

AMAZINE



The new normal
and other updates

Activities

Games and things to try

5 ways to wellbeing ideas
from Amazing Futures

SENDIASS: information,
advice and support

Issue 4
June 2020

Jam packed full of
inspirational ideas from
the Amazing Futures team





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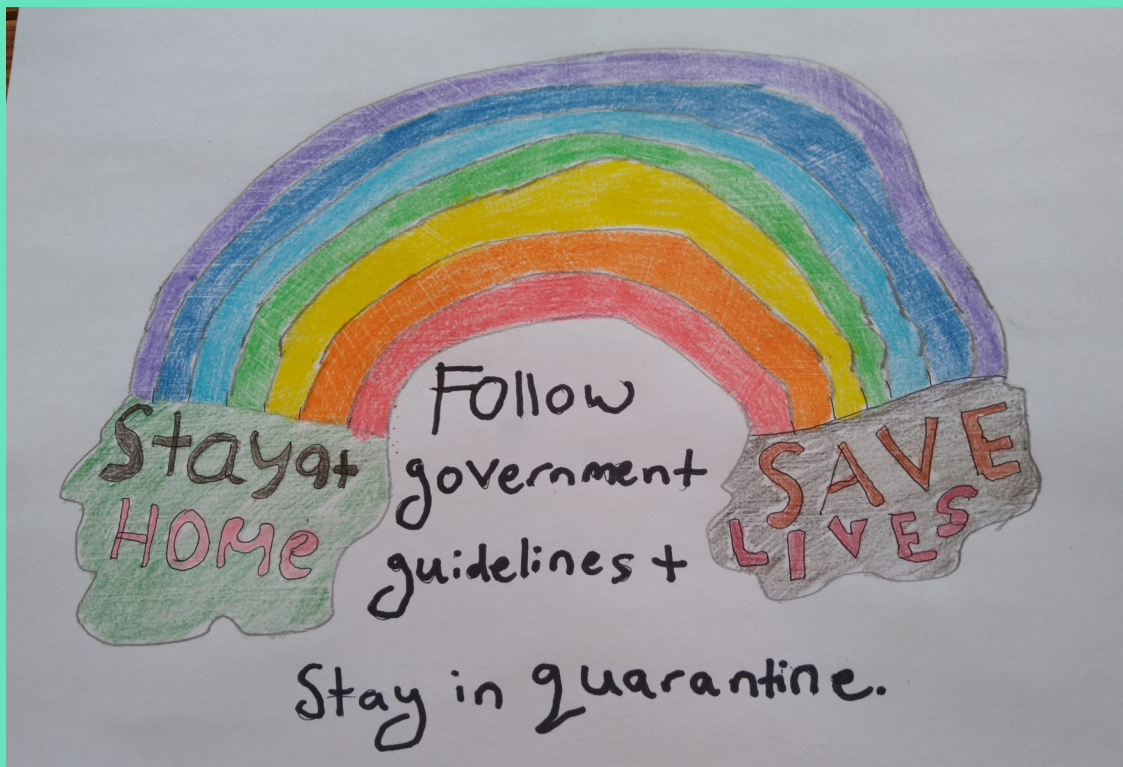
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Points of view



Been thinking about it.....

Covid-19 sounds like a really rubbish XFactor band that don't even make it through the auditions.....

.....Or some weird futuristic thing at Thorpe Park.....

Thought of the times by Lewis M



SENDIASS offer for young people

Please call us as we can help with things around education, health or social care, or anything else you may need.

It's important to stay connected, so call us even if you just need to talk. We can help you on your own or with your parents and carers too.

We are still able to offer some follow up casework support (by phone and email) for more complex issues.

Getting in touch

You can contact us by email on sendiass@amazesussex.org.uk or phone 01273 772289.

All calls go straight to voicemail at the moment, so please leave your contact details. We are replying to message as quickly as we can, usually within a day or two.

Please let your parents or carers know they can join the weekly SENDIASS Zoom drop -ns on Thursday afternoons.

This is a more informal way to ask questions, find out the latest information and hear from other parents. Tell them to [check Amaze's events page on our website for more details](#)



Sally at SENDIASS

Sally is one of the SENDIASS advisors. SENDIASS stands for Special Educational Needs and Disabilities Information Advice and Support Services.



