

Age 5-11

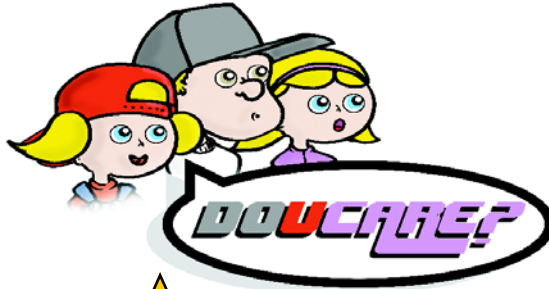
# Just For Us

Service  
Development Team  
November 05

Issue 8 The Newsletter for Looked After Young People in South Tyneside



South Tyneside Council



Don't Be Bored!  
Read Just For Us!

*Just For Us Is Just for You!  
Read It Now it's Out Of This World!*

## What is Just For Us?

Just For Us is the Newsletter for Looked After Young People in South Tyneside aged 11 and Under. **But it is also for young people who's parents are foster carers** - you can receive your own copy of ChatterBox by writing to us and letting us know and we will add you to our mailing list!

**Don't Forget To Enter The Competition On The Back Pages To Win More Prizes-Well done to Amy who found the secret number in the last edition!**

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## Lee's letter!



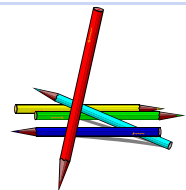
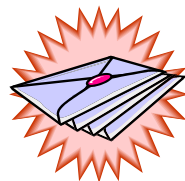
Hi Lee Here!  
 Firstly thanks to everyone who sent something in for this edition of Just For Us! Please make sure you keeping sending me jokes, pictures, poems or anything else!

In the newsletter this time we have some really important information about Viewpoint! We've also got loads of funny jokes for you—much better than mine! There's also info about using your MAX card at the Customs House! The MAX card Fun day at Temple Park and details about the Wednesday Activity Group! You need to try to get to the activities group because it's.....

**G R E A T !**

# What's Inside?

## Send Us Your Stuff!



Why Don't you *send 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!

# Viewpoint-Serious Fun!

## Your Review - Your View!



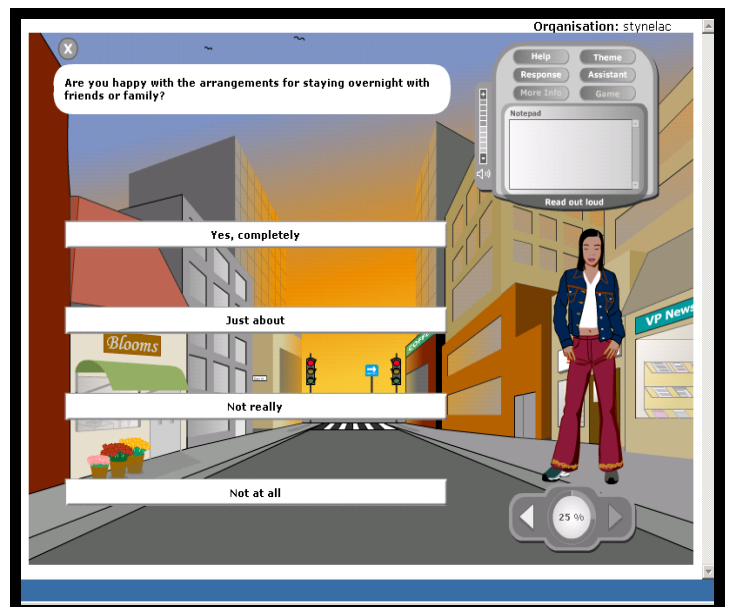
Hi! Kathleen Carroll here...remember me? I'm the Involvement Officer for looked after children and I am very excited about the new project I am involved in. It's called VIEWPOINT and it is 'serious fun'.

Here's how it works.... instead of filling in those little booklets for your looked after review, you can use a computer instead! Viewpoint is a computer based way of finding out what you think and feel about the care you're getting and in between you get to play games... can't be bad (or boring). It even talks to you (by name) and asks the questions.

I call out and visit you and help you to get started to fill it in - you can do this yourself on the laptop I bring along. When I come back to the office I send a copy to your Social Worker and the Chairperson for your Review.

