

# Amazing

ISSUE 16

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Guinea Pigs and more!

 amazing futures  
for young people

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# WELCOME to issue 16



## DEAR READER,

*In this issue we've got some really exciting stuff to update you on (including a little project headed up by yours truly)*

*We've got:*

- A trip to Drusilla's park, where 1 young people got to choose an animal to adopt*
- Our lovely new board game group in Hastings (run by me)*
- My ADHD brain, written by one of our young people exploring how their (and maybe your) brain might work.*
- Andre at the amazing Stanmer Park in Falmer, Brighton.*

*I hope you enjoy reading (and also feel free to come along to the board game group)*

LUKE

(Amazing Futures East Sussex Intern)

# A INTERVIEW WITH... **BRANDON**

BY PAGANE GACHEVA



## 1. HOW DID YOU HEAR ABOUT AMAZING FUTURES?

My Mum spoke to Sue around the time the idea for a young people's project was mentioned. I joined Amazing Futures when it started in March 2017.

## 2. HOW HAVE YOU FOUND VOLUNTEERING FOR AMAZING FUTURES?

It has been really interesting to work with lots of young people over the years. I like setting up for the board games group. I have been going to the running group for a year now and have been going to the walking one for about a year. I enjoy going to all of them.

I did a travel training course through Grace Eyre and Amaze which helped me to learn how to travel independently. I also did a cooking course and made lots of different things like soups, cakes and stews.

I learnt about the National Citizen Service (NCS) through Amaze which was great. The trip had 4 teams of 15 people each. We went to the Isle of Wight for 5 days and took part in activities like kayaking, rock climbing, abseiling and fencing. Our community project was painting the fence at the Brighton Youth Centre.

## 3. WHAT ARE SOME OF YOUR FAVOURITE MOMENTS FROM THE AMAZING FUTURES SESSIONS?

I like playing the different board games. Some of my favourite ones are 'Monopoly' and 'P for Pizza'.

## 4. WHAT SKILLS DID YOU DEVELOP THROUGH THE PROJECT?

I learnt how to be helpful, funny, kind and how to work hard.

## 5. WHAT ARE YOU LOOKING FORWARD TO DOING AFTER AMAZING FUTURES?

I am looking forward to working at Speak Out by helping with the drop-ins and workshops. I am also excited to volunteer more for Amaze.

## 6. IS THERE ANYTHING YOU WOULD LIKE TO SAY TO THE YOUNG PEOPLE FROM AMAZE?

Thank you very much for helping me at Amaze!

# DISABILITY PRIDE!

Cookery  
course!



Amaze's 25th  
anniversary



Amazingly Active Run Fit  
Group!







# **ALANNA'S SURVIVAL GUIDE TO GUINEA PIG CARE**

## **Tip 1:**

Make sure guinea pigs have the right food and hay

## **Tip 2:**

Don't over feed them with food or treats



## **Tip 3:**

Change their water everyday

## **Tip 4:**

Change/clean out guinea pigs cage/hutch once or twice a week

## **Tip 5:**

Always ensure there is hay accessible at all times for the guinea pigs to access when needed





## Tip 6:

Change food  
everyday

## Tip 7:

Always ensure  
you keep their  
nails clipped to  
prevent sores and  
infection



## Tip 8:

Give plenty of cuddles  
to the guinea pigs, in  
order for them to get  
used to you and your  
scent



## Tip 10:

When buying new  
guinea pigs to add to  
the family, supervise  
the introductions at  
all times, before  
putting them  
together

## Tip 9:

Ensure they have a big  
enough cage with  
plenty of space for  
them to run around



# YOUNG PEOPLE'S VISIT TO

## THE BOOTH MUSEUM

In January Amazing Futures Brighton & Hove was invited to the Booth Museum of Natural History. The focus of the visit was to share feedback about the current exhibitions and suggest ideas about what could be added.