"I've worked at Amaze for over 5 years, and as a volunteer before that. I love my job helping young people and their parents/carers. Other things I love doing include looking after my ginger cat Peanut, visiting historical places and supporting West Ham United."

Did you know ? you can get your own free information advice and support if you are:

- Under 25 years old
- Disabled or need extra help with your learning
- Living in Brighton & Hove or East Sussex

I can help you by talking on the phone, email or face to face.



The new normal

There are lots of changes going on now regarding the relaxation of lockdown and it can be confusing. Please do check the Amaze website for up to date information and guidance to keeping safe and well.

These changes can lead to increased anxiety especially for young people who are shielding or living with someone shielding . www.themix.org.uk and www.e-wellbeing.co.uk are great websites with free resources and advice



Did you know?

You can print this off or save it to your phone on https://amazesussex.org.uk/wp-content/uploads/2020/06/Amaze_mask_pass_2options-print.pdf



I am a child or young person with a health condition or disability which means I am exempt from wearing a face mask

Here are some quirky ideas to keep busy and try something new



Get gardening like Jack—if you don't have a garden maybe you could grow herbs for cooking or a single sunflower in a pot by a window

Fossil hunting— you could spend some time at the beach looking for fossils or unusual beach items. Why not take a photo and share your finds with your friends and family



Try making something like these retro loombandz. Remember them?



Molly from Brighton & Hove's Amazing Futures group wants to let people know about Dr Julie Smith. She highly recommends her videos.



[INSTAGRAM](#) - [TIKTOK](#) - [YOUTUBE](#) <https://doctorjuliesmith.com/>

Dr Smith is a qualified clinical psychologist who has an excellent website with free great videos on topics like beating low mood, scary symptoms of anxiety, feeling overwhelmed, 4 essential things to do in isolation.



Being active with a Hulu hoop

Why not try something new like huluhooping which both Izzy and Bryony from Amazing Futures East Sussex enjoy.

Or **simply slow down** and take it easy with a cuppa and a book or watch a film



Megan's Quiz corner

Join us here for some of our favourite questions from our latest AF Friday afternoon quizzes



- 1) What do you call a group of Flamingos?**
- 2) What is the most popular colour of toilet roll in France?**
- 3) What is the name of Barbie's boyfriend?**
- 4) How many children does Queen Elizabeth have? Can you name them all?**
- 5) When was Fortnite released?**
- 6) What is the closest planet to the sun?**
- 7) How many hearts does an octopus have?**

Can you work out who these Disney characters are in their Lego minifigure forms?



Answers are
available on the
Amaze website

What have the young people from the Amazing Future groups being getting up to?



I also went in the sea earlier today - it was FREEZING



I just went for a run..... it was really hard but I made it and I'm really proud of myself



