






## SEND Helpful Websites

	<p>If you live in East Sussex and you're worried about managing your child's behaviour, supporting their development or their emotional wellbeing or you want support and advice to help build a positive relationship with your child, we can help.</p>	<p><a href="https://www.openforparents.org.uk/location/eastbourne/">https://www.openforparents.org.uk/location/eastbourne/</a></p>
	<p>We offer parent peer support to families whose children are struggling with their mental health — a safe, non-judgemental space to come together and know that you are not alone. We have a range of support sessions from coffee mornings/evenings to 1:1 support</p>	<p><a href="https://www.holdingspace.org.uk/">https://www.holdingspace.org.uk/</a></p>
	<p>CLASS+ works across East Sussex to support families/carers of Autistic children and young people. This includes those on the diagnosis pathway.</p>	<p><a href="https://1space.eastsussex.gov.uk/Services/4848">https://1space.eastsussex.gov.uk/Services/4848</a></p>
	<p>Spectrum is a county-wide service that helps young people with autism to access clubs and leisure activities. We want to make sure that everyone gets the same opportunities as their peers. We do this by: developing a leisure plan that reflects their individual strengths helping them to join clubs and other leisure activities making sure they get the most from the help and support available training local clubs to understand the needs of people with autism encouraging individuals to achieve their potential.</p>	<p><a href="https://www.autism.org.uk/autism-services-directory/s/spectrum-eastsussex">https://www.autism.org.uk/autism-services-directory/s/spectrum-eastsussex</a></p>
	<p>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 &amp; Hove and Sussex. We also support young people with SEND up to 25. Some of our services are only available in specific areas – check out the specific services information for <a href="#">parent carers</a> and <a href="#">young people</a>.</p>	<p><a href="https://amazesussex.org.uk/">https://amazesussex.org.uk/</a></p>



Defiant Sports are a not-for-profit providing accessible sports for all, no matter their disabilities. We work with people of all ages, abilities and needs across a variety of multi-sports.

<https://defiantsports.org.uk/>



We provide inclusive football sessions for players with a disability at venues throughout Sussex. These sessions are open to anyone with a disability who is aged five and over who wants to play regular football. All the sessions are for members only.

<https://bhafcfoundation.org.uk/football-participation/disability-football/>



i-go is a register and FREE leisure discount card. It is for people 0-25 with additional needs living or studying in East Sussex. This could include learning, physical, or social, emotional and mental health needs. A diagnosis is not always necessary.

<https://igo.eastsussex.gov.uk/offers-events>



We support Young Carers by promoting positive wellbeing through a variety of activities, workshops, and respite. Working with school staff and other professionals, we aim to ensure Young Carers have access to the support they need and know they are not alone. Young Carers provide unpaid care for a family member or friend with an illness, disability, mental health issue, or addiction. They support the cared-for and other family members with practical tasks, physical care, and emotional support, whilst at the same time trying to live their own life. We support Young Carers in East Sussex to minimise the negative impacts of caring and to access social and educational opportunities and emotional support, highlighting the positive impacts of being a carer, such as increased resilience and empathy.

<https://www.imago.community/Children-and-Young-People/East-Sussex-Young-Carers>