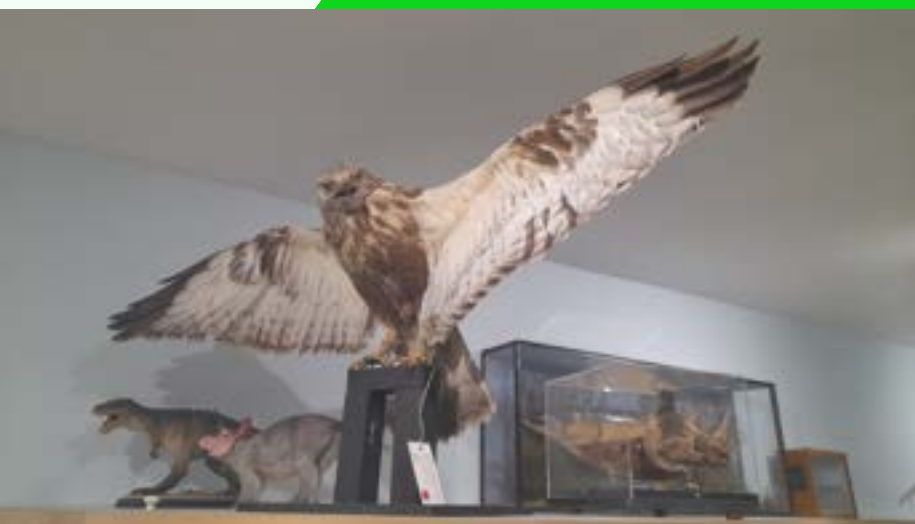
It was fascinating to see a vast amount of animals whilst learning about the history of the museum: it was founded by Edward Thomas Booth in 1874. He was a naturalist and collector with a keen interest in birds. He created over 300 Victorian-style dioramas featuring bird species found in Britain. He donated the museum to the city in 1890 under the conditions that none of the bird dioramas would be altered. They have been kept the same and each diorama recreated the natural habitat of each given bird.





There is an array of taxidermied animals, fossils, minerals, bones, and microscopic slides; I like that the collection continues to grow. Some of my favourite parts are the platypus near the entrance door and the emperor butterfly, an example of the roughly 700 000 insects in the museum.

Overall, the visit was a fantastic experience for the young people to be a part of generating new ideas for the future so that the Booth Museum continues to be an interesting place to explore, learn and have fun.



# PAGANE VISITS:



I recently visited Team Domenica and delivered a presentation about my work at Amaze. I visited two groups of young people during their enrichment sessions and spoke about what Amaze does and offers.

This was an excellent opportunity to answer questions about what Amazing Futures is like and how one can get involved. The peer support project is youth-led so it is always great to hear new ideas about activities.

I enjoyed meeting the attendees and learning more about what Team Domenica's vision: it is a social enterprise charity for young people with learning disabilities who are encouraged to reach their full potential. It is an inclusive space to learn the skills and confidence needed for paid employment. The project is creating a future with more inclusive and empowering workplaces.



# AMAZING FUTURES CAREERS

YOUR NEXT STEPS IN EDUCATION AND TRAINING:



The Amazing Futures Careers team can help you with figuring out what you want to do in the future. Whether you have a clear idea or are unsure, we can help with achieving your next steps in education and training. Dara and Pagane deliver training sessions on different parts of getting a job such as interviews and CV writing. Dara does one-to-one appointments for support that is more tailored to your skills and interests.

Interested in a workshop or one-to-one appointment? Please contact [afcareners@amazesussex.org.uk](mailto:afcareners@amazesussex.org.uk). This is open to any young person with SEND aged 14 to 25 with SEND living/studying in Brighton & Hove or East Sussex.

# FANFICTIONS ON ARCHIVE OF OUR OWN

BY ED SMALLDON



Archive of Our Own



**ED SMALLDON**

**I do fanfictions on a website called Archive of Our Own, or AO3 for short, and one of the many reasons I love doing it is because of how I often get visions in my head of things happening to some of my favourite characters from some of my favourite movies and TV shows and I just can't resist not writing about it! I mainly do fanfictions about Glee, The Flash, and Supergirl, and I may or may not be working on a three-way crossover with the three of them...But I'm not going to say what happens in it! Yet!**

But I will say one of my favourite crossover fanfictions that I've made with "The Flash" and "Supergirl": I have it be where Brainy and Nia from "Supergirl" join Team Flash; Brainy joins Team Flash to replace Cisco Ramon after he leaves Team Flash and Nia joins to replace the myriad versions of Harrison Wells, and to also help Iris at Central City Citizen with her reporting skills. And it's because I have both Brainy and Nia join Team Flash, instead of just Brainy, I have called it 'The More The Merrier' because I think that's a perfect title.

Another crossover fanfiction I'm working on is with "Glee" and "Supergirl", and I have it be where Marley Rose portrays Kara Danvers, and she's married to Kitty Wilde because I love the thought of Karley, and Kara's with Lena and the original Danvers-Luthor child, Hannah Danvers-Luthor, is portrayed by my original Rose-Wilde child, Kara Rose-Wilde. Named after her mother's character, of course! And my favourite reason for making this is because I love the thought of Karley and Supercorp being parents so much that I just had to combine the two together in the best way possible.





