

SPIRAL LIFE

ISSUE 2



Film making at Spiral



CUT OUT SKELETON

FUNNY HISTORY FACTS



DAN'S JOKE of the month

MUSIC, QUIZES, RADIO



What's happening in the art room?

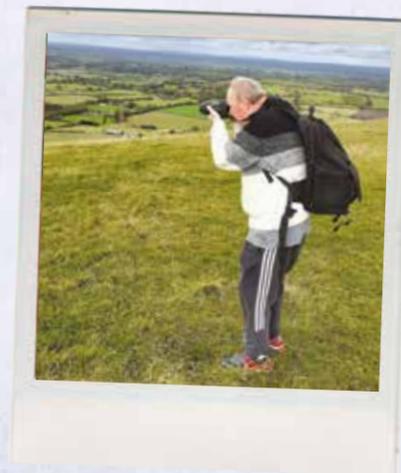
Chris' bird watching





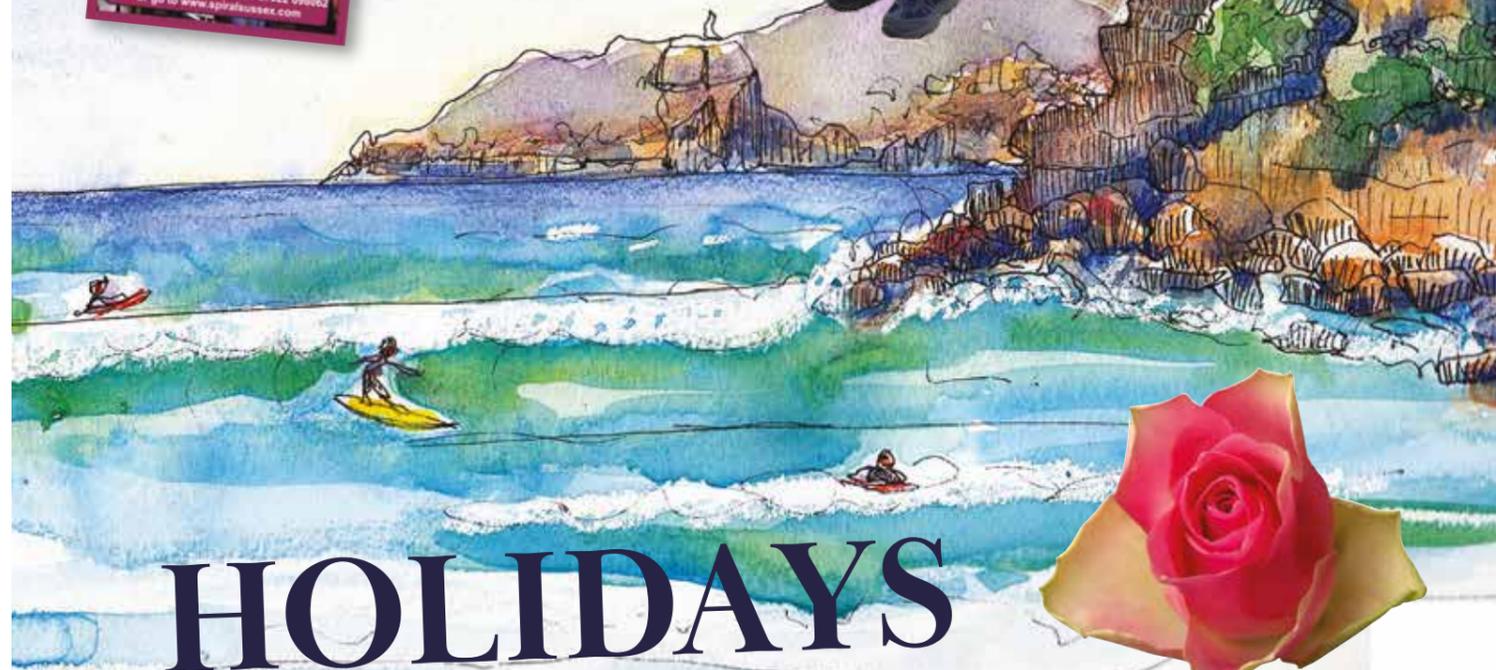
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Spiral offers super breaks and holidays.

Call for a brochure
030 30 40 28 60



HOLIDAYS



DJ MARTIN

HAPPY MUSIC HOUR

We interview Martin about his online radio show.



Q: What's the name of your radio show?

A: Martin's Happy Music Hour.

Q: Can you tell us why you do the show?

A: I do the show to bring happiness to people.

Q: What's your favourite part of the show?

A: Feeling part of a community.

Q: If you had to choose your favourite three genres, what would they be?

A: 80's rock, 60's classics and disco.



Q: What do you gain from listening to music?

A: It just makes me feel great! It makes me happy.

You can listen to Martin's show every Thursday
10.40am-12pm on www.spiralradio.com

DAN'S JOKE OF THE MONTH

Q: What's the colour of the moon?

A: Cheese



Lorraine's retro playlist

-  Abba - *Dancing Queen*
-  Abba - *Mamma Mia*
-  The Archies - *Sugar, Sugar*
-  Boney M - *The Rivers of Babylon*
-  Amen Corner - *Bend me Shape me*
-  The Beach Boys - *Barbara Ann*
-  Bee Gees - *Massachussetts*



Send in your playlist!
You could get it played
on the radio.

ADAM AND TINA'S KAROKE

The Beach Boys – Surfin USA

Verse 1

If everybody had an ocean
Across the U.S.A
Then everybody'd be surfin'
Like Californi-a
You'd see them wearing their
baggies
Huarache sandals too
A bushy bushy blond hairdo
Surfin' U.S.A

Chorus

You'd catch 'em surfin' at Del Mar
(Inside, outside, U.S.A.)
Ventura County line
(Inside, outside, U.S.A.)
Santa Cruz and Trestles
(Inside, outside, U.S.A.)
Australia's Narrabeen

(Inside, outside, U.S.A.)
All over Manhattan
(Inside, outside, U.S.A.)
And down Doheny Way
(Inside, outside)

Hook

Everybody's gone surfin'
Surfin' U.S.A

Verse 2

We'll all be planning that route
We're gonna take real soon
We're waxing down our surfboards
We can't wait for June
We'll all be gone for the summer
We're on surfari to stay
Tell the teacher we're surfin'
Surfin' U.S.

Chorus





Radio call-in

Each issue we will have a funny question for you.

Call the radio with your answers, whether they're funny or not!

Prizes for imagination



What's invisible, but you wish you could see?

Call in to Radio Spiral with your answers.



Jamie McKendrick talks about his radio show *Jamie's Retro Clubhouse*

"My name is Jamie McKendrick and I've been one of the DJs at Spiral Wave Radio for six years.

I play songs, mainly from the 90s, but also from other eras. I particularly like the Spice Girls and the Backstreet Boys, but I play songs from all genres.

We do a video game quizz. A 'Top Ten' of many of my favourite things. And we look at things like football, other sports, music, places we like and generally have a chat. We also do 'Games vs Films!'

Tune in on Tuesdays from 12 noon

Spiral on the BBC WE WERE ON THE TELLY BOX!

The BBC catches wind of upcoming Spiral Radio star!