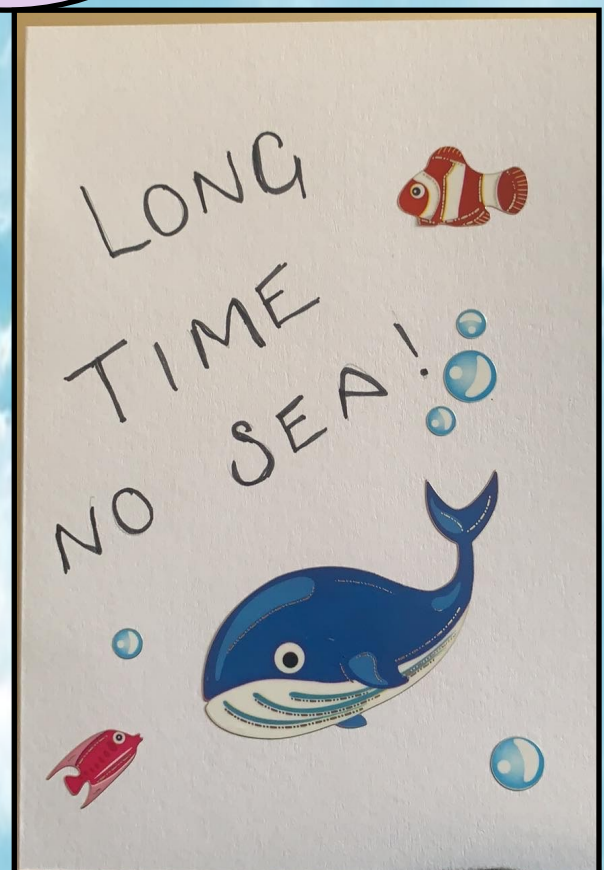
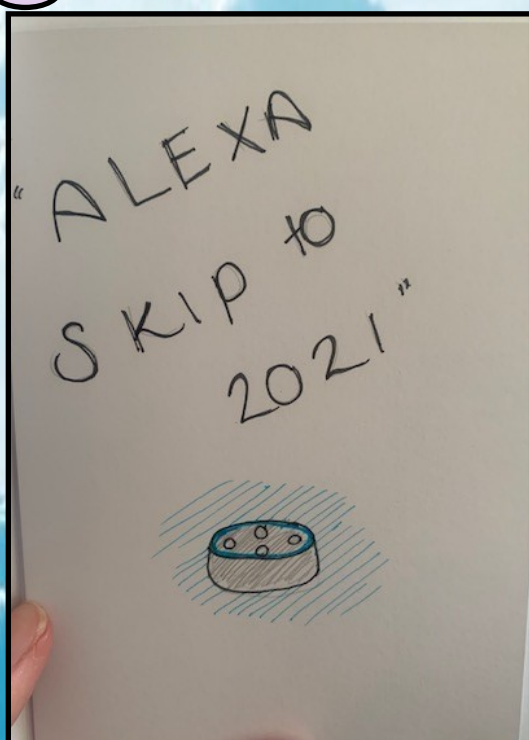
I just finished
having a water
balloon fight (Mia)



Some things I've been doing to
amuse myself during this time
are running, making YouTube
videos, cooking with my mum,
cleaning the house, uni work
and reading (Molly)

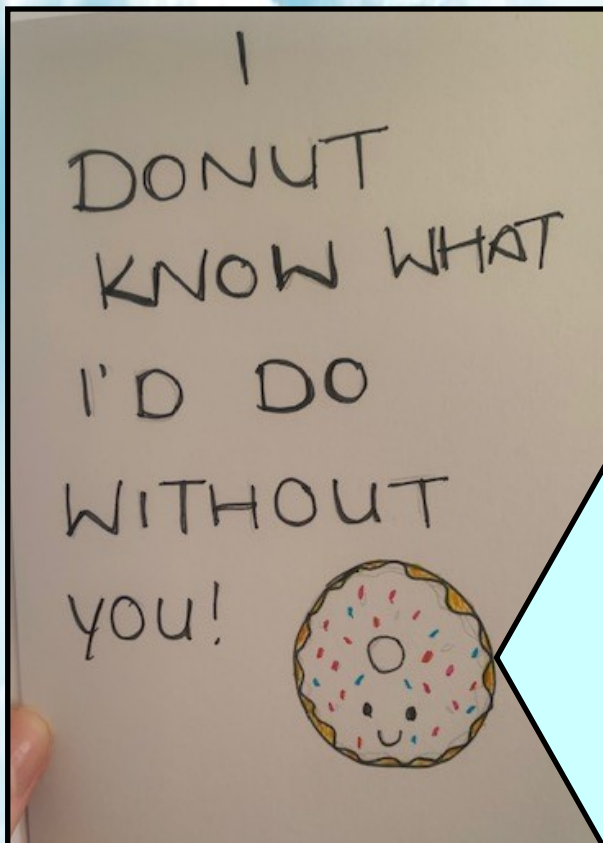
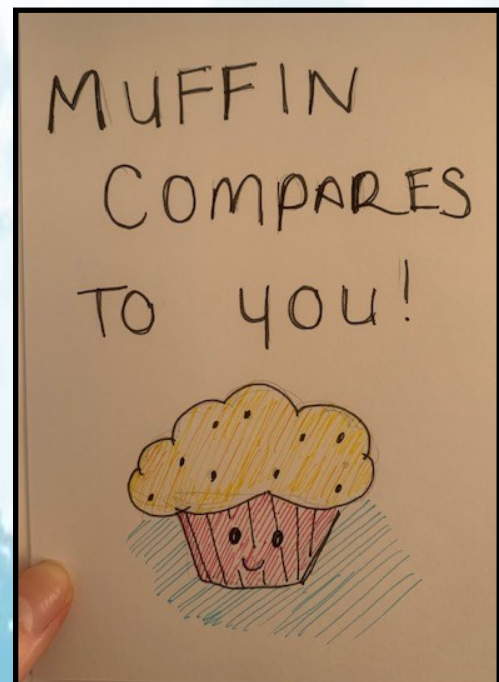
Staying connected

Two of the 5 ways to wellbeing are staying connected and giving. Chloe has been practising this by making and sending cards to the members of the Amaze group.