# A SNEAK PEAK OF ED'S NEW FANFICTION

**Here's a small part from one of the chapters I've planned where Marley, Kitty and Kara appear on "The Graham Norton Show". And before you ask, yes, it's a story from the Red Chair:**

Nick (a paramedic from New Zealand): "Uhh, so, when I was a paramedic back in New Zealand, uh, one Sunday afternoon, I went to a guy that chopped, uh, three fingers off from the lawnmower." (sees Kitty covering Kara's ears): "Yeah, I was just about to say, Kitty, I think you should cover your daughter's ears for this."

(Audience laugh)

Nick: "And we bandaged his hand up, we had to look for his fingers in the bush and the hedge and everything like that. And we rushed him to hospital cos if they get to hospital in time, they can reattach the fingers. And on the way to hospital, I said: 'You're 40 years old. How do you know not to put your hands at the bottom of a lawnmower?' And he said, 'I was driving home when I--this afternoon, and I saw that a guy had picked up the lawnmower, turned it on its side, and walked across the front of his hedge.' And he said, 'That's a brilliant idea. I need to do that!'. So, he did his lawn, and then he did that. And as we turned up to hospital, we walked into resus to see the surgeon, and we walked past another person and he said, 'Hey, that's the guy I saw doing the lawnmower! And he cut off three of his fingers, as well!'."

I can't wait to get started on it! And yes, Nick does walk in the end!

# AMAZING FUTURES VISITS DRUSILLAS!

As Drusillas' Charity of the Year, some of our young people from Amazing Futures East Sussex visited the park, and had the very difficult job of choosing a favourite animal in the Zoo!

We had a brilliant day spotting lots of animals, seeing who could scream the loudest, and picking Patch the squirrel monkey!

We chose Patch as when we were watching the squirrel monkeys we thought they resembled an Amazing Futures youth group: full of energy, a collective & eating too much popcorn!







# FACTS ABOUT THE *six-banded* ARMADILLO

By Jordan Hewgill-Price



Hello everyone, on Saturday the 4th of February we visited Drusillas wildlife park. We saw many animals not native to the UK, including squirrel monkeys, one of which we adopted ourselves, and the animal I'll be writing for today, the Six-Banded Armadillo!



Armadillos, like the six-banded variant, live in dry arid regions like in South America. They have relatives in the giant anteater and the sloth and they all use their claws for different purposes, armadillos use their shovel like paws to dig burrows, sloths grab on to trees to climb and anteaters can dig for termites and even use them as effective defensive tools against even Jaguars!.

Armadillos have a diet of insects, small vertebrates, plants, some fruits and even an occasional carrion.



And 2.5 millions of years ago, armadillos had a massive relative in the Glyptodon, a mammal that measured 10ft in length, nearly 5ft in height and weighing 2 tons. Like modern armadillo, the glyptodon was covered in a huge carapace that could ward off attackers from many directions, yet that couldn't save it from being hunted by early man and going extinct around 11,000 years ago.



# AUTISM ACCEPTANCE DAY 2023



We met the Mayor!

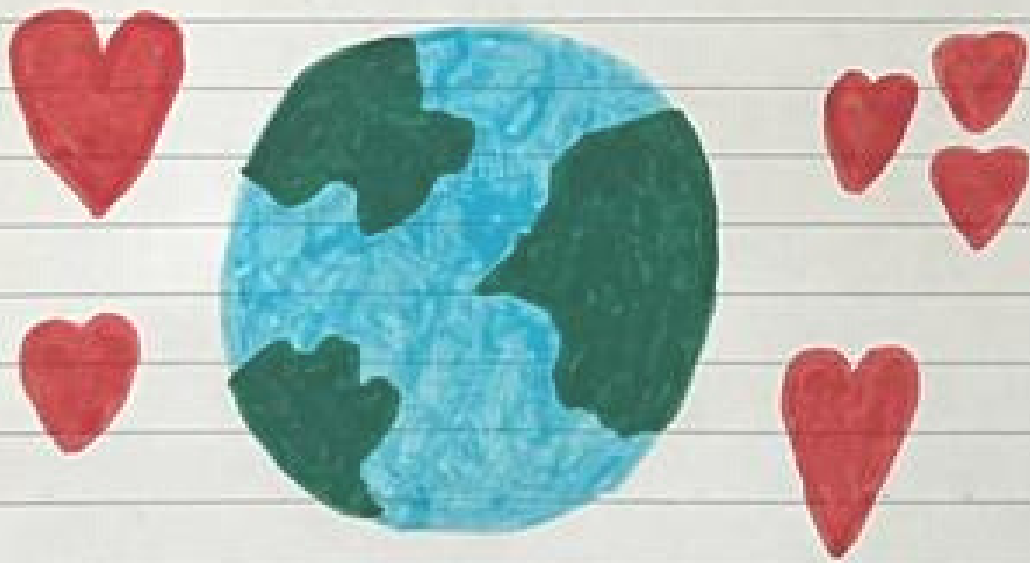
Young people from Amazing Futures East Sussex took part in Little Gate Farm's walk for autism acceptance day in Hastings. It was a really great day, we had lots of fun & enjoyed celebrating who we are as a collective.



