

Age 0-11

Just For Us

Issue 4 The Newsletter for Looked After Young People in South Tyneside

Young Peoples
Engagement Team

April 04

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What is Just For Us?

Just For Us is the Newsletter for Looked After Young People in South Tyneside Aged 11 and Under. It is also for young people who live with a Looked After young person for example if your parents are foster carers. We hope you enjoy reading this issue of your newsletter as it's packed

full of exciting stuff!

Just For Us 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 "Just For Us Editors Group".

See inside for what this does and how to get involved group does!



Send in your work now - You could win prizes!

Don't Forget To Enter The Competition On Page 9 To Win More Prizes! Well done to Liam who won the last competition!

Just For Us 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 Bowling Alley in South Shields!** Anyone can come along to the editors group - the next one will be in July - just let us know if you are interested in coming by ticking the box on the competition sheet. Listen to some of these comments from some of the children who came last time :

" The group is really good fun and you can help choose what goes into Just For Us!"

"When I first read Just For Us I liked it a lot but I had loads of ideas about what else could go in - so now I can help choose!"

"I like writing the jokes because they are funny and make people laugh!"

"This time we went bowling after the group and I won out of everybody! The boys thought they were going to be the best at it but the girls showed them who's boss!"

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!

About Me....

This section is where you can write in and tell us something about yourself, what you have done where you have been or something that you like. It's up to you what you tell us!

Sunderland FC is the greatest team in the world because I have supported them for 10 years and they have won lots of cups and are going to win the FA Cup. They have had the greatest FA cup goalkeeper with his amazing saves in the final of the FA cup against Leeds United.
Christopher

I support Sunderland Football Club because they are the best team in the world. Hulio Arca is the best player - he has got amazing skill!
Lee

Keep Sending in your stories - why not tell us your favourite things or who you support!

Poems!

Ryan has sent in some more of his favourite poems, what do you think about them?

One night last holiday
We camped out on our lawn
We planned to stay out
there
From darkness until dawn!



I rode
the roller
coaster,
It gave
me such a
scare,
I thought
I left my
tummy,
floating in
the air!



Keep Sending
in your Poems!
Especially
ones that you
have written
yourself!

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

The image shows a screenshot of the Doucare website with several callout boxes pointing to different parts of the interface:

- Do U Care? Logo:** Points to the cartoon characters and the 'DOUCARE?' logo.
- Message boards— you can ask questions or send messages to your mates or other Looked After children:** Points to the 'MESSAGE BOARDS' button.
- You can send in your own experiences of being in care and read other peoples!:** Points to the 'REAL LIFE EXPERIENCES' button.
- Read jokes!:** Points to the 'JOKES' button.
- Play Online games - Pac Man is great!:** Points to the 'GAMES' button.
- Get help if you have trouble sleeping!:** Points to the 'DREAMS' button.
- This is where all the text appears:** Points to the main content area containing a 'WELCOME' message and introductory text.

The website content includes a navigation menu on the left with items like 'Information', 'Real Life Experiences', 'Childrens Rights', 'Sport & Leisure', 'Message Boards', 'Games', 'About This Site', 'Contacts', 'Henry', 'Hillary', 'Harriot', and 'Legal'. The main content area features a 'WELCOME' message, a 'How we use Cookies' link, and text stating: 'This site is aimed at "Looked After" young people and those with experience of Social Care and Health services. It should also be helpful for finding out what it is like to be "Looked After" in South Tyneside. We hope you find the information on this website useful and we hope you can relate to the three characters Henry, Hilary and Harriot. We also hope you find this site easy to use, and above all, helpful in knowing more about your own...'. The right sidebar contains buttons for 'JOKES', 'GAMES', 'DREAMS', 'CHILDRENS RIGHTS', and 'CONTACTS'.

www.doucare.co.uk

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!



"I was put in foster care at a young age and was separated from my brother and sisters.

I missed my mum as well and I couldn't understand why we had been taken away from her.

As time went by I became more and more resentful towards the social workers and the other people that I figured out in the end were only trying to help.

My life became easier as I became older and was able to understand the situation in which I went into care more and more. My social workers have helped me sometimes, and even though most of the time you may feel that the social workers don't care, they really do so don't give up and keep trying."

Have You read any of the Real Life Experiences on the website? Are they similar to your life or are they totally different?

Why don't you log into the site using your Username and Password that we sent you and then you can write your own experiences onto the site!

If you don't have a username or password yet then please give me a ring on the number below and we will make sure that you get one!

Make sure you keep checking the site for new stuff and Look Out for the DoUCare? Super Competition which is coming soon!



Watch out for the NEW DoUCare? pages from The PLACE! Soon you will be able to contact your teacher or mentor, get help with home work, and find out information on SATS, GCSE's and revision!

If you get stuck on this quarters competition—you can also find some clues to help you on the site!

