



Just For Us

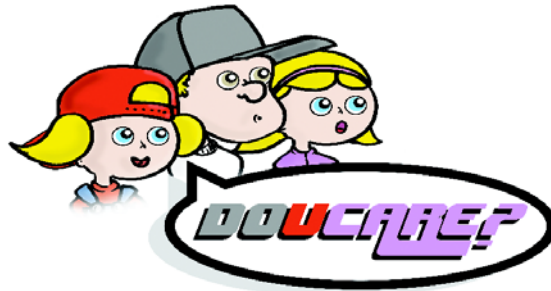
Service
Development Team

June 05



South Tyneside Council

Issue 6 The Newsletter for Looked After Young People in South Tyneside



Don't Be Bored!
Read Just For Us!

I'm BORED!

THIS + THIS = THIS!

The image shows a visual equation. On the left, a boy with glasses sits at a desk looking bored, with a thought bubble saying "I'm BORED!". A large blue plus sign follows. In the middle is a thumbnail of the "Just For Us" newsletter cover, which lists sections like Puzzles, Games, Jokes, Articles, Poems, and About Me. Another large blue plus sign follows. On the right is a large blue equals sign, followed by a cartoon of a happy, energetic boy jumping in the air. Below the entire scene, the text "THIS + THIS = THIS!" is written in large, bold letters.

What is Just For Us?

Just For Us is the Newsletter for Looked After Young People in South Tyneside aged 11 and Under. **But it is also for young people who's parents are foster carers** - you can receive your own copy of ChatterBox by writing to us and letting us know and we will add you to our mailing list!

Don't Forget To Enter The Competition On The Back Pages To Win More Prizes-Well done to Christopher who cracked the Maze!

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Lee's letter!

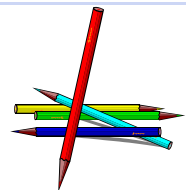
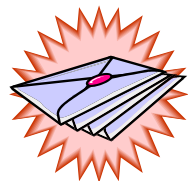
Hi, I hope you enjoy this issue of the Just For Us newsletter—it's full of interesting things to read. Such as all the new bits on the DoUCare website and make sure you read about the new activities group - it look's like it's going to be GREAT!

Also I hope you read the sheet that was included with the newsletter about Overnight Stays - I think you will be really pleased with what it says!

As ever we love getting your letters, poems, and competition entries. So keep sending them in! You never know if you're going to be the lucky one who wins the prize!

Good luck and see you soon!

Send Us Your Stuff!



If you don't want to come to the design group (or can't because you live outside of the borough) then you can still be involved by sending us your stuff through the post or by email. We want things like poems, jokes, stories, what you think about being "Looked After", funny things that have happened to you - anything that you want to send in really! And remember that if you have **something printed in the newsletter** then you can win **up to a £5 voucher**. Our address is on the back page so make sure you don't forget!

New Advocacy Service for Young People

NYAS—National Youth Advocacy Service

NYAS is for children and young people who are "Looked After" or Leaving Care. NYAS provides advocates to help young people when no-one else seems to be listening or taking any notice, or when other people can't seem to get the problem sorted for you.

NYAS is an **independent** organisation this means that it is nothing to do with anybody else who might be involved with you like social services, your carers, your parents, your school or your doctor.

NYAS is also **confidential** which means nothing you tell them will be repeated without your permission **UNLESS** you or someone else is in danger or being hurt when they will have to tell someone else.

An Advocate can help you by:

- talking things over with you
- Helping you to sort things out by yourself
- Coming with you to meetings and/or write letters for you
- Going to see people for you if you don't want to go yourself
- Advising you about all the different ways of dealing with your problems and what the consequences might be.



NYAS can help you to make a formal complaint, help you to speak up in your Review, or just get your message across to social services.

If you would like an Advocate to help you or if you would like more information about what an advocate does then please ring Ros Watters on the free phone number - 0800 180 4520 or email her at complaints.service@southtyneside.gov.uk and she will put you in touch with NYAS.

