

Out and about this  
summer

Ark game review

Using public transport

5 ways to wellbeing in  
action

Issue 5

Late Summer 2020

Jam packed full of  
inspirational ideas from  
the Amazing Futures team





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Gamer quiz





# Lewis' Summer 2020 playlist

**Lewis' has chosen his tunes of the Summer. He hopes you enjoy listening to them as much as he does!**

Bad Romance      Lady Gaga

Lush life      Zara Larsson

**I love it      Icona Pop**

Firework      Katie Perry

Rain on me      Lady Gaga & Ariana Grande

What a man gotta do  
Jonas Brothers

You're the devil in disguise      Elvis Presley



Circles      Post Malone

*Diamonds*      Rihanna

Juice Lizzo      **TiK ToK**      Keisha

**Watermelon sugar**

**Harry Styles**

**Someone you loved**

**Lewis Capaldi**



## Amazine issue 5

Hi everyone! **My name is Megan** and I have just finished my year long placement at Amaze. This was part of my Psychology degree at the University of Sussex, which I am now going back to finish in September. I wanted to tell you about my Amazing experience!

Most of you will recognise me as a peer supporter with East Sussex Amazing Futures. You may also have spotted me singing along in the audience at the Brighton Amazing Futures Talent show, or at some events – such as the AGM in December.



One of my favourite activities was creating post cards and you could often find me running this activity with Chloe at different events. I always enjoyed taking part in different arts and crafts and was particularly proud of my snowflake and snowman I made at the AGM.

I'm very competitive as many of the group probably realised when they got to play a game with me or heard me shouting out answers. I love "say what you see" or Uno. I also learned to play Dobble since working here and I want to buy it for myself now I have left. My competitive nature meant I also loved joining in on the quizzes during isolation – my star topic was Disney and some of you may have done my Disney lego figure questions in the last Amazine issue.





## **Skills learnt whilst on placement with Amaze;**

**Organisational** helping to plan and coordinate groups for Amazing Futures and practice my delegation skills to ensure the groups ran smoothly.

**Teamwork** I got to work as part of a team, consisting of colleagues and peer supporters, which I really enjoyed.

**Communication** My skills were enhanced as I got to talk to young people, their parents/ carers, professionals at events and I even met the mayor of Eastbourne!

**Evaluation** I helped with Amaze's strategic plans by creating reports and assisting with departmental evaluations.

**Presentation** I practiced my presentation skills when I spoke to an audience at the AGM and two Amazing Me events – this is always nerve wracking for people, myself included.

**Time management** organising my time better including meeting deadlines

**New skills** how to complete PIP claims and how to support parents to complete forms

**Peer supporter** undertook the training and became a peer supporter

**Amazine** I designed the first issue and helped



I loved making the magazine as I got to work with the Amazing Futures groups to decide on content and see what they have all been up to – especially during isolation—so I hope you've all enjoyed the magazine as much as me.

**Everyone at Amaze is really going to miss Megan but we all wish all the best! You are Amaze-ing!**



I am so sad to be finished with Amaze – I have had the most amazing year where I have got to learn so much, be involved in so many things and best of all meet everyone at Amazing Futures. But I am looking forward to going back to complete my studies and hope that in the future I can train to become either a Clinical or Educational psychologist (that I still need to decide!)

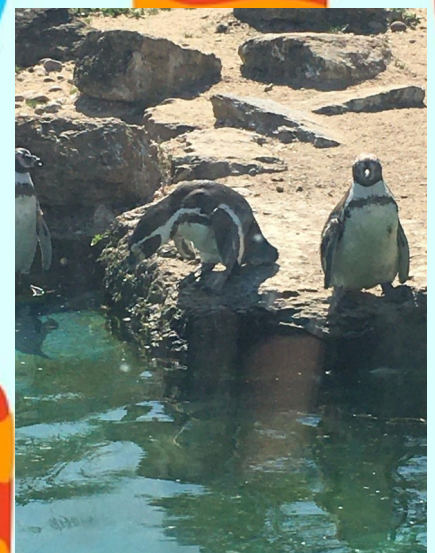


**Amazing Futures have been out and about this Summer**

New wheel at Eastbourne



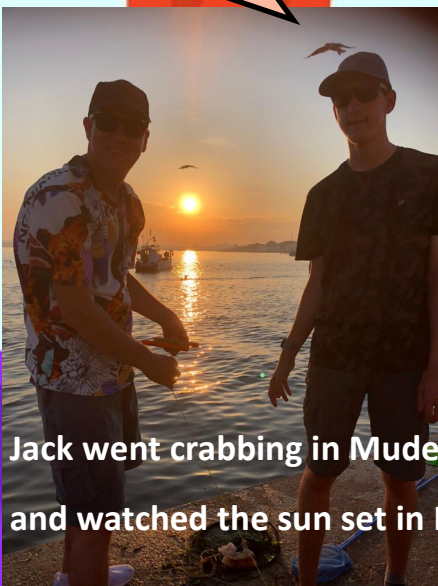
Jordan and Chloe both visited zoos this Summer. Some young people also went to theme parks including Chessington and Thorpe Park with their friends and families.



