

AMAZINE



MARCH 2021

ISSUE 7



**AMAZING
FUTURES**

in lockdown

JACK'S KITCHEN

Jack shares his favourite comfort food recipe, macaroni cheese

*Craft
Corner*

Make a watercolour painting with Suzy

Hello,
The Amazine is a magazine written by and for young people at Amaze.
In this issue, we catch up with the Brighton & Hove and East Sussex Amazing Futures groups who have been keeping busy in lockdown.
We also have lots of fun tutorials and activities to try out, as well as some helpful information about the changes in education from the 8th March.
I hope you enjoy reading it.
Thank you to the young people who have submitted their work to share in this Magazine.

Amy



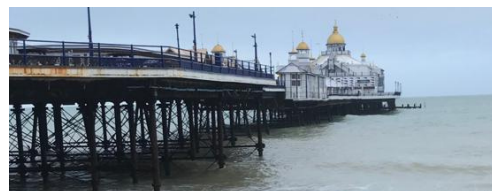
Amy Goble, Information Advice and Guidance Worker for Looking Forward

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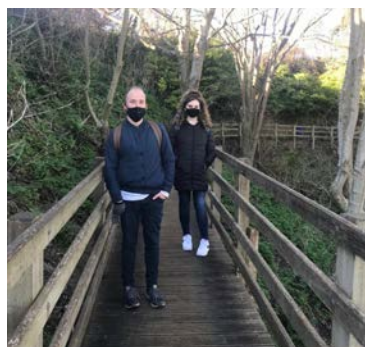
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SPOTLIGHT ON EAST SUSSEX

WHAT HAS BEEN GOING ON WITH AMAZING FUTURES EAST SUSSEX



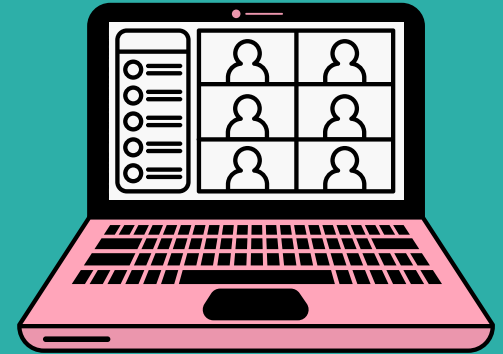
The lockdown has been difficult for many of the young people who take part in Amazing Futures in East Sussex. Lots of things have stopped including our indoor groups but Amazing Futures has adapted with a range of zooms activities, outdoor walks and other ways to keep in touch.



Everyone at Amazing Futures is trying their best to look after themselves, following the Five Ways to Well-being, remaining positive and showing kindness to each other. Since lockdown three started, the group have stayed in touch with each other via the WhatsApp group chat by sharing their daily experiences. Some have been taking part in fun and often lively Zoom sessions. Lewis is now the Amazing Thursday Night Quiz Master entertaining us with his memes and quizzes. The weekly Art Club is popular, with sessions involving drawing, painting and using modelling clay. We always start with a doodle to see how we are doing. We have been doodling using modelling clay! Plus we have art-based games and even an artist of the week to find out about.



Nicky B (Amaze's fundraiser manager) is having a great time with the Tuesday group zoom. The young people decide what games and quizzes try. Nicky is enjoying getting to know the young people who attend.



Also on offer in Eastbourne are small paired group walks on Tuesday and Wednesdays. A few have braved the wintry seafront walk and all have said how good it has been to get outdoors in the fresh air. Amazing Futures follows the Five Ways to Well-Being and being active is one of the ways to look after yourself. We follow social distancing and the group mostly wear masks.



Louie who attends the group, said "Nature and my art really got me into photography and it's a great way to see the outside world. Also it is a great way to get out during lockdowns, doing everything sensibly and within the rules. I found it a great way of de-stressing."
Here is a beautiful picture Louie took of the beach.