Group photo!



# Save the EARTH



'Save the Earth' by Connor

Connor attends Amazing Futures East Sussex, he is an eco warrior and loves creating art about the environment

# THE INCREDIBLES SEND CLUB

FUN, FRIENDSHIP AND FOOD

EVERY TUESDAY, 4:30-6:30PM

AGE 14-25 YEARS

ST RICHARD'S COMMUNITY CENTRE

EGMONT ROAD, HOVE BN3 7FP



  **hkpyouthteam**  
**youth@hkproject.org.uk**  
**Joanna 07579 770960**

  
The Hangleton  
& Knoll Project  
Working for a better community

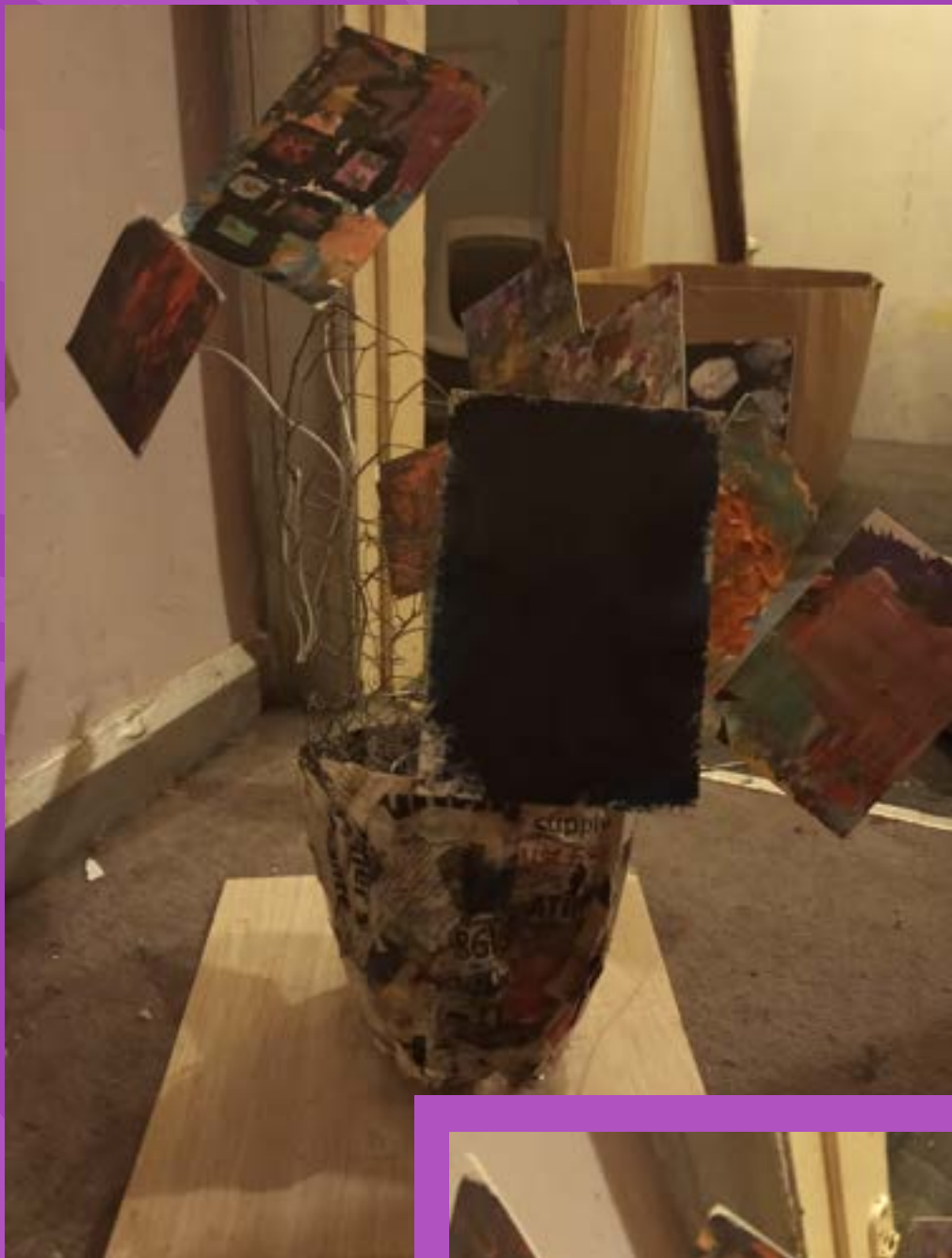
  
amaze

  
extratime

The Incredibles SEND club is for any and every young person with SEND aged 14 to 25. It is every Tuesday from 4:30pm to 6:30pm at St Richard's Community Centre in Hangleton. It is a great space to meet new people and learn new skills. All the activities are decided by the participants so there is a range of things to do. Some recent examples have been celebrating the Lunar New Year, tie dying, karaoke, cooking, retro video games, and boccia.

If these sound fun or you have ideas for other activities, come along! Please contact Joanna to register your interest: **07579 770960** and **youth@hkproject.org.uk**





# my ADHD BRAIN



BY  
PAIGE  
CURRYER  
WATTS



# MY EXPERIENCE AT.... **STANMER PARK**

By Andre Charles  
Audibert

Stanmer Park is home to variety of community health and happiness public activities. It is also the holding place of the fantastic and brilliant One Garden Brighton.

It has a fantastic display of nature and organic crops, such as—the Stanmer Organics in the Stanmer Earthship, which grow organic apples. It has an eco-building named the Earthship building; community groups can hire out through the low carbon trust.

When identified metaphorically “under a microscope,” – It holds a massive amount of independent and local businesses run and stocked by volunteers donating their spare time. The B.H.F.P volunteer Gardening activity sessions and the famous crafts museum.!

It has a large Bio-Diverse spectrum of wildlife, within its ranks, such as: Cows, sheep, horses, bulls and dogs. There are horses owned, groomed and ridden at the horse stables right next to the café in the village.

It is also part of The Living Coast’s UNESCO Biosphere.

