

SPRING - SUMMER 2021 | ISSUE NO. 5 |

BRIGHT minds



Brighton & Hove
City Council

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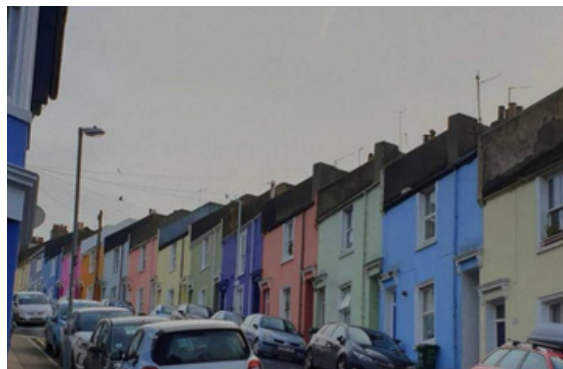
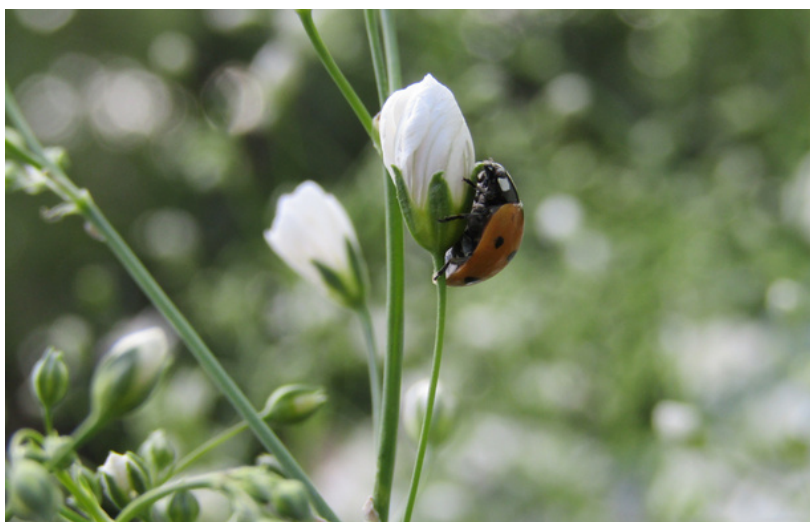
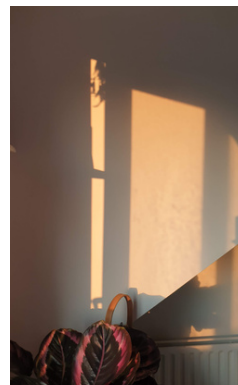
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- Don't forget to
check out the
photography on our
back cover!!

library letter

Hello all and happy 2021!

Welcome to our sixth edition of Bright Minds Magazine, we are happy to announce that we now have a larger editorial team, so you can look forward to even more diverse and creative content in the future. If you want to get involved, please contact us via our email or social media.

Although the libraries have had to remain closed during the national lockdown, digital services and resources are still available online!

This edition features plenty of interviews with local creators, book reviews and recommendations, and all things bookish - happy reading :)

The **BRIGHT**_{minds} team



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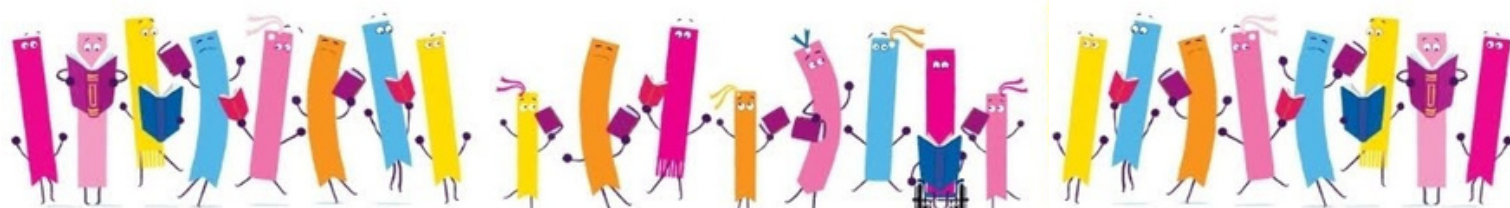


World Book Day!

