

# AMAZINE

DECEMBER 2020



ISSUE 6

2020  
**BEST**  
MOMENTS

AN AMAZINE EXCLUSIVE

ZOE'S  
SUCCESS  
STORY:  
BECOMING  
A TEACHING  
ASSISTANT

**RECIPES**

From  
Jack's Kitchen

**GET ORGANISED  
FOR 2021**

Hello, and welcome to the Amazine!  
My name is Amy Goble, and I am an Information, Advice and Guidance worker for the Looking Forward Programme. I am really excited to be working on the new look Amazine. The Amazine is a magazine written by and for young people at Amaze. In each issue, we will be showcasing the wonderful work that has been happening across the different projects. In each issue, we will have articles and features from our young people. I hope you enjoy it!



**Amy Goble**, Information Advice and Guidance worker for Looking Forward

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## DON'T BREAK THE CHAIN

LEARN HOW TO KEEP A  
NEW YEAR'S  
RESOLUTION

with Pagane's helpful guide  
p.17



## CRAFT CORNER

CREATE THE PERFECT  
CARD

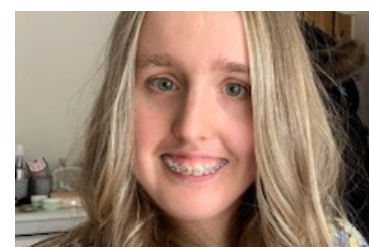
Suzy's tutorial on making a  
beautiful Christmas card collage  
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## JACK'S KITCHEN

THREE INGREDIENT  
CHRISTMAS CAKE

Meet Jack, our food writer and  
follow the christmas cake recipe  
with him p.9



## PROFILE

ZOE SPEARMAN

Meet Zoe, and hear her journey to  
becoming a teaching assistant / p7



# 2020 Top moments

2020 has been a strange year, but lots of amazing things have happened this year so let's end the year on a high and celebrate all the brilliant things that have happened at Amaze in 2020!

"I started a course that will help me become a teaching assistant"

- Zoe

"I made new friends at Amaze"

-Callum

"Looking Forward moved all the support to online during lockdown and we have had lots of new young people join and receive support from the programme! "

-Amy



Amazing Futures East Sussex enjoyed zoom quizzes and online craft sessions during lockdown

Amazing Futures are really pleased to be back meeting in person again!



"Lots of the Amaze support was able to be offered via zoom and phone calls while we were not able to meet face to face. Some young people preferred the online support"

-Liam

"Amaze helped me to really think about my future."

- Dominic



"Amaze has really helped me to decide that an apprenticeship is the right move for me"

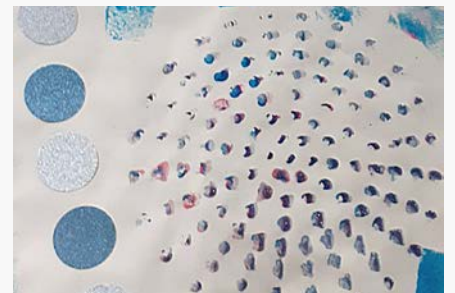
-Conor

"I made this lava lamp at home with Amaze zoom session- I really enjoyed doing this"

-Jack

# AMAZING FUTURES BRIGHTON

The Amazing Futures group in Brighton have been busy designing wallpaper to brighten up the temporary wall in the Conference Room at Community Base. The wall is up because there is building work going on on the balcony. They are hoping the work will be finished by the beginning of next year and so that the Amazing Futures group will have the bigger space back to run the peer support groups.





# EAST SUSSEX

## WHAT HAS BEEN GOING ON WITH AMAZING FUTURES EAST SUSSEX



Hi all,  
Bryony here. Lockdown has undoubtedly been difficult for many of us. We have experienced unprecedented times. I for one am looking forward to celebrating Christmas because I get to see and hear how my friends and family react to their presents. For me, Christmas has always been about forgetting worries, stuffing myself silly with sausage rolls and playing with pets. Things might be a little different this year, but the Christmas spirit is still very much alive. People are putting up decorations and showing covid that it isn't invited to the turkey carving. Wishing you all a very merry Christmas and a happy new year.

Love,  
Bryony

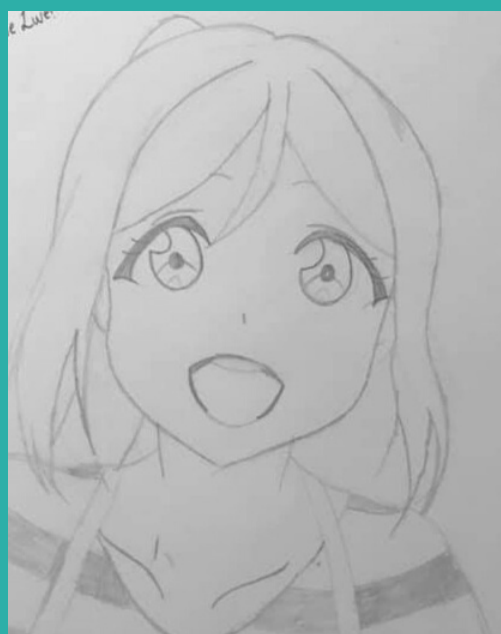
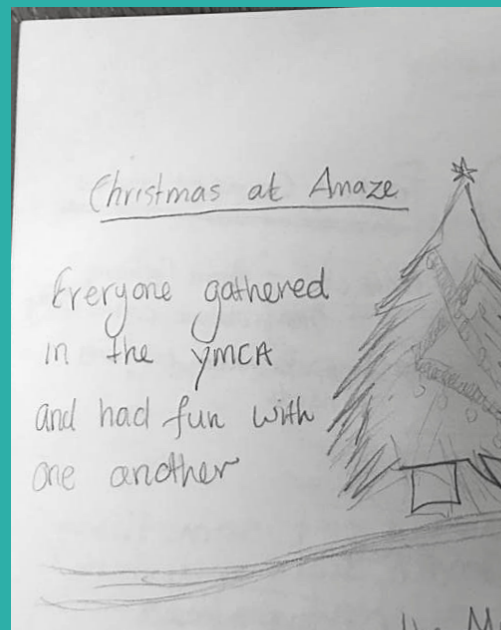
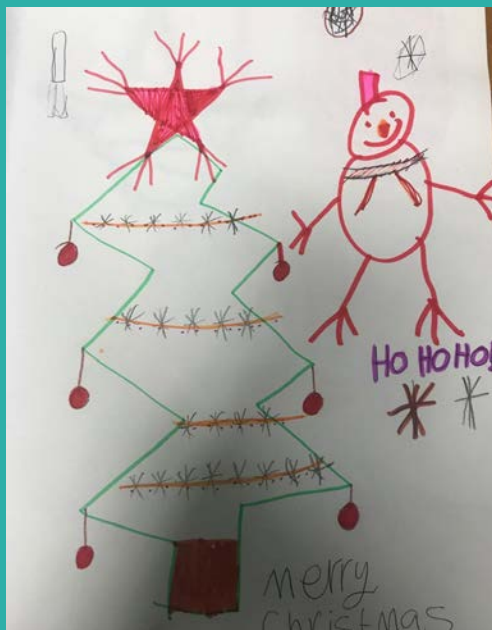
### 2020 top trumps