Activity:

Design a postcard or a card to send to a family member or a friend to send in the post!



**To make these cards
Chloe used:**

Cards
Envelopes
Coloured pens



Mountain Pose

1

Tadasana



Benefits	Improves posture, strengthens core, muscles and legs.
1	Stand tall with your weight balanced evenly on your feet.
2	Firm your thigh muscles and pull in your tummy.
3	Press your shoulders back and hang your arms beside your torso.
4	Breathe deeply and hold as long as needed (at least two long breaths).

Giraffe Pose

2

Chair Pose: Utkatasana



Benefits	Strengthens legs, stretches shoulders and chest.
1	Start in mountain pose.
2	Exhale, and bend your knees as if you were sitting in a chair.
3	Reach your arms towards the ceiling, with your palms facing each other.
4	Hold this pose and breathe.

Tree Pose

3

Vriksasana



Benefits	Improves balance, strengthens thighs, calves, and ankles, stretches legs and chest, develops concentration.
1	Begin in mountain pose.
2	Lift your right foot, turning your knee out, place your foot below your left knee.
3	Press your hands together.
4	Raise arms overhead, and look up to your hands if possible.
5	Return hands to your chest, and lower your right leg.
6	Repeat with left leg.

Flamingo Pose

4

Rainbow Pose



Benefits	Stretches arms, abdominals, spine, and chest; calms the mind.
1	Raise both hands over your head.
2	Drop one hand by your side, exhale, and arch the other over your body.
3	Hold this position.
4	Repeat on the other side.

Elephant Pose

5

Rainbow Pose



Benefits	Stretches legs and back, relieves stress and calms the mind.
1	Bend at the hips.
2	Let arms hang low then clasp fingers together.
3	Swing arms from side to side like a trunk. Swing whole body from side to side to walk like an elephant.

Snake Pose

6

Salabhasana



Benefits	Strengthens spine and backs of arms and legs, stretches shoulders, chest, and belly, improves posture, helps relieve stress.
1	Begin by lying on your tummy.
2	Exhale, and lift your head and upper torso off the floor.
3	Curve forward or slightly upward.
4	Hold this position, then release.

Zebra Pose

7

Cat Cow Pose: Marjaryasana Bitilasana



Benefits	Stretches torso and neck, gently massages spine and internal organs.
1	Start by kneeling on hands and knees. Make sure hands are below shoulders, and knees are below hips.
2	Inhale, look up to the ceiling, and allow your belly to sink toward the floor.
3	Exhale, round your back towards the ceiling, and look at your belly.
4	Repeat.

Lion Pose

8

Simhasana



Benefits	Stretches the legs, thighs, and ankles, calms the mind, relieves stress and fatigue.
1	Start on your knees, then sit back onto your heels.
2	Spread your fingers out and press your palms into your knees.
3	Take a deep breath in through your nose.
4	Open your mouth, stretch out your tongue, open your eyes wide, and let out your breath through your mouth with a loud "ROAR".
5	Repeat a few times.

Butterfly Pose

9



Benefits	Calms the body and mind, helps relieve stress, headaches and fatigue.
1	Begin by sitting with soles of feet together.
2	Touch fingers to the side of your head.
3	Gently bounce your knees to flap your butterfly wings, and move your fingers to wiggle your butterfly antennae.
4	Exhale, and slowly lower your hands back to your lap.

Relaxation Under a Tree

Resting Pose: Savasana



Benefits	Calms the body and mind, helps relieve stress, headaches and fatigue.
1	Lay down on your back, with arms next to your body and legs slightly apart.
2	Close your eyes, focus on deep breathing and relaxation. For full benefit, relax for 2-5 minutes depending on age.



