



Looking Forward to life after isolation:

Preparing for when
isolation is over

Thinking about your
options for study & work

Fun things to do now

Collages,
quizzes,
games &
challenges

Pets at home
with
Amazing
Futures

Issue 3

May 2020

Fab cover design by Izzy

Jam packed full of
inspirational ideas from
the Amazing Futures team



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Show and tell the local community

Bobby from the Amazing Futures project in Brighton & Hove has painted these fabulous pebbles from Brighton beach with the faces of the people she misses most in lock-down. Why not have a go yourself & you can always return the pebbles to the beach after lockdown



Send in YOUR artwork and we'll showcase your work on our Compass Wall of Fame along with Bobby! <https://www.compasscard.org.uk/news-and-events/compass-wall-of-fame/>.

Paint your favourite people on the pebbles using chalk, water soluble paint, pen and you could always add hair like Bobby.

Free things on offer locally including Compass page

<https://www.compasscard.org.uk/leisure-learning-and-lock-down/>

Lots of information & free resources available here through Amaze.



Be active

Defiant sports are offering free youtube sessions such as Mellow Mondays—all are SEND friendly

<https://www.youtube.com/channel/>

[UCPAyZf8rUK64o6n-fUXP0_w](https://www.youtube.com/channel/UCPAyZf8rUK64o6n-fUXP0_w)

Learn

Virtual safaris many zoos and safari parks are offering the opportunity to watch their animals live online

<https://www.chesterzoo.org/virtual-zoo-2/> or choose one from

<https://www.standard.co.uk/lifestyle/travel/how-to-do-a-virtual-safari-a4411406.html>



Club penguin is back! Create your own penguin, play games, dress up and adopt pet puffles <https://cponline.pw/play/>

Online Learning:

“**FutureLearn**” is a digital education platform that offers free courses about anything and everything.

You can sign up to as many courses as you want, but you only have access to each one for a limited amount of time.

For example—learn **screenwriting**—take a course that helps you



structure and tell a story to an audience.

There are also websites that focus on specific skills, for

example **Duolingo**, which is a platform for learning languages.



Wellbeing

The website www.e-wellbeing.co.uk provides self-help information, handy toolkits and a directory of local services and Covid19 advice.

Other apps

Like be a scientist app on <https://littlealchemy2.com/>

Explore museums on <https://britishmuseum.withgoogle.com> or <https://www.nhm.ac.uk/>

Can you recommend any online activity? Please share it with Amaze

The Amazing Futures group in East Sussex love a pub style quiz. Here are some of our favourites from past zoom sessions...



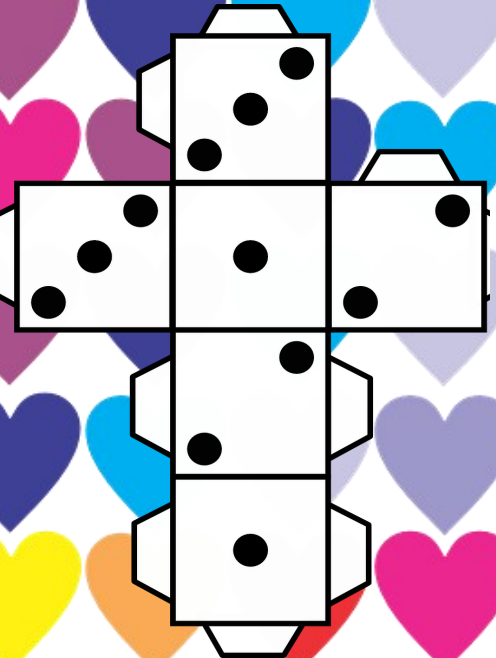
- What is the lowest number of coins you need to make 69p?
- How many different coloured balls are on a snooker table?
- What dance move did Michael Jackson make famous?
- What number experiment is Stitch in the Disney film Lilo & Stitch?
- What 2 berries is a Logan berry made from?



Anagrams with a twist!

The following questions both have answers that contain the same letters but they have been switched around. See if you can spot the pattern

1. Upturned Corners of the Mouth: _____
Green Citrus Fruit: _____
2. Slides in & out of desk: _____
Recognise Achievement: _____
3. Our Planets Name: _____
Valentines Symbol: _____
4. Large Area of Woodland: _____
More Malleable: _____
5. Not Awake: _____
Word used in polite requests: _____
6. Save from danger: _____
Firmly fixed: _____
7. Blueprint: _____
Autographed: _____
8. Ministers: _____



Answers are
available on the
Amaze website

Wheel of me

What interests, skills and qualities do you have that make you unique?

My Interests

Things I enjoy doing

My Skills

Things I've learnt through experience, work or study

My Qualities

personal characteristic that make me unique



Hi, my name is **Eliph**, I am 24 and work with Liam and Amy on Looking Forward. Due to my Autism and Anxiety, I left college with only one A level at grade D at 19. I struggled at first with working out what steps I needed to take to find some work and continue my education. I haven't got it all figured out now, but I have learnt lots. I want to share with you my top tips for looking forward to the future.