This year things have changed a little bit -
World Book Day has started a book club! Here's a selection of the books available with the book token and some more information on the book club :)

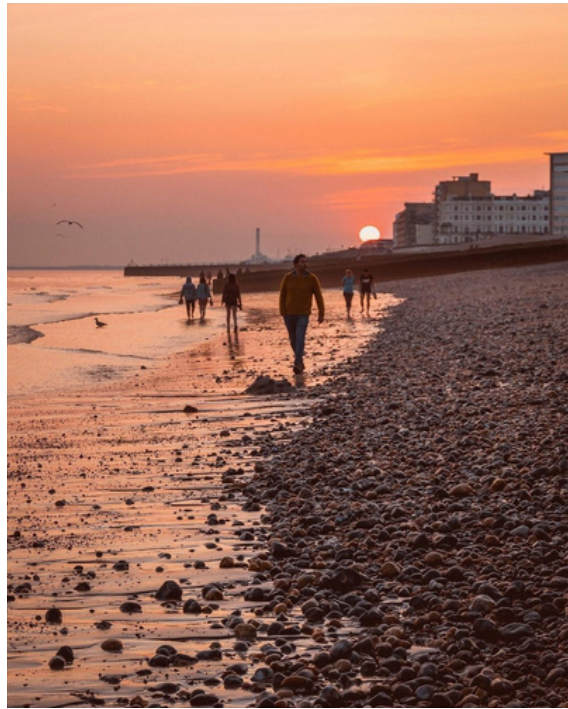


World Book Day book tokens will be valid from Thursday 18 February – Sunday 28 March 2021. In 2021 participating booksellers will honour the tokens beyond the 28 March while stocks last. Please contact your local bookseller to check if they are able to offer £1 off other titles. As for the book club, here's what we know: From March, you'll be able to tune into YouTube and read with World Book Day! They'll share their favourite monthly read, talk to authors and more. Join in at home, in school & in libraries! To be one of the first to hear World Book Day Book Club news and their picks for the months ahead, sign up to their newsletter available on their website! Whilst you're there, you can also check out their other secondary school+ resources - this includes a university book guide, creative writing guide, and book suggestions based on a multitude of categories. These include books for reluctant readers, poems, girl power themed books, self-care, BAME books and lots, lots more :)



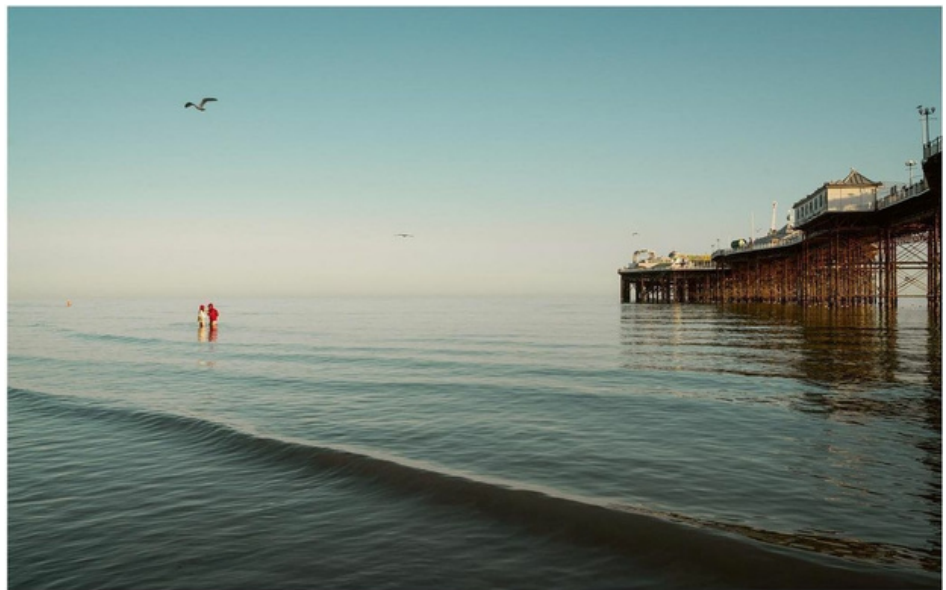
Jack Rowan's Photography

Meet Jack - a local Brighton photographer! Read on to find out about who inspires him, how he stays motivated and what his advice is for you :)



Where did your passion for photography stem from?

