

Age 12+

# ChatterBox

Issue 11  
January 2007

The newsletter for looked after young people in South Tyneside

ChatterBox is for looked after young people aged 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.



Who's been snapping away?

Community Wardens?  
Who are they?

Find out all of this and more inside!

Well done to Jemma who won the last competition and received £10!



South Tyneside Council



# What's inside?

## Lee's letter!



### Inside this issue: Page:

Lee's letter	2
Spotlight on social workers	3
Activity group update	4
Danny's interesting facts!	5
Mental wellbeing?	6
Community warden interview	7
DoUCare website!	8-9
Participation Strategy	10
What do you think of The PLACE?	11
Puzzles and fun	12
Competition time!	13-14

Hi everyone.

Now that Christmas is a distant memory why not check out some of the stories in this newsletter to remind you of all the great things that have been happening recently!

We've also got some articles about what you think of social workers and how to achieve something called "mental well being".

We've also just launched a whole new section to the Do U Care website and we don't want you to miss out so there's loads of information about it in this issue.

We hope that you enjoy reading this newsletter and finding out what other young people have been doing—if you would like to get involved in any of the activities mentioned please ring Lee or Kathleen on 424 4633 or email: [ype.newsletter@southtyneside.gov.uk](mailto:ype.newsletter@southtyneside.gov.uk)

## 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.

## Social workers in the spotlight

**Social workers need to be more accessible, keep their promises and see children alone during visits. That's the message being sent out by young people across England and Wales in a recent report released by the Children's Rights Director.**

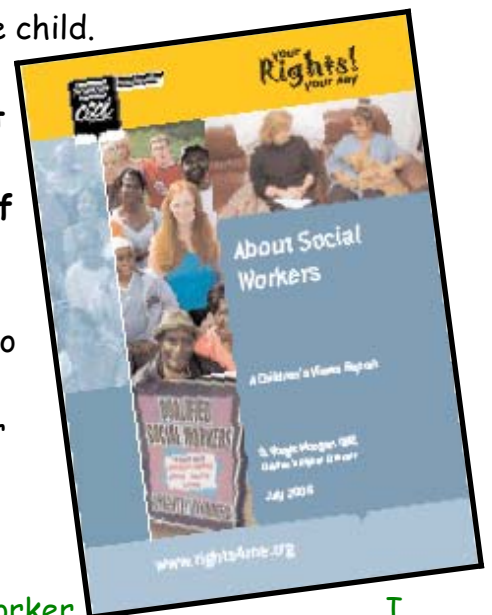
Most children and young people made very positive comments about their social workers, overall rating them highly. However, as with any group of people, there is always room for improvement.

According to the report, children felt their social workers changed too often and did not always share information with each other. Young people also felt that social workers didn't listen, did not act quickly enough when problems came about and sometimes concentrated on what was best for the adult rather than the child.

**Within the first six months of our Viewpoint Project most young people said the same kind of thing.**

**Viewpoint ensures that young people who are placed out of borough are asked their views for their Review meetings.**

- 44% of 10-14 year olds felt that they could **sometimes** talk to their social workers and 44% could **always** talk to their social workers.
- 72% of 10-14 year olds thought that their social worker helped them with their problems.



One young person told us:

“ Every time I got a new social worker I had to tell them everything about me again - and this was upsetting as it kept bringing everything back. It was like they couldn't even be bothered to find out about me.”

Another young person told us:

“ I want a social worker who tells me if they can't come, will listen to what I say and give some help if I have a problem. I will also get on better with someone who can see my side rather than just telling me what's wrong with everything I say.”

**For more information about the report from the children's rights director (or to read the whole report) log on to [www.rights4me.org](http://www.rights4me.org)**

## Photography group and exhibition

The Wednesday Activities group tried their hands at photography during their weekly meetings before the summer holidays. Their results were so good that they were able to take part in an exhibition at The Customs House during August.

The young people explored the use of photography as a means of recording their environment but also as an artistic way of expressing themselves. They enjoyed it so much that they have continued the project after the holidays and have been asked to exhibit more of their work for Youth Arts week in November!



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

## Congratulations Nikki!

The PLACE looks out to make sure all young people attend school. We even celebrate when we hear great things about our young people.

Recently, Nikki was invited to receive a certificate and vouchers for outstanding effort in school and 100% attendance.

Well done, Nikki...and just remember, next time it could be you!