Ask for help – while I had lots of help from my parents to make a CV, some of their knowledge was a little outdated. What really helped was having a careers advisor look over it and make some additions to help me show my best self to employers. You can do this by asking for help from **Looking Forward!**

Try different jobs by volunteering- All through college I wanted to work in a museum, but my idea of what day to day work was like in a museum was very different to what it really was like, very different! I also volunteered in a charity shop which wasn't for me either, even though lots of my friends work in shops and really enjoy it. Everyone is different.! Eventually 3 years ago, I volunteered with Amaze's Amazing Futures as a peer supporter and I loved it, and that's how I got my first paid job.



Keep learning- There are lots of free or reduced cost courses available if you are unemployed or having a gap year. It really helped me to have something to look forward to each week and to help keep a routine, even if it's not what you want to do for a career. I learnt British sign language and did a painting course on how to paint animals.

Thinking about your future

can feel difficult right now when there is a lot of uncertainty. However, having a goal and motivation could really help you get through this difficult time. It is really important to remember it will not always be like this. It can really help to think about what you will be doing once lockdown ends.

Amaze's Looking Forward programme could help you think about your next steps in education,

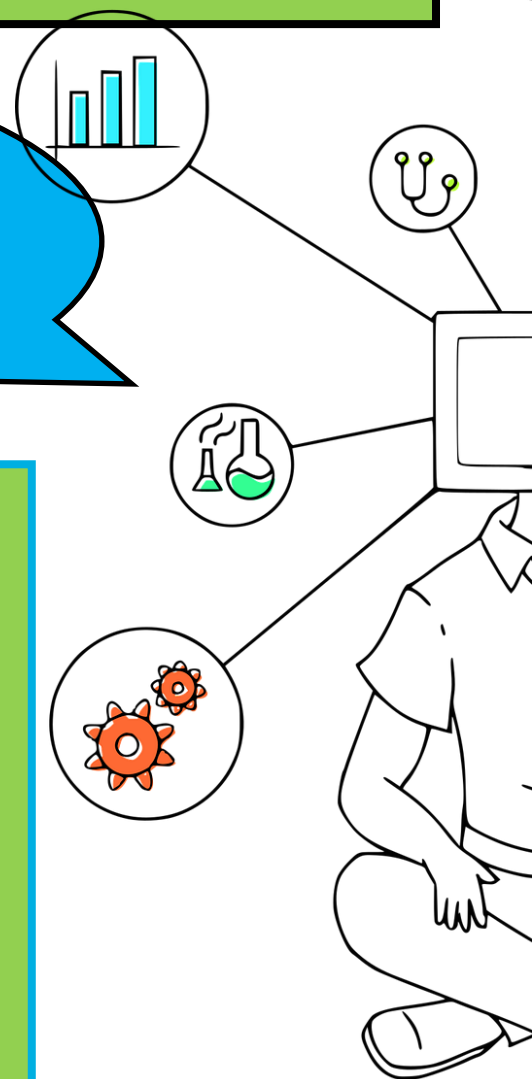
Looking for a college course for September?

Now is the time to get in touch so that we can help you pick the right course and college for you so that you are ready to start as soon as the colleges reopen.

Did you know?

At the moment many colleges are interviewing via a phone call or video call. Looking Forward can help you prepare for these interviews and help you to

Although you are at home now, it won't be long until life resumes!