Sometimes, the world provides such mind-blowingly beautiful and yet fleeting moments that are so quickly lost to memory unless you can capture them, and for me using the camera is about as close as it gets to capturing those moments faithfully. I was always trying to capture moments with my phone camera but one day I decided it wasn't doing the job well enough so I invested in a DSLR and my journey really started there! I've always been into escapism through fantasy/sci-fi and I quickly realised that photography is also an amazing tool for realising your own vision, like taking a photo of an otherwise ordinary scene and manipulating the colours to make the scene look more exciting or dreamlike than it may in real life.



What gave you the confidence/inspiration to start sharing your creative work with other people on social media?

I think a few of my friends or family made positive comments about some of my early photographs which were enough for me to start sharing pictures on Instagram and slowly building more confidence in myself over time. It was a long process though for sure and it's important to always check-in and remind yourself why you are doing something and what you love about it.



If you had to describe yourself in three words what would they be and why?

Explorative - Because my motivation is most often in the form of long walks and hikes exploring every inch of my local area and the surrounding countryside.

Imaginative - Because I love escapism and often aim to take photos that enhance my surroundings and make otherwise mundane scenes look more interesting.

Precise - Because I often favour clean lines and strong shapes in my work, which is a preference that comes in very handy when I do interior photography work.

What challenges do you face with creativity and what keeps you motivated?

I think it's easy these days to be intimidated by the sheer amount of other photographers and the level of amazing work they're putting out. Learning to take inspiration from those people rather than be put off by them is a great first step. If I feel like my creativity is drying up I often start by consuming as much content as possible until something clicks and inspires me to try a new technique or style. For example, I recently picked up some flashes with coloured gels and it's opened up a whole new avenue for me to explore whilst travelling is restricted. I also like to take an image of a favourite photographer, study the colours and tones and try to replicate those using editing software with one of my own images. Don't think about it as copying but rather an exercise in discovering new techniques on your own through the study of someone else's work. You'll never perfectly replicate their work, instead, you'll discover techniques and colours combinations that you like and will find yourself developing your own style during the process. There is also no harm in watching youtube tutorials and using all the free resources you can get!



Who inspires you?

Although my well of inspiration is constantly being added to, I am always inspired by the following people:

Mandy Sham (@peach.punk) - Mandy is a fantastic documentary and travel photographer who's use of colour manipulation is a huge inspiration. She is not afraid to change the colours of different elements of her photographs so that all the colours compliment each other and create one beautifully cohesive finished piece.

Jennifer Sanson (@jennifersanson_) - Jennifer is a local portrait photographer and good friend of mine. She takes incredible medium format portraits on film.

Gordon Parks (@gordonparksfoundation) - Gordon was an American documentarian and photojournalist covering issues of civil rights and poverty, particularly for the African-American communities from the 1940s through to the 70s. His eye for capturing the beauty in everyday life was unmatched.

Ken Marten (@kenmarten) - Ken takes awesome documentary-style photography of cityscapes and parks. His use of coloured flash to enhance his surroundings is inspired and has influenced me in my flash experiments.

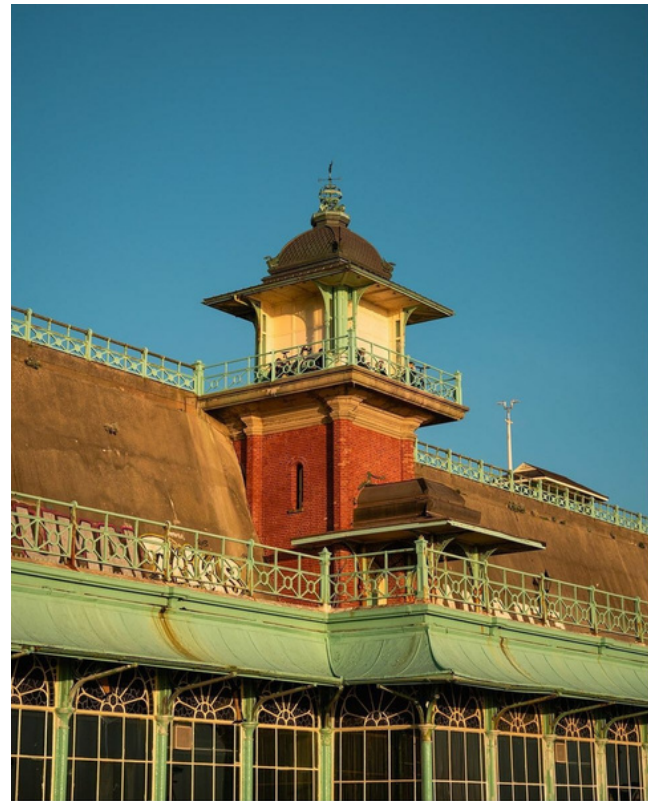


What advice do you have for aspiring young photographers?