Spiral Radio sensation Jamie McKendricks got in touch with the BBC earlier this year to tell them about his weekly hit show.

The BBC got back to him and asked if they could come down to Spiral to hear all about how the radio station and the media centre works.

Journalists and film crew showed up to interview various team members on all of the hard work we do and the need for more centres like Spiral in the south of England.

The BBC broadcast a short film about Spiral that featured on BBC South Today 6pm News on Friday 4th of June. The broadcast also drew the attention of *The Argus*, who published a follow on from this story. If you'd like to read it online, copy this link in to your browser. <https://www.theargus.co.uk/argusappeal/news/19421319.brighton-charity-spiral-sussex-struggles-covid-19/>

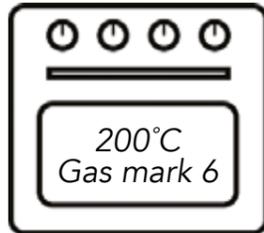


Anne's Recipe ROCK CAKES



- 200gms self raising flour
- 1/2 teaspoon mixed spice
- 100gms margarine
- 75gms caster sugar
- 100gms currants
- 1 egg

- 1 Preheat the oven to 200C or gas mark 6
- 2 Line a baking tray with parchment.
- 3 Sieve the flour and spice into a bowl, so it's evenly mixed.
- 4 Cut the margarine in to small pieces. Rub it into the flour using fingertips, until it looks like breadcrumbs.
- 5 Stir in the sugar and currants.
- 6 Beat the egg with a fork in a small bowl.
- 7 Add the egg to the mixture. Press the mixture with a fork until a stiff, rocky consistency is formed.
- 8 Place mixture on the baking tray in 12 rocky heaps. Bake for 10 minutes or until they are golden brown.



If you have a great recipe
email us at:
magazine@spiralsussex.org
or talk to a member of staff



SUMMER Word Search



F	T	I	S	H	P	A	R	A	S	O	L	L	A
L	I	C	A	S	D	H	O	N	P	F	A	S	I
I	U	K	N	D	S	O	V	F	B	U	D	E	C
P	S	D	D	S	I	L	S	E	A	S	P	V	E
F	M	S	U	R	F	I	N	G	S	S	A	A	C
L	I	E	T	A	H	D	A	Y	U	R	D	W	R
O	W	L	A	S	B	A	N	F	I	I	D	E	E
P	S	T	C	L	U	Y	C	A	B	O	L	U	A
S	B	U	W	R	H	I	H	T	A	B	E	C	M
N	B	E	A	C	H	C	N	S	H	A	D	E	S
A	S	H	E	B	K	U	O	C	C	E	D	B	S
C	S	B	A	C	S	W	E	A	E	P	S	R	S
L	I	A	E	A	S	L	O	T	I	O	N	A	N
C	G	D	S	H	E	L	L	S	C	E	N	B	F

- SURFING
- PADDLE
- DECK CHAIR
- SAND
- SHADES
- HOLIDAY
- WAVES
- BEACH
- FLIPFLOPS
- SWIMSUIT
- SHELLS
- LOTION
- SUN
- ICE CREAM
- HAT
- PARASOL
- SEA
- BARBECUE
- SCUBA

Our summer word search team



Margaret

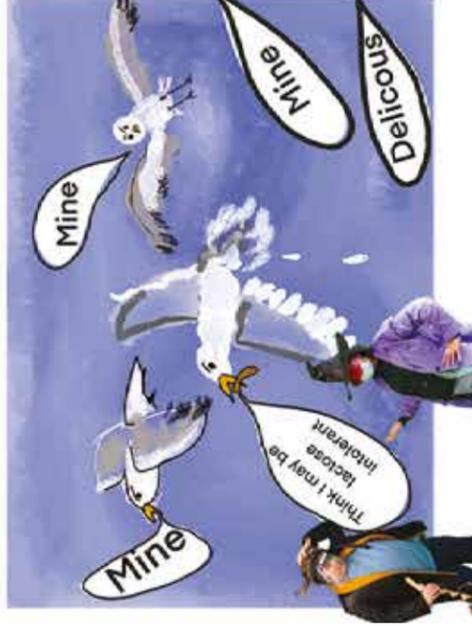
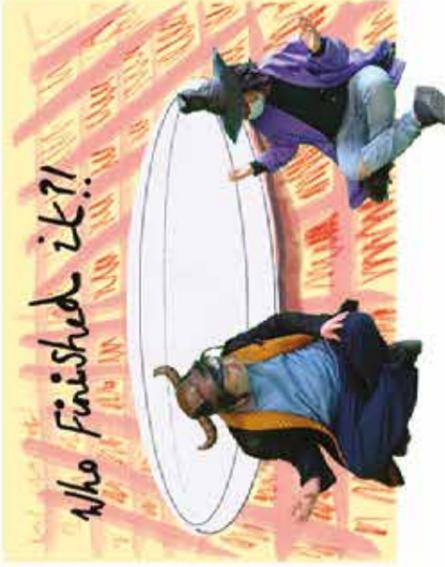
Diane