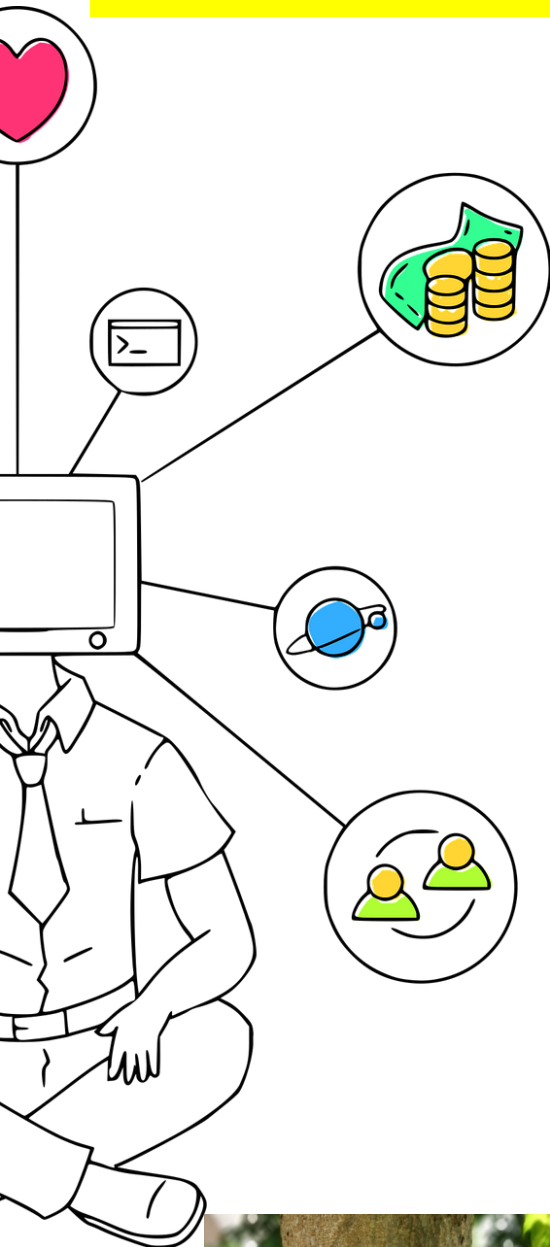


Looking Forward are offering free 1:1

**information, support and guidance
via zoom or phone call, where we
can talk through your current**

**situation, your ideas, passions and help you to think about the next
steps that will be right for you**

**Parents can join
you!**



Life after college

If you have finished college this year, your next steps will be looking at applying for traineeships, apprenticeships or a job.

We are here to help you and can support you to:

- **write a CV**
- **make applications for jobs and apprenticeships**
- **help you find work that would be suited to your skill set and interests.**

Meet the Looking Forward team; Liam Ryan, Amy Goble and Eliph Hadert who are happy to help you



crispy chocolate pops

1-put some crunchy cereal in a bowl (cornflakes, rice crispies, crunchy nut cornflakes etc)

2-melt some of your favourite chocolate bars in the microwave (keep checking every few seconds or it will go hard) I use a 100 gram bar of plain or milk chocolate but you could try any type.

3-Now add a handful of cereal a time into the melted chocolate. Keep mixing the 2 ingredients and adding more cereal to the bowl until all the chocolate coats the cereal and it looks like a gooey chocolate mess.



5-pour some of the mixture over the top end of the chopstick or skewer whilst making sure you leave enough space to hold the bottom of the chopstick in your hand

6-mould it into a simple shape that you like, a heart, a star, a circle, a Xmas tree is a good one to do at Xmas!



7-put it in the fridge until it goes hard, be careful transferring it, hold it underneath or it will go out of shape



8-once it's hardened, you can decorate it with edible glitter, an icing pen, a ready made tube of frosting that has a couple of nozzle ends that come with it (like a star shape or swirl)

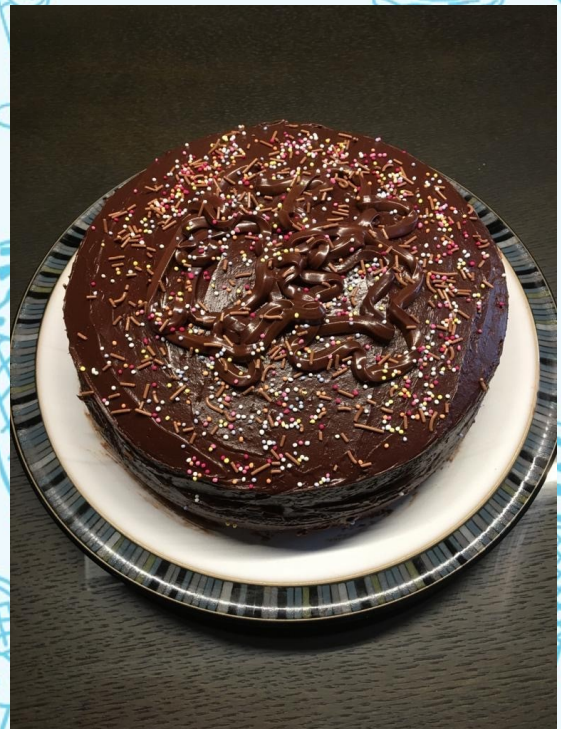
9-let it set in the fridge

10-remove from the fridge & its all ready to eat! Yum



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Kiana's
been busy
baking!