To spread a little laughter during this strange year, Lewis has created some 2020 top trumps featuring some of the key things from this year such as zoom, hand sanitiser and the eat out to help out scheme. Everyone at Amazing Futures has enjoyed playing the game together.



Hi there! I'm Callum I'm 23 and I go to the Amaze group on a Thursday and I also work at Defiant Sports. I do most of the graphic design and I also have to test all of the sensory equipment before it goes into the sensory room. Defiant sports is an inclusive company that started 7 years ago because there is not a lot out there for anyone with a disability so that's where Defiant Sports comes in to bridge the gap to make sports available for everyone.

# EAST SUSSEX AMAZING FUTURES ARTWORK





# SENDIASS

## WHAT'S BEEN HAPPENING?

Amaze SENDIASS is the Special Educational Needs and Disability Information, Advice and Support Service for East Sussex and Brighton and Hove. If you are a child or young person with a special educational need or a disability (SEND), or the parent of a child or young person with SEND, you can call the Amaze SENDIASS helpline for information and advice.



Sally, has been very busy over the last year. During 2020, 25 young people (who are between 15 and 22 years old) have had help from Sally from the Amaze SENDIASS service. That's 25 young people who have met with her either in person, on Zoom or have had phone calls/ emails. These are some of the things which she has helped them with:

- improve the extra help which they get in school or college,
- know more about what there is out there to help which young people can access or things they can do
- help with starting at a new college to make sure that teachers know what matters to them
- ask for an Education Health and Care plan (EHC plan)
- understand their EHC plan and what the annual review is all about
- say what is important to them so that teachers and other professionals listen to them



### Did you know?

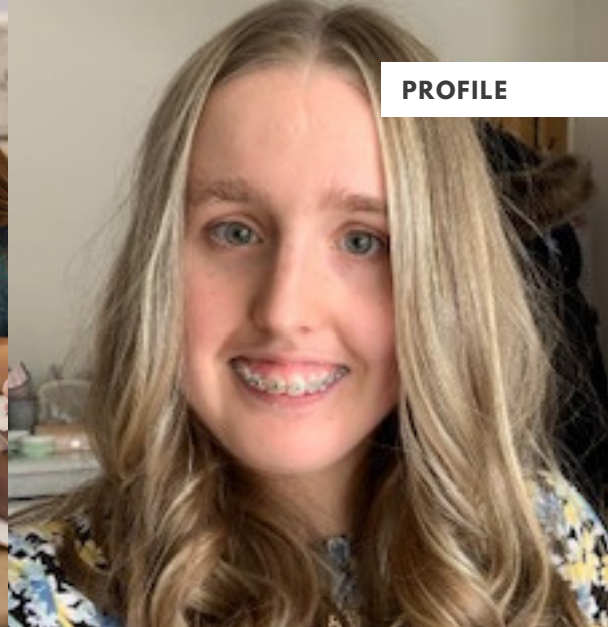
That you too can have help from Sally at the Amaze SENDIASS in 2021 if you'd like support with things like these. She can help your parents and carers too.

For free confidential and impartial advice (we won't tell you what to do) you can contact Sally  
Call or text: 07483111651  
email: [sendiass@amazesussex.org.uk](mailto:sendiass@amazesussex.org.uk)





The Looking Forward programme is all about helping young people to think about their futures and find their next steps in education, training and employment. In this issues profile, Zoe shares her story so far.



## ZOE SPEARMAN : MY JOURNEY TO BECOMING A TEACHING ASSISTANT

by Amy Goble

Information Advice and Guidance worker

Zoe joined the Looking Forward programme in June 2020, with the aspiration to be a teaching assistant as she loves working with children and wants to make a difference to them. In just a few months and some hard work, she is now on well her way to achieving her dream.

In the middle of a pandemic, finding a job and thinking about next steps after education felt quite daunting. With the usual face to face sessions with Looking Forward on hold, all support was offered as a video meeting.

Zoe had found a teaching assistant course, but a requirement of the course was that she needed to have a work placement in a school. Despite schools being closed due to covid-19, this didn't faze her and she joined the Looking Forward programme to help her prepare for this next big step. 'I didn't want to do it at first and so Mum did it with me,' Zoe mentioned,, 'it was like talking to someone I already knew. It made the experience stress free. There was no need to be worried, Amy put me at ease straight away. She listened to me and offered me simple advice.'

**"Amaze listened to me and offered me simple advice"**

After getting to know each other, the first thing we needed to do was create Zoe a professional CV that she could use to send to schools and to apply for work. Zoe commented 'Looking Forward helped me to see that I had some really useful skills which I could include in the CV, it also looked really modern and professional'.