We think school attendance is really important- if you have managed to go to school 100% of the time write in and let us know! You could be in the next newsletter!



## Danny's interesting facts

These facts were sent in by Danny who has won himself £5 !

### Did You Know?

- The farthest triple jump by a woman was Tatyana Lebedeva (from Russia) who won the triple jump final with a leap that measured 15.36 meters (longer than a double decker bus!)
- The most international goals scored in football was by Ali Daei (of Iran) who scored 103 goals between 1993 and 2005.
- The worlds smallest computer was unveiled by a company called "020" (in the USA) - the computer measures 10.4 cm x 7.3 cm x 2.2 cm and it weighed less than 225g (less than three Kit Kat Chunkies!).

**Have you got any interesting facts that you would like everyone to know? If so, send them in!**

## What is "mental wellbeing"?

Some of you completed a questionnaire earlier in the year called , 'R U Healthy'..... remember it?

A lot of you wanted more information, advice or support about 'mental wellbeing'. So here is some information from John Sands who is a psychologist for looked after children.

"Hi my name is John Sands.

So what exactly is 'mental wellbeing'? Well, 'mental' is just another word for thinking..... so if you think you are okay you've probably got 'mental wellbeing'! But, if you spend too much time feeling down, worrying about yourself or what others might think of you, feeling shy, embarrassed or ashamed then perhaps you haven't got 'mental wellbeing'".



### So what should you do?

1. Keep in mind that we all feel down sometimes, so maybe it will pass quickly enough.
2. If it doesn't and you are spending too much time feeling down or depressed. Then maybe you need to talk to someone who can help.
3. Decide who it should be.....your mum? Dad? Carers? Brother? Sister? Your Doctor? Social Worker? Whoever it is, tell them how you are feeling.
4. If they help..... you have picked the right person! If they don't perhaps you need to speak to somebody else. Ask your social worker to get in touch with me ..... I help young people find 'mental wellbeing' all the time. It is what I do!



***Remember the name..... John Sands .....talk to your social worker if you want to chat.***

***Thanks***

## Community Wardens - who are they?

Ryan and Stephanie (who are now experts after interviewing the Director of Children and Young People's Services a few months ago) were invited to interview the community wardens and find out exactly what they do!



### What do wardens do?

We try to help people feel safe and reassured by walking about on the streets so that people can see us.

### How can you recognise a warden?

All wardens wear the same uniform—white shirt, blue tie, blue fleece with a council logo—we also drive about in a bright yellow van!

### How are wardens different from the police?

The police will deal with crime but we deal with something called "nuisance behaviour" - this is where someone is disturbing people or affecting their quality of life. Wardens can't arrest people either!



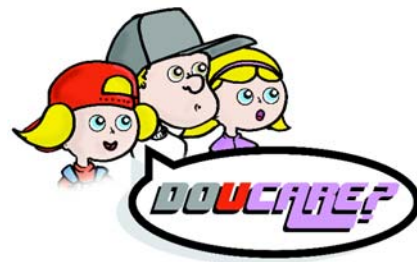
### Do you think wardens help young people?

Yes, wardens can definitely help young people. Firstly we can help to sort out any problems that young people may have with other residents in the area. We can help to explain that their behaviour might be causing a problem to other people which they might not have realised. For instance if they are being loud - the young people might be thinking that they aren't really

doing anything and so we can help them to see things from other peoples viewpoint but we can also help by encouraging older people to see things from the young people's side as well. We also like to arrange activities for young people as well such as climbing or football competitions. And sometimes we might organise litter picks or clean ups and reward the young people who get involved. **If you would like more information about the community Wardens then you can ring them on 0191 420 3713.**

## 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.



# New Leaving Care pages launched on 25 October

After several discussions with young people it was agreed that the Leaving Care Service would benefit from having their own part of the DoUCare website, which would be all about the Leaving Care Service.



Donna who helped design the new sections

Donna, David and Anthony (young people who are supported by the Leaving Care service) designed the site with help from Lee Taylor and Sean Green (workers).