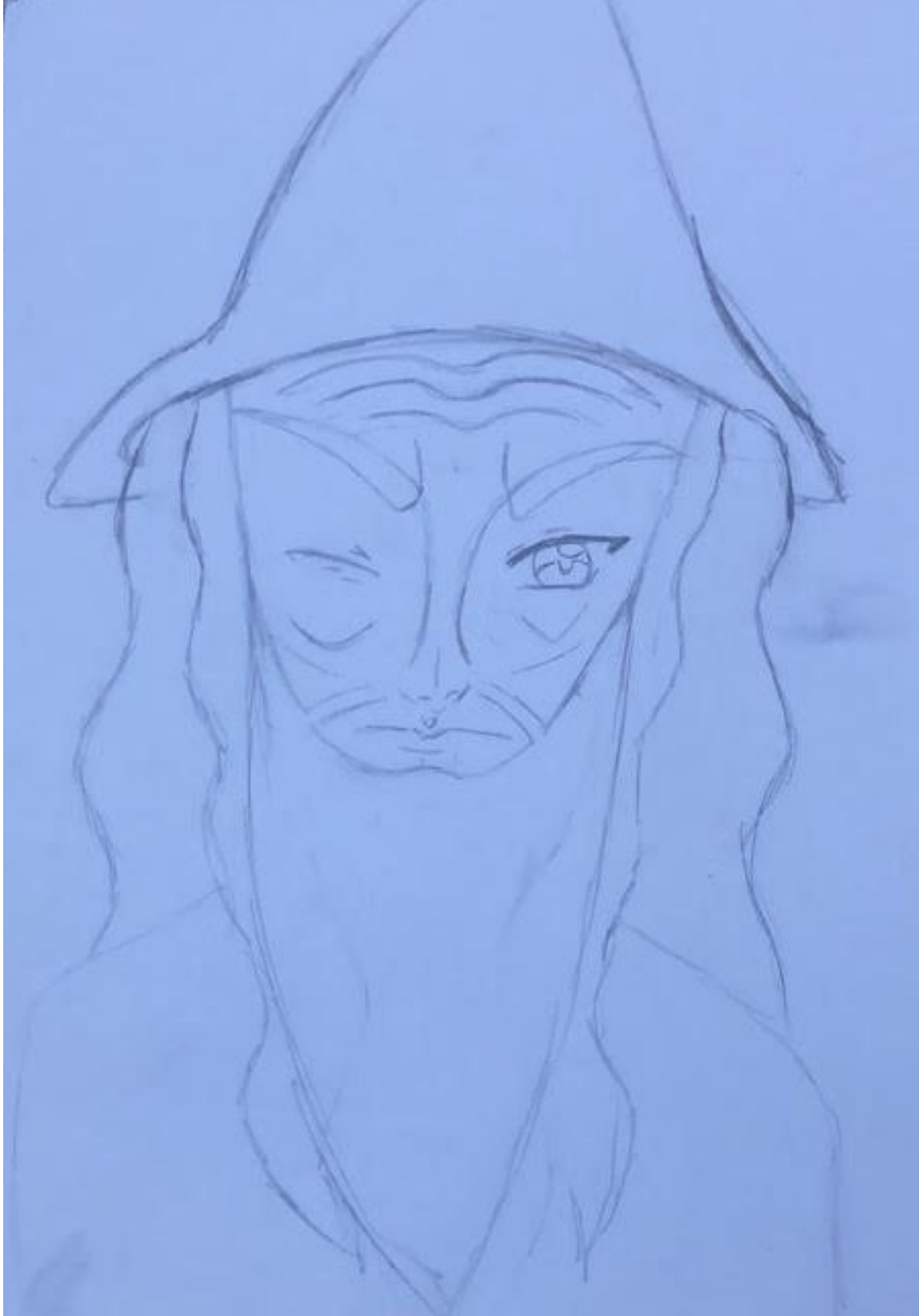
Alanna's
Unicorn
cupcakes



COLOUR ME!