Keep taking photos of things you love or find interesting, the more you take the better you'll get at 'seeing' a composition or an interesting perspective before you've even pressed the shutter button. If you're using film this can be tough and a little expensive but if you're using digital then take as many as you can, the only thing holding you back might be the size of the memory card. Study colour; look at wheels and charts and tune your eye to which colours best complement each other, and don't be afraid to manipulate colours when editing. Look for interesting colours, shapes, patterns and textures in your everyday surroundings and take photos of them. Even when you don't have your camera on you, always be looking up, down, sideways, and behind you whilst you walk or do your daily activities. Everything is an inspiration when it comes to photography and the best thing about it is how amazing it can make the world seem. You'll start to find yourself looking at ordinary objects and surroundings in a whole new light. Don't pigeon-hole yourself! Try as many different styles and methods as you can before you find your 'niche'. Photography is liberating and a fantastic mindfulness exercise so go out and enjoy the process!

What materials do you use?

I use a full-frame digital camera and a selection of lenses from wide (18mm) to 'portrait' length (around 85mm). A tripod is crucial! An essential bit of kit if you want to take slow shutter images, night photography or interior/architecture photography. I have a set of reflectors and a diffuser for better control over natural or unnatural light sources. I have 2 flashes with coloured gels that are great for manipulating colour in a scene, or adding your own light source if natural light is weak or non-existent. Finally, I occasionally use a Circular Polarising Filter which is fantastic for reducing reflections in water or glass and also darkening blue skies to make them even more vivid, and a Neutral Density filter for reducing the amount of light that enters my camera, for example, when you want to take slow shutter speed photographs in the middle of the day and don't want them to be overexposed.



What personal goals do you have for the future?

I hope that my photography will take me to some unexpected and amazing places around the world, but I am also looking to see how I can use my work to help businesses and causes more locally, within my own community. One thing I think this pandemic has taught me is that the need for strong community spirit and access to local resources is more important than ever and if I can contribute to the improvements of these things using my photography then that would be amazing.

Tidsotomist (noun)

a person who is always late because they
overestimate the amount of time they have

Origin: Swedish

word that translates as “time optimist”

Halcyon (adj)-

describes something happy and prosperous-
commonly used to reminisce about an
idyllic time gone by