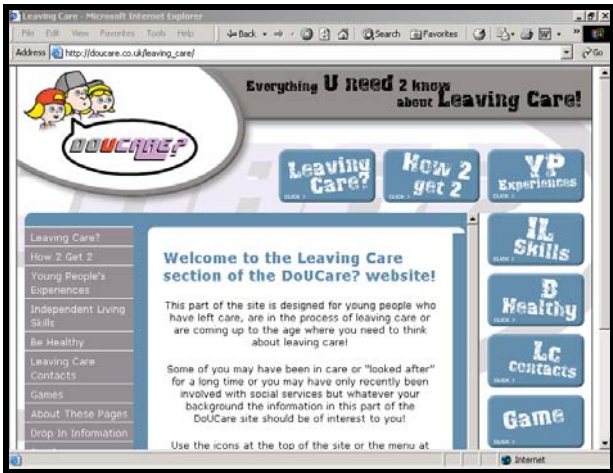
This is what Donna thought of the experience; "We agreed to meet, at Edhill Avenue, every Thursday afternoon for six weeks (it actually took a little longer than this!)"

We needed to find out what information other young people would like on their web-page, and so we researched and gathered the information we needed. The next part of the task was to add all of this information to the web pages.



David also helped to design the new sections

Some information was gathered through questionnaires, which we put together, some was gathered from other web sites and from young people themselves. Overall it was an excellent project."

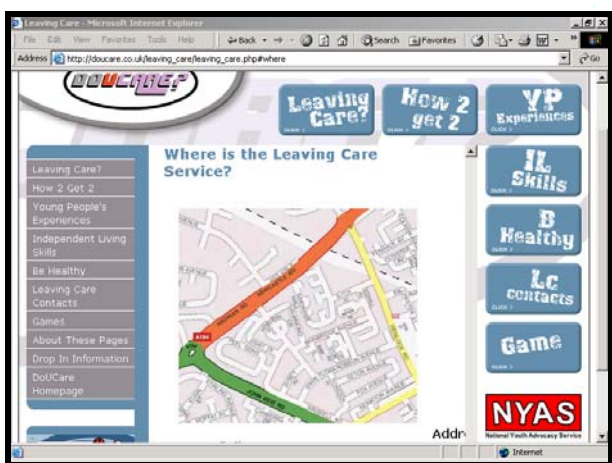


The new parts of the site are designed for young people who have left care, are in the process of leaving care or are coming up to the age where they need to think about leaving care.

The site contains information about what the Leaving Care service offers, how to get to the building, what the building is like and what support you are entitled to.

There are also sections on how to get to different places in the borough, information about staying healthy, and also advice about the skills you might need to live on your own (or in a host family).

You can visit the site by going to [www.doucare.co.uk](http://www.doucare.co.uk) and following the links or go direct at [www.doucare.co.uk/leaving\\_care](http://www.doucare.co.uk/leaving_care)



The website for all looked after children and young people in South Tyneside - you need to regularly check this site out as it is updated all of the time!

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

## Participation Strategy launch

The Participation Strategy was launched at a special event at the customs house on 27 October.

The Participation Strategy talks about how young people should be involved in all the decisions that affect them. This includes the way that social services make decisions as well as the decisions made in your reviews and other meetings about you.

The special event was planned by a small group of young people who are all looked after themselves. They also prepared a special presentation for all the people who came along. There was a presentation by the Service Development team as well as small group work so that everyone had the chance to talk about how they can make sure that young people have more of a say in decisions.



Louise Gray thanking people for attending



Workers in deep discussion



Talking about how to involve young people more

## Celebration of Achievement — 12 October 2006

The event was a great success and another exciting opportunity to celebrate the achievements of all looked after young people from South Tyneside.

This year the awards were given out by Tommy The Trumpeter and Deputy Mayor Tracey Dixon.

We received some very helpful feedback which will be published in the next newsletter. More importantly, the winners of the prize draw are Ron, Sheila, Shannon, Nathan, Daniel and Ryan. Prizes are on their way! So thank you from The PLACE!

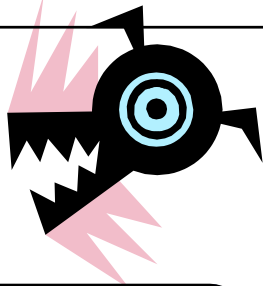


Tommy the Trumpeter with the Deputy Mayor

## What do people think of The PLACE?



We asked some young people their views of The PLACE and here's what we found...