Portraits by Billie

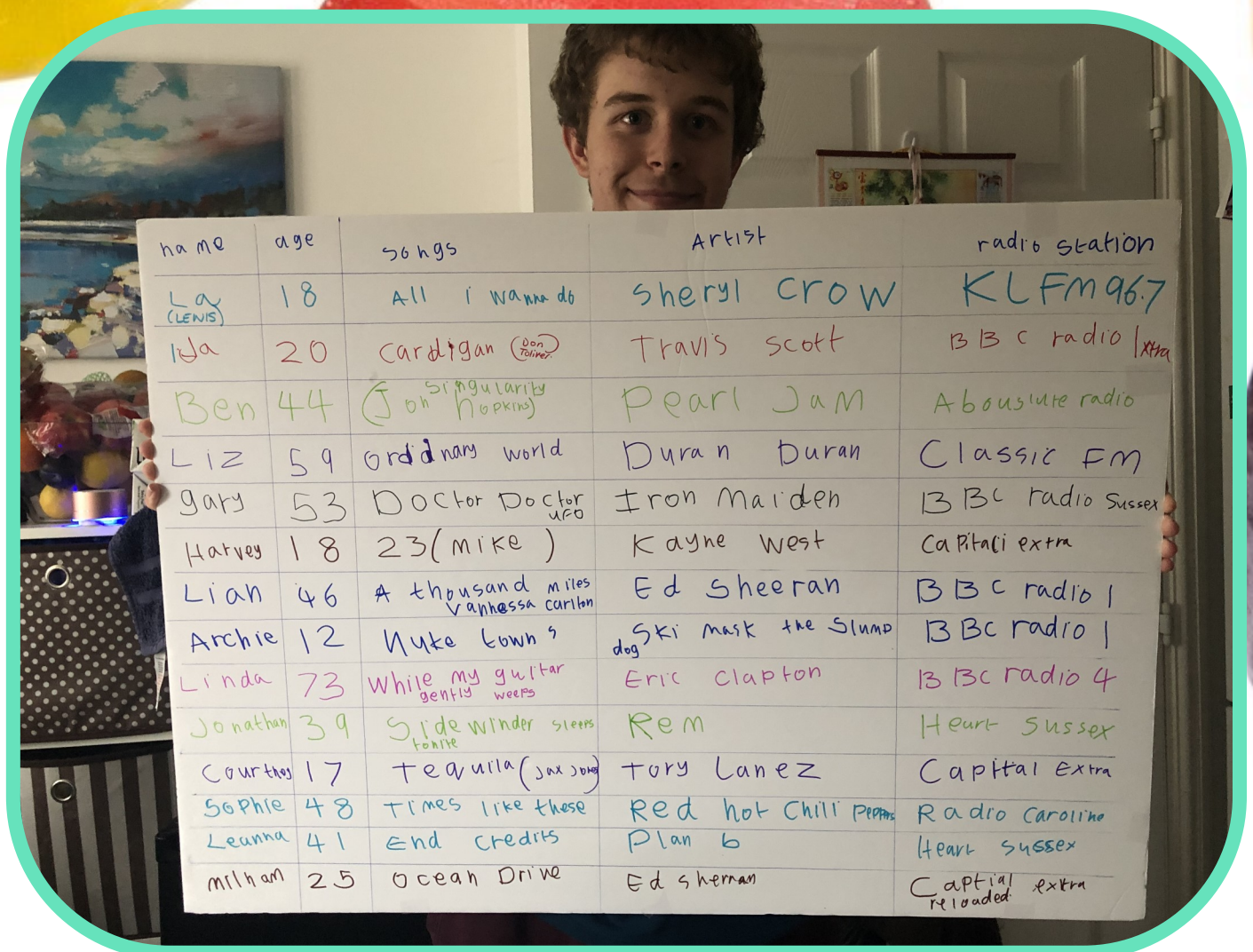


My name is Lewis and I am part of the Amazing Futures group.

Today I made a chart board of songs, music, artists, bands and radio stations. I asked what songs and things they liked. They messaged me and Mum to help give me answers to what songs they like.

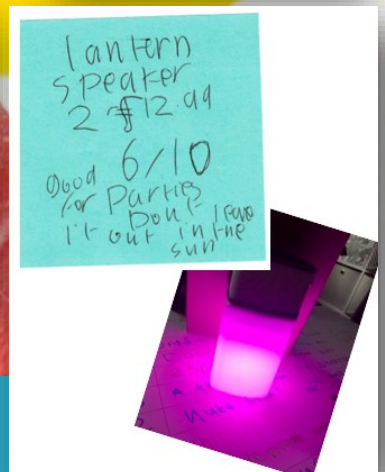
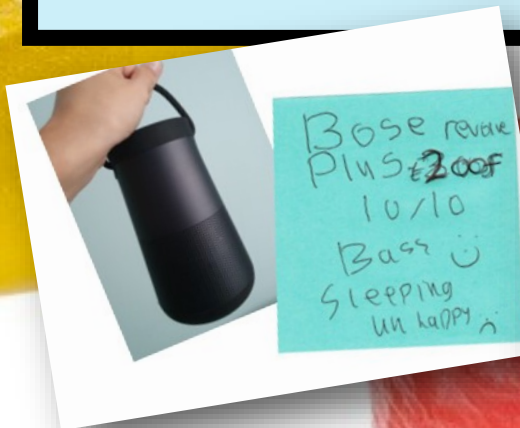
The young people liked my sort of music. The older people liked old sort of music.

I enjoyed doing the board, asking them what songs they liked. It helped my head feel better.



My own five favourite songs are:

1. Sheryl Crow – All I wanna do
2. Rihanna – Diamonds
3. Salt & Pepper – Push It
4. One Direction – What makes you beautiful
5. Texas – Black eyed boy

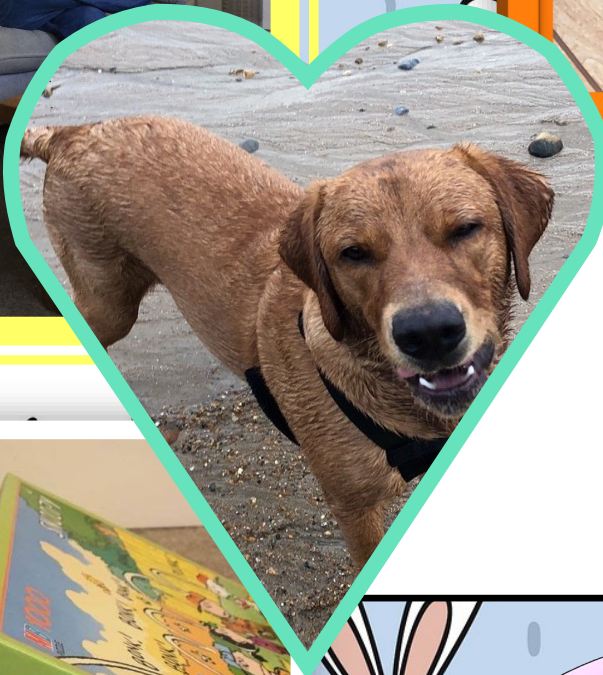


"I play annoying songs like Sheryl Crow, Swing Out Sister, Breakout and Irish Folk Music because I know it annoys my Mum."