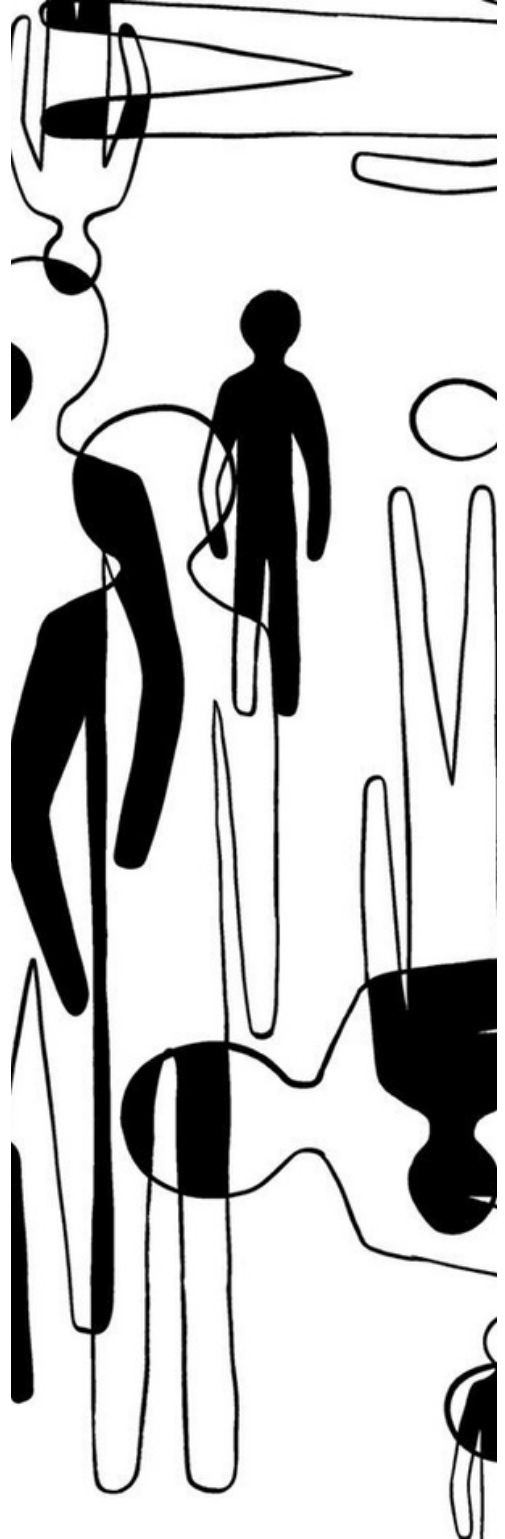
Also meaning a genus
of kingfishers who breeds around the time of the
winter solstice and nests by the
sea the word originates from a Greek myth in which
Alcyone, daughter of the god
of the wind drowned in the sea once she heard that
her husband had died in a
shipwreck. After hearing the news, the gods
resurrected the lovers as birds,
and ensured them 14 days of calm during their
nesting period during the winter,
which became known as the halcyon days.

Your Art...

1.



2.



3.



4.



5.



Acknowledgements

1. Grey and Green
// by Blue Modern

2. People People
// by Eloise Roberts

3. Cute Animal
// by Lucca beltrame

4. Look ...
// by Eloise Roberts

5. Gargoyle
// by Laine Dunne

6. Books & Flowers
// by Janelle Melgario

6.



The Girls' Network

Meet Rebbeca - the current Network Manager for Sussex for The Girls' Network. Read on to find out about who inspires her, what the most exciting parts of her job are and more!

Can you describe what The Girls' Network does, what your role within the Girls' Network is, and why it is so important? At The Girls' Network, our mission is to inspire and empower girls from the least advantaged communities, and we do this by connecting them with a mentor and a network of professional female role models. I'm a Network Manager and I have the absolute privilege of coordinating the programmes we run in schools here in Sussex! Our work is important because we know that girls can face challenges arising from expectations to look a certain way, act a certain way, and pursue traditionally 'female' careers or life choices. We know that, on the whole, girls are disproportionately affected by a lack of self-confidence and self-belief, compared to boys. We also know that it can be extra hard if there aren't many people around you to guide you in taking steps to pursue whatever it is you want to do. We're extremely passionate about our work because we believe that ALL girls should be supported to realise their ambitions, discover their self-worth and develop their capacity to shape their future!



Where did your passion for being an intersectional feminist stem from?

I remember a particularly rainy day when I was seven years old, sitting indoors looking through a Spice Girls magazine with my mum who explained to me for the first time what feminism was and why it was important. I then read a lot about feminism in my teens and at university, but it was only through the professional experience that I developed a real passion and motivation to help drive change. In my twenties, I worked in central London as an advocate, which involved being alongside and equipping and supporting women experiencing acute mental health problems to have their voice heard. They had such varying backgrounds, experiences of life, and challenges they had overcome or were still battling with. They were often experiencing hardships or discrimination relating not just to their gender but so many other aspects of their identity - race, class, sexuality, disability, immigrant status, and being trans to name a few - that were directly contributing to their poor mental health. It really illuminated for me how far we still have to go in the fight for an equitable society.

“The best thing she did for me was building my confidence and making me feel worthy.”

Mentee

At the end of the programme





Do you think other people should share this passion? Why? Whatever your gender identity, intersectional feminism is something we should all share a passion for. It can be a lens through which we can develop a better understanding of how women experience oppression differently so that everyone is represented in their struggles and given a voice. This can help us identify ways in which we might respond to injustices and be more effective allies. Someone wise once said to me that if it's not intersectional feminism, then it's not feminism.