With her new CV ready and raring to go, Zoe didn't waste any time and started applying for support roles in schools that we had looked at during our sessions. Although, Zoe didn't get an interview for the first job she applied for, she kept going and said 'the most useful piece of advice I received was to think positive and don't be put off if you don't get an interview straight away. You can just keep applying and know you are brilliant and something will suit you.' And she was right, it wasn't long until the perfect opportunity came up.

Zoe is now working as a midday supervisor assistant and has a volunteer role at local schools which gives her the opportunity to put into practise all the new skills she is learning with her course while also helping her to earn money while doing something she loves. When she completes the course, she will be ready to apply for Teaching Assistant jobs.

**"My CV looked really modern and professional"**

What Zoe and Amy covered in the Looking Forward sessions

Looking at options

Creating a CV

Researching jobs

Applying for jobs

Interview prep

Making a plan

How to talk to employers about SEND

Find out more  
about Looking Forward  
contact  
amy@amazesussex.org.uk





# Find out more about Looking Forward

Looking Forward team are here to help you think about your next steps in **education, training and employment**.

We offer **one-to-one information, advice and guidance** to help you to prepare for your future. We also run workshops for parent carers and young people so that you have all the information you need to decide on your next steps.

With 2021 just around the corner, now is a great time to start thinking about what comes next. We have put together some helpful resources to help you look at your options and to think about your future.

1

## LOOKING FORWARD WEBSITE

Check out our Looking forward Options guide, and look at our Education and Employment page

[Visit the website here](#)

2

## LOOKING FORWARD DURING CORONAVIRUS

We have produced a young people's Guide to education, employment and training during the pandemic.

[Read it here](#)

3

## LOOKING FORWARD OPTIONS GUIDE

A helpful guide which explains all the different options for education, training and employment and where to find out more.

[Read it here](#)

4

## LOCAL OPPORTUNITIES

Find out about your options locally for education, employment and training opportunities.

[Visit the website here](#)

## Want more support from Looking Forward?

To find out more about how Looking Forward can support you, contact us for a chat

Amy :

amy@amazesussex.org.uk  
07494 121 322

Liam :

liam@amazesussex.org.uk  
0748 111 659

# JACK'S KITCHEN

**A special welcome to Jack, the Amazine food writer, who each issue will share a recipe that you can try at home.**

## By Jack Blower

Hello, my name is Jack. I am a 17 year old student who is passionate about Food. I am currently studying Food and Beverage service level 1 at East Sussex college. Last year I completed and passed Food Preparation and Cooking level 1. I volunteer once a week at Oxfam charity shop serving customers. I also have a part time job in a cafe run by Eastbourne Borough Council.

I am going to be teaching you how to make the Christmas cake recipe from the Three Ingredients Baking Book by Sarah Rainey. I have chosen the Christmas cake recipe because it uses just three ingredients: mixed fruit, chocolate milk and self raising flour. It can also be made with or without marzipan and icing. This cake is perfect for Christmas as it doesn't cost a lot of money to make, it is easy to do and you can add different flavours like coffee or banana milkshake or even juice instead of chocolate milk.

## THREE-INGREDIENT CHRISTMAS CAKE RECIPE



Leave the fruit in the milk to absorb the liquid



Bake for 2 hours



To make your cake extra special this Christmas why not add some fondant icing and decorations.

## Ingredients

- 530g mixed dried fruit (I used one containing peel, glacé cherries, sultanas, raisins and cranberries)
- 500ml chocolate milk
- 175g self-raising flour
- fondant icing (optional)

## Essential kit

- You will need: a medium round cake tin (23cm across)

- Start preparing this cake at least 12 hours before you want to eat it
- Put the dried fruit and chocolate milk in a bowl, cover in cling film and leave them for as long as possible so the fruits absorb the liquid and become plump and juicy. You'll know it's ready when the milk thickens and the fruit swells to the top of the liquid.
- Preheat the oven to 180°C/160°C fan, and grease and line the cake tin.
- When the fruit is ready, sift in the flour and stir until fully combined.
- Pour into the tin, bang it on a table a couple of times to get rid of any air bubbles, and smooth out the top using a knife.
- Bake for around 2 hours, or until a skewer inserted into the middle comes out clean.
- Allow to cool in the tin before turning out on to a wire rack. This won't keep as long as traditional Christmas cake, but it should last a couple of weeks in a sealed tin
- I then added some fondant icing
- Tip: Try other flavours of milk (such as coffee or banana), or orange juice to give a lighter sponge.







# FAHMINA'S TUNA PASTA RECIPE

A simple and delicious pasta recipe.  
Serves 4

## INGREDIENTS

- Tin of tuna
- 2 apples (cut small in chunks)
- Tin of sweetcorn
- Sprinkle of salt
- Black pepper
- Lemon
- 400g Pasta
- Mayonnaise
- Cheese

## PREP TIME

- Prep | 10 minutes
- Cook | 10 minutes
- Ready in | 15 minutes

## PROCEDURE

01

Add 400g pasta to the pan cover with boiling water and boil it in saucepan for 8-12 minutes. Drain the pasta and leave to cool

02

While the pasta is cooking, drain the oil from the tuna and the water from the sweetcorn. Chop the apples into small chunks.