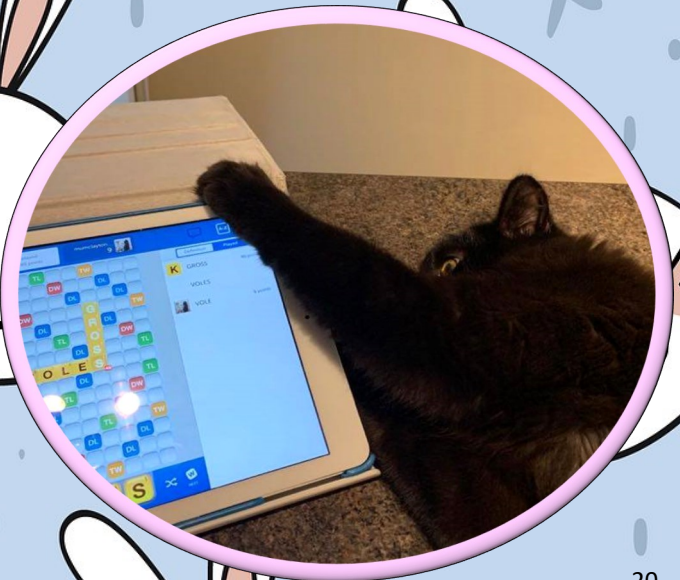
"I play radio 1 at home and in the garden to annoy mum"

Lewis is a speaker expert and has over 30 in total! He has given some examples of some of the speakers he has to help you make an informed decision on what speaker is best for you!

Here are some pictures from the group members with their pets during isolation.



Megan's kitten Arthur has been keeping busy by helping with puzzles & playing Scrabble.

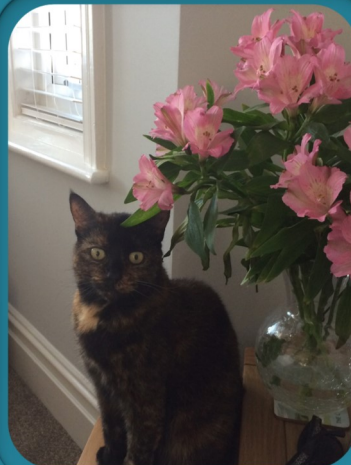


Amazine issue 3

amazing futures
for young people



Send in your pet photos to
amazemagazine1@gmail.com



TASK:

Eliph has challenged you all to create a collage based on what has been keeping you busy in Quarantine. It might be a good starting place to base this on the 5 ways to wellbeing:

- ⇒ **Keeping Active**
- ⇒ **Learning**
- ⇒ **Taking Notice**
- ⇒ **Connecting**
- ⇒ **Giving**

Need some inspiration?

Take a look at what Eliph has created already...



We would love to see what you come up with so be sure to send photos of what you create to: amazemagazine1@gmail.com

“My collage is of my dog.

I used wrappers from his food, fabrics and paper, card from a tea packet and sweet wrappers, because I've been eating lots of sweets, walking my dog, drinking tea, doing sewing and DIY. I also used some flowers from a magazine as I've been gardening.” ~ **Eliph**



If you have been baking maybe you could cut up empty flour bags?

Or print off photos from games or friends and incorporate them.



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 **amazing futures**
for young people