Alternatively you can ring NYAS direct on 0800 61 61 01

Poem - Thanks to Lee who sent in this poem about Bullying!

Bully

Hey all you Bullies listen to me,
it is not for you and it is not for me.
You might think it is cool,
but it's not it's CRUEL!

I wonder what you would do if you
were bullied again and again.
So next time you think about Bullying Some-
body remember that person got nobody.



Why don't you
send in a poem to!

What You Have Said To Us... About Your Newsletter

In the last edition we asked you about what you thought of this newsletter. This is what you told us.

Do you like this newsletter?

Most people said that they liked the newsletter—over 90% of people said YES!



Why do you like it?

I like reading things

It was fun and has good games and stuff in

It was fun to read

Because of the pictures and seeing mine printed
was great

Because it is full of information

Because there is stuff to read

It was good to read



New Activities Group

The Looked After Children's Activities Group is a new group that is running on a Wednesday night at The PLACE!

The group started on the 9th March 05 and we are doing all sorts of FUN activities and you can choose what we do!



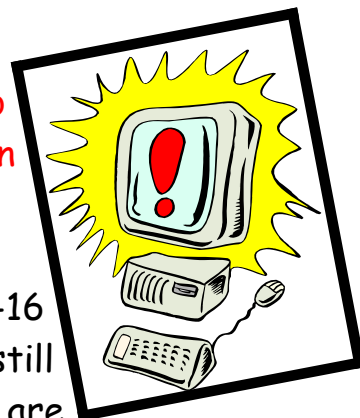
The group can be made up of young people who are; Looked After, live with someone who is Looked After or a friend of someone who is Looked After!



We will be meeting weekly on a Wednesday evening from 4pm until 5:30pm.

Some of the activities we will be doing are arts and craft, playing computer games, football, drawing, cooking or listening to music! But if you've got any better ideas just let us know!

The main aim of this group is just to have fun so we want to know what things you would like to do—we can also go on trips from time to time!



The age range for the activities group is normally aged 8-16 but let us know if you are older or younger than this and still want to come along! At the moment we are

doing a massive art project and when it is finished we will be displaying the art work at the SAGE MUSIC CENTRE in Newcastle!



The Sage is hosting a huge arts festival on 22nd August and you're invited! We are going so why don't you come along too!

Ring us if you are interested in coming along — Our number is 424 4633.

Picture Page-

Check out these pictures — They've been sent in by readers



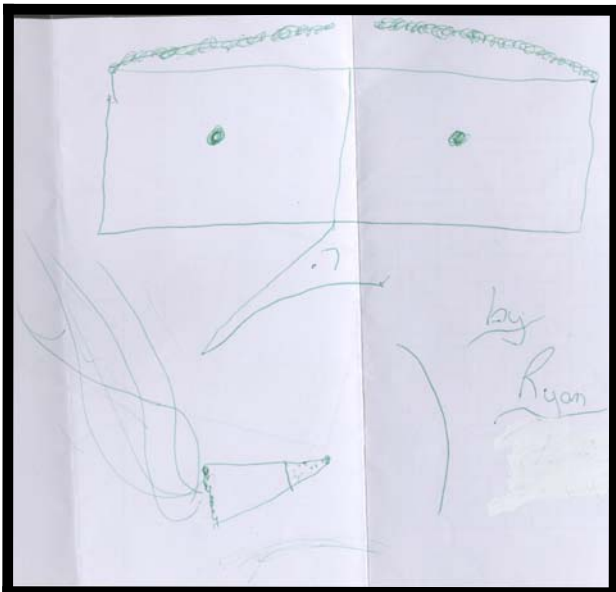
Toni S - Let's hope there's no snow in the holidays!