Judith

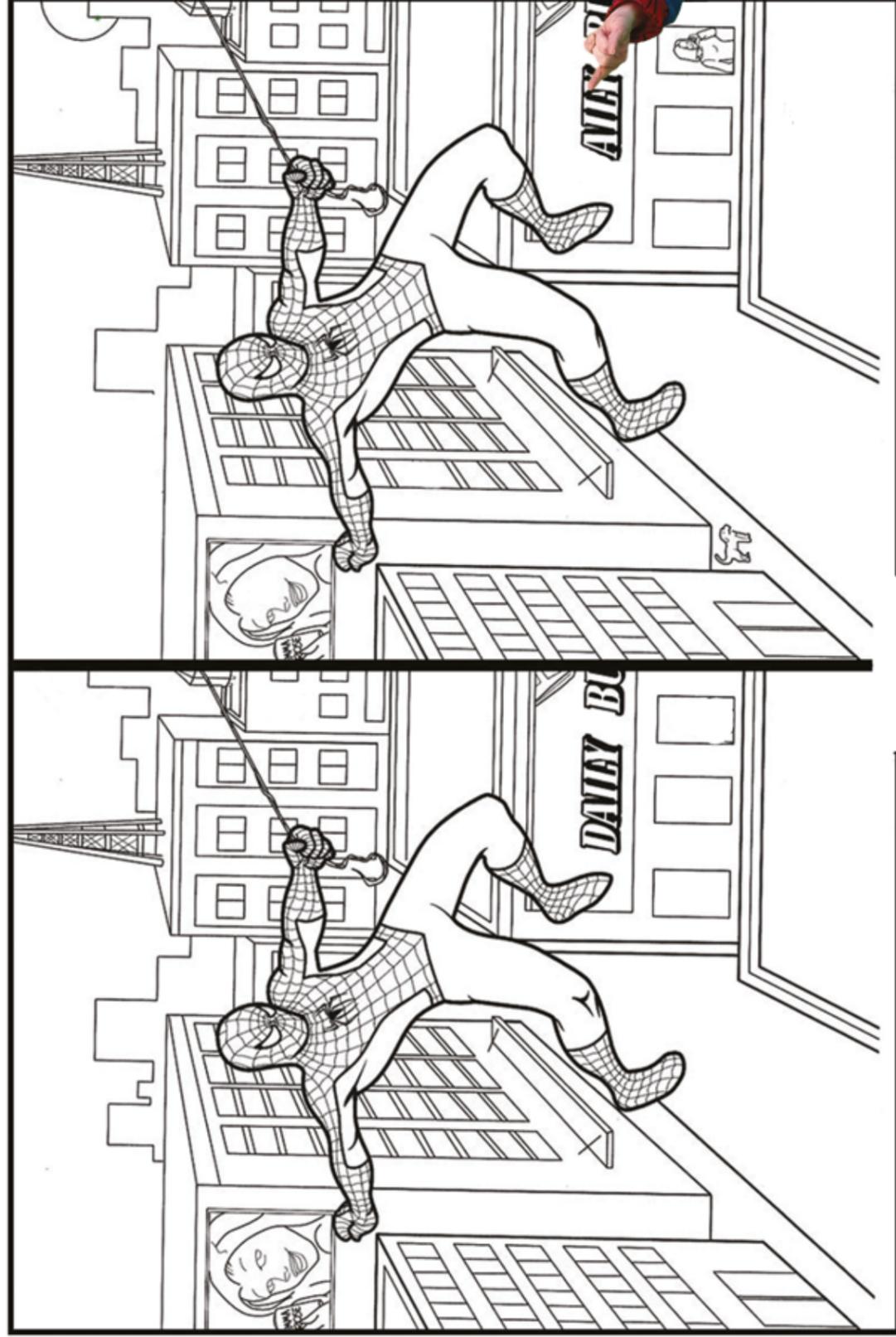
Brenda

DUNGEON MASTER'S ADVENTURES

Day out at the beach



Turn the page around



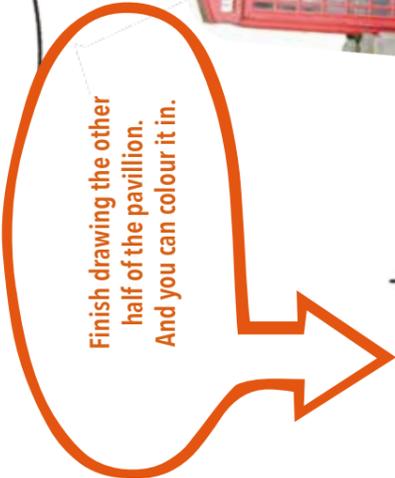
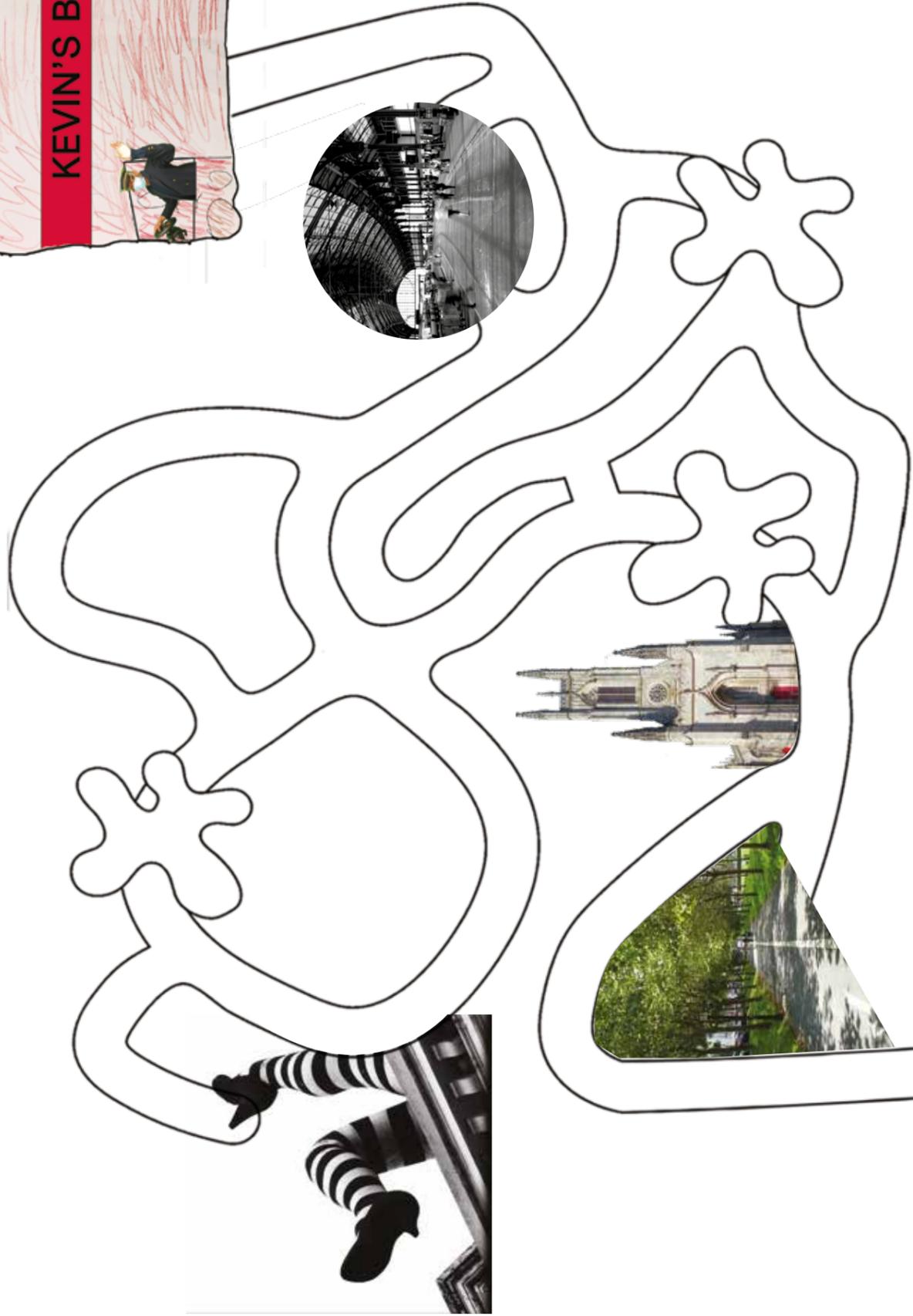
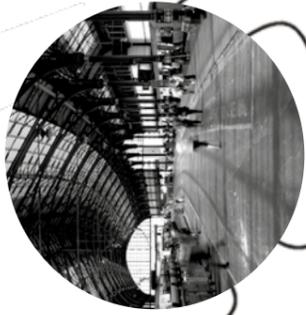
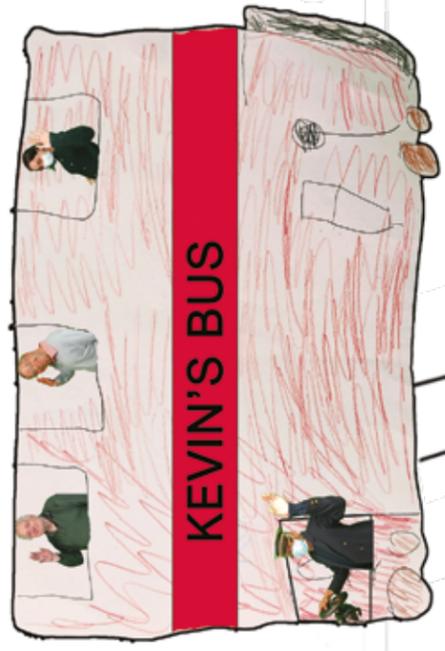
Spot the difference!

