 phone consultations, over 8 weeks. Book via Amaze on 772289.

## Triple P Teen

Teenagers bring fresh challenges for all parents around behaviour and how to respond helpfully. Triple P Teen courses will help you stay positive in your approach to parenting your teenager (11s and over) with special needs. Get strategies to help them develop independence without too much risky behaviour. This course is run by Amaze. 5 group sessions and 3 phone consultations, over 8 weeks. Book via Amaze on 772289.

*"I really enjoyed the course, as well as it being extremely informative I thought it was an invaluable experience for meeting other parents, sharing stories and offering first hand advice and support"*

Parent after Time Out for ASC course

*"An incredible course...so supportive and a wealth of knowledge."*

Parent after Triple P course

## Time Out for ASC

Time Out for ASC is for parents of children aged up to 10 years with a diagnosis of Autistic Spectrum Condition. It is run by Seaside View. The 8 sessions provide parents with the opportunity to meet other parents, gain more information about ASC, share experiences and find strategies to help support their child and family. All parents will be invited to this course after their child is diagnosed at Seaside View, but if you missed it then you can still book. Call Seaside View on 265780.

## Exploring ASC

Exploring ASC is a group for parents of children aged over 10 years with a diagnosis of ASC/ASD (Autistic Spectrum Condition or Disorder) including Asperger's Syndrome. It is run by CAMHS. And Community CAMHS. The 6 weekly sessions help parents understand more about their child's diagnosis, adjust to how it affects family life and get ideas about how to cope and help their child. All parents will be invited to this course after their child is diagnosed at CAMHS, but if you missed it then you can still book. Call CAMHS on 718680.

## ATLAS

ATLAS is a course for parents of children with a diagnosis of ADHD (attention deficit hyperactivity disorder). It is run by CAMHS. The 5 weekly sessions help parents understand more about ADHD and deal with concerns about how it affects family life and school. You can book on this course if your child has a firm diagnosis and currently seeing CAMHS. Call CAMHS on 718680.