What is the most exciting part of your job? The most exciting part of my job is when I speak to mentors and mentees and hear first-hand how powerful and life-changing the mentoring journey has been for both of them. To hear stories of the ways in which they have grown in their skills and strengths through their mentoring relationship is amazing.

What advice would you give to your teenage self? Work hard, but don't base your self-worth on academic success.

How do you feel we can empower the women around us in our day-to-day lives? Celebrate their strengths. Boost their self-esteem. Shut down negative criticism. Advocate for them. Know that they are not your rivals! Show them the compassion that our society often does not. Support them to grow in whatever way they wish to. If you can, be brave, open and honest, as it's often through sharing vulnerabilities that we can play an important role in giving other women around us a voice. Show your appreciation and show that you care. Raise them up. I wholeheartedly believe that mentoring is an amazing way of doing all of these!

Do you have any suggested books on feminist issues or favourite books in general? Where do I start?! There are so many brilliant books on feminist issues. I would recommend 'Bad Feminist: Essays' by Roxane Gay, 'Invisible Women' by Caroline Criado Perez, and, whilst it's challenging, Simone de Beauvoir's 'The Second Sex' is a must-read. I'm personally a big fan of Virginia Woolf's essay 'A Room of One's Own' and Chimamanda Ngozi Adichie's 'We Should All Be Feminists'. I also love fiction that addresses feminist issues, some of my favourites being Charlotte Bronte's 'Jane Eyre', Margaret Atwood's 'The Handmaid's Tale', and most of Toni Morrison's novels. I could go on all day...

2021 Reading List

We've asked some of our team members to share a book or two that they would like to read this year! Here's what they said:



Evie: "Hamnet by Maggie O'Farrell! I was given it for Christmas - its set in 1596 and tells the story of Shakespeare's son Hamnet who died aged 11. This novel also won Waterstone's book of the year 2020!"

Jasmine: "The Man Who Mistook His Wife for a Hat' by Oliver Sacks - It's a non-fiction book about patients with neurological disorders. I'm currently reading Opening Skinner's Box by Lauren Slater and want to read more non-fiction books on psychology."

Finlay: "Morning Star' by Pierce Brown. It's the 3rd one of a series about a character who is born into a society that live on planets (Mars, Venus etc) and are ordered by colours, with red at the bottom being miners and slaves and golds at the top acting like royalty. Very cool! Definitely recommend."

Leine: "Normal People by Sally Rooney, the book follows a modern-day couple in Ireland and their partings and joinings through school and university. It's Emotive and relatable and was made into a series on BBC. It has also won a 2018 Costa novel award winner!"

Sissy: "In search of Schrodinger's Cat' by John Gribbin. It is a non-fiction book that I have just begun reading as it introduces you to some of the most interesting and insightful scientific theories and ideas in a simplistic way that can help your understanding of physics and the world around you. The book is not an easy read but makes you question lots about how we view things and the science behind everything. If you like science then I would heavily suggest you read this; especially if you are considering Alevel physics as it will help with a concrete understanding."

Lockdown Feelings

by Alex Bayne

Everyone I know feels something different when this word is mentioned, everyone I know reacts differently.

You could've been one of the lucky ones, lucky enough to not have to self-isolate, lucky enough to not have contracted the virus, and lucky enough to not have had your grades or learning affected by this; that is the best outcome.

Do you know what they don't tell you about the best outcome? You will still have more bad days than good, you still can't see your friends, family, or loved ones, you could be furloughed or completing almost a years-worth of education online... and although there could be worse, it feels like the worst.

The government says: 'We just have to get through this wave!' 'We all have to pull together and then our lives can go back to normal,' but what is normal? All of our 'normals' have changed - and will be changed for the rest of our lives: we will always think twice about going to a packed nightclub or sitting next to a stranger on public transport because the disease is everywhere.

'Stay Home, Protect The NHS, Save Lives' or 'Hands, Face, Space,' two phrases we have come to know and have an unhealthy relationship with. We have been put in 3 national lockdowns as a country, now in the third, which makes us realize the relief, we must've all felt as each time retail, leisure centers, and places of education opened their doors to us. I feel a headache coming on each time a rumor rips through the country of further restrictions, rising cases, or a government briefing led by the Prime Minister. We have all developed a feeling of 'Here we go again.'

