

Age 12+

# ChatterBox

Issue 10  
August 2006

The newsletter for looked after  
young people in South Tyneside

ChatterBox is for looked after young people age 12 and over in South Tyneside. It is also for the children of foster carers. To receive your own copy of ChatterBox write to us (our address is on the back page) and we will add you to our mailing list.

Now that school is  
over - check out  
ChatterBox!



Find out about what's  
on and what's in!



Special article on  
depression page 6!

Don't forget to enter the  
competition to win more prizes — well  
done to Abby who identified the land-  
marks and received £10!



South Tyneside Council



# What's inside?

## Lee's letter!



### Inside this issue: Page:

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Hi everyone.

Can you believe summer is here already? Another school year over and the long relaxing days of the holidays ahead! Sounds like you need some ideas for what to do on those hot summer days, so check out page 10!

Also find out what some of the young people have been up to in the activities group and at the teen into work scheme (pages 4 and 5).

There is also an article on depression among teenagers and particularly young people in looked after care (page 6).

If you're still a bit bored why not try the world cup quiz - England may not have impressed us but you can impress your mates with your world cup knowledge! (page 12)

## Send us your stuff!

Why don't you send us your stuff in 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! Remember that if you have **something printed in the newsletter** then you can win a **voucher worth up to £5**. Our address is on the back page so make sure you don't forget.

## Complaints and Advocacy

**Do you want to complain or make a comment about the help you get?**

If you are unhappy about something and would like to talk about it, or if you are pleased about something, we are here to listen.

### What can I complain about?

- Being unable to see members of your family
- How you are cared for
- The place where you live
- Not being able to attend a meeting
- Decisions being made about you when you are not involved
- Other things you may be worried about



### How do I complain?

- You could tell a member of your family or your carer
- You could tell your Social Worker or someone you trust
- You could talk to a member of staff where you live
- You could fill in a complaints form and send it to the Complaints Officer (you don't need a stamp) or email her at: [socialcare&healthcomplaints@southtyneside.gov.uk](mailto:socialcare&healthcomplaints@southtyneside.gov.uk)
- You could telephone the complaints hotline number which is **0800 180 4520** (freephone except when using some mobiles)

**NYAS** Remember that any young person who wants to make a complaint has the right to have an advocate (someone who acts on your behalf) - and they will help you to make the complaint. You can contact NYAS on 0800 616101 to speak to someone about getting an advocate.

Your problem may be sorted out by just talking to someone. But if not a person will be asked to look into your complaint and they will want to talk to you about your concerns and will then let you know what happens.

We also want to hear about the good things that have happened. For example you might be happy with a particular service or want to tell us about your carer or social worker. To pass on a compliment you can tell the complaints officer by using any of the methods listed above.

## Wednesday activities group

The Wednesday activity group still meets at The PLACE every Wednesday from 4 until 5.30 pm and the last few months have been fun , fun, FUN!

Look out for more information after the summer holidays as we will be telling you all about the new great projects that we will be running.



The group went climbing at a local climbing wall - we didn't realise there were so many spider boys and girls around!



We made books illustrating a journey that we have been on - it could be a journey to school or a journey through life or any type of journey.



We are always doing arts and crafts and all sorts of fun activities!



The group made their own felt name tags with help from the "felt man" - it was really interesting!

**Why don't you come along any Wednesday at 4pm? Give us a ring on 424 4633 for more details.**

## Teenagers to work scheme 2006



Teenagers to Work 2006 (TTW 2006) is a project that was delivered by The Leaving Care Service and The PLACE aimed at looked after Young People in years 10 and 11 and year 9 who are over 14 years of age.



This year's project provided a paid work experience placement for 14 looked after young people during the February half-term holiday 2006. A further two young people began their placements during March 2006.

The 2006 project gave the young participants a valuable opportunity to encounter a real workplace experience and develop their skills for employment.



"I enjoyed my placement and hope to come back here for another work experience"

"I really liked it. I would like a job in this line of work in the future."

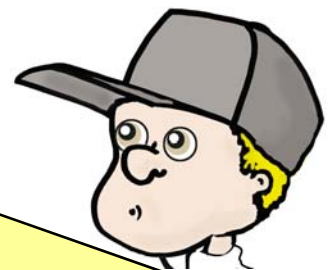
"I think if other teenagers have this opportunity it could have a positive effect on their futures just like it has on mine."