There are ten differences to spot. Afterwards you could colour it in.

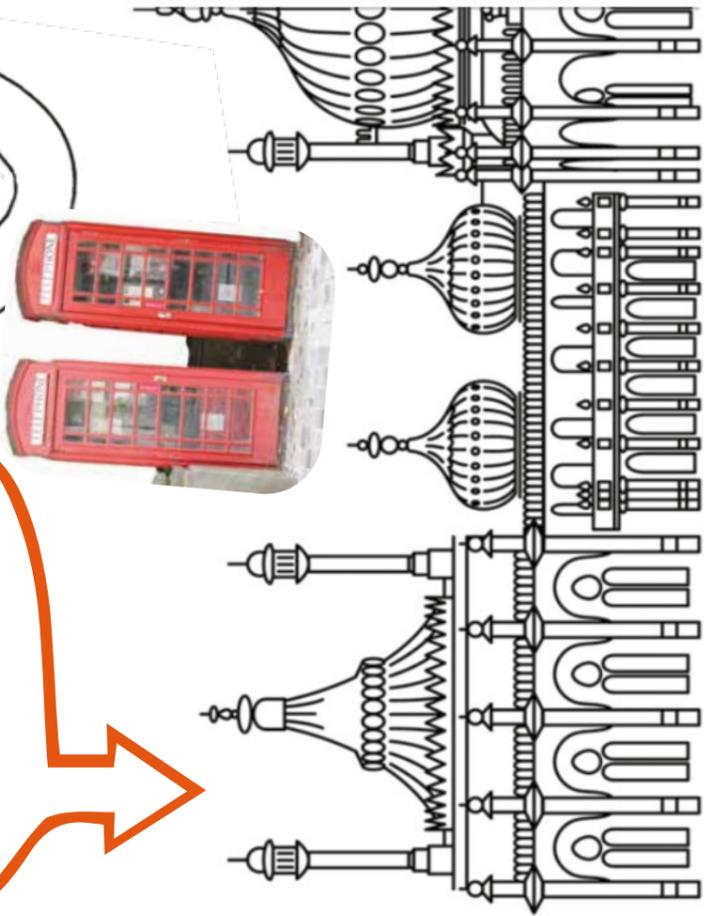


Follow the maze

Help bus driver, Kevin find his way to the pavillion



Finish drawing the other half of the pavillion.
And you can colour it in.



Turn the page around





Spiral Jets get moving

We offer football, dance, bowling and basketball.
Just take your pick!



Football

Monday 6.30pm - 8pm
Manor Road, Brighton

The session starts with a fifteen minute warm up. We then do skills which include passing, shooting, throwing and team work. We finish with a match, incorporating all the skills we've learned and practised at the session.

Bowling Monthly

Wednesday 6.30pm - 8.45pm
Bowlplex, Brighton Marina

Join our weekly bowling match. We play with a maximum of six people per lane, including a volunteer. It's a great way to socialize with friends, as well as compete with them! Prizes for the highest score on each lane.

Basketball Spiral Jets

Thursday 6.30pm - 8pm
Brighton University, Falmer Campus

We start with fifteen minute warm ups, drills to practise passing, throwing, shooting and promoting teamwork. We finish with a match, incorporating everything we've learned that evening.

Flashback Dance Crew

Tuesday 7pm- 8.45pm
Old Boat Community Centre,
Brighton

We start with a fifteen minute newsround, for everyone to share their news and gain confidence in buliding friendships. Then we do some warmup exercises, and practise dances for up and coming shows. We've danced at the Dome Theatre, Brighton in 'Let's Dance' and at the the Brighton Centre, for 'Dance Active'. We also have annual shows where carers, parents and friends are invited to the performance and practised at the session.

"We have a football show on the radio. It's a chat show about lots of things, but football is the main thing."
Radio host; Todd.

Tune in to Tod and Alan's football show
www.spiralwavereadio.com Fridays at 1pm

If you'd like to join in, contact Lisa Nobbs on 07791 055090



MUSIC Word Search

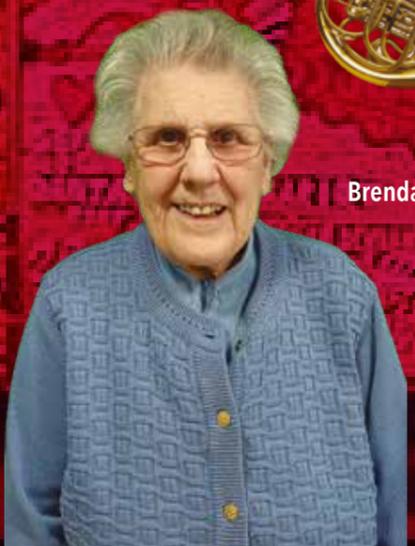


S	V	M	H	T	Y	H	R	A	R	A	D	I	O
D	I	K	L	O	F	O	G	R	O	O	V	Y	A
D	R	O	C	K	A	N	D	R	O	L	L	O	G
U	S	E	T	G	T	H	M	U	B	L	A	H	A
S	N	U	H	U	R	C	O	N	C	E	R	T	B
O	O	D	N	I	U	E	I	L	R	U	K	K	R
S	E	N	R	T	R	T	K	B	L	U	E	S	E
L	T	B	G	A	Y	N	V	I	O	L	I	N	Y
P	E	A	B	R	U	G	N	I	M	M	U	H	O
I	P	N	T	P	G	T	R	E	G	G	A	E	C
A	M	D	R	U	M	S	T	I	C	K	S	A	S
N	U	M	D	D	S	O	U	L	S	O	K	B	I
O	R	G	A	H	B	E	A	T	S	H	H	B	D
S	T	A	H	E	A	D	H	O	N	E	S	A	B

- PUNK
- SONG
- PIANO
- HUMMING
- ALBUM
- BAND
- RADIO
- TECHNO
- SOUL
- RHYTHM
- BLUES
- ROCK AND ROLL
- GUITAR
- ABBA
- BEAT HEADPHONES
- REGGAE
- TRUMPET
- GROOVY
- DISCO
- FOLK
- VIOLIN
- CONCERT
- DRUMSTICKS