**FIND OUT
MORE**

To find out more about East Sussex Amazing Futures

Email: Claire@amazesussex.org.uk **Text:** 07484 915 038



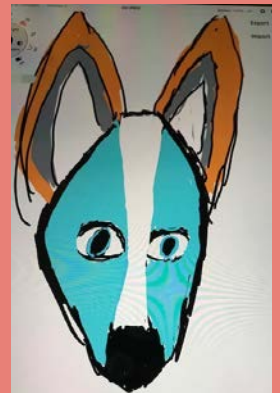
Brighton and Hove Amazing Futures young people's peer support groups have been meeting together on Zoom over the last lockdown period. But now we are very excited to be able to meet up again in person.

We will have art groups, young women's and young men's groups as well as the new LGBTQIAU+ (Lesbian, gay, bisexual, trans, queer, intersex, asexual and undecided / unsure). The yoga group will continue to run on Zoom. We will be meeting in small groups of up to 10 young people. We will keep 2 metres apart. Everyone will have their temperature taken on arrival. We will have hand sanitisers for everyone to use. We will not be providing snacks. You can bring your own drinks and snacks, but you won't be able to share them.

The Brighton Amazing Futures groups have been enjoying art activities. In our art session, we found everyday objects and incorporated them in a drawing. This is Samuel's knight, using a mug mat 'coaster' as his shield.



Another art activity the Brighton group enjoyed was combining two animals. Here is William's cat whale and Charlotte's drawing.



**FIND OUT
MORE**

To find out more about Brighton Amazing Futures

Email: Sue@amazesussex.org.uk **Text:** 07483 111 648





ZACK ON THE RIGHT TRACK

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, we find out about Zack's amazing experience with Govia Thameslink Railway (GTR).

By Liam Ryan
Information Advice and Guidance Coordinator

If you watched Harvey and Me on the BBC you will have seen one his friends, Zack Reed, who shares his interest in trains. Zack is one of our Looking Forward young people who has been planning for his future and searching for work. Lockdown delayed his plans to volunteer, but he still managed to get a college place to improve his computer skills.

Zack's dream job would be to be a train announcer for Thameslink so he was thrilled, after the show was on TV, to be approached by the company. Zack, his mum Jeanette and Liam Ryan from Amaze, joined Matt Streeton who makes the train announcements for an insight into working in rail. Zack had a chance to ask lots of questions about the job and then impressed Matt with his own knowledge of the company. Matt even gave him a personal announcement of one of his favourite routes but everyone had a laugh when Zack pointed out that Matt had missed one of the stations! Matt said "While being the voice on stations and trains is a quirky part of my job so it was great to give Zack a bit of a behind-the-scenes insight into the recording process and answer his questions about how I got the opportunity, as well as my career history. He gave us an impressive rendition of a Horsham to Peterborough train and even called me out during an announcement when I missed a station out! Zack is going places!"

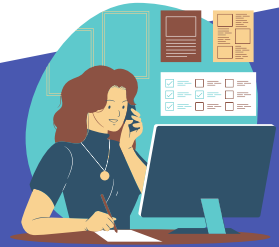
Thameslink were so impressed by Zack that they have offered him a chance to get advice from one of their senior recruiters about finding a job. Zack is keeping his fingers crossed that this will lead to work experience and a job!



"ZACK IS GOING PLACES "
- MATT STREETON

FIND OUT MORE
about Looking Forward
contact
amy@amazesussex.org.uk

WANT A CAREER **KICKSTART?**



It has been much harder to find jobs or work experience since the pandemic began. Many workplaces are closed or have reduced staff numbers and there are lots more people looking for work. Employment of young people has been most affected. In East Sussex, for example, the number of young people claiming unemployment benefits has more than doubled in a year.

If you are looking for work, you might be interested in the **Kickstart scheme** set up to offer young people a six month job placement. Employers get money from the government to create the new jobs and the young person receives training, a chance to work for 25 hours per week, get a wage and support to find permanent work. You can apply if you are 16-24 and claiming universal credit. These new jobs will need to start by the end of 2021.