Before new years, I was on edge, and nothing felt right. A new year meaning better things will happen, right? Turning the page onto a new page meant no more pandemic, right? It's crossed all our minds, even though we knew it was all out of reach. I almost feel at peace in a full lockdown, in the position I am in now, I'm lucky enough to know all my friends and loved ones haven't had or have recovered from this illness, and my online learning is not so much a burden anymore; with a 'new normal' routine that will keep me going until the lockdown subsides. In my opinion, a lockdown will serve my mental health better rather than a half-in-half-out tier system, which could change at any point.

While the world is not the happiest place it could be at the moment, it is always the attitude a person has that can make a difference. One day this pandemic will be declared no longer an issue, but that day is still out of our reach.

Megan Faith Makes!

Meet Megan - a local Brighton small business owner; Megan sells the clothes she makes from knitting and crocheting! Read on to find out about who inspires her, what her goals for the future are and more :)

If you had to describe yourself in three words what would they be and why?

Creative, motivated, and introverted. I've always enjoyed making things, and in the last year, my business has grown surprisingly quickly, which has really motivated me to continue coming up with new designs. And introverted because I've always been quite shy - my favourite days are just me sat at home watching TV and knitting.



Why did you originally want to start your small business?

I never intended to start a business, for Christmas 2019 I knit my family a pair of socks each, which really inspired me to get back into knitting, so I set up an Instagram page (@meganfaithmakes) as somewhere to post photographs of the socks I was making, and from there it grew into what it is now!

What inspires your current and past work?

I'm inspired by lots of things. Mainly the many extremely talented crocheters/knitters I follow on Instagram, but I'm also really inspired by 1970s crochet clothing.



What gave you the confidence to start sharing your work with other people?

My sister encouraged me to make an Instagram for my knitting, I was very hesitant at first - I had no idea there was such a big market for homemade clothing, but as my page grew, my confidence grew and I started branching out to new items.

Who inspires you?

So many people! My sister is an amazing artist and tattooer and she continually inspires me, as does my boyfriend who is also an incredible artist. And like I mentioned before, all of the amazing creators I follow on Instagram.



What challenges do you face with creativity and what keeps you motivated?

My biggest challenge I face daily include pricing my items. Homemade clothing inevitably takes a very long time, but often I feel like I can't charge myself a living wage as I'm worried people won't commission me. The pressure I put on myself to create 'perfect' clothing is also a challenge, I have to continually remind myself that it's homemade, and imperfections are part of the charm. But being able to hold/wear something physical that I've made at the end of a day is really motivating and affirming.

What personal goals do you have for the future?

My biggest goal is to be able to go fulltime with my business when I leave university in May this year. It's quite a daunting thought but I really hope I can, as knitting and crocheting are what I enjoy doing.

Do you have any tips for young people starting their own small business?

Yes - lots! Instagram is a great place to showcase your work, try and take clear, good quality photos of whatever you're trying to promote. Make it clear how people can buy from you, be engaging with followers and reach out to fellow makers whom you can support. If you're making physical items such as clothing, try and be unique and make things you haven't seen before, this will help with sales and help you to stand out. And lastly - something I still struggle with, but make sure you pay yourself fairly, at least minimum wage.

YOU

could be on the cover
of a magazine !!!

kinda...

Join our cover contest!

With each new edition, we select a different cover and your design could be the one we choose!

