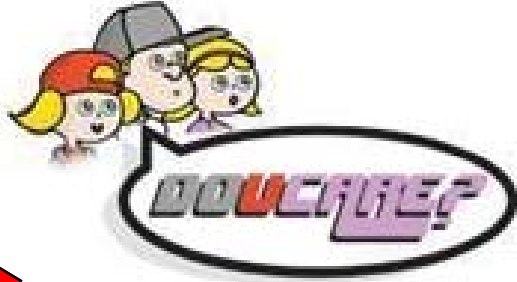




# Just For Us

Issue 5 The Newsletter for Looked After Young People in South Tyneside

Young Peoples  
Engagement Team  
December 04



Check out more  
info on the  
website inside!

Puzzles

Games

Jokes

Articles

I can't believe my eyes—this  
newsletter is GREEEAT!



Poems

About Me

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

**Look inside for more fun!!**

## Inside this issue:

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## Just For Us Design Group

This group is made up of 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.

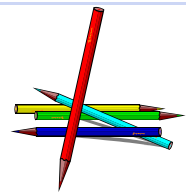
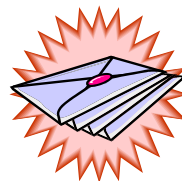


The design group now meets every month to help put each newsletter together and we also help to design other leaflets and flyers.

Why don't you ring Lee from the Young People's Engagement Team to find out when the next meeting is!

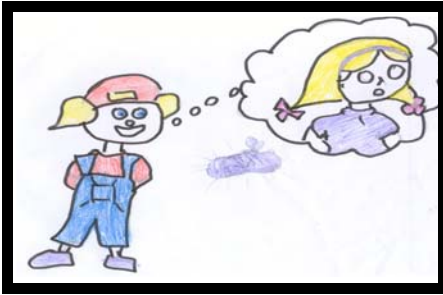
Tel. 0191 424 4633.

## 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!

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



## New Pages Added Soon!



Over the Summer Holidays we ran some Website Focus Groups to give you the chance to tell us your ideas for the site and lot's of you took that chance and came along!



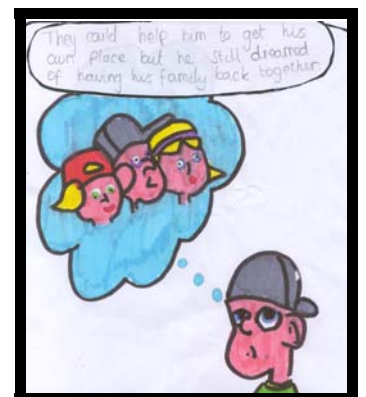
You helped us to create new games, new jokes, a new way of accessing the "information" parts of the site, and you created the next part of the Hilary, Harriet and Henry stories! Here are some examples of what you designed!

**Keep an eye out for the changes which are coming soon!**



# 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!**



## Poems!

# What do you think about these poems?

### Silver - by Stephanie

In a Silver pocket is a silver locket  
 In a silver locket is a silver picture  
 In a silver picture is a big silver mixture  
 In a silver mixture is another  
 Little picture so silver and shiny you'll  
 see.

This poem was written by the Design Group!

Little Jimmy Robson, had a great big spot!  
 Little Jimmy Robson, squeezed that spot a lot!  
 Little Jimmy Robson, had a spot that grew and grew.  
 Some said that spot just burst, but that rumour was untrue!  
 Little Jimmy Robson, jammed that spot in a door!  
 Little Jimmy Robson, squeezed that spot some more!  
 Little Jimmy Robson really wanted his spot to burst.  
 So he flung himself at a wall and landed headfirst!  
 Then his spot exploded in a pile of pus! What did he use to wipe it up?  
 His copy of Just For Us!!



### The Old Bin—by Ryan

Old dish  
 And old fish  
 Cat in a hat  
 And an old mat  
 And an old bat  
 A smelly boot  
 And a fish hook  
 An old pen  
 And a piece from the den  
 A candle from Halloween  
 And an old handle  
 A loud scream  
 A little trick  
 A bit off an old candle wick  
 A little bit of fun  
 And an old mouldy bun  
 And the final bag!



**Why don't you write a poem about what Just For Us could be used for! If we print it you could win £5!**

## Say Hello to.....

Hi my name is Kathleen

I have just started my new job in South Tyneside - I am the Children and Young Person Involvement Officer. I know that sounds like a bit of a mouthful, but what it really means is that, if you are looked after by South Tyneside, it is my job to make sure that you are involved in all the decisions that are made about you.