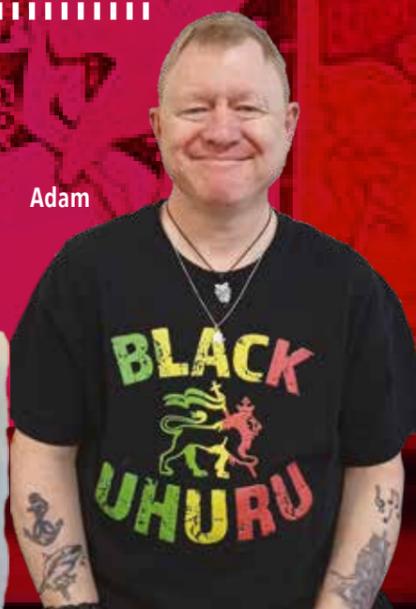
Our music word search team



Brenda



Sophie



Adam



Michael's clay model of the 1970s TV character, Basil Brush

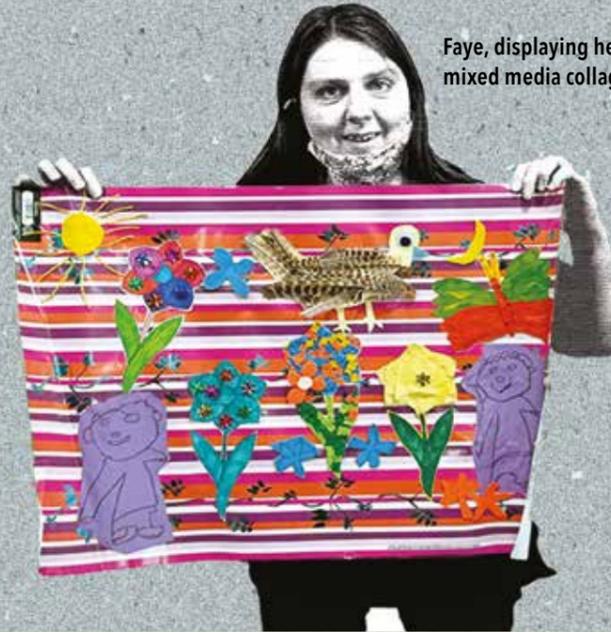


THE ART ROOM

Todd's drawing of birds. Todd uses pencil. His work is highly colourful and dynamic.



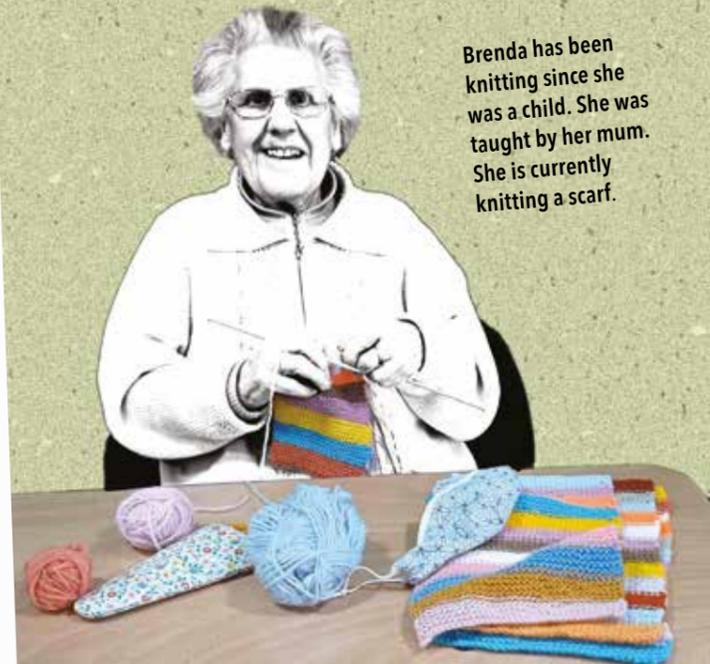
Faye, displaying her mixed media collage



Brenda holding up a felt finger puppet of a cat. She is also making an owl.



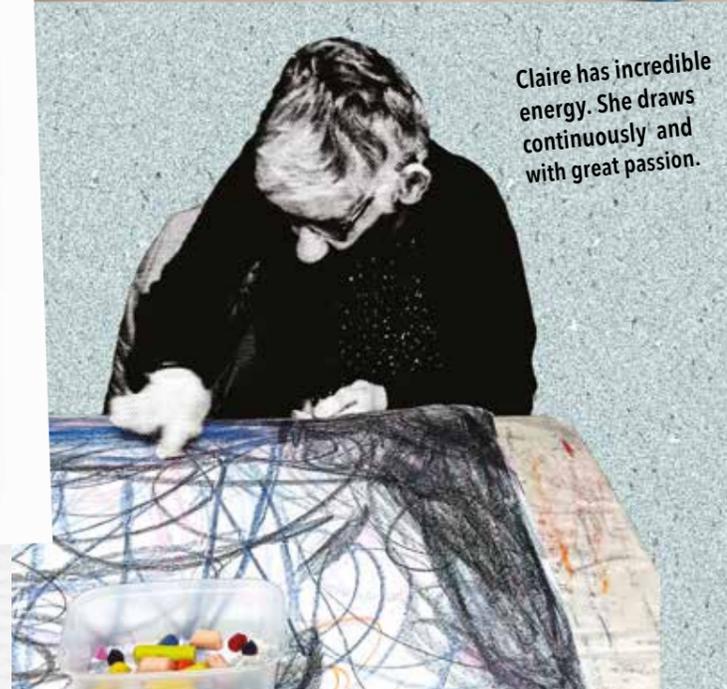
Brenda has been knitting since she was a child. She was taught by her mum. She is currently knitting a scarf.



Janet knits with yarn that she has actually made! Using just one finger, she knits a long thread. When she has enough, she uses it to knit with. It makes a lovely, thick texture.



Claire has incredible energy. She draws continuously and with great passion.



Lawna designed a lavender bag.



Animals made from plastic beads, made by Diane



Elaine moulded clay creatures. A fox, starfish and fish.