To find out more about Kickstart visit
[JOBHELP.CAMPAIGN.GOV.UK/KICKSTART](https://www.jobhelp.campaign.gov.uk/kickstart)
or talk to your Work Coach at the Job Centre

How can Amaze help?

If you want to talk about your next steps in education, training or employment please contact Looking Forward at Amaze. We can help you to look at your options and to choose what to do next.

Please email liam@amazesussex.org.uk
or phone/text Amy on 07494 121322





Good News: Young people and adults on Learning Disability Register to be prioritised for vaccine

Fantastic news: all young people (**age 16 and over**) and adults on the **Learning Disability Register** will now be prioritised for the Covid-19 vaccine in England. This means 150,000 more people at higher risk being offered a jab more quickly in England.



How will I get invited for a vaccine?

People on the Learning Disability Register will receive an invitation from their local GP Practice for their Covid-19 vaccination – everyone in the priority list will be offered the vaccine as soon as possible. Exact timing will depend on supplies arriving at GP Hubs but you can keep up to date with the Vaccination Programme here: sussexhealthandcare.uk/keepsussexsafe/sussex-covid-19-vaccination-programme/



I am not sure if I am on the disability register

If you are unsure if you are on the Register, then try to remember if you have been invited to attend a yearly Annual Health Check. If so, then you are on the Learning Disability Register. If you are not sure, then check with the practice manager at your GP surgery – reception staff may not always be aware of the Learning Disability Register.





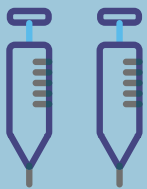
Frequently asked questions



Is the vaccine safe?



The Covid-19 vaccines have gone through the same rigorous safety tests as over 600 clinical trials that take place every year. They have been tested with adults of all ages, and people with a range of health conditions from different ethnic backgrounds



Why do I need to have two vaccines?

The first dose of the Covid-19 vaccine should give you good protection from Coronavirus. But, you need to have two doses of the vaccine to give you longer lasting protection.



Does the vaccine immediately protect me from Coronavirus?

It can take a few weeks for the vaccine to protect you. The vaccine doesn't completely stop everyone getting coronavirus, but if you do still catch coronavirus after you have had the vaccine, it shouldn't make you as poorly.



What do I do if I need support at the vaccination?

You can download this handy [Covid Vaccination & Reasonable Adjustments easy read form](#) to ask about the register or request reasonable adjustments for your vaccination appointment.



Do I still need to wear a mask and social distance after having the vaccine?

Yes. The vaccine can help reduce the effects of covid-19, but you could still get a milder form or be asymptomatic (where you have the virus but don't show symptoms). This means you could still spread the virus to other people, so you need to still keep 2 metres apart, wash your hands regularly and wear a mask if you are able to. This is really important as it helps keep other people safe, especially as not everyone will have had the vaccine yet.





Frequently asked questions



Will the vaccine give me Coronavirus?



No. You cannot catch Coronavirus from the vaccine but it is possible to have caught coronavirus and not realise until after your vaccination appointment.

The vaccine introduces a tiny bit of the disease into your body. It's not enough to give you the disease, but enough so that your immune system knows how to fight it in the future.

FREE

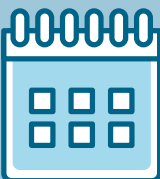
Is the vaccine free?

Yes. The COVID-19 vaccination is ONLY available from the NHS and it is free – you will never be asked to pay for it or give your bank details.

If I have had Coronavirus and I have recovered, do I still need to get the vaccine?



Yes, you should be vaccinated even if you already had coronavirus. That's because experts do not yet know how long you are protected from getting sick again after recovering. Even if you have already recovered, it is possible that you could be infected again.



How long does it take to develop immunity to Covid-19 after having the vaccine?