I am very excited about this and will need your help and experience to make this happen. I will also

need the help and support of some of the people who are involved in making decisions

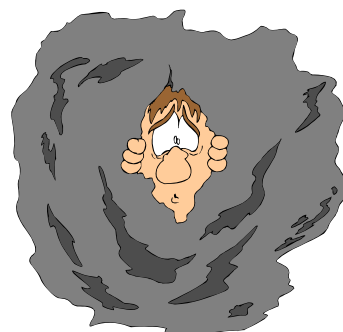


about you now. I will be trying to find out about some of the good ways you feel you've been involved and how we might do it better. In the next few weeks and months I will be looking at your Review Meetings and how we can help more of you attend and take part.

## New Complaints Pack for Looked After Children

A few months ago the Young People's Engagement Team talked with young people and carers about what they thought of the Complaints System. The results of this showed that amongst other things Looked After Children wanted their own leaflet which told them about how to complain. So over the last few months the design group have been trying to design a new complaints leaflet. They came up with the idea of using small post-

cards with a series of stickers which children can use to tell us that they are unhappy or angry about something. This means that children do not have to write loads of



information on the card but can keep it simple. Look out for the new pack which should

be coming soon!



## Jokes - sent in by Stacey



What did the sea say to the sand?  
Nothing it just waved!

Why did the turkey cross the road?  
Because the chicken was on holiday!



What do you call a man  
with a seagull on his head?  
Cliff!

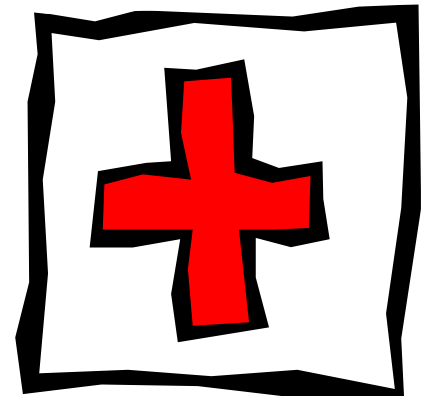
## New Health Assessment Stickers

If you have been for a Health Assessment recently you might have noticed a few differences.

Firstly it was probably your health visitor or a school nurse that carried out the check and you will hopefully have received a groovy sticker for your trouble!

These special health assessment stickers were designed by a group of children from The PLACE. The idea for them came from you guys! Back in June we held a Consultation day in Beamish which some of you came to and one of the things you said was that you wanted to get stickers at Health Assessments just

like when you go to the dentist! So over the summer we worked on the designs and here they are!



You should have found one of the stickers on the front of this newsletter but there are 5 to collect in total! You will get at least one every time you go to a Health Check.

Thanks to Lee, Adam, Toni, Paige and Rhobyn for designing the stickers - we think they're GREAT!

# Puzzle Page — Thanks for sending in these great puzzles

## Rappers Word Search! by Andrew

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

TUPAC

SNOOPDOGG

SEANPAUL

NELLY

JAYZ

NATEDOG

DIZ

FAREWILLIAMS

KANYEWEST

FIFTYCENT

EMINEM

MISSYELLIOT

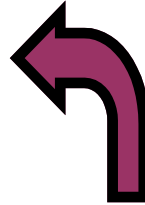
## Wordy Word Search! By Ryan

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

BAT BED BELL BET BIN BLACK BLINK BLUE BOX CAR DOG EAR  
 EAT EYE GREEN INDIGO LED LIAM LINE MAT NED NET NOSE  
 ORANGE PAPER PEN PENCIL PET PINE PINK PURPLE RATE RED  
 RYAN SAID SAT SINK SIX TELL VET YELL YELLOW YES YOYO

## Picture page

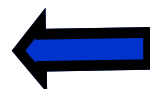
Check out these pictures — They've been sent in by readers



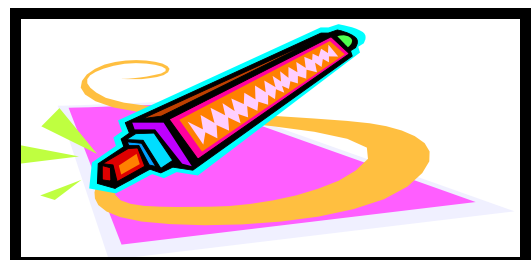
Stephanie F



Rhobyn B



Paige B



Can you guess who this is?

Get Drawing! And then send them in!