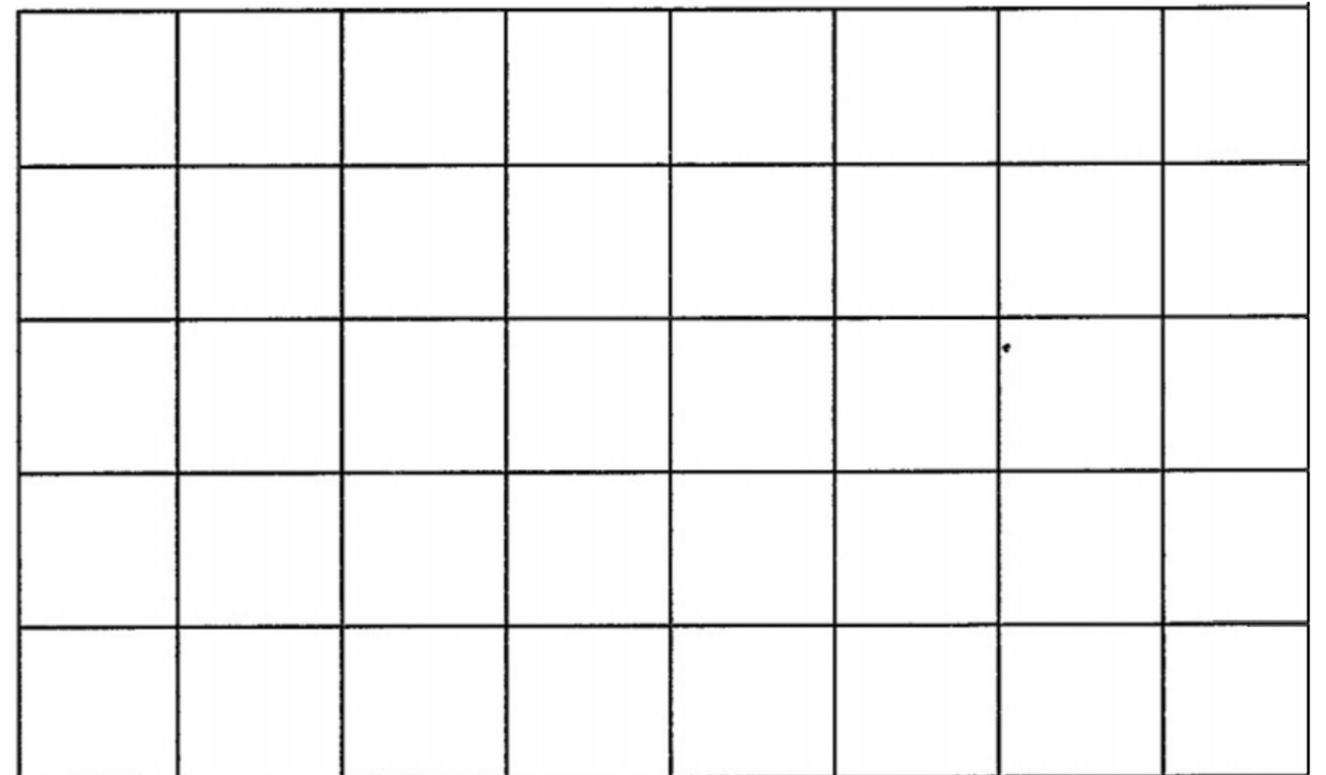
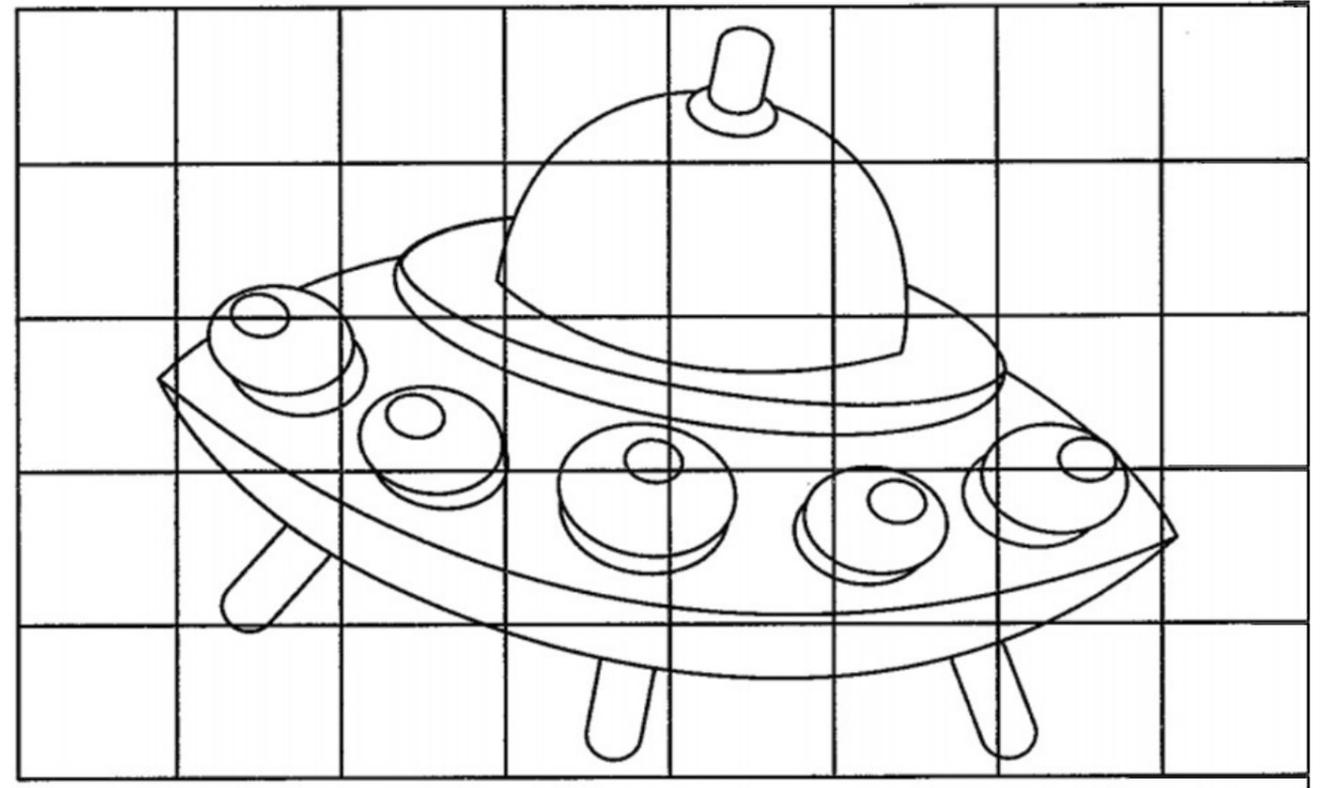


Tina with her moulded clay birds and painted birdhouse

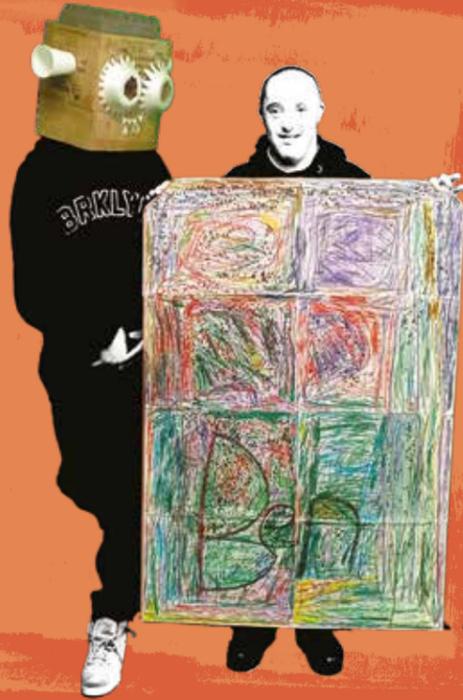


Drawing Techniques

Throughout history artists have used grids to make drawing easier. Use the grid to copy the picture below. Copy a square at a time, like the old Masters!



LEFT: Dan is wearing a space helmet made from whatever he found in the green room
RIGHT: Ben displaying his huge art work



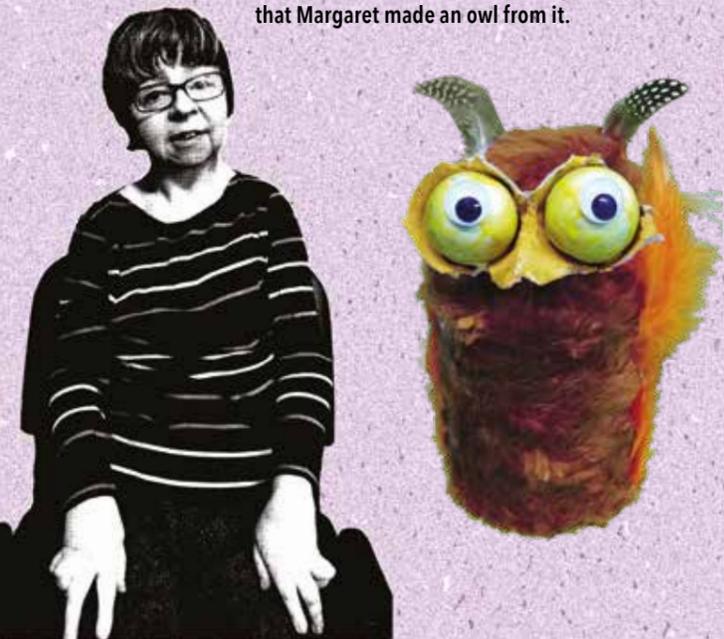

Work in progress
Papermache puppets

These puppets are made from junk - bottles, paper plates, egg boxes, anything we could find!