## **This is why I think you should visit Stanmer Park**

- It is great fun for all ages.
- Spending time in nature can be good for your mental and physical health
- It has an extensive range of activities & services, and businesses.
- The people are great.
- It has an excellent community feeling & everyone helps each other.
- It is home to the Wild Mind Project at the Centre for eco- therapy.
- Youth rangers; help manage the park
- Landscape incredible great for photographs.
- It is inclusive and assessable to all, across diverse spectrum of needs.
- They have food for all including different dietary requirements
- They have lots of holistic wellness programmes in the breathing space, within the wellbeing gardens



# AMAZING FUTURES BOARD GAME CAFE GROUP

## AIMS OF THE GROUP

- To play a variety of different games, including rare or older ones
- To hangout in a peer supported group environment that's SEND friendly
- To have fun over a shared interest!



## WHAT'S IT LIKE?

- Small enviroment. No more then 30 people
- All gender/disabled toilet and wheelchair accessible
- Built to be sensory safe by the owner
- One free drink and cake



For more information Contact:

Luke Ridley-Moore  
Phone: +44 7485 349716  
Luke@amazesussex.org.uk

Hastings board game cafe and  
museum

25 Courthouse St, Hastings  
TN34 3AU

Every other thursday 2pm-4pm



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

**[amazesussex.org.uk](http://amazesussex.org.uk)**

For more information on the Amazing Futures project please contact:

**BRIGHTON & HOVE**

Please contact Sue Winter on  
**07483 111 648** or email  
**[sue@amazesussex.org.uk](mailto:sue@amazesussex.org.uk)**

**EAST SUSSEX**

Please contact Claire Piper on  
**07484 915 038** or email  
**[claire@amazesussex.org.uk](mailto:claire@amazesussex.org.uk)**

For more information on The SEND Voice Collective East Sussex please contact:

**EAST SUSSEX**

Contact Charlotte Ayres at:  
**07494121322** or email  
**[charlottea@amazesussex.org.uk](mailto:charlottea@amazesussex.org.uk)**

For more information on Amazing Futures Careers please contact:

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