## Leaving Care Service drop in

**When? Thursdays 4 - 6pm**

**Where? Leaving Care Service ,  
Edhill Avenue, Simonside**

**Who's it For? Young People over the age  
of 15!**



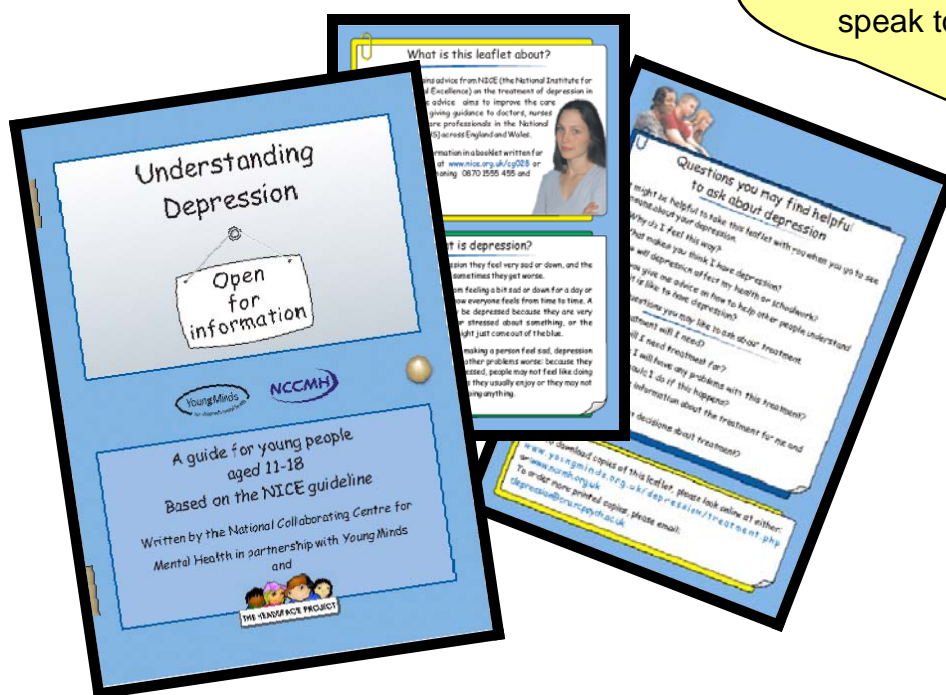
## Feeling down?

Children's mental health charity, Young Minds has launched a brand new publication to help young people cope with depression.

According to the charity 1% of children and 3% of teenagers suffer from depression each year. But that figure is much higher among young people in care. In fact, according to the latest government figures it could be as many as 25% of teenagers in care who suffer depression.

To get a copy of "understanding depression: a guide for young people aged 11-18", go to [www.youngminds.org.uk/depression/treatment.php](http://www.youngminds.org.uk/depression/treatment.php) and download it or email [depression@cru.rcpsych.ac.uk](mailto:depression@cru.rcpsych.ac.uk).

John Sands, who is the Consultant Clinical Psychologist for looked after children said, "Depressed or just fed up? It's hard to tell. If you think you might be a little more than fed up ask your Carer to get you an appointment with your Doctor. Talk to your doctor about how you are feeling and he or she will be able to say whether you might be depressed."



R U one of the 25% who suffer from depression—if so please speak to someone about it!



## Who to talk to ....

If you think you suffer from depression or are worried about anything else in your life and can't speak to someone you know maybe one of these could help.

### ChildLine

**Helpline tel:** 0800 11 11 (free phone 24 hours)

**Website:** [www.childline.org.uk](http://www.childline.org.uk)

UK's free, 24 hour, helpline for children and young people providing comfort and advice.

### Get Connected

**Tel:** 0808 808 4994 (1 pm-11 pm everyday)

**Email:** [help@getconnected.org.uk](mailto:help@getconnected.org.uk)

**Website:** [www.getconnected.org.uk](http://www.getconnected.org.uk)

Free confidential telephone and email connecting young people to services that can offer support and help.

### Samaritans

**Helpline tel:** 08457 90 90 90 (24 hours)

**Email:** [jo@samaritans.org](mailto:jo@samaritans.org)

**Website:** [www.samaritans.org.uk](http://www.samaritans.org.uk)

The Samaritans provide confidential emotional support 24 hours a day.

### @ease

**Website:** [www.rethink.org/at-ease](http://www.rethink.org/at-ease)

Site for young people under stress or worried about their thoughts and feelings. Features information on stress and practical advice on how to feel better.