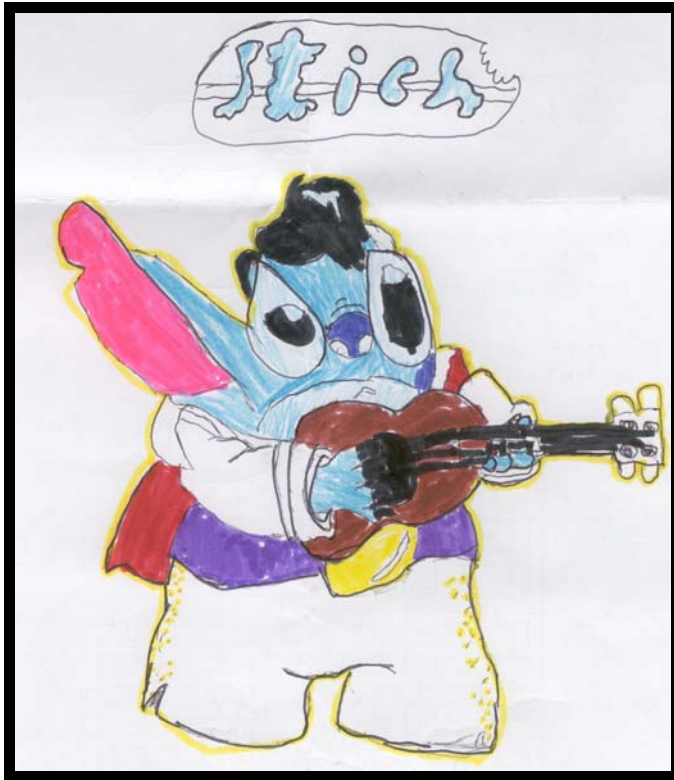


Jordan D - who lives in a house like this?

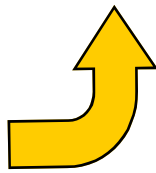


Ryan D





Christopher B



Ready for some JOKES?

Why did the crab get arrested?

He was always pinching things!

What's really tasty but violent?

Kung-Food!

What has a bottom at it's top?

A leg!

What colour is a hiccup?

BURPLE!

Why was Cinderella thrown off the football team?

She kept running away from the ball!

Please send us some of your jokes - as you can see we are desperate for good ones!

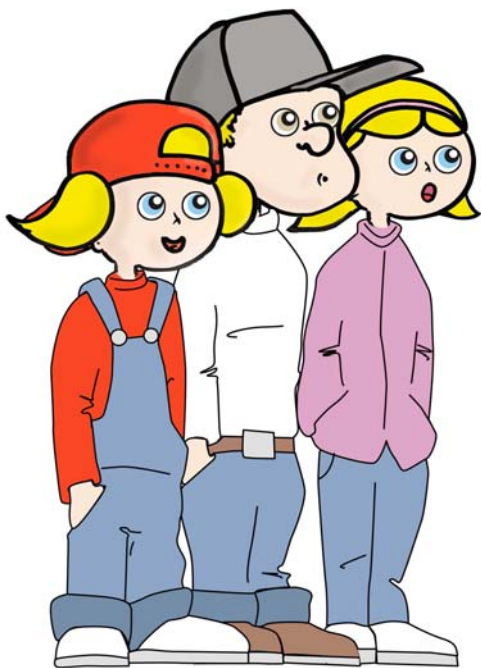


DO U CARE? WEBSITE—HAVE YOU CHECKED IT OUT?

We Hope that you have visited the DoUCare? website recently because it has just had it's **SPRING CLEAN!!**



We have arranged a number of changes to the site and Urban River Design Company (the company that hosts the site for us) have been hard at work taking all your fantastic ideas and making them into new features!