Izzy is one of the Amazing Futures East Sussex peer supporters and her Mum Angie is a yoga teacher. Angie has been showing some of the group how to relax and do some yoga poses via zoom. She thought you might like to try these out - [yogaanj](#) on Facebook





Shark Tracker



This app is free and available on the app store, if like me you're fascinated with the ocean then this is wonderful!

The app allows you to track sharks, turtles, seals, alligators and dolphins.

The animals are tagged and named. The app provides a bio about the animal telling you a bit about the animal. You can click on the button that says 'Show my track' and it will show you where the animal has been at what time.

Get the app either through your iPhone on;

<https://apps.apple.com/gb/app/ocearch-shark-tracker/id570772231>

Or on an Android;

<https://play.google.com/store/apps/details?id=org.ocearch.SharkTrackerAndroid>

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This is an example of a sharks track, showing where it's been. By clicking on the yellow dots you can see what time and date it was last there.

Lewis recommends the Baby shark song by *Pinkfong*!



Pablo is a Hammer head shark.
Here's a bit about him!

Pablo

Show my Track

Shark species: Mako Shark (*Isurus oxyrinchus*)

Stage of life: Juvenile

Gender: Male

Length: 5 ft 25 in.

Description:
Cat Products named Pablo, with the help of OCEARCH fan Henry Holt, after Pablo Neruda, the Chilean poet-diplomat and politician who won the Nobel Prize for Literature in 1971.

Z-ping: February 11, 2016 3:53 PM

Latest ping: February 12, 2016 2:17 PM

Comments

Activity Animals Tracker Support More

Pokémon Sword

“I got this game for Christmas but started playing it in lockdown. So far I have played it for 52 hours! I enjoy playing it on my own Nintendo switch or online with others.

I thought I would share with you my favourite characters on Pokémon sword . Hope you enjoy reading about them.” By Jordan

move; Pyro Ball, where Eren kicks a pebble between his feet, turning it into a flaming football which he then launches towards his enemy, dealing massive damage and sometimes causing a serious burn! Personality wise, Eren is a sportsman who loves to run for very long distances and likes to strike poses after a victory! I can tell you what, he'd be an amazing marathon runner!

Eren

Species: Cinderace

Type: Fire

Eren is my starter of Pokémon Sword. Starting off as a cute Scorbunny, Eren grew into a somewhat indifferent Raboot and then into the athletic Cinderace I know and love! In battle, Eren is very fast, running and tackling his foes before retreating and using his signature



Atalanta

Species: Corviknight

Type: Steel/Flying

While walking down the first route in the Galar region, I came upon a teeny, tiny Rookidee whom I caught, little did I know that it would evolve into a nifty Corvisquire and then into the strongest bird in the skies of Galar! While her size and appearance makes her look intimidating, Atalanta is actually a genuinely caring sweetheart, caring for smaller Pokémon like a big sister of sorts! When in battle however, her nature takes a 180 turn on it's head (if someone's attitude actually has a head), turning into a cold and cunning unit with wings! Thanks to that jet black armour covering her body, Atalanta can take really strong attacks head on, and seemingly not even be fazed by them! Not to mention she can land some devastating counter attacks on her foes, her strongest move being Brave Bird, a powerful attack that deals recoil damage, fortunately Atalanta is not one to show pain on the battlefield. While she may seem quiet, emotionless or outright cold, don't worry, she's actually very calm and collected in the heat of battle!



Gungnir

Species: Barraskewda

Type: Water

While doing a spot of fishing in a big lake on route 2, I happened to snag a peculiar catch; a curious little Arrokuda, whom I welcomed with open arms, his amazing agility making him a valuable asset to the team! And after days of bonding and battling other Pokémon trainers, let's just say this cute fish was not so little or harmless anymore... Named after the titular spear of Odin, Gungnir is intelligent, cunning and incredibly agile in a Pokémon battle. His propeller like tail fins and sleek body allow him to zoom at 100 knots and make sharp turns without losing momentum; effectively dancing around foes like a butterfly, but trust me, he hurts like a harpoon! Gungnir is also capable of dealing serious damage thanks to his jaws that are as sharp as a spear and strong as steel, allowing him to drill into opponents with Liquidation, or going to the extreme and tearing whole LUMPS out of Pokémon in a fight! Outside of battle, Gungnir likes to eat a lot which is fair considering his high metabolism, being a