03

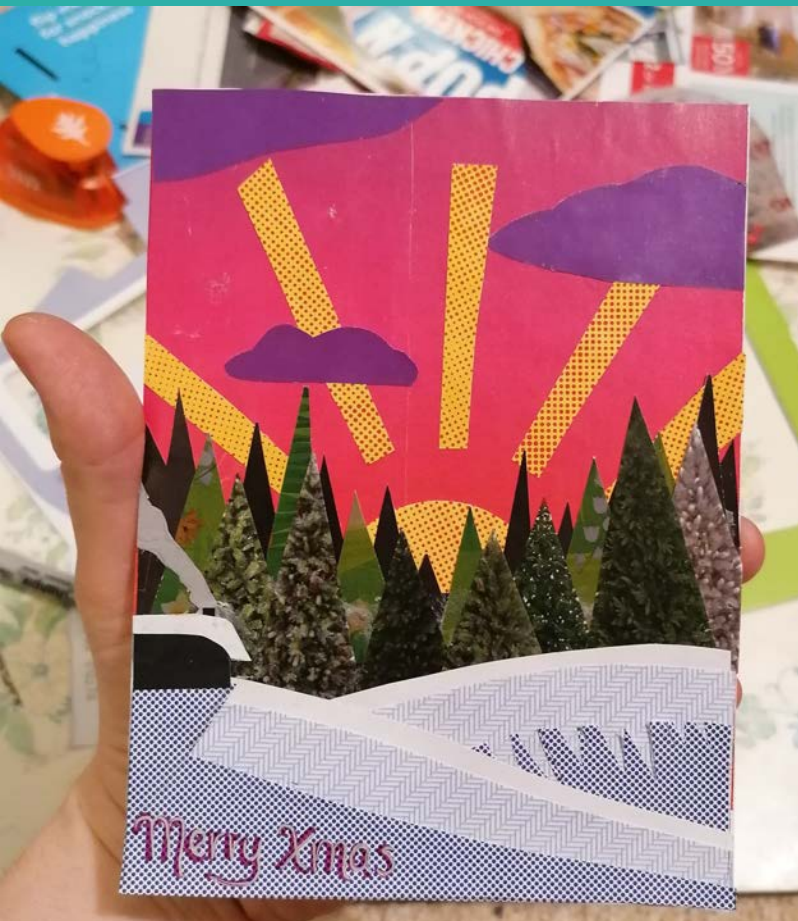
Add tuna, sweet corn and apple in a big bowl. Sprinkle some salt and pepper. Then squeeze the lemon juice onto it, mix it altogether.

04

Add the pasta into the bowl and mix it all together. Add a couple of table spoons of mayonnaise.

05

Sprinkle over some grated cheese (optional).



Welcome to Suzy's craft corner, where each issue Suzy will share a craft tutorial that you can try at home. To get you in the Christmas spirit, Suzy has created this Christmas collage card tutorial

### What do you need?

- Scissors
- Marker pen
- Metallic pen (optional)
- Pencil
- Rubber
- Glue stick
- Old magazines, paper & card recycling
- A blank greeting card



### Step 1.

Go through all your collage materials, and cut out sections of solid colours and patterns that you would like to use.

Try to find some different greens for the trees and some light blues and whites for the hills and snow.



### Step 2.

Get some scrap card that's bigger than your blank card, trace your blank card onto the centre of it and then cut it out. Now you have a frame you can use to check everything will fit. You can put the frame on top of your collage to see how big it needs to be, and to test out placement!





### Step 3.

Cut out some tree shapes from black or very dark paper, and some in green, and any other green textures you want to use for the trees.

Then glue them onto a dark horizon piece, darkest trees first, then layer the brighter trees on top.



### Step 5.

Cut the shapes to make the hillside and glue at the base.

You can layer different colours to add some shadows.

I used a light blue paper for this.



### Step 4.

Add something to the foreground. I decided to put a little cottage silhouette in mine, so first I cut it out of black paper, then a bit shaped like the top of the roof in white, to be snow, and then a bit of grey smoke for the chimney, and glued those pieces together.



### Step 6.

Pick paper for the sky. Then cut out a shape for the sun, some sunbeams, and some clouds. Once you've decided where you want them, start gluing! Sky first, then sun and clouds, then your horizon with trees, then the far hill, then the near one, and finally the cottage. Next you can write Merry Xmas on the front if you want



## Charlotte's print tutorial

Charlotte from the Brighton Amazing Futures group has created this fun and simple tutorial, so that you can create unique prints. This beautiful piece was created by Alice.

### STEP 1

#### Create the design

Draw your design in water-based felt tips onto a plastic A4 pouch. You can put a picture inside the plastic wallet and trace it with the felt tips.



### STEP 2

#### Prepare the paper

Wet a piece of white paper with a sponge that you've squeezed most of the water from. Place the paper over your design and press down over all of the paper evenly.

### STEP 3

#### Print the image

Peel the paper off the plastic pouch. Your printed image will be on the back of the paper.



# *CHRISTMAS* *jokes*

**How do people stay motivated during Christmas?**

By doing Christmas cheers

**What helps Santa walk?**

A candy cane

**What kind of Christmas cake can be lit on fire?**

A yule log

**What did the packing company say to their workers when they broke for Christmas?**

We're all wrapped up here.

**What do you get if you eat Christmas decorations?**

Tinsilitis

**Why are Christmas trees bad at sewing?**

Because they always drop their needles!

**What is an elf's favorite kind of music?**

Wrap music!

# THE GENTLE MANNER PLANNER:

## How to make things easier for future you



**Make 2021, the year you get organised!**

Pagane has shared her love of journaling and top tips for staying organised.

The new year is the perfect time to re-fresh and pick up some great new habits that will make your life easier and help you stay on top of everything.

**By Pagane Gacheva**

It's Sunday evening and I'm thinking about the week ahead. A list of things to do, places to be and people to meet circulates around my brain, creating a fog of panic. Upcoming emails, errands, and events get visualised one by one only to blur into one giant worry known as the Huge Event List Predicament (H.E.L.P) box.

The H.E.L.P box is sometimes hard to see in detail because of the cloud of panic surrounding it. Whether it's nearly empty or filled to the brim, a sense of not having enough time is still present because of the tendency to over-and underestimate different parts of my life.

What has helped me to manage my time well is to have a planner as a visual tool. I fill it out at the end of the week and add daily to-do lists throughout the week; the maintenance of the planner is inspired by the bullet journaling method.





# THE GENTLE MANNER PLANNER:



## SYMBOL SYSTEM

On the first page, I have a set of symbols with a word next to each one. Each symbol corresponds to different types of tasks such as errands, events and studying. Whenever I put in a new task in my planner, I put a symbol next to it or multiple symbols, if the task fits into more than one category. Having varied tasks helps me to ensure that I am engaging in all parts of my life and prioritising whatever is important at a given time.