Most young people described their sessions as **HELPFUL, USEFUL or FUN!!**

70% thought it was **GOOD** having a worker from The PLACE

75% thought **NOTHING** could have made their sessions any better. 20% of young people thought that **more time** would have made their sessions better

Over 90% of carers felt that we had been useful and said that some young people were now more confident and more capable to tackle homework

If you feel you need a worker from The PLACE we want to hear from you! We plan to allow young people to refer themselves to us for extra help... **WATCH THIS SPACE!!**



## Puzzles and fun!

The quiz has a musical theme this time- so if you like music you should be able to get them all right!

When did the following songs get to number one? (circle the right year)

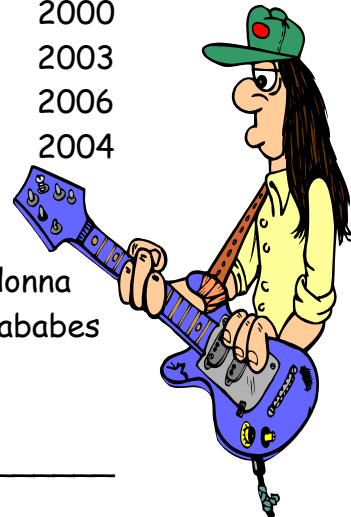
- |   |      |      |      |
|---|------|------|------|
| 1) Millennium (Robbie Williams)                 | 1998 | 1999 | 2000 |
| 2) Can't get you out of my head (Kylie Minogue) | 2001 | 2002 | 2003 |
| 3) Don't Stop Me Now/Please Please (Mcfly)      | 2004 | 2005 | 2006 |
| 4) Crashed The Wedding (Busted)                 | 2002 | 2003 | 2004 |

Who got to number one in the charts with:

- |                             |             |                |           |
|-----------------------------|-------------|----------------|-----------|
| 5) When The Sun Goes Down - | McFly       | Arctic Monkeys | Madonna   |
| 6) You're Beautiful -       | James Blunt | Oasis          | Sugababes |

Can you unscramble the letters to work out the names of the bands?

- |                        |                          |
|------------------------|--------------------------|
| 7) rnJouey thSuo _____ | 8) issScor teSisrs _____ |
| 9) icMag mNerubs _____ | 10) Scepi rlsGi _____    |



Can you tell who these bands are even though you can't see all of them?



\_\_\_\_\_

\_\_\_\_\_



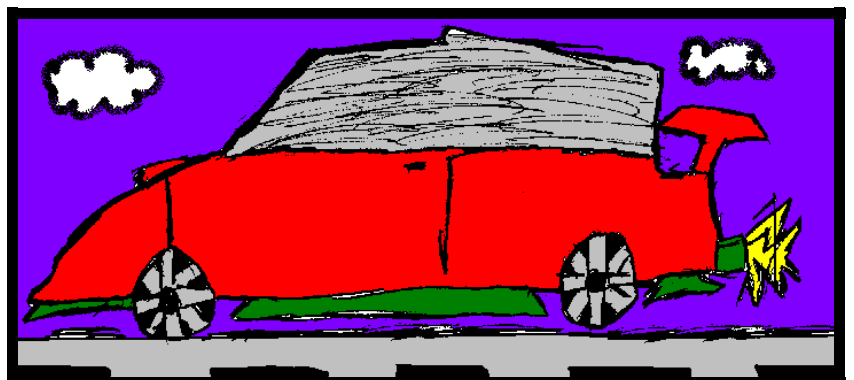
14) Which artist has had a top 10 hit in every decade since 1950?

15) Who's predicting a riot?

**Answers on page 15**

## Reader's picture!

Ryan sent us this great picture of a car - he might be able to start saving up for it with the £5 he won for sending it in to us!





# Competition

This time our competition is all about South Tyneside—see if you can answer the following questions then send this page back to us!

How many people do you think live in South Tyneside?

A) 141 500  
B) 151 500  
C) 161 500

Souter Lighthouse was the first lighthouse in the world to use what?

A) Giant candles  
B) Electricity  
C) Very light bricks and cement

How many people visited South Tyneside last year?

A) 14 thousand people  
B) 140 thousand people  
C) 1.4 million people

How much money did the council have available to spend in 2004/2005?

A) £200 pounds  
B) £200 thousand pounds  
C) £200 million pounds

Can you name these famous South Tyneside landmarks?