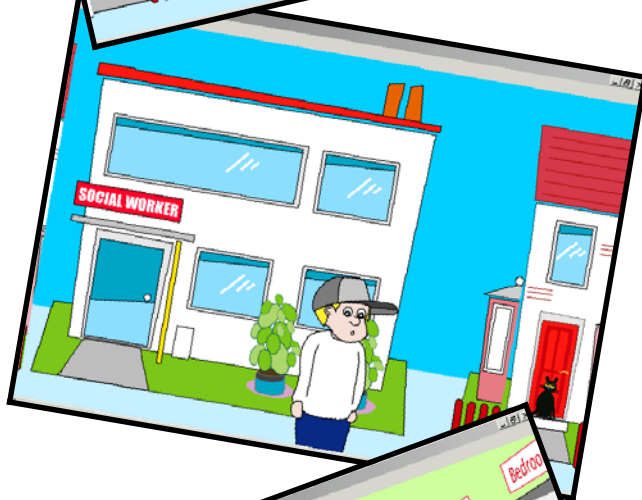
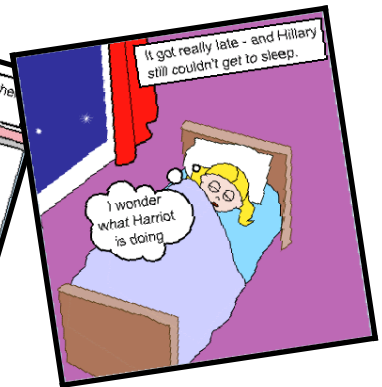


We now have a new interactive "information" section where you can navigate your way through a social workers office, a foster home or a residential children's home! While you're there you can pop into the staff room to see who's there, find out what's in your social workers filing cabinet or check out a foster carers living room!

You can also find out what happens next in the lives of Hilary, Henry and Harriet our online characters. The stories are based on the ideas produced by young people over the summer.

We've added new activities to the Sport and Leisure Section, new areas to the Contacts section and more information to the Young People's Engagement section.

Sound Intriguing? You'll have to visit the site to find out more!



Just some of the new screens, movies and information pages on the website!



The website for all Looked After children and young people in South Tyneside - You need to regularly check this site out as it is being updated all the time!

www.doucare.co.uk

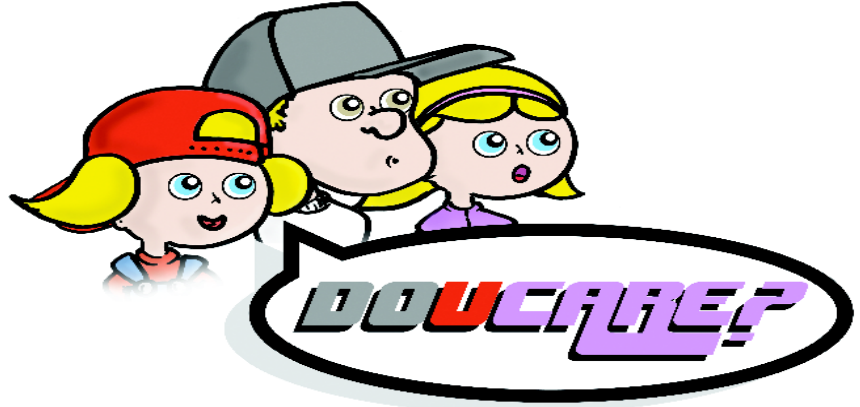
Service Development Team

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Campbell Park Road
Hebburn
NE31 2SW

Phone: 424 4633

Email: ype.
newsletter@south
tyneside.gov.uk

Check out the Do U Care? website
for loads more information about LAC
Reviews and other important meetings!



www.doucare.co.uk

This document can be made available in large print,
Braille and on audio tape, contact (0191) 424 4636.

Se tem necessidade de uma tradução, chama o numero seguintes:

Si necesita Ud una traducción, por favor llame al teléfono:

Если вам нужны переводческие услуги, пожалуйста, позвоните по этому номеру:

إن كنت بحاجة لترجمة اتصل بنا على الرقم الآتي

اگر نیاز به ترجمه دارید خواهشمند است با شماره تلفن تماس بگیرید .