Jokes



I'm telling on you!
Why?
For going down the Dene and kissing
Mr. Bean and you never let (name)
have a go!
Paige



Why did the hedgehog cross
the road?
To see it's flat mate!
Daniel

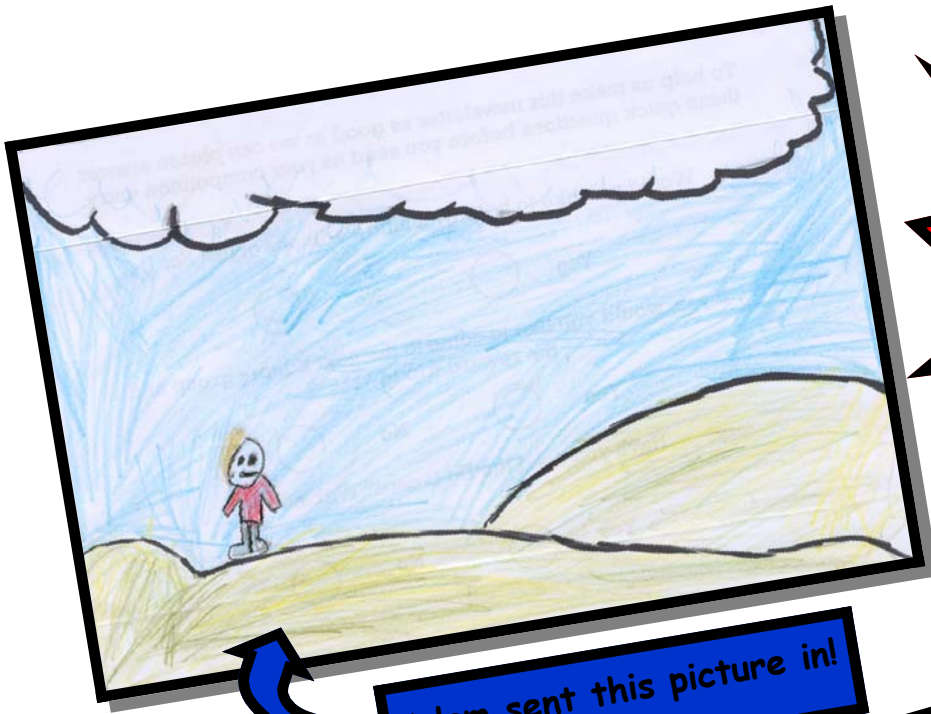
What did the envelope say
when someone licked it?
Nothing it just shut up!
Ryan



What do you call an es-
kimo cow?
An Eskimooooo!
Ryan

Picture page

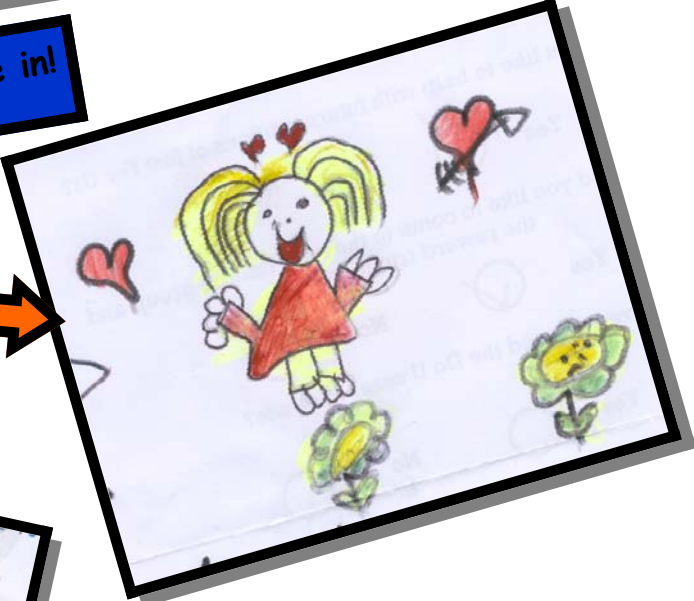
Check out these pictures — They've been sent in by readers



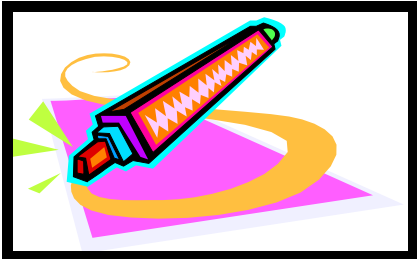
Adam sent this picture in!



Thanks to Rhobyn for this Pic of herself!



This picture was drawn by Liam!



Get Drawing! And then send them in!

Review Managers

Hi! We are the Review Managers, and we want to tell you about what we do.

When you are "looked after", your social worker will be arranging meetings, to check that everything is being done to make sure that you are being well cared for. The meetings are called Reviews, and the first one happens within 1 month of you living in your new home. The second Review will be 3 months later, and if you are still with your foster parents they will be every 6 months after that.

At the Review Meetings will be people who know you. This might include your parents, carers, a teacher, a school nurse, and also your social worker.

Of course, YOU are the most important person to be at your Review, and your social worker and carers should give you lots of help to be there, or to make sure that everyone knows what you think. We like to come and meet you just before your Review

so that you can tell us what you want to say. We know that it can sometimes be hard for children during the meeting.