It usually takes a week or two for your body to build up some protection from the first dose of the vaccine. Like all medicines, no vaccine is completely effective, so you should continue to take recommended precautions (hand hygiene, wearing a mask, social distancing, etc) to avoid infection.



Where can I find more information?

- nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/
- amazesussex.org.uk/coronavirus-advice/
- <https://www.nhs.uk/conditions/vaccinations>

JACK'S KITCHEN

Jack, the Amazine food writer, shares his favourite comfort food recipe, macaroni cheese

By Jack Blower

Sometimes all you need is a delicious and simple meal. Today I am sharing with you my favourite macaroni cheese recipe. It is really easy to make and really tasty. It also serves four people, so you can make it for your family or you can make enough for a few days.

I am currently studying Food and Beverage Service Level 1 at East Sussex College, but because of the lockdown I am studying from home, which is quite difficult for a practical course. I have been working on my assessments and practising my cooking at home and this recipe is one of my favourites, and I am sure you will love it.



Ingredients

- Macaroni 400g
- Butter or oil 25g
- Grated cheese 100g
- English mustard
¼ tablespoon

For the béchamel sauce

- 175g self-raising flour
- Butter 100g
- Plain Flour 100g
- Milk (warmed 1 litre)



MACARONI CHEESE

- Boil a saucepan of water and pour the macaroni into the saucepan ensuring all the pasta is covered by the water.
- Allow to boil gently and stir occasionally with a wooden spoon.
- Cook the pasta for approximately 10 minutes and drain well in a colander and leave to cook.
- To make the béchamel sauce, melt the butter in a pan. Sieve the flour and mix into the butter with a wooden spoon. Cook for few minutes and stir frequently making a white roux. Then remove pan from heat allow to cool. Once cooled, return pan to heat to lower heat, gradually mix the milk into the roux. Allow to simmer gently on a low heat for 30 minutes stirring frequently – make sure then sauce doesn't burn.
- Return to clean pan and add the butter over a low heat.
- Mix with half the cheese and add the bechamel and mustard. Season if required.
- Add the pasta and combine the sauce, making sure it is evenly spread.
- Place in an oven proof dish and sprinkle with the remainder of the cheese.
- For a crispy top, place the dish under the grill and leave to brown lightly.
- Add slices of tomatoes as a garnish.

THIS IS TREC

BY ANYA BANCROFT-RIMMER

TREC is a sport that I enjoy with my horse. It started in France and was introduced to the UK in the 1990s. It is a sport based on the skills required for hacking (going out with your horse for a ride or walk).

In arena Trec competitions you can lead your horse (called in-hand) or ride. Riders compete over a course of approximately 10 obstacles, scoring points for each one completed. Obstacles are like the type of challenges you could meet out hacking, for example crossing a footbridge or leading your horse across a ditch.

Asta is my family horse. She is piebald (black and white) and she is beautiful. Sadly, last July she got a really bad infection in her eye and her eye had to be taken out. I was really scared for her but happily she has recovered really well. She is still being ridden and we practice in-hand Trec together which she really enjoys. However, as she cannot see on one side I have to help her a bit more.



In-hand trec can be really challenging because sometimes Asta doesn't listen or doesn't understand what I am asking her to do. It is very hard because she is much bigger and stronger than I am! Also, some of the obstacles can make a horse feel a bit scared if they are unsure about them (like walking over some tarpaulin).

One of the things I really enjoy is feeling proud after we have worked hard at something and got it right! It is also really good to be able to teach her new things. I think that Asta enjoys it too when she gets it right!

This winter I was ready to do my first proper arena competition. Unfortunately because of lockdown it has been cancelled. So instead we found an on-line competition. I set the obstacles up in my riding school and got my dad to film it. Then we sent the film in and got it marked by a Trec judge. I was really happy to receive a rosette.