Toni S



## What You Have Said To Us...

### About this Newsletter

I like it because there is good fun in it

I liked the poems and stories

The Just For Us helps me a lot

It's Fun to read and I show my stuff to my friends

It's something to read

Liked peoples stories, the jokes and the competition



### About The DoUCare Website

It's good, it could use a little change, I mean the games have been on for a while e.g. tetrus or more

It was a great website to play on-loved games

Liked it a lot

It had lots of stories which made me feel good to know that I am not the only one

Superb, fantastic

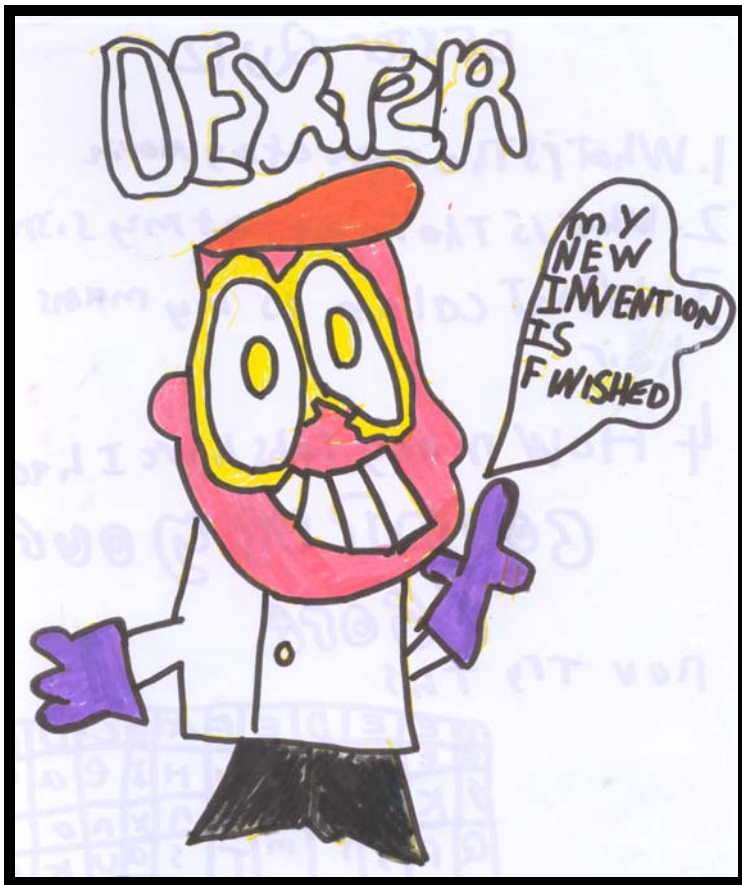
It was great I loved the jokes

Ok but should have stuff for older people

Ok but need more pictures

I liked finding things out

## Christopher's Dexter Puzzle



Answers  
 1) Dextors laboratory time travel  
 2) Deede (4) 2  
 3) red  
 4) 2

Do you have my knowledge?  
 Well try the DEXTER quiz!

1. What is the name of my movie?
2. What is the name of my sister?
3. What colour is my mother's hair?
4. How many labs have I had?

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

DEXTOR MANDARK DEEDEE -  
 LABORATORY PINKPONIES  
 MOM DAD

## Check out these Cool Websites -

- 1) [www.fkbko.co.uk](http://www.fkbko.co.uk)
- 2) [www.disneychannel.co.uk](http://www.disneychannel.co.uk)
- 3) [www.nick.com](http://www.nick.com)
- 4) [www.doucare.co.uk](http://www.doucare.co.uk)
- 5) [www.bbc.co.uk/cbbc](http://www.bbc.co.uk/cbbc)
- 6) [www.johnnylonglife.co.uk](http://www.johnnylonglife.co.uk)
- 7) [www.harrypotter.com](http://www.harrypotter.com)
- 8) [www.theflashgames.com](http://www.theflashgames.com)
- 9) [www.welltown.gov.uk](http://www.welltown.gov.uk)
- 10) [www.arts.ufl.edu/art/rt\\_room/](http://www.arts.ufl.edu/art/rt_room/)

This list was put together by  
 the Design Group! Write in  
 and tell us what you think of  
 the different sites!



## Groups To Get Involved With!

Are you ever stuck at home, bored stiff with nothing to do? Why don't you come along to some of these groups?

### Reference Groups

The Reference Groups are a place where Looked After young people can answer back about a whole host of issues that affect them. So if you are young and if you have an opinion then you need to get along to this group! What's even better is you can be rewarded for getting involved—£10 per meeting. We meet once per month on a Tuesday!