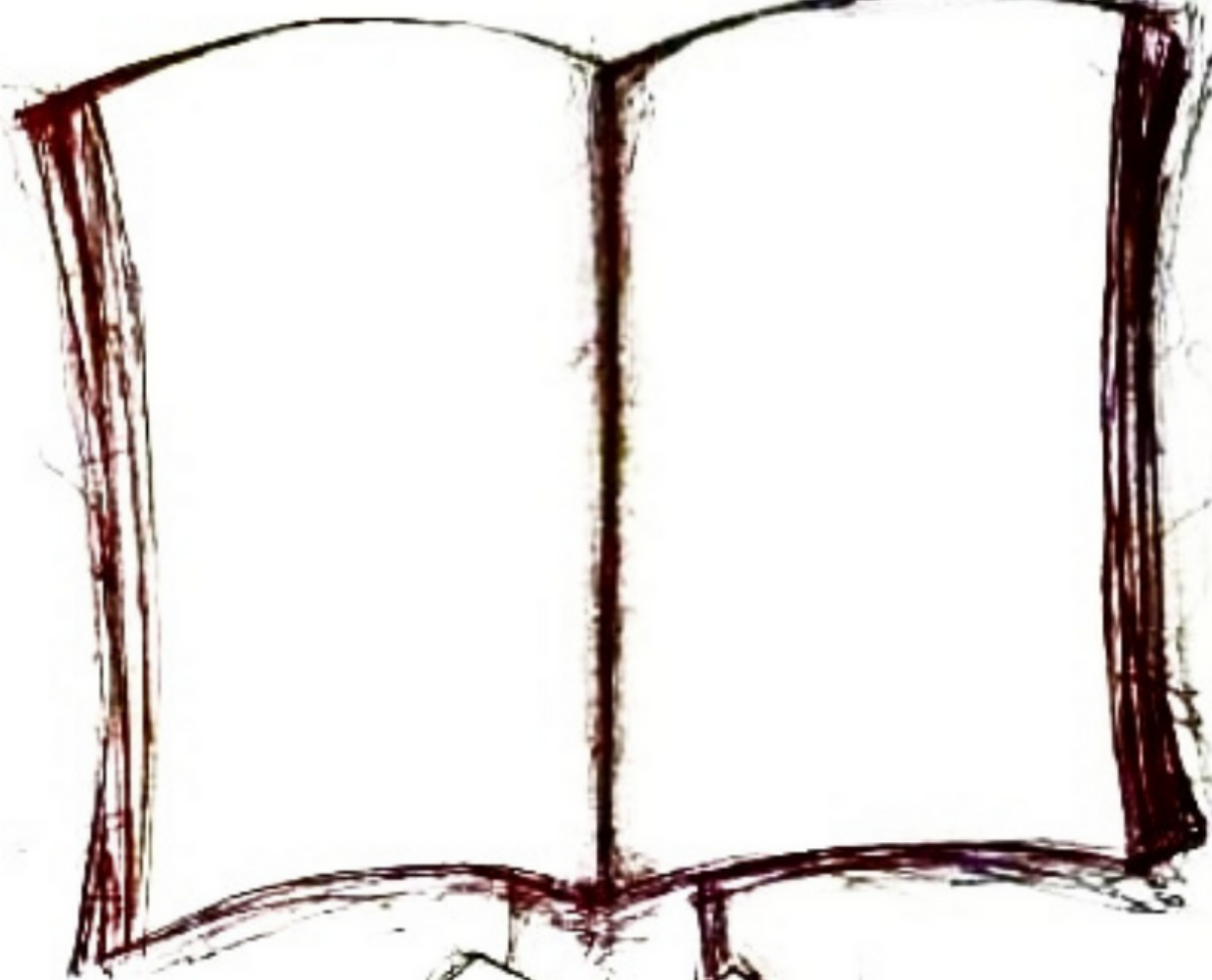
All you need to do is use the logo we have on the next page and colour in the pages. You can use any materials you like: paint, pencils, fabric, scraps of paper, your computer, and more! It's really up to you :)

When you're finished you can email a picture of your work to bright.minds.magazine@gmail.com
Your picture needs to be clear enough for us to edit and use.

Stuck for inspo? We've included some previous work that has been on our covers!

Have fun creating! :)





BRIGHT minds

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And a huge thanks to...

Brighton & Hove libraries for supporting, funding and supervising the magazine. Particularly **Joanne Rosenberg** who dedicated most of their time to help us.



Jack Rowan, Rebbecca from The Girls' Network and Megan Faith Makes for their interviews!



Coming Soon

We have A LOT of content coming your way in our autumn-winter 2021 edition! Look out for more interviews including Local Brighton artist Erviola Soutse, local Brighton photographer Richard Turner and textile designer Angelika Siem.



We'll also have some suggested reading and maybe even creative writing tips too! Let us know what you think, what would you like to see?

Do you want to be involved ??? If so email us! It's Bright.Minds.Magazine@gmail.com. We'll accept art work, any kind of creative writing, photography and more! Maybe you write your own songs and want to collaborate with an interview or maybe you like making short films etc etc. Get in touch! We're genuinely really interested!! Whilst you're there, we also have an Instagram @ [bright_minds_magazine](https://www.instagram.com/bright_minds_magazine). Have an awesome summer :)

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