Grimm

Species: Grimmsnarl

Type: Dark/Fairy

What would happen when you put a goblin, a goth and a body builder all into a blender? Well, you get this mythical bruiser, that's what! Originally a tricky little Impidimp from the Glimwood tangle, he may look a little scary, but he's actually quite gentlemanly for a dark type, not only being a great conversationalist, but also having a fondness for reading novels; in fact I've seen him dabbling into a bit of Shakespeare novels at one point! In battle, he has a preference to fight fair and square with his opponents through both his fists and unique biology. What do I mean? See that black fur? That's not fur; what you are seeing is his own hair wrapped around his body, which also works as a muscle amplifier! With this unique biological adaptation, he unfurl them like tentacles and snare or whip his foes into submission or boost his strength to fight opponents way above his weight class, even taking on several dragon types! When he's chilling in Pokémon camp, he also has a liking to maintain his strength, so get used to seeing him flex. He may look like a creature from the dark side of the occult, but look past that and you have a Pokémon who loves to read and have a conversation with you!

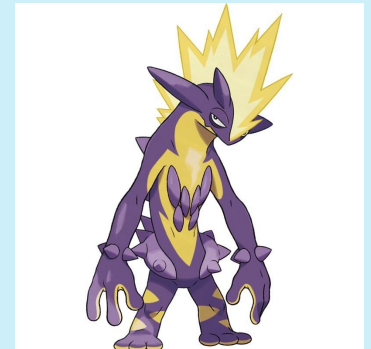


Halestorm

Species: Toxtricity

Type: Electric/Poison

On my journey to Hulbury and the Hulbury stadium by extension, I decided to pay a visit to the local Pokémon nursery, where a kindly Pokémon breeder gave me a unique gift; a rare baby Pokémon known as Toxel. While she wasn't the best in battle starting out, I knew she could grow into something more, and boy did she! A true punk rocker at heart, Halestorm (named after a band of the same name) is a thrill seeking, tomboyish wildcard, with a rather... "colourful" personality and vocabulary to boot, although she does like to drink stagnant water to absorb toxins, hence her poison typing, so I honestly can't blame her. Notice the scales on her chest? In battle, Halestorm will strum these protrusions to generate electricity, producing a sound similar to a guitar, and this is where she really starts rockin'! When her strumming starts to get progressively louder, she's about to unleash her signature move; Overdrive, where she builds up all that electrical energy into a reverberating sound wave so strong thanks to her ability Punk Rock, it's not shocking; it's atomic! When she's not battling, she enjoys performing solos either on her own or with my other Pokémon while we're camping. She may be moody towards you, but once you befriend her, you've got someone who's willing to give a sick beat down to your foes!



Gorgon

Species: Sandaconda

Type: Ground



During my trek through the Wild Area, I stumbled upon a peculiar sandstorm-ridden Pokémon den and within, I encountered a fearsome serpent and the final member of my team! Unlike the other Pokémon, Gorgon's already evolved, making up for it with plenty of battle prowess! See that brown ring around her head? That's not her body, but an inflated sand pouch and combined with her uniquely shaped nostrils when she contracts her body, she turns into a sandy shotgun; boop the

Gorgon can grow into this.

snoot, get the shoot! Not only that, but she also has one hell of a bite force, denying her prey escape from her attacks like Drill run and Outrage, and buffing her defence and attack with Coil. Outside of battle Gorgon is more reserved, preferring to sunbathe when it's sunny and despite her bored expression, she always loves cuddles, even if she doesn't express it! Remember when I said she's unique? Well, it's when she's in a bind in battle where she truly shines...!

What is Pokémon?

Pokémon are creatures of all shapes and sizes who live in the wild or alongside humans. For the most part, Pokémon do not speak except to utter their names. There are currently more than 700 creatures that inhabit the Pokémon universe.

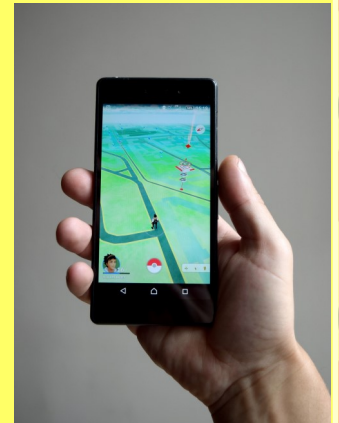
Pokémon are raised and commanded by their owners (called "Trainers"). During their adventures, Pokémon grow, level up and become more experienced and even, on occasion, evolve into stronger Pokémon



How do you get involved?