Back row: Graham, Shirley, Jan,
front row: Carole, Vicky

You can fill in a little book called the Consultation Paper, to tell the people at the meeting what you want to say, or you can talk to your social worker about other ways of writing down your views.

Lee Taylor, Young People's Engagement Worker, will soon be asking for your views on this. Please let him, know if you think there are ways that Reviews could be improved.

When I grow older I want to be.....

We asked the editors group what they wanted to do and something they would like to have, when they are older. This is what they came up with:

Paige: To be a hairdresser and to have a puppy.

Lee: To be a footballer and to have a house in another country.

Christopher: To be in the SAS and to have a brand new car.

Daniel: To be a boxer and to play snooker on my own snooker table.

Rhobyn: To be a shopkeeper and to live in a house made out of sweets!

Liam: To be a fireman and have a motorbike.

Write in and tell us what you want to be!

What's your perfect job going to be?

Competition - Complete this puzzle and you could win £10!

There is one letter of the alphabet missing from each tiny grid below. Figure out which letter is missing and write the letter that matches the grid number in the numbered space on the entry form. The letters from 1- 11 should spell out the answer to the question below!

“This newsletter is for people who are”

W	E	T	R	U
P	L	H	J	Z
F	X	C	V	B
N	M	A	G	D
I	O	Q	S	Y

4

C	X	N	K	R
W	Q	D	G	U
L	H	V	O	Y
P	B	I	J	Z
S	M	T	E	A

8

P	V	I	C	M
X	K	B	D	O
Z	A	F	E	W
H	G	Q	S	N
J	U	Y	T	R

1

E	I	V	R	A
G	W	J	M	B
Y	K	S	P	U
C	L	N	Q	H
D	O	X	Z	F

9

L	M	N	V	I
W	H	K	D	S
T	U	C	F	J
X	B	P	G	O
A	Z	R	Q	Y

10

Y	F	T	M	P
O	K	L	C	Q
E	V	G	J	W
S	R	B	I	H
N	X	A	Z	U

6

E	T	M	S	A
P	B	I	J	Z
L	H	V	F	Y
W	Q	D	G	U
C	X	N	K	R

2

A	B	C	D	E
F	G	H	I	J
K	L	M	N	O
P	Q	S	T	U
V	W	X	Y	Z

11

L	K	B	J	W
P	S	D	H	I
V	C	Y	E	M
U	G	F	X	N
O	Q	R	T	Z

7

C	K	D	P	A
X	W	Z	U	L
N	T	H	Q	I
J	F	S	V	M
G	Y	B	R	E

3

O	T	H	Q	I
J	F	S	V	M
B	Y	N	R	G
X	W	Z	U	L
C	K	D	P	A

5

Make sure you send your competition in before the 15th June

Thanks to
Toni for
helping to
come up
with this
competi-
tion!!

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www.doucare.co.uk

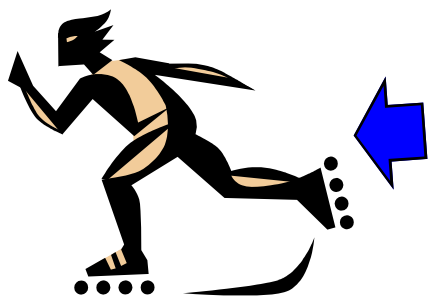
Have you enjoyed reading this newsletter? We hope you have! Why don't you come along to the next Just For Us editors group in July at The PLACE. You will have the chance to give us all your ideas, create articles, and put the newsletter together, as well as being able to come with us on our special Just For Us trip. 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!!

Young Peoples Engagement Team

The Young People's Engagement Team is made up of two people Jo Weston and Lee Taylor. We work with young people all over the borough to help you have a say in how services are given to you. Jo works with young people who get help from the Drugs Action Team, the Health services and some Mental Health services while Lee works with young people who get help from the Council's Social Care and Health Department. We believe that if the help and support that you get from the

council is going to be the best and most useful possible then we need to listen to your ideas about how to make them better. So that means Lee is interested in knowing what you think about being looked after and what you think about having a social worker or a foster carer. If you want to talk to us about being Looked After or about anything else then please give us a ring on 0191 424 4633 or by email on ype.newsletter@s-tyneside-mbc.gov.uk



**GET YOUR SKATES ON!!! SEND IN YOUR WORK NOW!
YOU CAN WIN PRIZES! WE WANT STORIES, JOKES,
PICTURES, FAVOURITES BOOKS, FAVOURITE FILMS,
WHAT YOU WANT TO DO WHEN YOU ARE OLDER!**



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?

Would you like to come to the next Editors group and the reward trip?

Yes No

Have you used the Do U care? Website?

Yes No Yes No

What did you think about the website?

What do you think should be added to the website?

Competition

Write the missing letters in the gaps below:

1	2	3	4	5	6	7	8	9	10	11
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Post this sheet in the **FREEPOST** envelope provided before 15th June to enter the competition.





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 _____