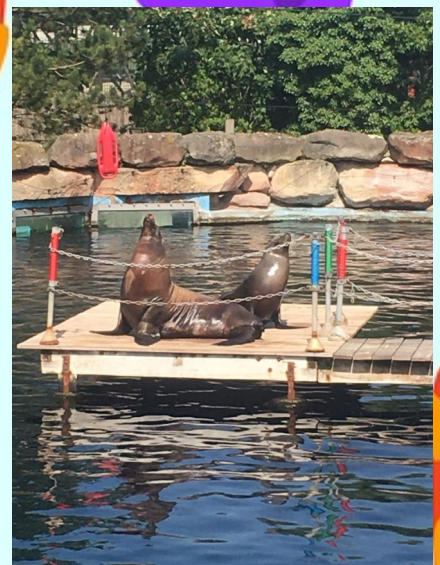
Some young people went on staycations around the UK.

Others enjoyed the local beaches and a dip in the sea during the heatwave.

Ella went to Italy



Jack went crabbing in Mudeford and watched the sun set in Isle of Wight.





## Amazing issue 5

Check out these sites to find out what is on offer in your area:

In Brighton and Hove

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

In East Sussex

<https://www.escis.org.uk/category/coronavirus-support-information/coronavirus-leisure-information/#p1>

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

For up-to-date information on activity resources and ideas, follow the ISEND Facebook page at @ISENDEastSussex and our @eastsussexigo page.

In West Sussex

<https://www.westsussex.gov.uk/education-children-and-families/your-space/>

<https://wiki.rixwiki.org/west-sussex-mmm/>



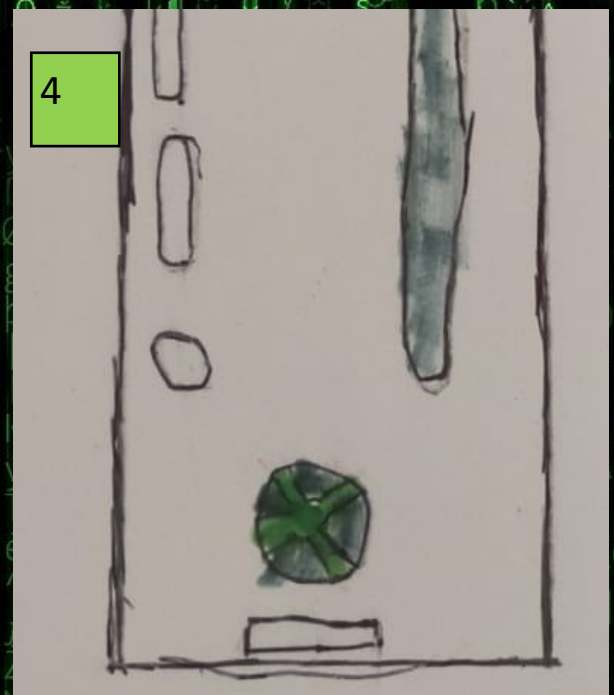
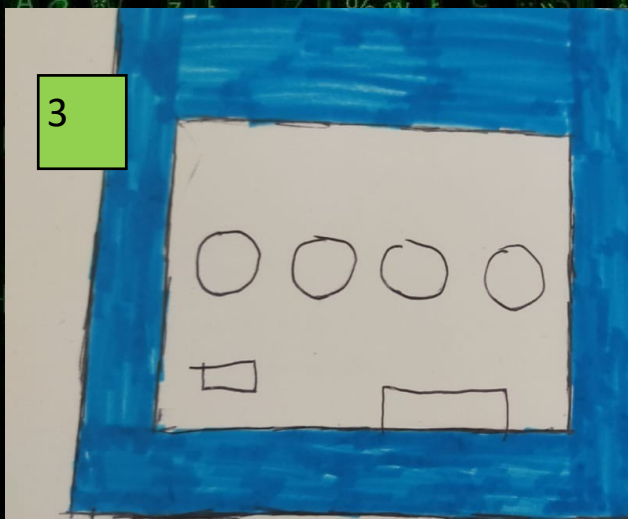
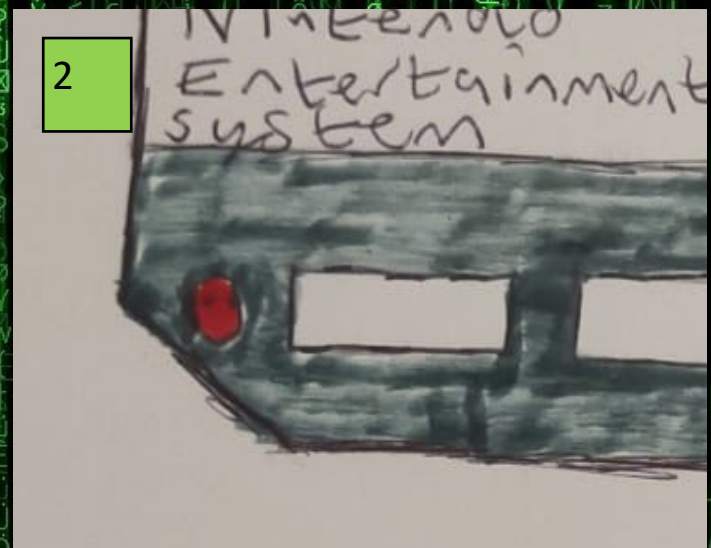
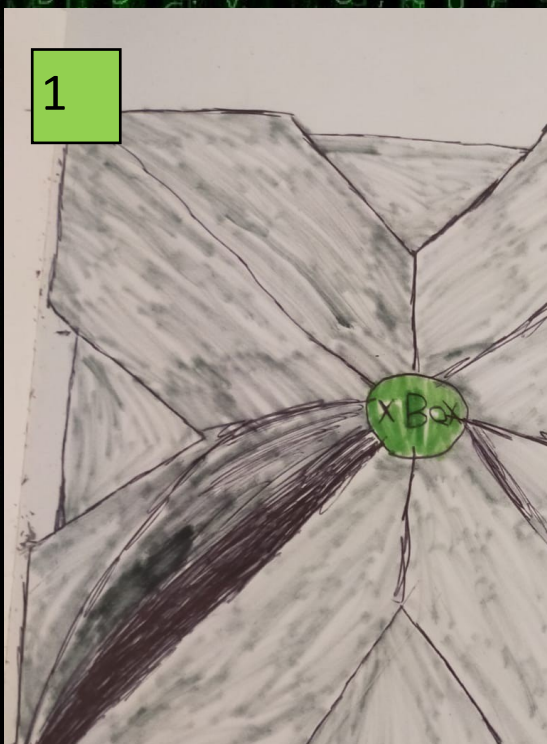
Some of the group have been enjoying tasty meals at half price with the 'Eat Out to Help Out' scheme in August.