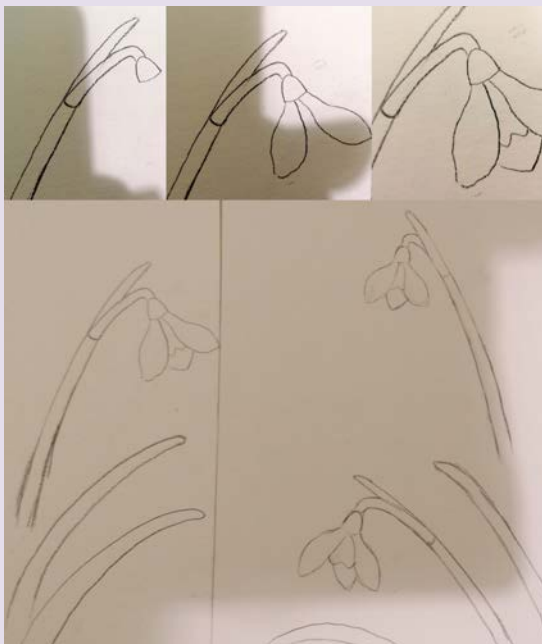
Have you got a hobby?

Would you like to see your hobby in the next issue of Amaze? If you would like to write about it or submit a photo for the next issue, please send Amy and email amy@amazesussex.org.uk



What do you need?

- watercolour paints
- a variety of large and small paintbrushes
- pencil & rubber
- jar of water
- kitchen roll
- ruler
- glue stick
- salt
- scissors and/or craft knife
- 2 A5 sheets of watercolour paper
- any scrap pieces of watercolour paper, in total roughly the size of 1 A4 sheet



Step 1.

Snowdrops break down into fairly simple shapes, as I've shown. Draw a few flowers and leaves, all separate from each other - I drew 3 flowers and 4 leaves.



Step 2.

Start painting your snowdrops - I used a yellowy-green for the leaves, and a darker more blue-tinted green for the flowerstems. It doesn't matter if it's messy at this point because it's going to get cut out, so don't worry about staying inside the lines when colouring the leaves.

Colour parts of the petals with a very pale blue, let that dry then paint over some of the blue area with a slightly darker blue (but still very very pale! Add in some darker green shadows on the stems and leaves, and the green bits on the flowers.



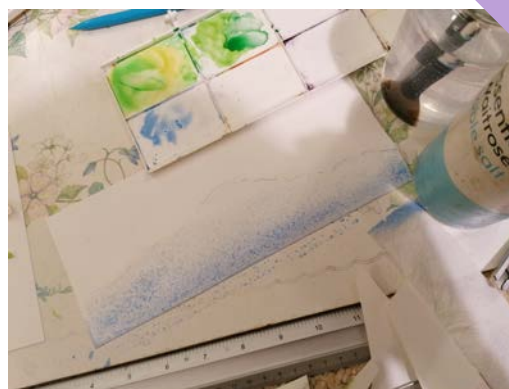
Step 3.

Cut out all your flowers and leaves as neatly as you can, using scissors and/or a craft knife - whatever works best for you!



Step 5.

Lay out your flowers and leaves on a plain A5 sheet to work out how you want to place them. Once I had them lined up how I liked, I put my ruler down across them all to hold them in place. Cut some holes for the stems to go through, and slot them in place one by one, gluing them onto the back of the snowbank.



Step 4.

Get a piece of watercolour paper that's as long as an A5 sheet is tall, and draw a rough shape for the snowbank. Wet that area with a large brush, then brush in some pale blue from the bottom up, leaving the top mostly white. While that's still very wet, sprinkle salt over it all - that'll give a good texture for the snow, and often leaves it a little sparkly. When it's dry, brush off any loose salt and cut out the snowbank shape.