What Young People have told us about Viewpoint:  
 It's Cool,  
 Easy to understand,  
 Fun playing the games,  
 I enjoyed filling it in,  
 More games and more time to play them  
 It's really good that it (computer) reads out the question to me...it makes it easier to understand  
 Not boring like the booklet was

Your views are really important and Viewpoint can help us make sure that everyone who comes to your review meeting knows what you think and feel.



## MAX Card Fun Day

It was all go on the 25th October as it was the MAX card FUN day! Everyone aged 6-14 who has a MAX card was invited and we had over 100 adults and young people getting the MAX amount of fun possible!

The fun day was at temple park and the young people were able to take part in a multi sports challenge, bouncies, arts and craft, dancing, face painting and loads of other activities!

Watch out for next years MAX card

All young people who are Looked after should have a max card which allows free access to over 50 museums and art galleries as well as free swimming and discounts at Atlantic antics and the Customs House. Ring Lee Taylor on 0191 424 4633 if you don't currently have one.



## The Customs House gets the MAX Card!

We are pleased to announce that we have been able to make an agreement with the Customs House in South Tyneside that allows Max Card holders a 10% discount at the cinema and selected theatrical performances. All you have to do is present your MAX card at the box office and they will give you 10% off that particular ticket. Each person must present their MAX card to get the discount! Thanks to Anna at the customs house for helping to negotiate this deal!



**THE CUSTOMS HOUSE**  
MILL DAM SOUTH SHIELDS

## New Activities Group

The Wednesday Activities Group has been running since last March on a Wednesday afternoon at The PLACE!

The group is for young people who are either Looked After, live with someone who is Looked After or a friend of someone who is Looked After!



We meet weekly on a Wednesday evening from 4pm until 6pm. Some of the activities we have done are visits out such as the Angel of the north, art activities like photography and clay modelling or cooking things like biscuits and cakes, games e.g. board games or football.



You could also write articles for the Newsletters use the computers or get involved in other activities that are happening.

The main aim of this group is just to have fun and we like you to be involved in choosing the activities that we do. The age range for the activities group is normally aged 8-14 but let us know if you are older or younger than this and still want to come along!



Ring Lee or Kathleen if you are interested in coming along — Our number is 424 4633.

## Picture Page-

# Check out this picture sent in by Ryan



### Instructions for Magic Circle!

- 1) Draw a circle (use a pair of compasses or draw round something)
- 2) Number the circle like a clock face I.e. 1 to 12.
- 3) Draw a straight line (with a ruler) from each number to each number I.e. 1-2, 1-3, 1-4 etc.
- 4) By the time you get all the way round to 12 the picture should look like this.

Can you send us pictures of your patterns or magic circle?

## Celebration of Achievement Oct 05

The 13th of October saw the return of our annual Celebration of Achievement event. This year it was held in the Town Hall in South Shields and was attended by the Mayor, the head of Children's Services and lot's of young people! Awards were given out to celebrate the achievement of Looked After young people throughout the year.

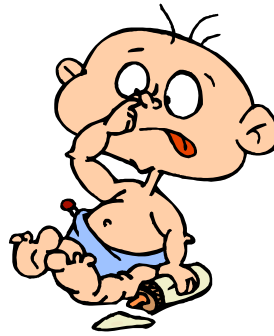
The young people received certificates, a photograph and a voucher for books or cd's! All looked after children are invited to the event as well as Tommy the trumpeter and Mr. Merlin the magician! One young person spoke to us after the event and said," Thanks for my voucher, I worked really hard on my swimming this year and winning an award makes me feel brilliant!"

Look out for next year's event!

# Readers Poem!

Chantelle sent us this poem, we think it's great advice if you're ever hungry!

Always eat your BOGIES,  
Don't wipe them on your  
clothes,  
Just gulp them down in one,  
As you pick them from your  
nose!



Did you know that Snots  
and bogies are made of  
water, salt and chemicals  
to make them slimy!

# Ready for some JOKES?

Thanks to David for sending in this Joke,  
"a guy walks into a shop carrying a long pole. A man  
goes up to him and asks him, " Are you a pole  
vaulter?" And the other guy said, "no I am German  
and how do you know my is Valter!

