



ChatterBox

Issue 3 The Newsletter for Looked After Young People in South Tyneside

Young Peoples
Engagement Team
January 04

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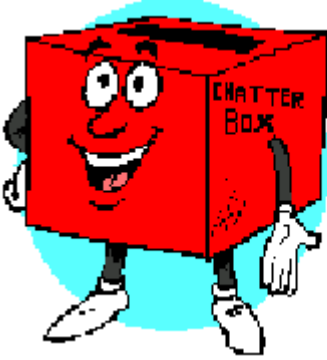
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What is ChatterBox?

Hi there - Welcome to the third edition of the ChatterBox newsletter! ChatterBox is the Newsletter for Looked After Young People in South Tyneside Aged 12 and Above. We hope you enjoy reading this issue of your newsletter as it's packed full of

exciting stuff!
Chatterbox is produced by the Young People's Engagement Team (Lee and Jo) but the newsletter is designed by a group of young people called the "ChatterBox Editors Group".
See inside for what this group does!

Remember everyone who has an article included in the newsletter receives a prize!



Send Me Your Stuff!

So send in your articles now - see inside for more details!

Don't Forget To Enter The Competition On The Back Page To Win More Prizes! Well Done to Anna who won the last competition!

Do U Care? - Log On To Find Out!

You will hopefully have received your free Do U Care? mouse mats and pens along with your passwords and username for the website. We hope you have been online and checked it out! www.douare.co.uk has been set up to give help and support to Looked After Young People in South Tyneside - so it was designed with you in mind! We really want to know what you think about

it and will be organising some focus groups in the near future so that you can tell us about it. But we also need to hear from you with ideas of how we can develop the site and make it even better - so if you would like to be contacted to get involved in a group to decide this then make sure you let us know on the competition form.



ChatterBox Editors Group

This group is made up of Looked After young People and meets up before every issue is produced and helps to decide what will be going in to it. The Young Peoples Engagement Team also receive loads of stuff from you guys and the editors help to select what we put in.



There is always a reward trip after each editors meeting - **last time we went to the cinema!** Anyone can come along to the editors group - the next one will be in March - just let us know if you are interested in coming by ticking the box on the competition sheet.

Send Us Your Stuff!

If you don't want to come to the editors 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!

Poems

Check out the poems on the next two pages—they've all been sent in by readers!

Donna sent in these poems - Do you know any boys or girls like this?

Slugs & Snails & Puppy Dog Tails

Lads like football, lads like cars,
Lads like hanging round in bars,
Lads fart to start up conversations,
And hang in gangs at railway stations.
Lads show off by acting tough,
And don't know when they've drunk
enough.
Lads love lager with designer labels,
But end up legless under tables.
Lads like playing contact sport,
And wear the socks their mothers bought.
Lads play rugby, lads play pool,
But often don't do well at school.
Lads wear t-shirts when it's chilly
With no idea that they look silly.
Lads can't cook and lads can't sew
They'd rather sit and watch grass grow.
Lads, you know, king sized rats
However I can tell you that's
A load of crap from where I'm sitting
'Cos I'm a lad who's into knitting!



Sugar & Spice & all things nice

Girls are sugary, girls are spicy,
Girls like trainers that are pricey.
Girls like pink and fluffy stuff,
Girls are sweet and don't act tough.
Girls wear high rise, platform heels,
Girls theorise on how love feels.
Girls like boys, and girls like dates,
Girls like shopping with their mates.
Girls keep secrets from their mums,
And like to eye up cute boys bums.
Girls like talk that lays souls bare,
Girls like to style other's hair.
Girls are friends 'till death do part,
But steal their bloke and you're a tart!
Girls like gossip, girls like bitching,
Snipping friendship's careful stitching.
Girls compare who they've kissed,
Can wound without their fist.
Girls read books about romance,
And step round handbags when they dance.
But this girl thinks this is barmy,
'cos she's just off to join the army!

These poems have been sent in by Anna and are all about nature and the Earth.

This is the
Heart of the wild. The
Escaped animal has waited for a
long

While to get out, to get back
In to the wild.
Life is good now for it, it has
Dreamed of this life for so

Long that his mind
Is now
Finally alive. It's life is full of
Energy, it is now at peace .

So hot, so to stop the heat, get
Under a parasol to cool down, you
Need to wear a lot of

Sun protection cream to stop the
Heat burning your skin. So get
In the
Nearest swimming pool and
Enjoy yourself by keeping cool

Mrs Moon -

Sent in by Stephen B

Mrs moon sitting up in the sky
little old lady rabbi
With a ball of riding light and
Silvery needles knitting the night

**The Foot Prints on the
Moon -**

sent in by Stephen F

There were men on the moon
once.
They travelled through space
And found that the moon
Was a dry dusty place.
They collected some moon
rocks and Had a look around
And left lot's of footprints
There on the ground.
They couldn't stay long
as the moon had no air
but the foot prints they left
In the dust are still there.

Why don't you send in your favourite poems or better still make up your own! If you would like an information pack on writing your own stuff just let us know by ringing us on 424 4633.