Yummy!





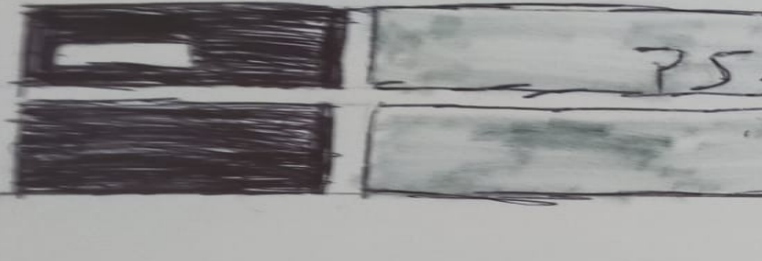
Here are close up of 8 gaming consoles. Can you guess which consoles they are? Artwork by Victoria from the East Sussex Amazing Futures



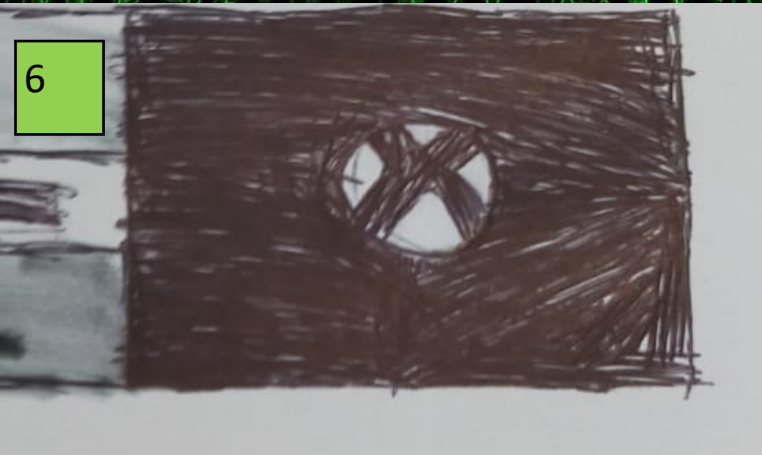


# Amazine issue 5

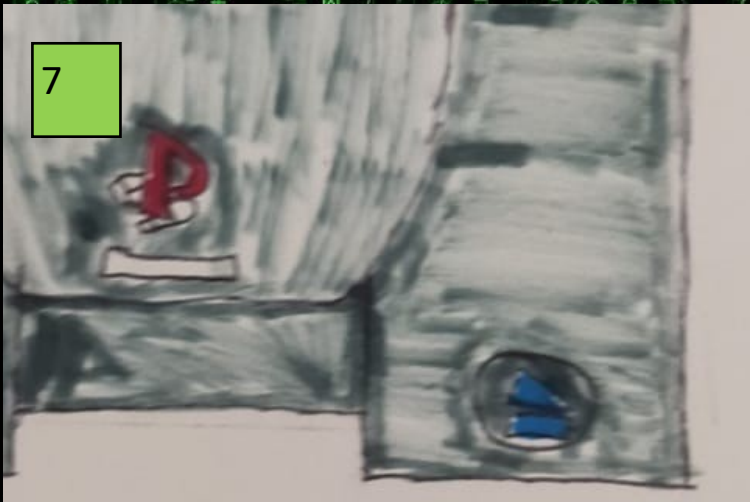
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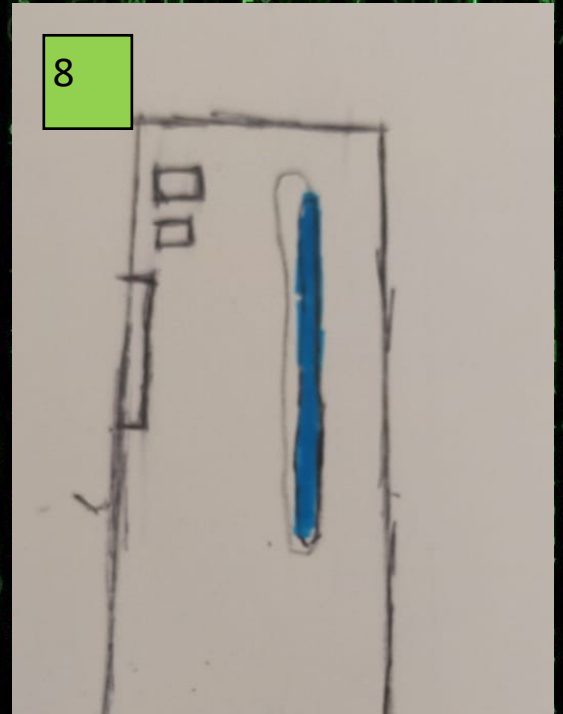
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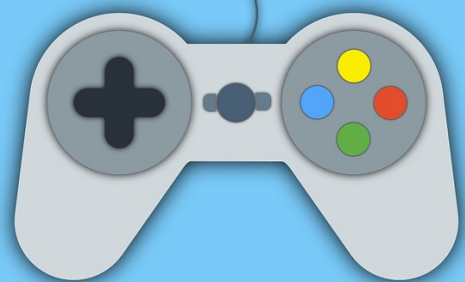
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Do you like gaming?

What's your favourite console ? Write in to the Amazine at [claire@amazesussex.org.uk](mailto:claire@amazesussex.org.uk)

Answers to the quiz on the Amaze website





## Using Public Transport during Coronavirus (COVID-19), Social Distancing and Mask Wearing

By Lewis Melrose

As the World slowly returns to some sort of normality, restrictions on non-essential travel have now been lifted. If you decide to go on a day-out or to the shops, it may be necessary to use public transport. You also may need to use public transport in order to get back to school, college or Work.

Many people may be nervous about using Public Transport again. The Government itself has advised that people should try to walk, cycle or drive if possible but that isn't always possible or practical.

However, I have been on Public Transport 3 times since July and I have lived to tell the tale. It is nowhere near as scary as it has been portrayed. As long as you follow the precautions and advice of the Transport operator, the risk of infection or of infecting someone else is very low. The train companies are also deep cleaning trains overnight with strong disinfectant.



**MIND THE GAP**



### The current advice when using Public Transport is to;

- Wear a face covering (some people may be exempt due to medical reasons). However it is much better practise to wear one and help to minimise infections.
- Socially Distance yourself from others, at least 1 metre apart and if you are not going to wear a mask keep 2m apart. Some seats may be taped off to enforce this.
- Wash or sanitise your hands before and after your journey.
- Do not touch the tables or seats.
- Avoid moving from your seat.
- Do not eat and only drink if essential and safe to do so
- Do not stand in the area near the doors as these will be busy when at a Bus Stop/ Station.
- Let other people off the train before and stand well back.
- Buy an E-ticket or use contactless payment.
- Avoid Travelling at busier times if you can. The busiest times will be on Mondays to Fridays between 6:30am - 09:30am and between 16:00pm -9:00pm. It may also be good to avoid travelling after 20:00pm on Friday and Saturday evenings as leisure attractions reopen and people who are out with friends or under the influence of alcohol may forget hygiene practises.



**Don't Panic!** All the passengers that I have witnessed so far, are following the government advice. There is nothing to fear about using Public Transport. The trains are being intensively cleaned. With the exceptions of wearing face coverings and a few seats being cordoned off, the experience is the exact same as before lockdown.