Thanks to Daniel for sending in  
these Jokes,  
"How do pixies eat?  
By Gobblin!"  
"What do you get if you cross a  
centipede and a parrot?  
A Walkie-Talkie!"



Thanks to Stacie for sending in these Jokes,  
"What kind of cans are there in Mexico?  
Mexicans!"  
"What pet makes the loudest noise?  
A Trum-Pet!"  
"What dog smells of Onions?  
A Hot Dog!"

Thanks to Nathan for sending in  
these Jokes,  
"What's the difference between  
teachers and sweets?  
People like sweets!"  
"What happens when a frog's car  
breaks down?  
It gets TOAD away!!"

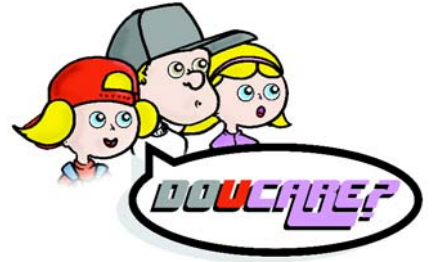
Thanks For sending in Your  
Jokes! Please send us some  
More!

HA HA HA!



## DO U CARE? WEBSITE—Win two free cinema tickets!

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

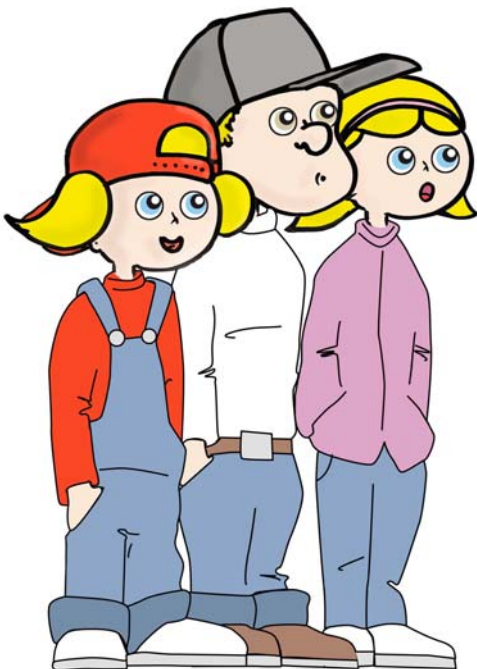


To encourage more people to visit the site this month we have organised a special competition where you can win two free cinema tickets! All you have to do is answer the following question:

**What are the names of our three web characters?**

To find out the answer just log onto [www.doucare.co.uk](http://www.doucare.co.uk) and go into the "movies" section. Then fill in the box on the competition entry form and send it back to us!

This is what Gemma told us after she saw the website, "Thanks for designing the DoUCare website! The experiences section was helpful in understanding that there were other people who had gone through similar things as me! So Thanks very Much!"



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!

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

## Arts Exhibition at the SAGE Music Centre!

Over the summer holidays groups of young people from South Tyneside took their artwork along to the SAGE music centre in Gateshead. The work was to be displayed at the IGNITE 05 regional arts festival along with displays from other young people from the North East. The day was great and there was plenty of things to do as well as checking out all the other art work that was produced. Everyone had a fab time and an-

other of our young people - Tawnee sang some amazing songs in one of the SAGE's concert rooms!

The Ignite 05 festival is a way of celebrating looked after children's art and creativity and will be happening again next year—so look out for more information in future newsletters or mail outs if you would like to get involved in any of our art projects!



## What You Have Said To Us...

In the last newsletter we asked you whether you liked getting your copies of Just For Us or ChatterBox newsletters and why you thought this. Here's what you told us...