Pokémon games have appeared on Nintendo systems including Nintendo 3DS and switch. Players play as Trainers to undertake adventures with their Pokémon in search of new types of Pokémon to add to their collection, participate in battles with other Trainers and Gym Leaders to obtain Gym Badges and to explore mystical new lands.

There is also 'Pokémon Go' where people search for Pokémon with their phones and is a way of keeping active. People also play the Pokémon card games and trade cards with others. Some of the trade cards are very rare and worth a lot of money.



Plus there is a cartoon series and a big budget film to enjoy watching during lockdown.

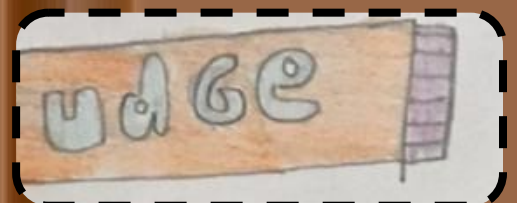
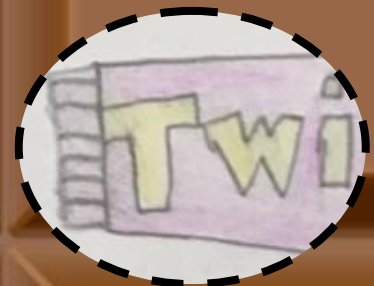
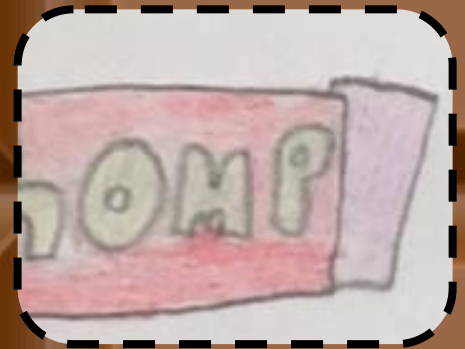
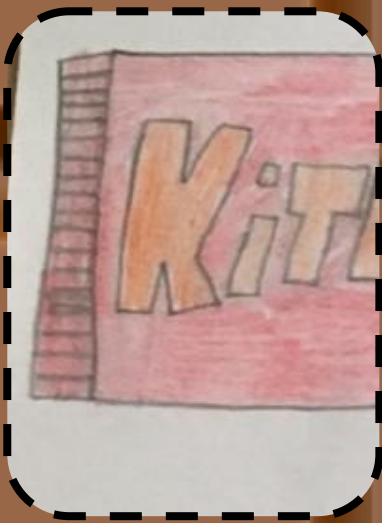


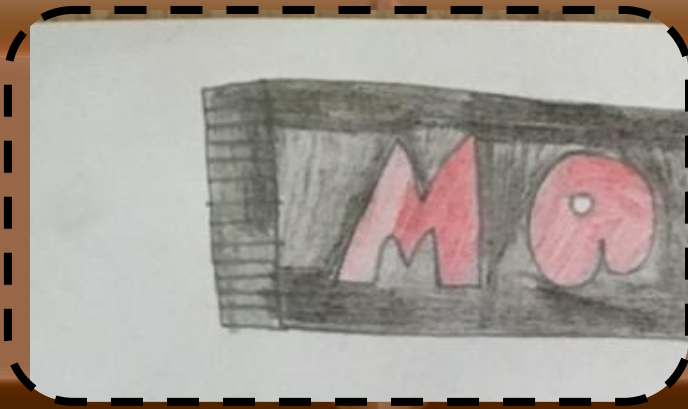
In the Galar region, there's a unique battle phenomenon known as Dynamaxing, where Pokémon can grow to gigantic proportions in battle and use new powerful moves, But a few special Pokémon can even further with Gigantamax, not only becoming bigger but have a new appearance all together! In this case, when Gorgon Gigantamax, she grows to 72ft and becoming upright, her sand pouch now a swirling sandstorm comprised of up to one million tons of SAND, turning her into a synergy of serpentine and tectonic fury! Not only can her sandstorm pouch spin with enough force to pulverise a skyscraper, but she can unleash her most powerful attack: Gmax Sandblast; where she burrows underground and blasts her foes from below, ripping the very earth asunder! I'm

rather thankful she only keeps this form for three turns in battle!