Jokes

Here are some jokes sent in by you guys so you can't blame the engagement team for bad jokes anymore!!

What goes aaa aaa aaa?
A sheep with no lips!

Why did the lobster blush?
Because the sea weed!

What is green and is invisible?
This Cabbage!!

What did the toilet roll say to the toilet?
You look a bit flushed!

Celebration Of Achievement Night - Organised by The PLACE

24th November 2003
Temple Park Leisure Centre

Thanks to all of you who attended to receive awards. Our evening of celebration began at 4pm with the younger children (Reception to Year 6), who after being fed a delightful "picnic" style tea were entertained by Clogs the Clown. After the short lessons in juggling had been concluded and the party music had been stopped, the presentations began.

The children came up after their names were called to receive their certificate and vouchers from the Mayor and Mayoress. It was a great moment for both the children and carers.... I'm sure we saw a few proud tears too!

At 7pm we began the Awards ceremony for the older chil-

dren and young people.

To begin the evening we heard from Rachel Kelsey, our motivational speaker. Everyone who was there and met Rachel would agree she is an inspirational and very brave woman. Rachel told of her greatly publicised journey during a mountain climbing venture, which went very wrong. She explained that she believes it was a simple text message that saved her life when bad weather left her stranded hundreds of feet up a mountainside.

Rachel told her audience not to give up and explained with determination we can achieve anything...if we put our minds to it! A good message to come from Rachel, who incidentally, is one of only 6 women in the world ever to



have passed the SAS tests. The awards were given by Rachel, Councillor Jim Foreman and the Deputy Mayor of South Tyneside.

Thank you again to everyone who participated in the evening's events and most importantly to the young people themselves.

Without your fantastic achievements over the last year this night would never have been possible!!

Young Peoples Engagement Team

The Young People's Engagement Team send you this newsletter - but what else do we do? We are here to make sure that your views, ideas and opinions are heard and listened to. We believe that if the services that you receive from the council are going to be the best then we have to listen to your ideas about how to make them better.

We organise projects and groups that can help you speak to the important people in your lives and we are here to support you if you want to change something about how you receive your help. So what kind of projects can you get involved in? We have recently completed a project to find out what some of you think about your Health Assessments—this information will be used to change the way that these are organised in the future. We have developed a "Fostering Reference Group" which is made up of Looked After young people and meets up to help decide how the fostering service can develop in the future. We are in the process of organising focus



groups involving young people who will decide how to develop the new website. There is

also a project planned to work with a small group of young people who will be re-designing a complaints leaflet for Looked After Young People. Jo has also been involved in a great deal of other work which includes; working with a group of young people from Boldon school to develop a set of Media materials which will promote confidentiality within the health service, and she has also been finding out

what young people in the borough think about how easy it is to get help from drugs and alcohol services. She has spoken to about 1500 young people from all over the borough! **If you are interested in finding out more about any of these groups or projects or if you want to talk to us about being Looked After then please ring us on 424 4633 and ask for Jo or Lee.**



Health And Fitness Activity Day

The Young People's Engagement Team is currently organising a Health and fitness Activity day for the Easter Holidays. The plans are based on what some of the young peo-

ple from the borough's children's homes thought the day should involve. The plans at the moment include football competitions, use of multi-gyms, head and hand massages, Aromatherapy, Keep fit,

Swimming, Drugs info, sexual health information, Health checks i.e. heart monitors and blood pressure checks. Keep an eye out for more information!



New Project On The Way-IRT

IRT stands for Identification Referral and Tracking and is a new scheme that wants to improve the way that different services help young people. The IRT project wants to do this by helping all the different agencies that work with young people to speak to each other. For example, young people often complain that when they try & get help/advice about something, they often end up giving the same information and personal details to different people, over & over again. This pro-

ject will mean that if you needed help with one aspect of your life (like your health) you could give the information to one person (e.g. a doctor) then they will pass it on to other organisations, so that they can help you as well.

Also, it is hoped that a directory of services will be developed, so that young people and the people that work with them have a better idea about what services/support/advice is avail-

able to them in the area.



The directory will be like a list of places that young people can get help and support from. It can be interac-

tive and fun to use, but the IRT project needs to know what ideas people might have for this.

In order to help the project to develop, they want to find out what you think about the project. To do this please answer the questions on the competition sheet.

Children's Trust

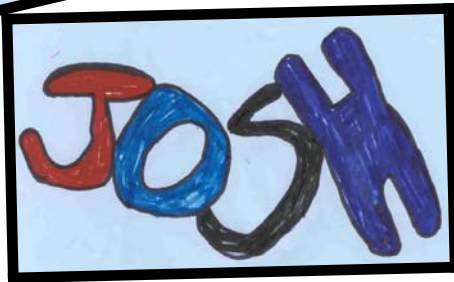
We are really excited to be one of the first 35 Children's Trusts in the country. For South Tyneside this means that the Council and the Health Services are joining together to de-

velop the type of services "you say - you need". The first two areas the trust are looking at are disabilities and mental health (e.g. bullying) If you are interested in letting us

know your views or would like more information please contact Lee - (tel. 424 4633) or email [childrenstrust@s-tyneside-
mbc.gov.uk](mailto:childrenstrust@s-tyneside-
mbc.gov.uk)

The Graffiti Page -

These images were sent in by young people who were from Lanark Drive



Riddles — See if you can work out these riddles.