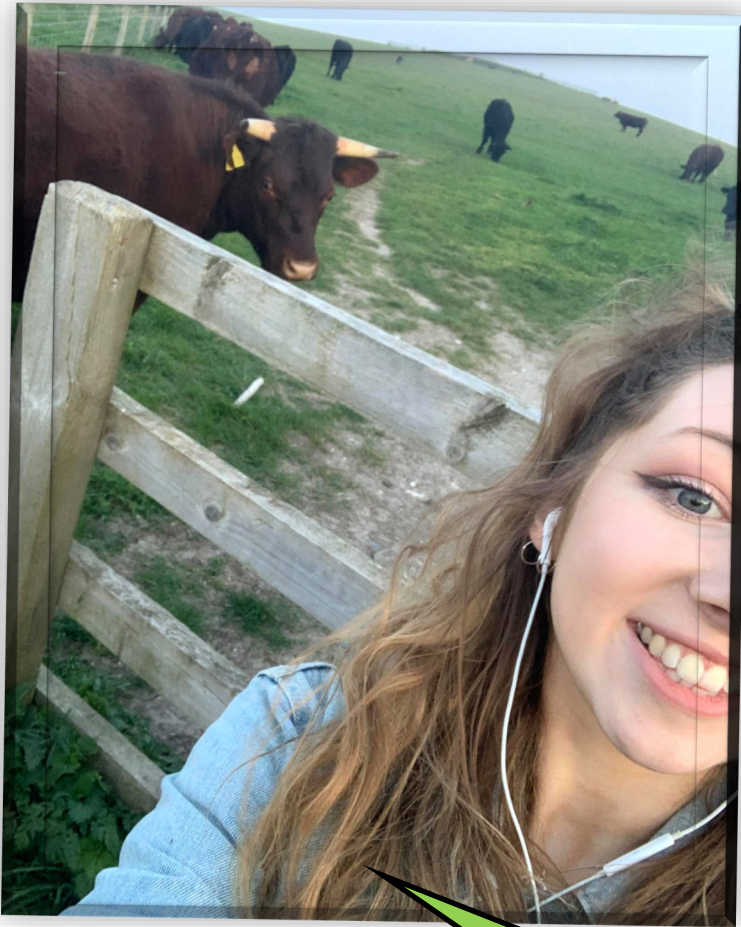
Inspiration corner

If you enjoy art and beautiful landscapes then why not take a virtual tour of Monet's home or go for an inspiring walk in nature. <https://fondation-monet.com/visite-virtuelle/>

Here is a beautiful landscape view that Ruth sees when out on her daily walks. Do you think Monet would have been inspired by this view from Bexhill.

Thanks to Ruth for the suggestion.





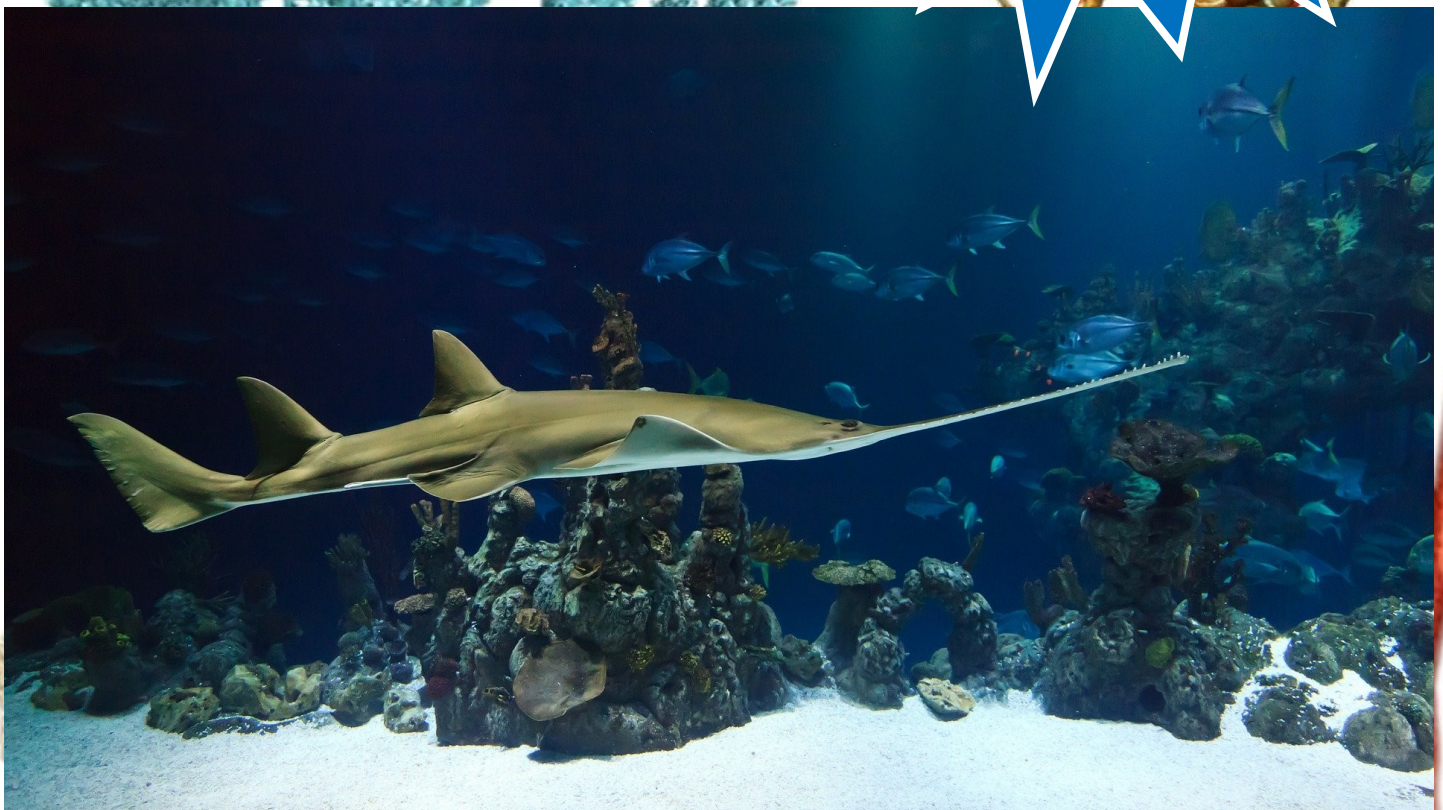
Megan goes on a daily walk in the evening to see the cows living in a field near her home. She has named the brown cow Kobe.