Nearly everyone said that they liked the newsletters (only one person said that they didn't like them). Some of the reasons for liking them were:

- Because it's nice and bright
- They're funny
- They make me laugh
- It was interesting and fun
- Because I enjoy doing the puzzles
- I like finding out about other people
- It's good to read
- It's good to know that there are other people in my situation



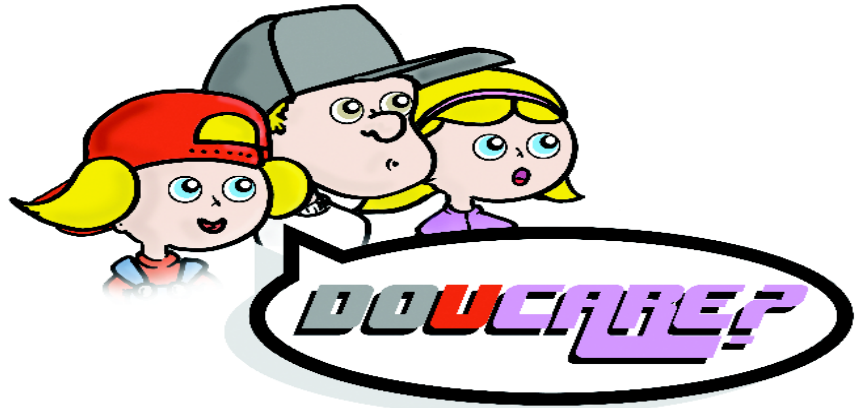
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**Check out the Do U Care? website  
for loads more information about LAC  
Reviews and other important meetings!**



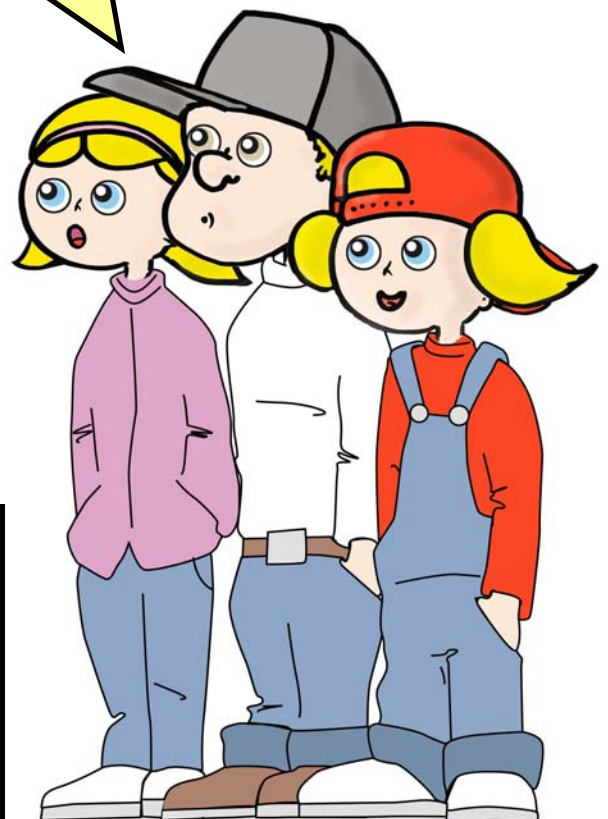
[www.doucare.co.uk](http://www.doucare.co.uk)

# Did YOU KNOW?

The Young People's Engagement Team is now called the Service Development Team so if you see this name then you now know who we are!

The service Development Team is all about improving things for young people who receive services from Social Care and Health!

If you would like to receive any more copies of this newsletter—for instance if you aren't looked after 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 0191 424 7385



# 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?

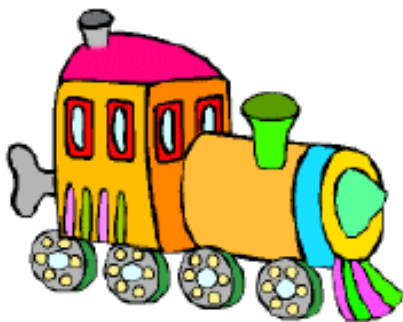
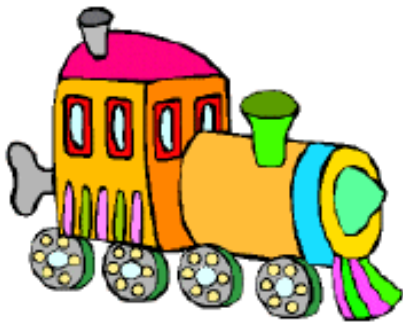
Yes

No


Why?

## Spot The difference Competition!

Can you spot the seven differences in the picture below, Circle them on the top picture and then send this form back to us to be in with a chance of winning a £10 voucher!



Make sure you return your entry by 15th January 06  
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 \_\_\_\_\_

\_\_\_\_\_