### TheSite

**Website:** [www.thesite.org](http://www.thesite.org)

Provides information and advice on a range of issues affecting young adults age 16-25.

### No Panic

**Confidential Helpline:** 0800 808 0545  
(10 am -10 pm everyday)

**Website:** [www.nopanic.org.uk](http://www.nopanic.org.uk)

Confidential help for people experiencing panic attacks, phobias, obsessive compulsive disorders and other anxieties.

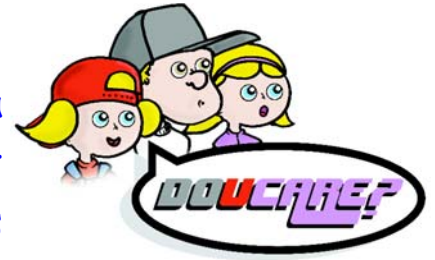
Research shows that children who are in care have a higher rate of mental health problems than children who remain with their families.

Different studies show slightly different rates but more than half of all children looked after have mental health problems compared with 10% of all children.

**What do you think about these statistics?  
Do you think they are right?  
Write in and let us know.**

## DO U CARE? website!

The DoUCare website is the place to go for information about being looked after, having a social worker or to find out about different people's jobs, there's also information on things to do and a section on other young people's experiences.



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 of the time!

[www.doucare.co.uk](http://www.doucare.co.uk)

# Leaving Care pages coming soon!

A group of young people from the Leaving Care team have been working with Lee Taylor (Engagement Officer) and Sean Green (Young People's Advisor) to design some new pages for the Leaving Care service.

The new pages will form a mini-site inside the current DoUCare site.

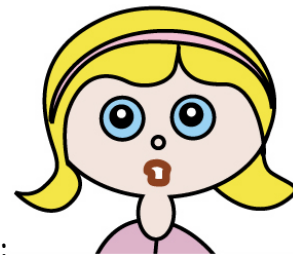
They plan to develop new characters and a brand new colour scheme as well as loads of information and advice that will be helpful to young people who are either preparing to leave care, are in the process of leaving care or have already left.

**Go to [www.doucare.co.uk/leavingcare](http://www.doucare.co.uk/leavingcare) to check on their progress**

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## What you told us about...

We asked you how to tell us what you liked and didn't like and this is what you told us -



Your favourite TV programs are:

Big Brother	Family Guy	Dr Who
The Simpsons	BykerGrove	Cartoons
Hollyoaks	Coronation st	Invasion
The Bill	Eastenders	CBBC

Your favourite music is:

SClub	Greenday	Dance
Pop	Elvis	RAP
Eminem	RAVE	HipHop
New Monkey	Kelly Clarkson	Shane Ward

Your worst TV programs are:

Holby city	Horrors	Eastenders
2 & half men	Deal or No Deal	Soaps
Countdown	Old films	Sabrina
Coronation st		

Your worst music is:

Cliff Richard	West Life	Old music
Rock	Adam ant	classic
Opera	pop	Rave
Greenday	New monkey	Old tunes

If you could be an animal you would be a:

Lion	Horse	Tiger
Pig	Monkey	Bird
Giraffe	Shark	Gorilla
Cat	Tortoise	Swan

One person you would like to meet is:

An Alien	Real dad	Tony Blair
Anyone famous	George Bush	Alan Shearer
Hilary Duff	Eminem	Glen Roeder

# Remember to fill out the competition form for this edition!

## A date for your diary!

The Annual Celebration of Achievement awards night will be held on 12 October 2006 at South Shields Town Hall

We will be sending out your invitations in September.

Make sure you keep this date free as last year was fantastic and this year will be even better!

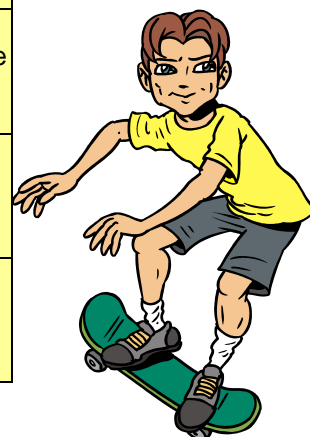
## What's on over the summer?

Check out what's on over the summer so that you have plenty to do!