Lucy drew some of our favourite chocolate bars.

We've cut them in half. Can you work out what they are?

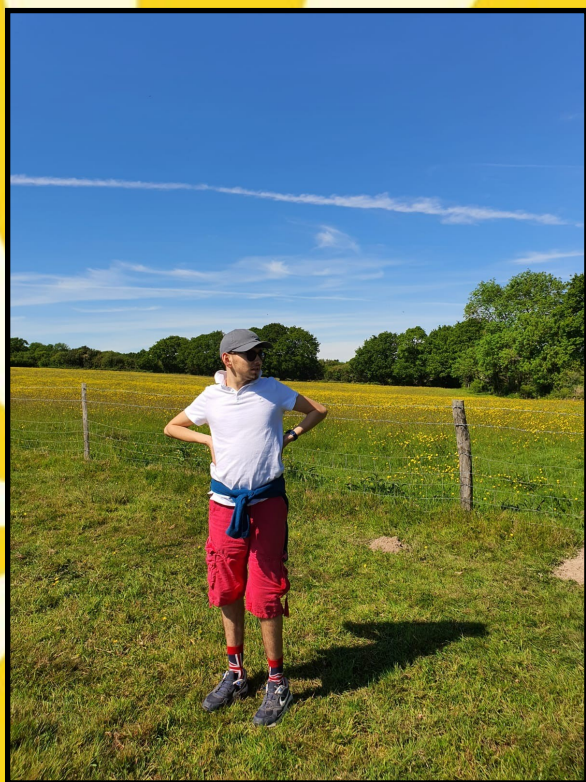




**Which chocolate bar
is your favourite?**

Out and about in the sunshine!

The Amazing Futures young people have been keeping busy in the nice weather by going on walks in the sunshine



How many of these have you seen on your walks?

NHS Rainbows

Sheep

Cows

Birds

Flowers

The Sea

Butterflies





Simple pleasures

Taking notice is one of the 5 ways to wellbeing.

Sometimes it is good to just sit outside and watch the clouds go by or watch the butterflies and birds fly by.

What do you do that gives you joy?



Jordan made his walk all the more interesting by imagining this brute joining him!

OSKA BITES!

DISCOVER OSKA BITES - online film event for children, young people and families

**Friday 3 July at
11am live on
@oskabright
(runs for 25**

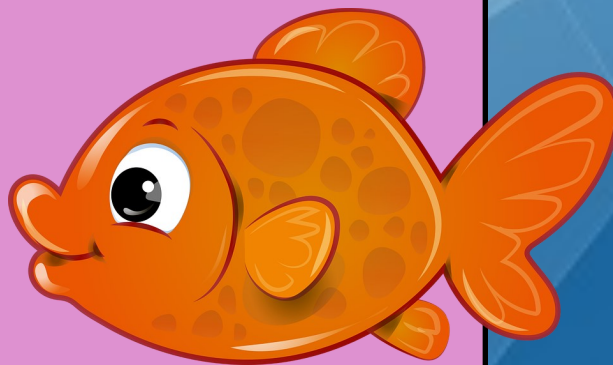
A treat for film-fans!

Oska Bites is an online festival of short films made by people with a learning disability. Watch together live on Facebook or afterwards on the website



A varied programme of animations and live action films with introductions by the Young Oska Bright Team

Enter a world of wonder - exploring the school life of a young girl and boy, how a young person overcomes their battle with thoughts and feelings and what it's like to work in a spooky shop!



Where: On the **Oska Bright Film Festival Facebook** page

<https://www.facebook.com/oskabright/>

and then on the Oska Bright Film Festival website www.oskabright.org where you'll also find out how to make a film and enter it to next year's Festival

If you use TikTok and want something regular to watch, there is a girl in Ireland who is hatching 37,000 tadpoles in her garden!

They currently live in a paddling pool but started as frogspawn in a jar



She posts daily updates so you can see how they're growing!

Her tiktok name is: .baby. Frogs
Have a look!