If I have the same task recurring many times, I colour the symbol for that thing in a specific colour. For example, if I have an art group event every Wednesday, I will put down the symbols for 'event' and 'socialising' next to the task and I will colour both symbols in red.



## BLOCKS, TRACKERS & TIMERS

I divide each day into three blocks (morning, afternoon and evening) and each block is divided into smaller ones. I write one task in each small block; this helps me to see when I have empty blocks in case I need to use them for non-urgent and/or not time-dependent tasks. It is useful to write one general to-do list for the week and then allocate those tasks to the blocks. Daily to-do lists help me with more specific tasks.

If a day is particularly packed, I draw squares for 'time out' sessions which I use to remind myself to take the time to stop, observe and breathe. Having designated time to relax serves as a prompt that taking breaks is an integral part of productivity. How many 'time out' sections you want and whether you want each one to be a specific amount of time is up to you - there is no set amount and it depends on factors such as workload and energy.



## PUSH TASKS FORWARD

Having a jam-packed to-do list is all fun and games until you realise that not everything can be completed in a day and that's okay. That's where prioritisation comes into play: focus on tasks with time constraints such as assignments with a deadline. This helps with recognising that most things in life are not urgent. Whenever you don't complete a non-urgent task from your daily to-do list, highlight it in a specific colour. On another day or a series of days, complete the highlighted task. For example, I sometimes write 'do last week's oranges' in my planner. Keep the colour the same as part of your planner's custom colour coding system.

The possible customisation of a planner's limitlessness provides time for trial and error. Finding what works for you is a continuous process but as long as you're filling up the H.E.L.P. box with positive habits, balance and intent, you're all good.



# Don't break the chain!

By **Pagane Gacheva**

Fed up with breaking new year's resolutions? The 'don't break the chain' exercise also known as the 'X effect' is a way to create positive daily habits. It takes about 50 days to develop a habit, but that can vary depending on the type of habit. Here are the steps to using this method to keep you on track:

## Step 1: Map it out

Draw out a 7 by 7 grid and write today's date like the one pictured.

## Step 2: Determine your why?

Write down what you want to achieve and under the grid, write down the reasons behind why you want to develop this specific habit. Include how each of your reasons will have a positive influence on your life.

Pick the habit that you want to pursue the most so that the exercise is personal to you. Make sure that you start small with a big goal. Writing 'I will read one page every day.' is more achievable than 'I will read fifty pages every day.'

Having a low threshold at first helps with creating a sense of achievement and makes you want to stick with the exercise. Gradually increase the intensity of the exercise. You can do this by creating a new grid after completing your current one and/or by increasing the workload every week. For example, if you want to read 20 pages every day, start with one and increase the amount every week.

## Step 4: Cross it out

Once you've done your daily task, put a cross in the box for that day. Eventually, this creates a chain and the aim is to not discontinue it. If you miss a day, that's okay - make sure that you go over your list of 'Why?'s from the second step, so that you can get back into the habit creation on the next day.

By the end of the grid, the daily task can become second nature, but that depends on the task: you might need fewer blocks or more. Either way, don't be afraid to change the amount of days in the grid, the visual reminder of your goal.

New Habit:

Started on:


The Final Day

☐

## Step 3: Make it official

Make a written 'contract' with yourself that you will keep your promise of completing the exercise.

write down the agreement and sign it as a way to signal that you are taking control of an area of your life that you want to improve.





# THE POWER OF GRATITUDE JOURNALING

2020 has been a challenging year, and it is important to find the positives. Gratitude journaling is a simple activity that can reduce stress and help you feel calm by helping you focus on the good things that happen.

By Pagane Gacheva

This year I decided to start gratitude journaling. Every night before bed, I write down a list of things from the day that have been good and I am grateful for, big or small. At first, it was hard to continuously come up with a list on a daily basis, but as I continued with the writing, generating examples of gratitude became easier simply because I was intentionally looking for them.

The more I was looking out for great things, the more they seemed to materialise: this doesn't mean that suddenly more amazing things were cropping up - they were always there, but I wasn't intentionally looking for them at first.

What helps me is to try to keep the items in the daily list specific. For example, instead of writing 'I am grateful that I can walk.', I would write 'I am grateful that I can walk because I was able to go for a run today and feel the wind blowing through my face.' Detailed writing helps me to come up with multiple reasons about why I am grateful for specific things and events. Journaling helps me to analyse situations and their importance which is not always apparent at first.

Reflecting back on the day allows me to re-shift how I have approached different situations; viewing a setting from a different angle provides an opportunity to gather knowledge and experience.

I have noticed that I am now keener to face the unexpected and go outside of my comfort zone. A lot of my actions can be summarised as 'This seems cool - I gotta do it to put it in my gratitude journal.' This helps me to live with intent. Intentionally seeking the positives of daily life makes me feel more present. Now whenever I have something to look forward to, I am able to slow down and appreciate every day instead of purely focusing on the anticipation of the upcoming event. 'X days until Y' becomes 'Things that have happened in X days. Oh, Y is also happening soon.'

At the beginning, I thought gratitude would be something I would focus on just during the journaling itself, but I now find myself on the look-out for finding and creating great things throughout the day. I write down many small things, which tend to become grander. Sometimes it's easier to list things I am grateful for and I can write pages and pages of information, but on the days when all seems to go haywire, gratitude journaling matters the most. It serves as a visual reminder of all the fascinating things that have happened and will continue to happen.



**"THE MORE I  
WAS LOOKING  
OUT FOR GREAT  
THINGS, THE  
MORE THEY  
SEEMED TO  
MATERIALISE"**

# Guest article

Anya has been supported by a local organisation Pick Your Own and has written a guest article for Amaze



## LIFE WITH A LEARNING DISABILITY

By Anya

My name is Anya, I am 18 and I have been learning about journalism and wanted to write an article about life with a learning disability.