**Amazing Futures  
out and about  
enjoying the  
fresh air in the  
parks in East  
Sussex and  
Brighton & Hove**



Different groups enjoying themselves with activities like Yoga, Capoeira , ball games, card games and the odd ice cream or three whilst catching up with their friends and peer supporters







**Amazing Futures in Brighton**

Andre, Guy, Brandon, Bobby and Jacob have all been taking part in Capoeira sessions with Boneco from Amazonas Arts. Another fun way to be active and learn as part of the 5 ways to wellbeing.





# Thank you Eliph



Eliph has also created the artwork on the front cover of this issue.

Eliph's collage of her dog, Gismo, is part of her 'Keeping it together during lockdown' art project that she delivered at Amazing Futures Brighton & Hove.

Eliph enjoyed pizza at her farewell park session with the Brighton & Hove Amazing Futures group. Pizza looks delicious ...

It is time to also say goodbye to Eliph as an Amaze staff member. Eliph has been an Amaze-ing role for young people in Brighton & Hove. She has been a peer supporter, an Amazing Futures intern for Brighton & Hove and most recently she has worked on the Looking Forward project. Eliph is now starting her 3D design degree course at Brighton University this September so she is stepping down as a member of staff. We all wish her the best for the future and Sue is very glad she's going to continue being a peer supporter for Amazing Futures in Brighton & Hove.



# Masks

©smartpatternmaking.com



©smartpatternmaking.com

Masks are now the new must have fashion accessory. There are so many types out there.

Here is a link to the government guidance page and it features a guide to making a simple mask.

<https://www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-your-own/face-coverings-when-to-wear-one-and-how-to-make-your-own>

Alternatively you might like to make your own and there are lots of free patterns online.

If you are unable to wear a mask Amaze does have a mask pass that you can save onto your phone or print a copy off using this link.

[https://amazesussex.org.uk/coronavirus-advice/coronavirus-social-care-and-safety/amaze\\_mask\\_pass\\_mask/](https://amazesussex.org.uk/coronavirus-advice/coronavirus-social-care-and-safety/amaze_mask_pass_mask/)

Masks modelled by William, Eliph, Alice and Danielle from Brighton & Hove Amazing Futures group.



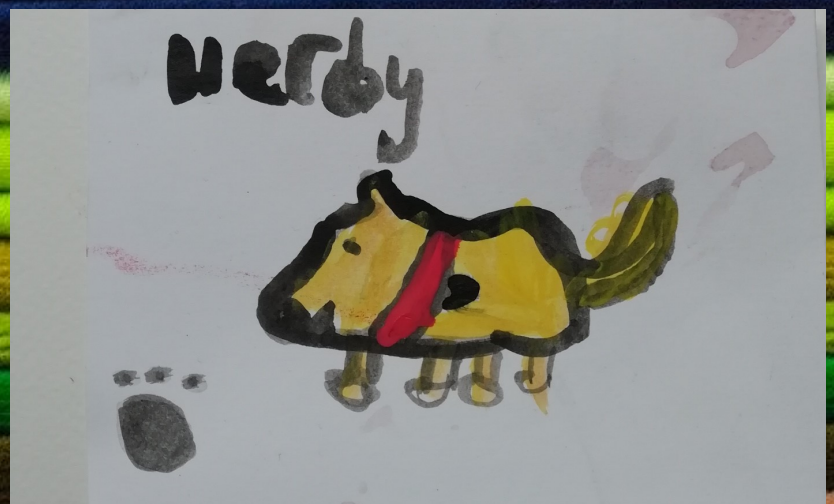
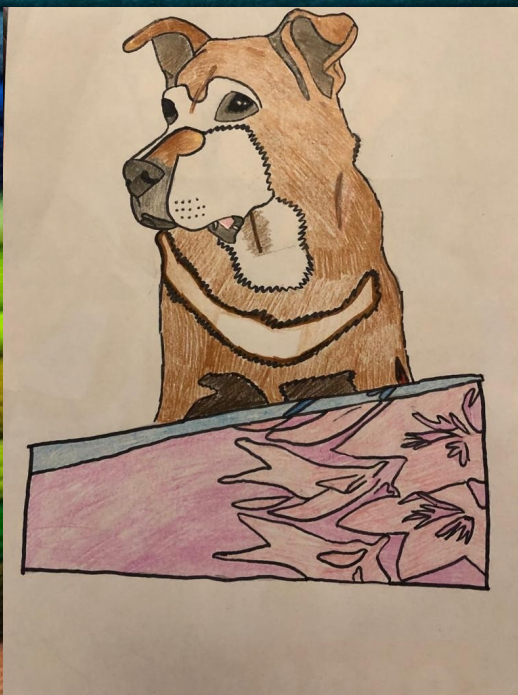


## Artists corner



Here are some fantastic pieces of artwork by young people from the Amazing Futures groups in East Sussex and Brighton & Hove.