### Design Groups

The design group meets once per month to design the newsletter and other leaflets. We write articles and poems and also draw pictures. We also help to decide what should go into each newsletter! We play games, think about different subjects and also go on trips! The design group also meets once per month.



### Website Focus Group

This is a new group that we are hoping to start. This group will be responsible for thinking about what new things we can add to the DoU-Care website, running competitions, and doing research amongst other Looked After Children and Young People to see what people think about the site. This group will meet once per month.

**If you would like to get involved in any of these groups then please tick the boxes on page 13 and we will write to you with the dates of the next meetings!**

Kelly House  
Campbell Park Road  
Hebburn  
NE31 2SW

Phone: 424 4633

Fax: 424 4624

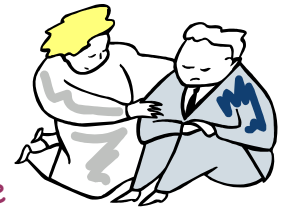
Email: [ype.newsletter@s-tyneside-mbc.gov.uk](mailto:ype.newsletter@s-tyneside-mbc.gov.uk)



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

## Making a Complaint

Are you unhappy about something, do you think that no one listens to you or feel that you are being treated unfairly? **Making a complaint could help to sort out your problems.** Making a complaint is easy. You could talk to someone who could help you such as your Social Worker, a friend or your teacher or you can get in touch with Ros Watters who is the Complaints Officer (see below).



Ros can arrange for an advocate to help you. An advocate is someone who will work with you, speak up for you (if you wish) and help you express your feelings about why you are unhappy. An advocate will respect your views and support you whilst you are making a complaint. Contact Ros at the number below, send in a complaints form or ask someone to do this for you. She will then get in touch with you to talk about your problem.

You can contact her at:

**Complaints Officer, Kelly House, Campbell  
Park Road, Hebburn, NE31 2SW or Tel:  
0191 424 4679 or you can email her at:**



[ros.watters@s-tyneside-mbc.gov.uk](mailto:ros.watters@s-tyneside-mbc.gov.uk)

# 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 get involved in -

Young People's Reference Groups?

Yes  No

Young People's Design Groups?

Yes  No

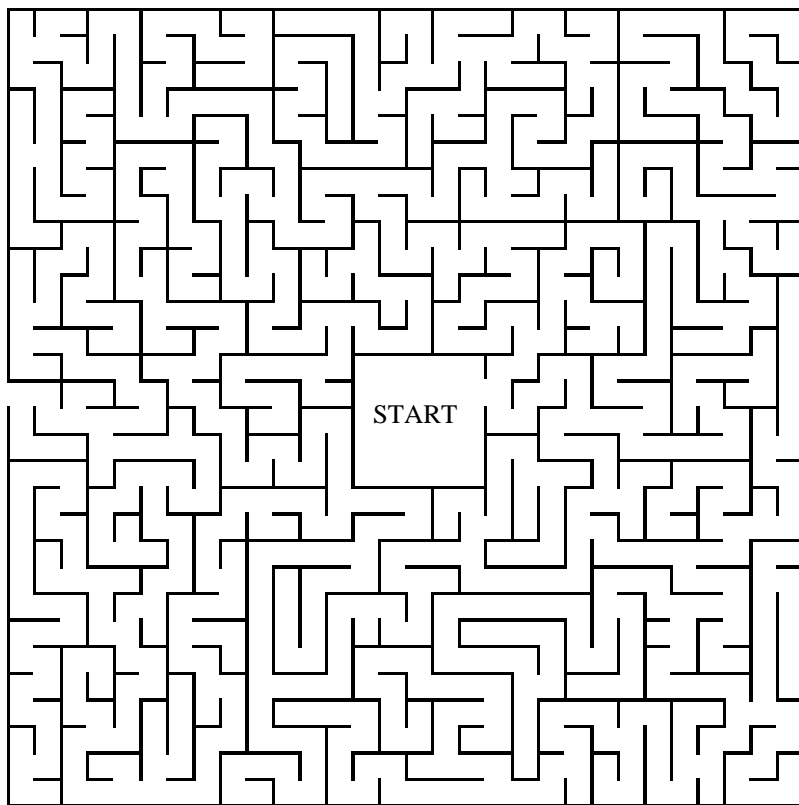
Young People's Website Focus Groups?

Yes  No

Can you escape from the maze? If you can you could win £10!



FINISH HERE!



Make sure you return your entry by Dec 1st!  
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 \_\_\_\_\_

\_\_\_\_\_