① I exist but am sometimes ignored.
I am forced to live on the floor.
I cast an image, though dark, and follow my owner and leave no mark.
I disappear when the sun sets
And never be caught in any nets.
I will always forever lie,
Can you tell me what am I?

② The maker doesn't need it,
The buyer doesn't use it
The user uses it without knowing.
WHAT IS IT?
③ I can run, but never walk,
Often a murmur, never talk,
I have a bed but never sleep,
I have a mouth but never eat.
What am I?

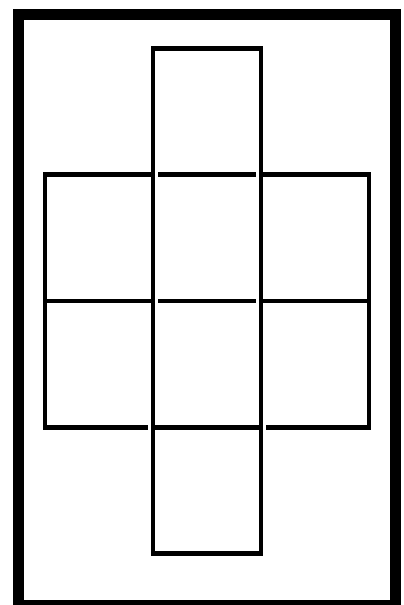
④ Twelve pears hanging high. Twelve men passing by. Each took a pear and left eleven hanging there.
How can that be?

Puzzles - Sent in by Josh and Scott

How can 10 horses fit in these nine stables?



See if you can fit the numbers 1-8 into this grid making sure that consecutive numbers are not touching. E.g. 1 cannot touch 2 etc.



Answers - to riddles and puzzles
1) Shadow 2) coffin 3) river 4) Each is a man's name
You can fit the letters "ten horses" into the nine squares.
Starting from the top square from left to right—write in the numbers 7,4,1,3,6,8,5,2

Why School days are NOT the best days of your life!

The editors group decided they were tired of grown ups telling them that school days were the best days of their lives - so they made this list to show people why they weren't the best!

If you haven't got a pen you get detention!
 You get Homework!
 You get told what to wear/not to wear!
 Too much work!
 Too many lessons in one day!
 Exams!
 Get up too early!
 Get into trouble for not working hard!
 You can't watch TV!
 Sometimes aren't allowed to speak!
 You have to eat school dinners!



But once they had thought about it for a while they came up with this list for why school days could be the best days of your life!

You get music lessons!
 You get educated!
 You can find out about the World!
 You can play football!
 You get break times!
 You don't have to pay any bills!
 You can meet new friends!
 You can go on the internet!
 You can have PE lessons!



**Write In And
 Tell Us What
 You Think
 About School!
 It Can Be
 Good Or Bad!**

MAX Card Evaluation: Bede's World Sat 7th Feb 11am-2pm

You should have received a booking form and flyer telling you that we are inviting young people aged 11 and over, from all around the North East to come and tell us what they think about the MAX card and how it can be improved. We think the MAX card is great but what do you think? Would you like to access more places for free? Where would you like to go with it? **Come along to Bede's World in Jarrow for a free lunch and loads of fun activities - like making your own stained glass window! Send in your booking form now! Give us a ring on 4244633 if you need a booking form!**

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Engagement Team**

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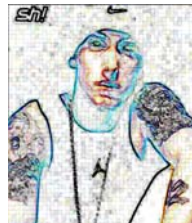
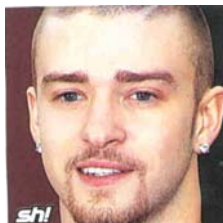
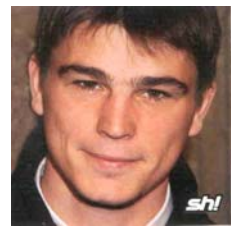
www.doucare.co.uk

Have you enjoyed reading this newsletter? We hope you have! We also hope that you will get involved in producing it. There are two ways that you can be a part of ChatterBox—send us all your stories, jokes, book reviews or anything else that you would like to see in the newsletter by post just use the stamped addressed envelope that came with the newsletter. Or even better—come along to the next ChatterBox editors group in March at The Place. You will have the chance to give us all your ideas, create articles, and put the newsletter together, as well as being able to come with us on our special ChatterBox trip to the bowling alley. All you have to do is tell us you want to come along on the competition form and we will write to you and invite you!

Now that sounds good!!

Competition

Are you a natural born Celebrity Spotter? Have a go at spotting the celebrities below and you could win yourself a prize! All you have to do is write down the names of the celebrities on the competition form and you could win a £10 voucher for books or Cd's! But Watch out some of them have been disguised!!



**Do you
know Who's
Who?**