Please do send in your artwork for the next issue. Send your work in via email to [Claire@amazesussex.org.uk](mailto:Claire@amazesussex.org.uk)







Featured artwork by Dora, Bryony,  
Lucy, Victoria and Alanna.

What a talented bunch!





Here are some ideas and ways that the Amazing Futures groups have been following [the 5 ways to wellbeing](#) this month.

The [Five Ways to Wellbeing](#) are a set of evidence-based public mental health messages aimed at improving the mental health & wellbeing of the whole population.

## 1. Being active get

more physically active and get your body moving



**Yoga is something you can do at home, outdoors or in a class locally.**



## 2. Connect

Reach out to the people around you.

Jack has returned to his volunteering role at the Eastbourne Oxfam Shop. Jack works on the tills doing cash & card handing as well as talking to the customers in the shop.



Izzy has been a keyworker throughout lockdown and works in the laundry department at a residential home for adults living well with disabilities. She enjoys working there and talking with the residents.



### 3. Give

Do something for someone else.



Create a drawing for someone as a gift. Alanna made this dog drawing for her friend .



Make someone you know their favourite drink



Take your friends or family's dog for a walk

Marcus and Lou rescued a tawny owl one night and took this little owlet to a wildlife sanctuary. It was released back into the wild after a short stay at the sanctuary.





## 4. Take notice

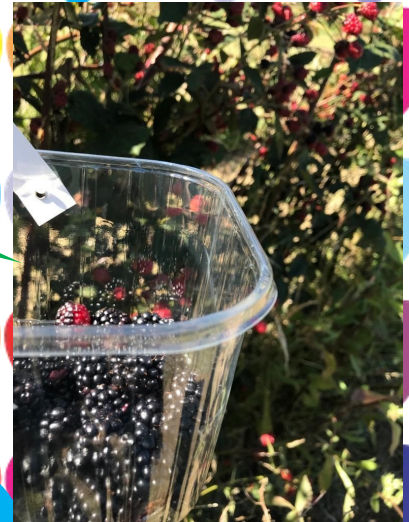
Stop and pay attention to the world

- You could record any changes in nature you see now lockdown is easing.
- You could take photos of things you see while out and about
- Or write in a journal
- Watch the birds flying by

Jordan spotted an eel in the harbour



Claire took this photo while berry picking. The berries tasted amazing.



Lewis took this photo whilst waiting to go on a train for the first time since March.



Bryony took this photo of the Eastbourne pier as she went on her daily walk





## 5 ways to wellbeing

### 5. Keep learning

Learning new things can help you feel better about yourself

Some of the East Sussex Amazing Futures group took part in a zoom session learning how to make chocolate cake in a mug. It was delicious and the group want you to try it yourself.

#### Try the recipe out

The ingredients are listed on the bottom.

You will need to adjust the zoom instructions. Claire added the dry ingredient (flour, cocoa, sugar, baking powder and salt) together in a bag because she posted them out to people taking part in zoom.

You need to add all the dry ingredients to the mug when asked to do so.





# ACTIVITY

## Chocolate mug cake

**Equipment:** microwave  
microwavable mug  
tablespoon & teaspoon measures  
Fork for mixing



### Instructions:

This activity is taking place over zoom. I have pre measured the dry ingredients and placed them in a plastic bag in your package along with a microwavable mug.

### What to do;

- Add the milk (any type so this is suitable for vegans)
- Add the oil and mix together
- Slowly add the dry ingredients mixing small amounts at a time until blended
- Add the optional extras - white chocolate was popular when we tried the recipe out at home.

Make sure your ingredients only go up to  $\frac{3}{4}$  of the mug - the cake will rise and become a volcano if there is too much in it.

Microwave for 1min to 1min 20 on high ( my setting was 900 watts and it took 70 seconds) I had a little bit of wet on the top but after a minute of resting it was cooked through.

Leave it to cool. You could add ice cream or cream.

What does yours taste like?

### Ingredients

4 tablespoons flour  
2 tablespoons cocoa powder  
2/3 table spoons granulated sugar  
Pinch of salt  
¼ teaspoon of baking powder  
5 tablespoons of milk  
2 tablespoons of vegetable oil  
(OPTIONAL- Chocolate chips/  
Nutella/nuts/raisins



### Jordan's article on ARK

This game is available to buy on consoles like Xbox, Nintendo Switch, PS4 and on a PC through Steam. There are single and multiplayer options.

**You are a human transported to an island, which is home to prehistoric animals. You need to learn how to survive and unravel the mystery of why you were sent there.**



Of course we can't talk about an island chock full of dinosaurs and not talk about the most famous of all; the mighty Tyrannosaurus, or in this case Tyrantus; King of the Island!