### My school experience

I went to a mainstream primary school, but I really didn't like it because they took me out of the class and I worked with someone else. My parents and I wanted me to be in class with the other kids. We searched schools and visited Downs Park School, a special needs school and knew that this was the right school for me because they had other kids with difficulties and were supportive. I really liked this school, the best thing I liked was drama and school plays, they gave me lead parts to build my confidence and I was sad to have to leave there, I made lots of friends there too.

The support that works for me best is to show me what to do and then leave me to do it and come back to check on it and see how I'm doing. What helps me is when the teachers would take time to explain and respected me and how I wanted to learn. I really liked that I could stay in the classroom and work with the other students.

I left Downs Park when I was 16 and then had an interview at Plumpton College and then got a letter to say that I had got a place, I was really happy and we celebrated. I did the Rural Pathways course and learned about plants and animals and still did maths and English. One day a week I had a horticultural experience on an allotment.

## Friendships and social life



I made lots of friends at Plumpton and they welcomed me, I saw them in college times. The difficulties of having friendships with a learning difficulty is being asked questions a lot about it.

It can be hard to make arrangements to see friends and work out times and read long texts. It can be tricky to get to places independently with reading the times, knowing the right stops, reading signs, and maps. My Mum and Dad would take me and pick me up but encouraged me to become more independent. I am now fairly confident on the bus and Mum and Dad help me prepare for a journey.

## Coming into adulthood



I want a job being around people and I'd like to help people. I have been told that I am a really nice person and good at helping people and understanding how they feel. I also like writing.

I would need an employer to understand my learning difficulty and what help I need.

I am nervous of independent living, I worry about paying all the bills. I cook for my family and can cook healthy meals which my family enjoy. It would be good to have a flat mate who could help me. The clubs I go to help a lot- Movie club, The Edge and sewing class and having the opportunity to be around people.

## What makes me unique?



The good bits of having a learning difficulty is that sometimes you're creative with stories or a particular talent that others don't have. I am good at horse riding. I think that I am a nice and helpful person because I understand what it's like for others.

## AMAZE CAN HELP YOU!

Amaze's Young People Services have lots of support available to help you with the different things Anya has discussed from support at school/college, social activities, next steps in education and lots more.

To see all the help on offer visit

[www.amazesussex.org.uk/young-people/](http://www.amazesussex.org.uk/young-people/)





# HOOKED ON BOOKS

What it is like going to the library in a pandemic

By Pagane Gacheva

Libraries are underappreciated: they provide books and a sense of community in a time where being able to drift away into a well-crafted story's world can be a great form of escapism. The library staff have worked really hard to make your next visit stress-free. As an avid library fan, I have paid a few visits to Jubilee Library in Brighton and have experienced the new normal. Here's how all it all works!



## Getting there

The working hours of most libraries have changed. The most up-to-date times can be viewed on their website.

Upon entering the building with a mask (unless exempt), you have to scan your library card. Alternatively, you can use the 'Test and Trace' app. After that, there are boxes where you can return your books; the books are quarantined for four days before being returned on the shelves.

## Browsing

You are advised to spend up to fifteen minutes in the building. There are multiple hand sanitiser sections throughout the floor.

Not all of the available books are on display, so that there is more space to walk while being socially distant from the other visitors.



## Using the computers

If you are using one of the computers, you can stay for more than fifteen minutes. You can either reserve a computer slot or turn up on the day. If you have not reserved one there may not be one available for you to use.



## Getting books

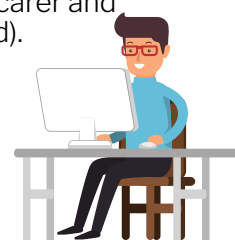
You can use the machines to borrow books. At some libraries DVDs and CDs are not available because they can only be borrowed from the library desk; not having them means less cash handling.

Once you borrow a book, you will have a longer period of time to return it than usual. You can renew it online or via telephone.



## Bookable Tables

You can book a table for quiet studying or reading. It's for individual use, unless by special arrangement (accompanied by a carer and a parent with a child).







# ADVENTURES IN THE ARK-TIC

BY JORDAN

---

Here before you all, are several animals adapted for life in the cold. So sit back, grab a warm chocolate and start this chilly safari!



Allow me to begin our safari by showing to you... The woolly mammoth! A big, fluffy relative of the elephants we know today, they're stoic mentality and herding behaviour keeps them safe from both the freezing cold and arctic predators that coexist in the tundra. While they are placid, you still wouldn't want to take a swing from their massive tusks...

Best not to let your guard down as I bring you... The dire wolf! A large variant of the American grey wolf, these common predators of the snow are often seen hunting in coordinated packs, attacking animals that are considerably larger than them! You'd be considered a fool to enter the den of a dire wolf pack, lest you like the thought of being surrounded and eaten like a family pizza!



Try not to get too chilly as I show you... The cryolophosaurus! A unique species of dinosaur adapted for life in the cold, by consuming either snow or flowing water, spat from it's developed throat sack is either a narcotic spittle that renders any animal unconscious or, more infamously, a short ranged, misty breath with a