Unique animal feature:

The Saw Fish

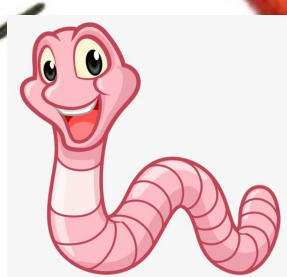
This is Jordan's
favourite animal!



They grow around 7 metres or 23ft in length, and that's including the saw like rostrum on it's nose which is 6ft or 1.8 metres long!

Today's Sawfish primarily feed on fish and underwater invertebrates like:

- Crabs
- Worms
- Molluscs



The oldest species of Sawfish was the Onchopristis.

They lived 66 to 145 million years ago in the early to late Cretaceous period in:

- ◇ North America
- ◇ North Africa
- ◇ Brazil
- ◇ New Zealand

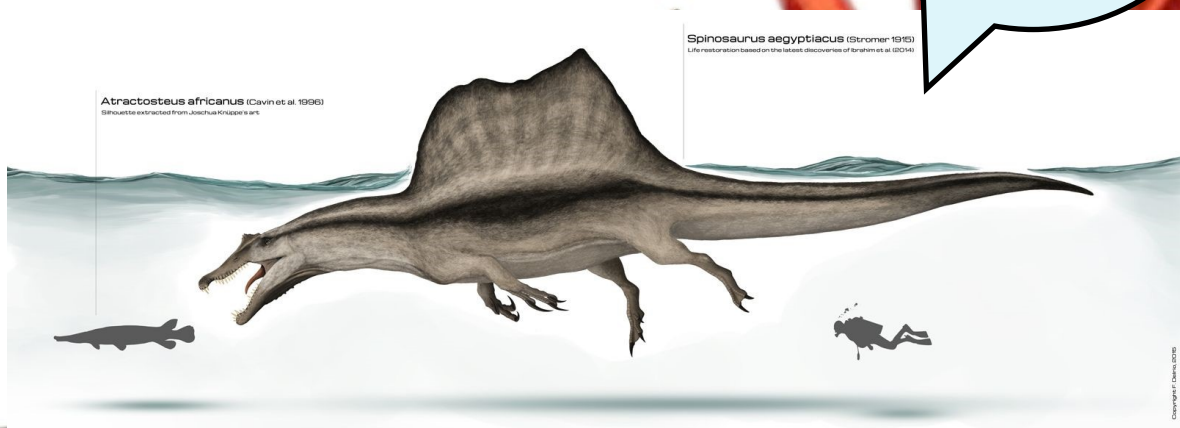
This was after the Dinosaurs in the Jurassic Period.

A little relieved
they're now
extinct!

This ancestor grew about 8 metres or 26.2 ft long and its rostrum (the Saw like projection from its head) was 2.5 metres or 8.2 ft long.

Onchopristis likely fell prey to predators; the aquatic dinosaur Spinosaurus Aegyptiacus coming to mind.

Wouldn't want
to bump into
one of those!



Jade's 28 Day selfie challenge

Jade, Brighton & Hove's intern has designed this daily selfie challenge. Try to do one of the 5 ways to wellbeing every day for 28 days and take a selfie whilst you are doing it.

This could be a selfie of your daily exercise, or a photo being creative or a selfie of you cooking. Feel free to add your photos to this calendar as your own inspirational record or send in photos to Amaze.

1	2	3	4
8	9	10	11
15	16	17	18
22	23	24	25

Amazine issue 3



What are the 5 ways to wellbeing?
Find out more here and try our
worksheet.

<https://amazesussex.org.uk/wp-content/uploads/2018/07/Amaze-5-ways-to-wellbeing-worksheet-young-people.pdf>

5

12

13

14

19

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21

26

27

28

Getting involved with Amaze

Amazing futures

- For the Brighton & Hove groups —contact Sue Winter on 07483 111648 or email sue@amazesussex.org.uk
- For the East Sussex groups based in Eastbourne— contact Claire Piper on 07484915038 or email claire@amazesussex.org.uk

Looking forward

- Please email Amy Goble on amy@amazesussex.org.uk
- or phone Liam Ryan on 07483 111659



SENDIASS Helpline during coronavirus lockdown

- All our team are working from home and are still offering a full Helpline service. We continue to offer information, advice and support for parent carers and to young people with SEND.
- Please call us on 01273 772289 or email sendiass@amazesussex.org.uk to talk about education, health and social care or anything else you may need.