His mighty roar can send any animal packing and he has never lost a fight for the throne. The next time you meet this reptilian royalty, remember to politely bow, for even a beast deserves respect!

What would you do if you landed on the island?





Picture the scene; You're having a beautiful time, swimming in the vast ocean blue of the sea, while keeping a sharp eye out for sharks, when you here a sort of deep melody..? You look around, unsure of where the soothing song is coming from until you



glance downwards and there you see a gigantic shape cruising along through the murky abyss, the being known only as... The Deep Mother. After the drone took this exact photo, I've heard some bemusing theories as to what this Shonisaurus truly is with some believing that she could possibly be the manifestation of the primordial goddess of the sea; Tiamat. Either way, the next time you're swimming and you to hear a deep lullaby from far beneath the sea, at least you have someone to thank.

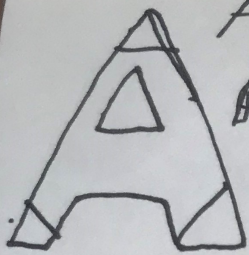


Off to the south-west is a small island, known as Cragg's island and while the sandy beaches do look promising, this isle is home to something lurking in the shadows... An agile Ornitholestes, with a coat of green feathers of all shades from head to tail, razor sharp claws, a mouth full of sharp

teeth with neurotoxin that can disable your precious sight... and should you hear footsteps coming fast towards you, it's already too late... Heed my warning, dear reader, stay away from this island unless you are truly brave enough to explore and come face to face with Slasher; the assassin of Cragg's Island.