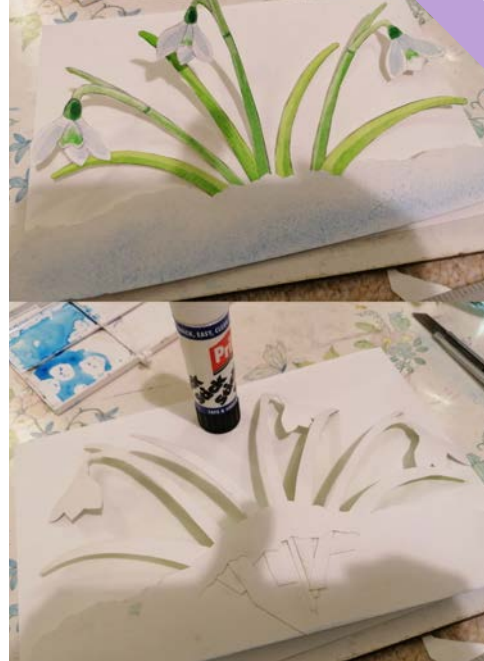
Step 6.

It was very curly from the water drying, so I put down some kitchen roll on my art board (to protect the snowdrops from getting mucky), then the snowdrops so they were curling towards the board, then a sheet of clean paper on top of that (so no glue gets on the iron), before ironing it (with no water in the iron - we don't want steam!) Make sure the paper is completely dry first and use a very low heat. Only do this for a few seconds and do not leave the iron on the paper.



Step 7.

Now to make a background - wet an A5 sheet with a large brush, then put on whatever colours you like. While it's still wet you can press a balled-up piece of kitchen roll onto it to remove some of the colour, to make clouds for example. This only works while it's quite wet. I made the top background first then wasn't sure if I liked it, so I made the other one as well!



Step 8.

Glue your snowbank and snowdrops onto your background of choice, and you're done!



We want to see your creations!

If you had a go at this tutorial email a photo to amy@amazesussex.org.uk and we will share it in the next issue.





Yoga sessions with Mindful Warriors

By Pagane Gacheva

Amaze has teamed with Mindful Warriors in order to deliver yoga sessions every Thursday for 12 weeks over Zoom. The mindfulness organisation previously partnered with Amaze last summer for yoga sessions in Preston Park. The sessions have received a great reception and the number of people joining every week keeps increasing. I have been attending the weekly yoga sessions with Durgha and I have found them very enjoyable - they have helped me to incorporate yoga into my daily routine. Yoga helps me to relax, take notice of my breath and improve my flexibility. We learn new poses every week and build upon the ones from previous sessions. I like that we are encouraged to try our best in a gradual and consistent manner. The magic of yoga is that you feel different after every session and you discover new things about yourself and your feelings with each yoga flow sequence. The addition of mindfulness to the yoga lessons helps with taking notice of your surroundings and can be applied anywhere. Sometimes we whizz through entire days without checking in with our breath, so even one minute of mindfulness can make a difference to our state of mind and energy levels. The sessions with Mindful Warriors have proven to be popular and will be running for a further six weeks until 8th April. If you want to get involved, contact Amaze for the meeting link. Parents and carers are welcome to join. The project is funded by Active Sussex and the Brighton Yoga Foundation.

Find out more:

www.mindfulwarriors.co.uk

There are a lot of YouTube channels focusing on yoga and there are videos related to a specific topic such as yoga for runners, yoga for stress and yoga for back pain. One of the most well-known yoga channels is Yoga with Adriene; her channel includes many 30-day challenges that gradually build up your skills.
www.youtube.com/user/yogawithadrien



Returning to education and lateral flow testing

A helpful guide to understanding the importance of new lateral flow testing to support the return to education and keep you and your loved ones safe.

Schools and parent carers are naturally concerned about how to keep everyone as safe as possible, including students, teachers and school staff. The main changes are around masks and tests. You will be asked to take a lateral flow test twice a week.

What is a lateral flow test and how does it work?



Rapid lateral flow tests help to find cases in people who may have **no symptoms** but are **still infectious** and can give the virus to others.