We use the junk to make the shape of the animal and then cover it in papermache.

Watch this space!

Sometimes things just look like other things. This egg box looked so much like a bird's eyes that Margaret made an owl from it.



TEST YOUR KNOWLEDGE

World food

Match the country with the picture



Italy



Japan



America



Germany



Spain



England



Mexico



Sweden



France



Belgium



CHARLIE'S PUPPET SHOW

Tuesday 1.30pm - 2.30pm on Spiral radio

Sonic the Hedgehog

Gorilla

The three snakes

Liam the Lemur

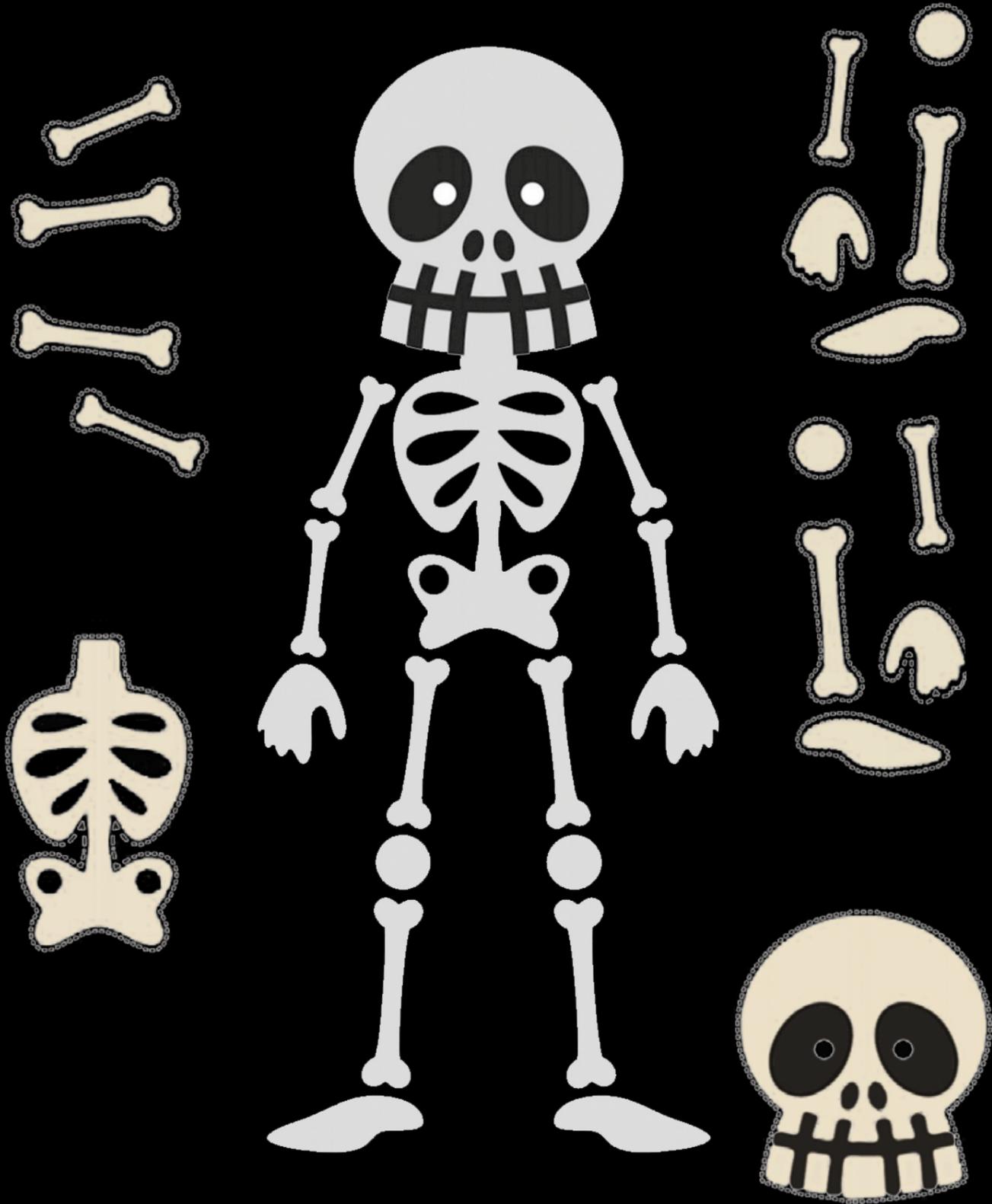
A cast of thousands in a wide array of accents

Stories, poems, songs

and loads loads more

Skeleton cut out

Cut out the bones to make the skeleton



KNIGHT

Shakeil suggests
colouring this in



RIDER



Sir Michael's



FUNNY HISTORY FACTS

The Olympics used to award medals for art.