# Colour me in!

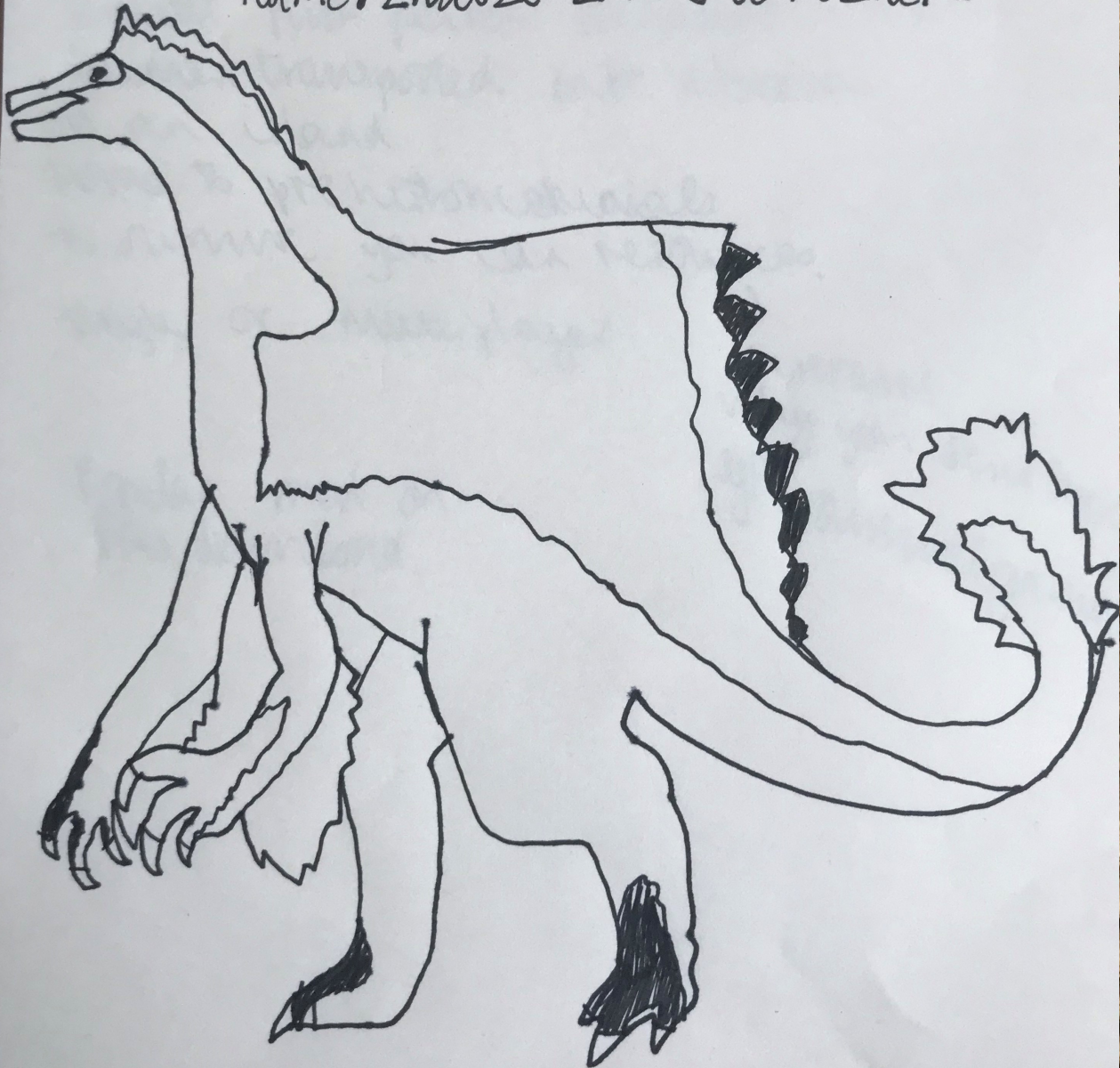


ARK : survival evolved

Additional creatures 2: wild ark

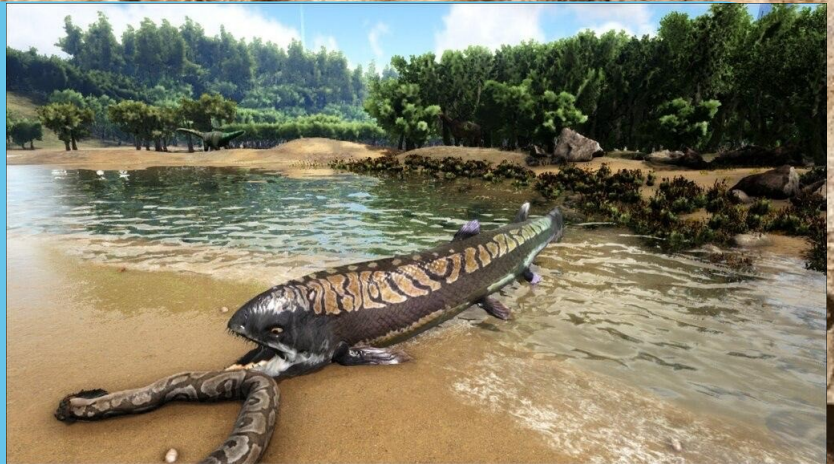
Deinocneirus

name: Zhǎozé zhǔ Cheirozhén





In the freshwater rivers of the island, even the local fish can be risky business if Lockmaw is anything to go by. This particularly big fish, known as a Rhizodus, cruises through the inland river like a submarine and strikes as hard as a harpoon. This predator will munch down on anything that



enters the waterways in which it inhabits, even some of the larger dinosaurs! Trying to escape this fiend in the water is a no go and you aren't even safe on land, for this fish has the remarkable ability to clamber onto land like it were an amphibian! So the next time you're out fishing on the river, just keep this profile in mind and hopefully you'll



And our last stop, how about a wee little tale for you adventurous boys and girls? Ahem... To the northeast parts of this island... There is a legend... A valley, shrouded in a veil of mist, with deep chasms and mystical forests... Ruled by a creature, both