The test usually involves taking a sample from your tonsils (or where they would have been) and from your nose, using a swab. **You can get a result in 30 minutes.**

Important Facts

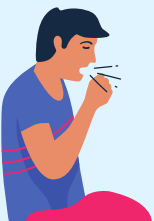


About **1 in 3 people with Coronavirus do not have symptoms** but can still pass it on to others. Regular testing of people without symptoms is important to help **stop the virus spreading and protect your loved ones.**



If you're going to a school or college, or someone in your household or support or childcare bubble is, the rest of your household or bubble should:

- take a rapid lateral flow **test twice a week** (every 3 or 4 days)
- **report the results** of the rapid lateral flow test **the day they take the test**



If **anyone tests positive or gets Coronavirus symptoms**, you must tell the school or college and make sure the person and their household and or bubble:

- **self-isolate immediately**
- **get a PCR test** (a different coronavirus test) to confirm the result

A negative result means the test did not find signs of coronavirus. But **this does not guarantee you do not have Coronavirus**, so you must keep following all coronavirus advice including:



- regular handwashing
- social distancing
- wearing a face covering where recommended

Why am I being asked to do a lateral flow test by school or college?



- By doing these regular tests, you can help keep yourself, the school staff and the other students safe, as well as anyone you live with or who is in your support bubble.
- When people first have Coronavirus they do not show symptoms which means it can spread really quickly. By doing regular tests, people who have the virus can self isolate to avoid it spreading.

How do to a lateral flow test?

Staff at school and college will help you the first few times you do a test.

- Lateral flow testing involves a swab of the nose and throat to collect a sample, which is then inserted into a tube of liquid for a short time.
- Drops of liquid are added to the test strip and after about half an hour a result will be shown.
- It is hoped that by using the faster tests people will find out more quickly if they have the virus or not, and that will make it easier to control the spread of the disease and keep you and others safe when you are back in education.

How the rapid tests work

1 Swab from nose or throat



2 Specimen added to extraction tube



3 Drops of extraction solution added to test cartridge



4 Wait 20-30 mins



5 Read results



Negative



Positive



Invalid

Source: Innova Medical Group



Where can I find out more information?

- [gov.uk/government/publications/](https://www.gov.uk/government/publications/)
- [gov.uk/government/publications/face-coverings-in-education](https://www.gov.uk/government/publications/face-coverings-in-education)
- amazesussex.org.uk/coronavirus-advice/coronavirus-support-with-education/

COUCH TO 5K

By Pagane Gacheva

In 2020, I completed the 'Couch to 5k' programme, a nine-week plan that trains you to run five kilometres without stopping. The intensity gradually increases each week, but the hardest part tends to remain putting on your trainers and getting out there. You can track your runs, run on a track, but the most important thing about consistency is staying on track. Here are tips on how to get started:

Download the app

There are a lot of apps dedicated to 'Couch to 5k' such as the NHS one. The NHS website has podcast episodes for each of the nine weeks, a forum and tips on how to get the most out of the training.

www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week



Make it official

Create a grid and stick it on your wall as a visual reminder of your progress. For each run, I recorded the date, day and whether it was a morning or afternoon run. This helped me to decide which one works better for me. Schedule the majority of your runs at your current preferred time.



Repeat runs

Each week has three runs of the same intensity. If you are not able to do the workout easily by the end of the week, keep repeating it until it becomes second nature.

I found that repeating days helped me to build stamina and improve my technique. I noticed that working on my breathing helped me to pace myself and starting to work on that early on gave me plenty of time for practice.



Stretch and walk

Always start and end your workout with stretches and at least a five-minute brisk walk. Do active and passive stretches before and after running, but make sure that you mainly do active ones before running and mostly passive ones afterwards. Remember to stay well hydrated too.



Endurance first, everything else later

Don't be too hard on yourself when it comes to speed and distance. The aim is to develop the stamina to run for 30 minutes. Once you have completed the training, you have the tools to further improve your running. Remember to take a day of rest between each run to recover and minimise the risk of injury.