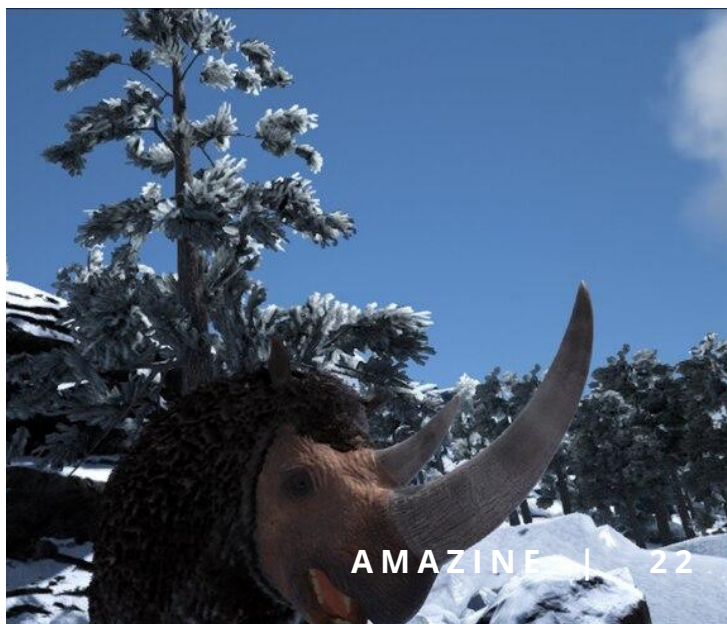
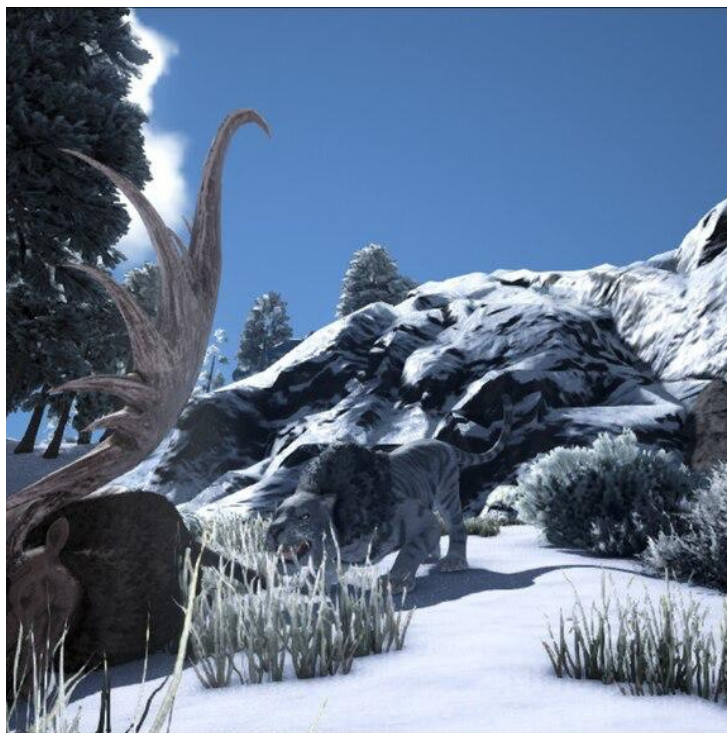
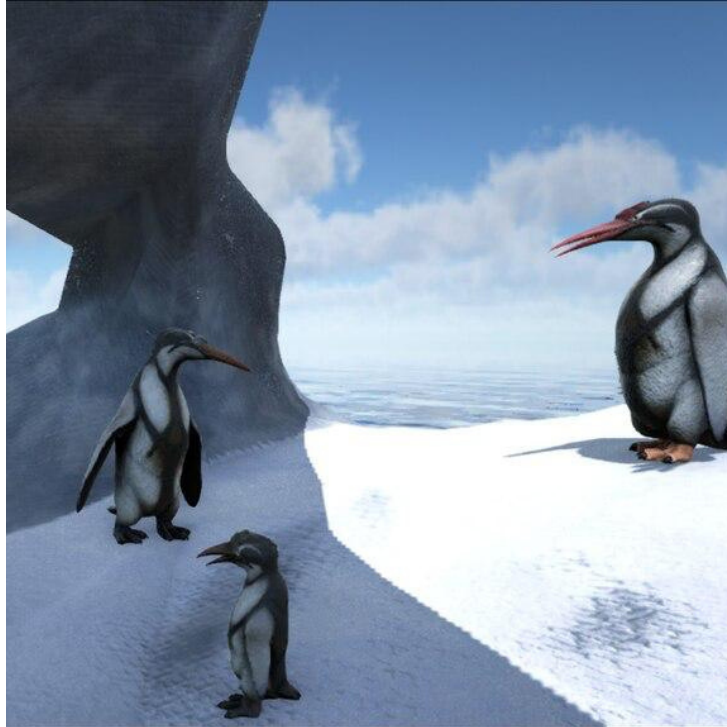
freezing limit on par with liquid nitrogen..! I don't suggest making snow cones with this frozen prince of the north, unless you want to become the snow cone!

Time for something a bit more cuddly, the Kairuku! An extinct genus of the modern penguins we know today, these cuddly critters grow to almost as tall as a man but incredibly friendly to all creatures, except fish (duh). Living in large social groups called colonies, you'd be surprised how they managed to survive with so many predators on both land and in the sea!

Back to something with a bit more bite... the Smilodon! A terrifying hybrid of nature's beauty and ferocity, their fur allows them to blend into the northern winter forests, ready to ambush their prey from the shadows..! The Smilodon's fangs are it's most dangerous weapon, once it wrestles an animal to the ground, death by fangs as long and sharp as a steak knives is a most certainly, cruel fate..

Brace for impact as I give you... The woolly rhino! Part woolly, part rhinoceros and all living battering ram! Although a relatively docile vegetarian giant, their speed and temper can multiply, especially when startled by sudden loud noises. They may also look like a lumbering tank, but thanks to their short but powerful legs, a slow trot can rapidly build into a terrifyingly fast sprint within a few moments, better pray you don't get hit by that horn of theirs either!

Thank you all for joining me on this winter safari extravaganza, and have a merry Christmas!



# Amaze SENDIASS



information, advice and support  
for young people with SEND

## We can help if you are:

- under 25 years old
- disabled or need extra help with learning
- living in Brighton & Hove or East Sussex



We can give you **information, advice and support**  
around your:

education

health care

social care

If we can't help with something, we will try to find  
someone who can.