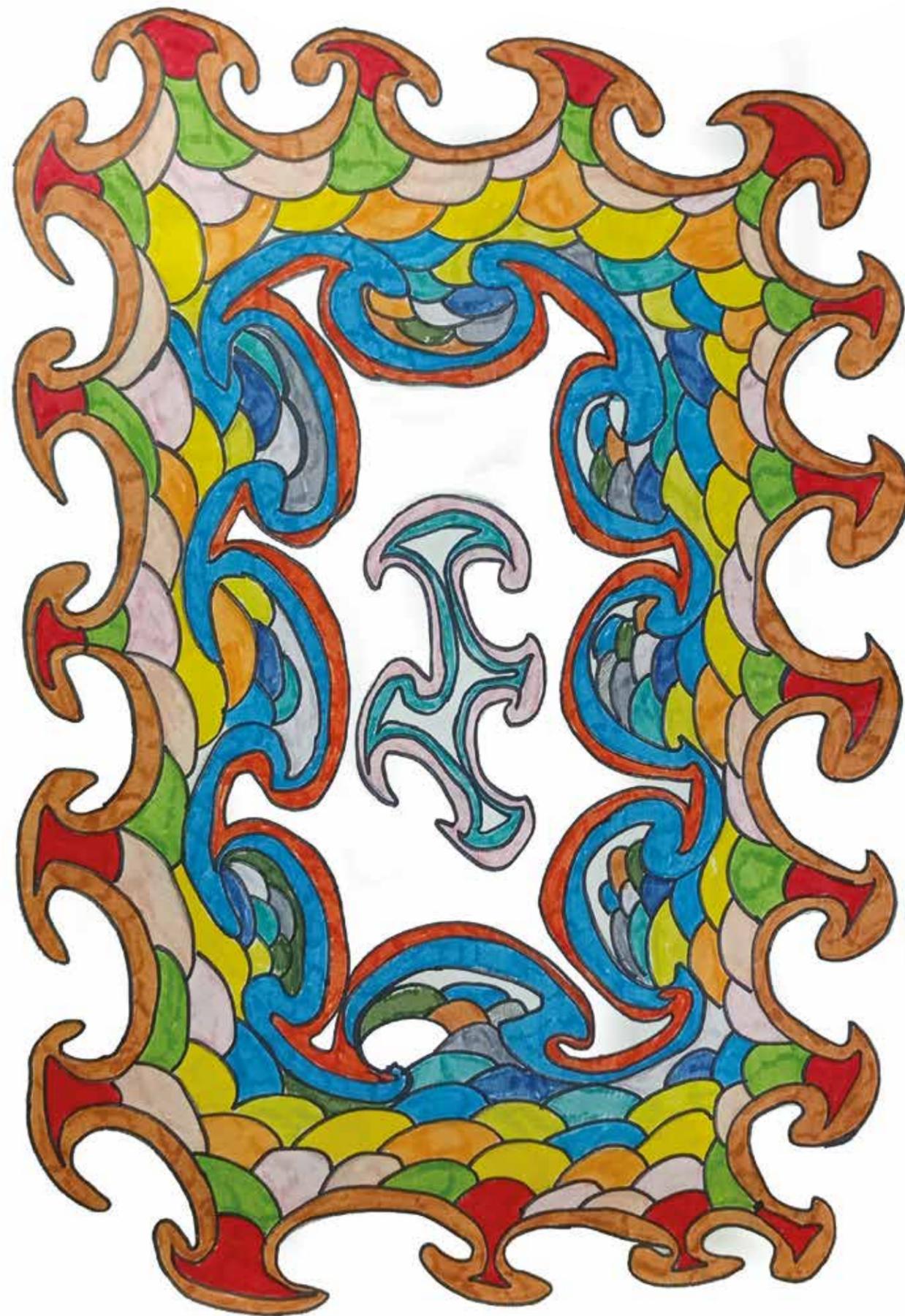
Napoleon was once attacked by bunnies.

Tomato ketchup was once sold as a medicine.

Pope Gregory IV declared a War On Cats.

Walt Disney didn't draw Mickey Mouse.

Charlie Chaplin once entered a Charlie Chaplin lookalike contest and came in 20th place.



A freehand drawing by Adam. When asked to describe the process, he said, 'I sat down at my big desk in the sitting room and just drew it. I didn't copy, just made it up. It took ages to colour it in, around 4 hours.'

FILMS FROM THE GREEN ROOM

A SPIRAL DOCUMENTARY ABOUT OUR

SOLAR SYSTEM

By Dan, Patrick, Kevin, Terry and Ben



If you'd like to make a film
email us at
magazine@spiralsussex.org



Lab Assistant



Professor Dan

Professor Kevin



Professor Patrick



Professor Terry



Professor Ben

Coming soon, on www.spiralsussex.com

We're also making a comic strip
of the astronauts' adventures
WATCH THIS SPACE





nature watch

Chris' Bird Spotting

Blue Tit

Blue tits eat insects, seeds and nuts. They particularly love peanuts and can often be found flocking around garden peanut feeders.

Female blue tits usually lay around 7 to 13 eggs in a clutch. More than any other birds you'll find in your garden.



Black bird

Male blackbirds live up to their name and are black but the females are actually brown

Blackbirds typically like to sing after it rains.



Starling

Before going to sleep starlings dance together in massive groups - sometimes up to thousands of birds will join in. They like to do it at the Brighton pier. Head on down at dusk to take photos!

Not only are starlings great singers, they are also impressive mimics, able to imitate the calls or songs of other birds, and even mechanical sounds.

Thrush

A thrush's egg weighs 6 grams - the same weight as a human eye ball! Look out for the broken shells of their blue, spotty eggs under your hedges in spring.





Peregrine Falcon

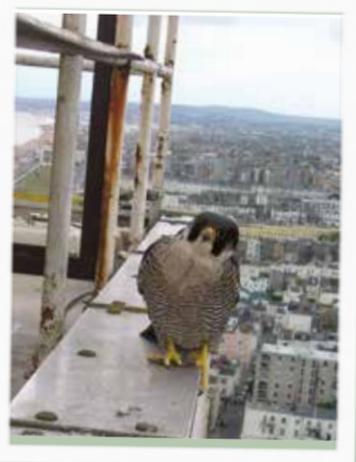
The peregrine falcon is the fastest animal on the planet. In a 'stoop' they can reach up to speeds of 321 kph!

The crown of the head is dark, and they have a black 'moustache' which gives them a hooded expression.

There are a pair that live in Brighton! They live right in the centre of town on a block of flats called Sussex Heights.

Come and find me in Brighton. Or, see my nest box online

You can see a live webcam of the nest on www.sussexheights.co.uk



Swallow

European swallows don't like English winters, so they fly to warmer countries in southern Africa. It takes a pair of swallows up to 1,200 journeys to build a nest. Only the female lines the nest.

Much folklore surrounds the swallow. To see the first swallow of the year is regarded as a good omen. In Russia songs were written to celebrate their return after the long, cold winter.



How to say 'bird' in BSL

Pinch your finger and thumb together. Move them up and down quickly like a chirping beak.

COMPETITION TIME

Send in your photos or artwork of birds and you could win a white tee-shirt with your own design printed on to it!

You could use these photos to draw from, or look on the internet for photos. You could even try drawing a bird that you see outside.



FOLK GROUP

WEDNESDAY 10AM-12PM
AND 1PM-3PM



Volunteering with Spiral

Working with adults with learning difficulties

Would you like to work in a lively, positive atmosphere and gain good experience?

We currently have opportunities in a variety of positions.



Cooks

We need cooks to help during our film clubs on Saturdays and Sundays at our day care centre in Bevendean.

Also to help our parties, BBQs and special events.

Social clubs

We need volunteers to join us during the evenings and at weekends, in Brighton, Hove and Newhaven.

Session Leaders

Activity care leaders needed to manage our weekend clubs, outings and evening social clubs.

Care helpers and Drivers

Needed for weekend outings and social clubs, in Brighton, Hove and Newhaven. If you'd like to join our fun team call Chris.

Musicians

To help our budding musicians and performers hone their skills and learn new material, as well as support them at performances.

DJs Radio Hosts

To help teach adults with learning difficulties how to be a DJ and make radio shows.



To Volunteer,
or to advertise your own volunteering opportunities, call Chris at Spiral

03030 402860

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Page 30: Background illustration/Shakeel
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THIS IS **YOUR MAGAZINE**

Everything in this magazine has been provided by visitors to the Spiral day centre

DO YOU HAVE PHOTOS, ARTWORK OR WRITING?

Do you have an idea for a film, story or something else
THAT YOU'D LIKE TO SHARE?

SEND IN YOUR CONTRIBUTIONS

TELL US

WHAT OR WHO WOULD YOU LIKE
TO SEE IN THIS MAGAZINE

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