What I learned

Being alone with my thoughts whilst on a run helps me to reflect on my day and consequently have better mental clarity. When you are forced to deal with your thoughts with no distractions, seemingly major obstacles and problems no longer seem so difficult to overcome. In those moments, running does not feel like exercise, but rather meditation with my feet. When the energy, gratitude and enjoyment all rush in at once, I am reminded that I am better than who I was yesterday.



'Too Good To Go'

how to fight food waste one click at a time

By Pagane Gacheva

If food waste was a country, it would be the third largest contributor of greenhouse emissions. A third of the food produced globally is not consumed and with 22% of food waste being from the consumption stage alone, there are plenty of things that we can do to combat this issue. This is where 'Too Good To Go' comes into play: the app allows users to purchase perfectly edible, fresh food from a variety of stores and restaurants at a reduced price. Once you pay, you get registered for a magic bag full of unsold items. The contents are a surprise and can be picked up during a given shop's collection slot stated on the app. Based on my experiences, I have compiled tips on how to make the most out of the app.

1. Mark down your favourite places

There is an option to make a list of your preferred shops as a way to make selecting what to get easier. Some stores post their magic bag slots around the same time every day, so having a list will make it easier to secure a bag quickly.

2. Make sure you specify any allergies

Ensure that you specify any allergies and dietary requirements that you have; this cannot always be accommodated, but do not worry as you can give the products you cannot eat to someone else from your household.

3. Take note of the collection time logistics

You are able to cancel your order and get a refund up to 2 hours before collection time starts, so that someone else can get a magic bag. The majority of participating stores will have your order packed, but some tell you to bring your own bag - this is written on the page for each shop on the app.

'Too Good To Go' is continuously expanding and with the increasing number of places, using the app can become an intriguing way to explore Brighton. Weekly tips on how to personally reduce food waste are posted every Monday to encourage further sustainability. Decreasing one's carbon footprint is an ever-evolving journey, so in the next issue of the magazine I will be tackling ways to become more environmentally-conscious.

toogoodtogo.co.uk



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

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



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 Tel: 07483 111 659
amazesussex.org.uk

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.



To find out more about
East Sussex Amazing Futures

Email: Claire@amazesussex.org.uk

Text: 07484 915 038

To find out more about
Brighton Amazing Futures

Email: Sue@amazesussex.org.uk

Text: 07483 111 648

LGBTQ+ peer support group



**New Amazing Futures group
for LGBTQ+ young people
who want to socialise in a
safe and confidential
environment**

**Tuesday 16th March 2021
at Community Base from
4:30pm to 6:30pm;
monthly**

**If you are interested in joining, contact Sue Winter
Sue@amazesussex.org.uk or 07483 111648**

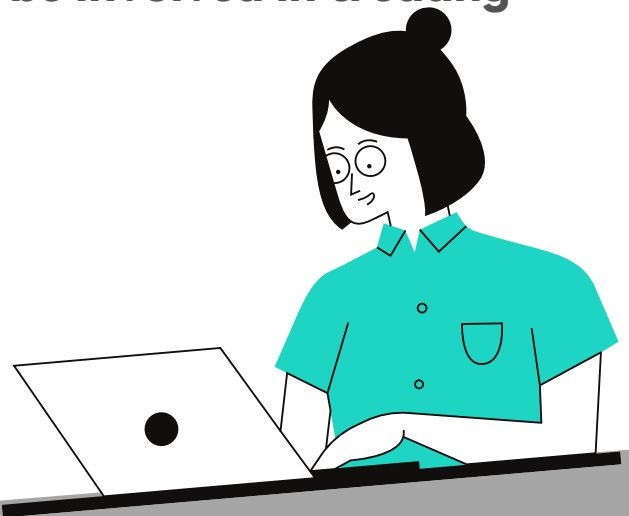
Want to get involved?

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
text/call: 07494 121 322