## About us:

- We are helpful and friendly
- We can give you advice by phone, email or face to face
- We can help you on your own or with your parents



You can text 07494 121326 or email [sendiass@amazesussex.org.uk](mailto:sendiass@amazesussex.org.uk)

Or leave a message on 01273 772289

An adviser will get in touch with you in the next two days (not counting the weekend)

Find out more at: [amazesussex.org.uk/youngpeople](http://amazesussex.org.uk/youngpeople)





# LOOKING FORWARD



## Helping you to find your next steps in education, employment and training

Looking Forward is for young people with special educational needs and disabilities aged 14-25 who are thinking about options for education, employment and training.

### How can looking forward help?

- 1:1 action planning
- Helpful resources
- Skills training sessions
- Workshops for parent carers & young people

**Find out more and register your interest:**

Email: [liam@amazesussex.org.uk](mailto:liam@amazesussex.org.uk) Tel: 07483 111 659  
[amazesussex.org.uk](http://amazesussex.org.uk)



# Have your voice heard with Amaze



## Eastbourne & Bexhill groups

An opportunity to meet like-minded people and be part of a positive **SEND community group** in East Sussex.

**Come along and join our free peer support group**  
Make friends, have fun and be yourself.

**Eastbourne groups run Tuesday & Thursdays 5-7pm**

**Bexhill group runs 4.30-6.30 alternate Wednesdays**

**discussion groups • art workshops • music  
games • life skills • information sessions • snacks**

**Are you 14-25 with  
an additional need?**

**Are you interested in  
connecting with  
other young people?**

**Do you want to  
make positive changes  
in your life and  
community?**

**Find out more and register your interest**

**Email: [claire@amazesussex.org.uk](mailto:claire@amazesussex.org.uk)**

**Tel: 07484 915038**

**[www.amazesussex.org.uk](http://www.amazesussex.org.uk) Registered charity no. 1078094**



## What is Amazing Futures?



Amazing Futures is a free project for young people aged 14-25 with learning disabilities or other kinds of disabilities.



You can meet other young people at our free peer support groups and our free self advocacy group (the Power Group).



We also have information for young people with disabilities on our website.



## Peer Support

### Mixed peer support group (all genders)

Young people with any kind of disability can come to this group to play games and do fun activities. This group meets once a month.

### Peer support group for girls and young women

This group is like the mixed peer support group, but only for girls and young women. There are games and activities, and this group meets monthly too.

### One-to-one peer support

Anyone who wants one-to-one support can ask to be matched up with one of our volunteer peer supporters.

## The Power Group (self-advocacy)

- ➔ The Power Group is for young people aged 16-25 with learning disabilities. We meet every other Wednesday afternoon.
- ➔ It's a place where you can talk about what's going on in your life, and get information. It's a confidential space, without support workers, carers or parents.
- ➔ The Power Group is run by Amaze and Brighton and Hove SpeakOut Advocacy.



## Volunteering

If you are aged 18-25 and would like to know more about volunteering as a peer supporter, please get in touch!



For more information or to book to attend a group, **contact us:**

### Address:

Community Base,  
113 Queens Rd, Brighton,  
BN1 3XG

### Telephone:

01273 772289

or

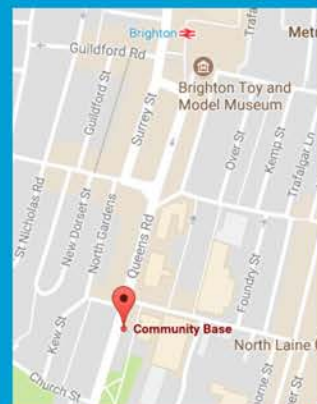
07483 111648 (Sue)

### E-mail:

sue@amazesussex.org.uk

### Website:

amazesussex.org.uk



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Registered Charity No: 1078094





**Carousel presents**

# Pop Ups

## What's your news?

**Get a box of  
exciting things  
through the post**



**Watch fun news  
reports, learn how  
to make your own  
news film with our  
workshops and have  
fun using your props  
in the box!**

**To sign up email**

 **[boo.vaughan@carousel.org.uk](mailto:boo.vaughan@carousel.org.uk)**  
**or see [www.carousel.org.uk](http://www.carousel.org.uk)**



# Wake up, shake up!



Laura, a yoga teacher for people with a learning disability, is joined by Jason for this video called Wake Up, Shake Up!

A great way to start the day, this video is aimed at young people with mild to moderate learning difficulties.

Check it out on:  
[www.wellbalancedkids.co.uk/special-yoga](http://www.wellbalancedkids.co.uk/special-yoga)



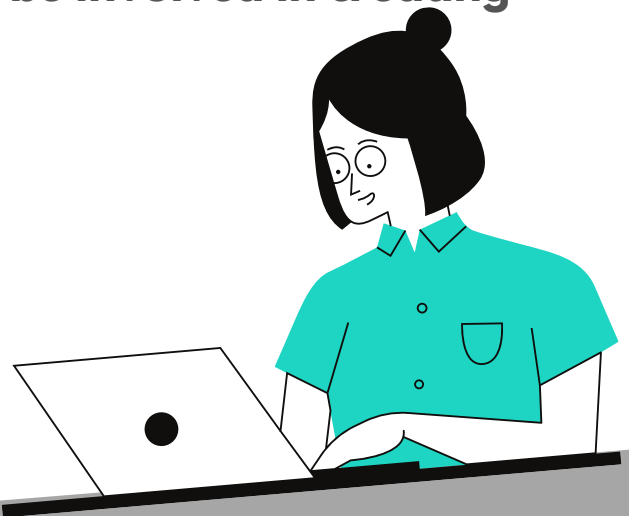
# Want to get involved?

## Amazine needs you!

Amazine is a magazine written by and for young people at Amaze. We are looking for people to be involved in creating Amazine so that it represents you

### What are we looking for?

- Ideas for articles and features
- Writers
- Photo submissions
- Reviews
- Interviews



### Why should I get involved?

- Great work experience for your CV
- A chance to share your ideas
- Represent the young people at Amaze
- Supported by Amaze
- Be part of a team of passionate people



To get involved or register your interest  
email: [amy@amazesussex.org.uk](mailto:amy@amazesussex.org.uk)  
text/call: 07494 121 322