Play Development team, Summer 2006, Holiday Play schemes:

<b>WEEK 1</b> 24-28 July	All Saints Community Association	Lifestyle Centre	West Park Jarrow	Cornthwaite Park
<b>WEEK 2</b> 31-4 August	Simonside Youth Centre	Downhill School	Mundles Lane	Marsden Primary School
<b>WEEK 3</b> 7-11 August	Harton Junior School	School Street Hebburn	Monkton Stadium	The Cove Marsden
<b>WEEK 4</b> 14-18 August	Foreshore Skate- board Park	Boldon Community Association	Low Simonside Community Association	Jack Clark Park
<b>WEEK 5</b> 21-25 August	Cleadon Park Community Association	Lukes Lane Community Association	St Joseph's Fellgate	Excellence Centre
<b>WEEK 6</b> 29-31 August	Redhead Park	Hartleyburn Community Association	Hebburn Community Association	South Marine Park
<b>WEEK 6</b> Friday 1 Sept	End of Summer Party South Marine Park	End of Summer Party	End of Summer Party	End of Summer Party

Make sure you get along to some of these fantastic events - you've got six weeks to fill after all!



### Arbeia Roman Fort:

Date	Activity	Time	Description
25 July	Caesar's School of Art	10 am-12 noon and 1-3pm	Create crazy cartoons of cool Roman characters
01 Aug	Marvellous mosaics	10 am-12 noon and 1-3pm	Create your own finger paint mosaic
08 Aug	Crazy Catapults	10 am-12 noon and 1-3pm	Make your own catapult to take home
12 Aug	Crafty Archery	11 am -1 pm and 2-4pm	Make your own glittering bow and quiver of arrows
15 Aug	Time Travellers	10 am-12 noon and 1-3pm	Help to create a banner illustrating 3000 years of life at South Shields.
22 Aug	Rangoli Art	10 am-12 noon and 1-3pm	Get crafty with this art form
29 Aug	Circus maximus	10 am-12 noon and 1-3pm	Roman games

# summer playscheme week!

August  
7th - 11th 06  
11am - 3pm  
Monkton Stadium  
Jarrow

Sports!

Games!

Crafts!

For All Max Card Holders!



Bouncies!

Fun!

Circus skills!

## Ending in Family Fun Day on Fri 11th Aug!

Activities aimed at ages 8 to 16 yrs Monday to Thursday and 4 to 16 yrs on Friday!

\*Any child under 8 years of age must have a parent or guardian with them on site. All young people needing extra support must be accompanied by a parent or guardian.

## Puzzles and fun!

Answers on Page 15

The world cup may be over but try these world cup questions to see how much you really know!

Can you identify which teams these strips belong to?



1) When was the first ever World Cup?

- a) 1926
- b) 1930
- c) 1938

2) Which country has won the World Cup the most times (five times) ?

- a) Italy
- b) Argentina
- c) Brazil

3) Where was the 2006 World Cup held?

- a) Japan
- b) Germany
- c) Wales

4) How many different stadiums were used for the 2006 World Cup?

- a) 6
- b) 12
- c) 18

5) What was the old world cup trophy called?

- a) The Jules Verne Trophy
- b) The Jules Rmiet Trophy
- c) The Jules Holland Trophy

6) What does FIFA stand for?

- a) Football Is Fun Association
- b) Football International For All
- c) Fédération Internationale de Football Association

# Competition

The land marks competition was very popular—so here is a similar competition. All you have to do is guess the country that each item originally came from.



Where did the boomerang originate?

- A) Japan
- B) Australia
- C) Austria



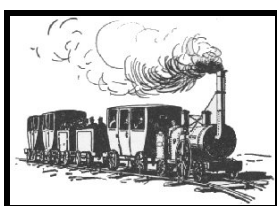
Where did the firework originate?

- A) China
- B) USA
- C) Italy



Where did the telephone originate?

- A) France
- B) England
- C) USA



Where did the steam railway train originate?

- A) England
- B) Spain
- C) Holland



Where did the pizza originate?

- A) New Zealand
- B) Hungary
- C) Italy

**Remember you can win £10 for entering!**



# 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?

Why?

Yes  No

Please use this space to write or draw anything else that you would like to send us.

Name \_\_\_\_\_ Tel \_\_\_\_\_

Address \_\_\_\_\_ Email \_\_\_\_\_

Post this sheet in the **FREEPOST** envelope provided before September 20 2006 to enter the competition.