Çeviriye ihtiyacınız varsa lütfen aşağıdaki telefon numarası arayınız:

Jesli potrzebujesz tłumaczenia, zadzwoń proszę pod ten numer:

如果您需要相關中文翻譯，敬請聯繫：

ਜੇ ਤੁਹਾਨੂੰ ਕਿਸੇ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੋਵੇ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਟੈਲੀਫੋਨ ਨਾਲ ਸੰਪਰਕ ਕਰੋ:

अगर अ आपको अनुवाद की आवश्यकता है तो कृपया
नीचे दिये गए फोन नम्बर पर सम्पर्क करें-

"நீங்கள் மொழிபெயர்ப்பு செய்ய விருப்பம் இருந்தால் நீங்கள்
தொடர்பு கொள்ளவேண்டிய தொலைபேசி எண்

आपनि यदि अनुवादित ख्यादि पेटेते जान ताहले निम्नलिखित फोन नम्बर योपायोग
करन :

اگر آپکو ترجمہ کی ضرورت ہے تو مندرجہ ذیل فون نمبر پر رابطہ کیجئے

(0191) 424 4636

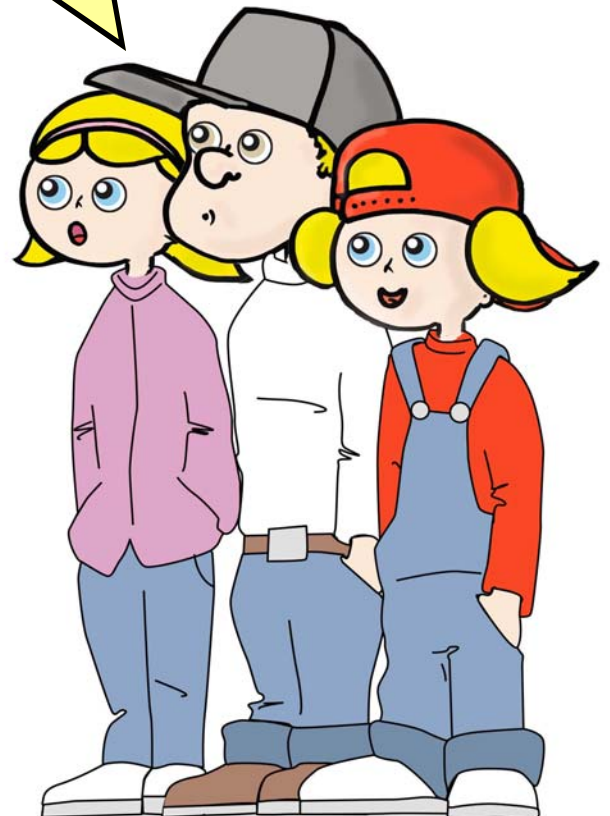


South Tyneside Council
Social Care and Health



INVESTOR IN PEOPLE

If you would like to receive any
more copies of this newsletter—
for instance if you aren't looked
after then please give us a ring
on the numbers above and we will
send one out to you!





COMPETITION ENTRY

To help us make this newsletter as good as we can please answer these quick questions before you send us your competition entry.

Did you like this newsletter?

Yes No

Why?

Thanks to Ryan B for sending in this great competition idea!

Colour the boxes below according to the simple sums at the foot of the page, one of the boxes has been coloured as an example. When you have finished colouring an image should appear which will answer this question:

What is the secret number?

35	5	20	5	20	15	5	15
15	25	12	35	12	20	25	12
20	12	15	17	20	5	35	25
12	25	5	22	15	8	20	5
5	12	35	4	33	17	22	20
12	15	25	5	35	8	20	15
12	5	15	12	20	25	5	12

$4+1 = \text{RED}$

$21+14 = \text{YELLOW}$

$7+8 = \text{BLUE}$


$2 \times 6 = \text{BROWN}$

$5 \times 5 = \text{ORANGE}$

$18+2 = \text{GREEN}$

The Secret number is:

Make sure you return your entry by 1st September 05
Send it to us in the pre paid envelope!





Please use this space to send us your pictures, poems, stories, jokes, about me articles, or anything else which you would like to send us.

Name _____ Tel _____

Address _____ E-mail _____