- A) The little chat piece  
B) The discussion piece  
C) The conversation piece



- A) Blackpool Rock  
B) Marsden Rock  
C) Gibraltar Rock



- A) Souter Lighthouse  
B) The Light house Family  
C) Soother Lighthouse

**Remember you might win £10 if your entry is selected!**





# 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 Jan 20 2006 to enter the competition.



# Jokes

Why did the button cross the road?  
To see his flat mate!  
Sent in by Alan



How do bees get to school?  
On the school buzz!  
Sent in by Richie

Why is it so windy at football matches?  
**Because of all the fans!**  
What did the stamp say to the envelope?  
**Stick with me and we'll go places!**

Q: What happened when the teacher tied the students' shoelaces together?  
A: They went on a class trip!  
Sent in by Sophie

Why was the nose tired?  
**Because it kept running!**



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

What kind of garden does a baker have?  
**A flour garden!**

# Puzzle answers

- |                   |                       |                   |                 |                   |                |
|-------------------|-----------------------|-------------------|-----------------|-------------------|----------------|
| 1) 1998           | 2) 2001               | 3) 2006           | 4) 2003         | 5) Arctic Monkeys | 6) James Blunt |
| 7) Journey South  | 8) Scissor sisters    | 9) Magic Numbers  | 10) Spice Girls | 11) Greenday      | 12) Gorillaz   |
| 13) Pussycatdolls | 14) Sir Cliff Richard | 15) Kaiser Chiefs |                 |                   |                |

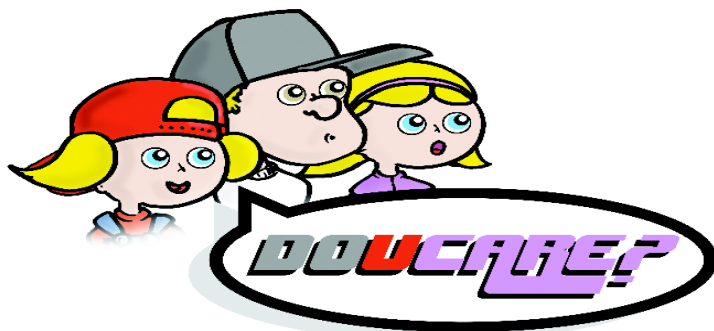
**Service Development team**

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?

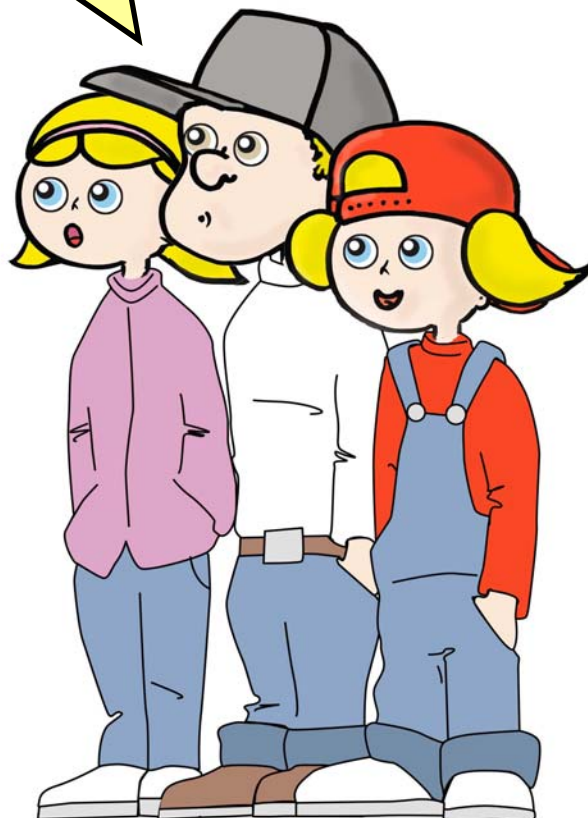
[www.doucare.co.uk](http://www.doucare.co.uk)

You have the right to see everything written on your case file if **social services think you will understand what is written there when you see it.**

They will not let you see what is written about other people, unless they agree. Social services will not let you see anything which they think will put you in serious danger. You have the same rights if your file is held on the computer. If you want to see your file then you should tell your social worker. Ask him or her how to do this. Or you can ask an advocate (someone who will speak on your behalf) to help you get access to your file - to do this ring **National Youth Advocacy Service (NYAS) on 0800 616 101 and ask for an advocate.**

For other information about this, or any of your other rights, check out the Do U Care website.

If you would like to receive more copies of this newsletter — then please give us a ring on the number 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