# Jokes

Patient: Doctor Doctor, my breath smells of coconut!  
 Doctor: Well it's bounty!  
 Chantelle



What should you give short elves?  
 Elf-raising flower  
 Sean

What breaks when you say it?  
 Silence!  
 Who is boss of the hankies?  
 The hankiechief!  
 What happened to the frog that broke down?  
 It got toad away!  
 Sophie

Boy 1: My teacher reminds me of the sea.  
 Boy 2: You mean she's deep,, sometimes calm but occasionally stormy?  
 Boy 1: No he makes me sick!  
 Ryan

Knock knock,  
 Who's there,  
 An interrupting cow  
 Interrupting....  
 Moooooo!  
 Thomas



Thanks to all you jokers out there for sending in your jokes!

What kind of musical instrument can you use in the sea?  
 A cast 'a' net!  
 Nikki

# Puzzle answers

- Quiz answers: 1) b 1930 2) c Brazil 3) b Germany 4) c 12 5) b Jules Rmiet Trophy 6) c Fédération Internationale de Football Association
- Football Strips: 1) Brazil 2) Argentina 3) Portugal 4) Mexico 5) Germany 6) Sweden

**Service Development  
team**

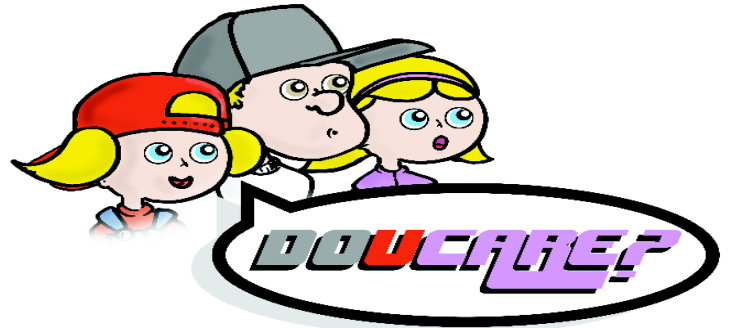
Kelly House  
Campbell Park Road  
Hebburn  
NE31 2SW

Phone: 424 4633

Email: [ype.newsletter@southtyneside.gov.uk](mailto:ype.newsletter@southtyneside.gov.uk)

**Check out the Do U Care?**

**website for loads more information about  
being Looked After and other important  
information!**



**Did YOU KNOW?**

[www.doucare.co.uk](http://www.doucare.co.uk)

If you are looked after then you will have a looked after review meeting at least every six months.

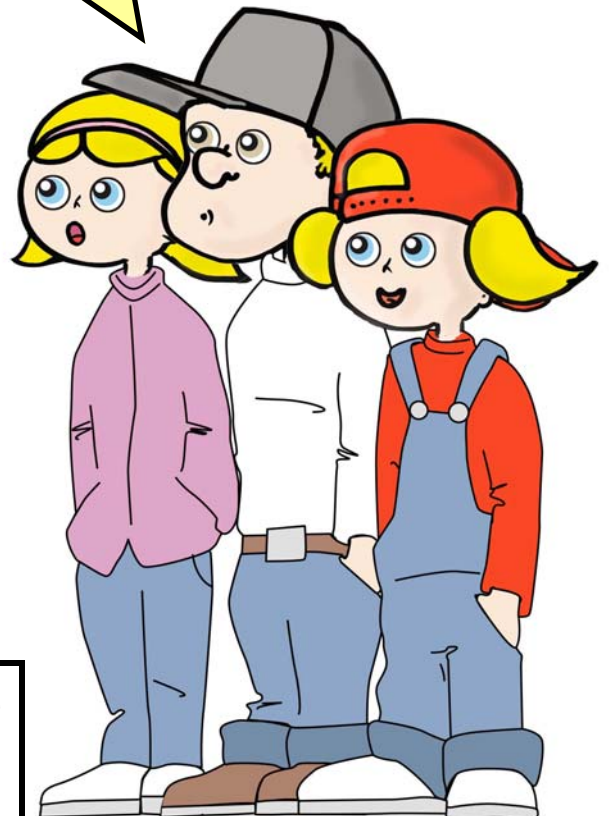
Review meetings give you a chance to say how you want to be looked after and the meetings should be focused around you.

That means you have a say about when and where they should be and what people talk about.

We want all children and young people to come along to their reviews but if you don't want to go then you should think about how you can get your message across. You could draw a picture or write a letter.

For more information about this or to answer any other question about being looked after log onto the DoUCare Website using the address above.

If you would like to receive any more copies of this newsletter — then please give us a ring on the numbers above and we will send one out to you!



If you know someone who would like this information in a different format, please contact the Communications Unit on 424 7385