beautiful and ferocious... with a hide as black as ash, a crown of horns upon it's head, and if rumours are true, wields a venomous bite and the surprising ability to breathe fire...! If you find yourself deeply curious, then venture out northeast of the island and see for yourself the legend made real... Long live Hoggwort; The King of Dragons...



## Gamers quiz



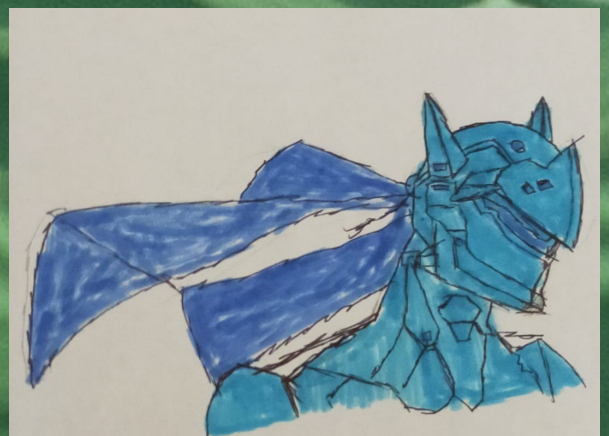
1. What is the word used in Fortnite, when you have taken all the shields from an opponent?
2. In Minecraft, how do you summon a wither?
3. How many people start in a Fortnite battle?



4. Who is exactly Luigi?

Mario's brother, Mario's Dad or Mario's friend

5. Who are these characters and from which game?







For free information, advice and support  
please check out our website

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

For more information on the Amazing Futures Project please contact;

**For Brighton & Hove;**

Please contact **Sue Winter** on  
07483111648 or email  
sue@amazesussex.org.uk

**For East Sussex:**

Please contact **Claire Piper** on  
07484915038 or email  
claire@amazesussex.org.uk

**We would love to hear from you. What have you been up to?  
Any news, drawings, bake off photos or useful tips you want to  
share? We welcome your contribution to the next issue.**

**Next issue out October 2020.**

