

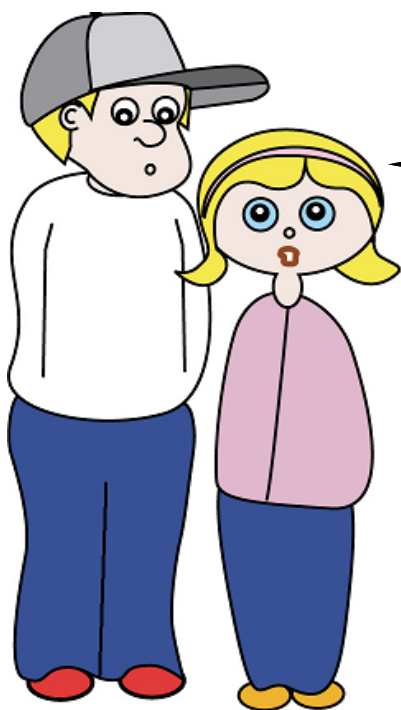
Age 5-11

Just for Us

Issue 9
May 2006

The newsletter for looked after young people in south tyneside

Just for Us is the newsletter for looked after young people aged 11 and under in south tyneside. It is also for the children of foster carers. To receive your own copy of Just for Us write to us (our address is on the back page) and we will add you to our mailing list.



**JUST FOR US
IS JUST FOR YOU!**

Don't forget to enter the competition on the back pages to win more prizes well done to Stacey who spotted all the differences in the last competition!



South Tyneside Council



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Lee's letter!

Just for Us



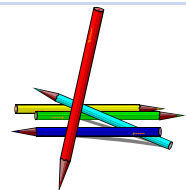
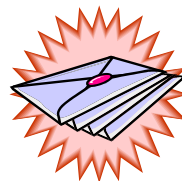
Hi it's Lee here!

Welcome to the latest edition of the Just For Us newsletter. I hope you'll agree that it is jam packed full of interesting articles, funny jokes and things to do!

Make sure you checkout the info about the activities group on page four. And thanks to everyone who sent us feedback on their favourite hobbies everything you told us is on pages four and five!

Also thanks for all the great jokes that you sent in we got so many we had to keep some for the next edition! Anyway bye for now and I hope you enjoy reading **Just For Us!**

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 £5**. Our address is on the back page so make sure you don't forget!

Viewpoint-serious fun!

Some of you will have read about Viewpoint in the last newsletter or you may have used it yourself. We've been visiting young people who live away from South Tyneside, in their placements, and have clocked up a lot of miles! So far we have seen over 80 young people and helped them fill in their viewpoint questionnaire in time for their review.

Nearly all of the young people have enjoyed using Viewpoint and think it has helped them to say what they want about how they are being cared for. This month we will be asking some young people if we can come along to their review meeting to see how their questionnaire is used.

Look out for more information soon!



This is what Viewpoint looks like!

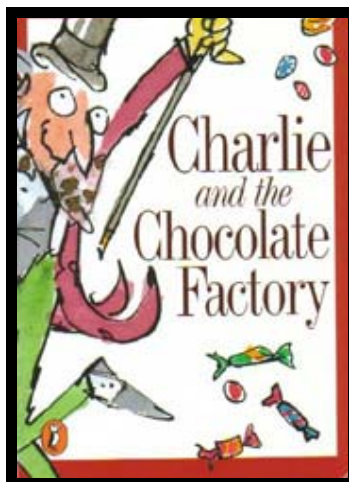


You can change the way it looks!

Free book for five lucky readers!

We have five free books to give away to the first five people who write in with the answer to this easy question:

Who wrote the book "Charlie and the Chocolate Factory?"



You can win "The Giraffe and the Pelly and Me!" By Roald Dahl! Just write the answer to the question on the competition entry form on page 8!

What you told us about...

In the last edition of ChatterBox we asked you how you thought we could improve this newsletter; this is what you told us....

Why do you like this newsletter?

"Because you can win vouchers and prizes", "It's interesting", "It tells you about things", "The jokes are funny", "It's good to read", "It has got fun things in", "I like the puzzles", "Lot's of information", "Because I like to read".

What can we do to improve it?

"Include a health issue in each edition", "More puzzles", "Stuff about movies and music", "Things to do."

What kind of articles should we include in the newsletter?

80% of you wanted reviews of books, games, films or music.

50% of you wanted information about being looked after.

90% of you wanted help/advice/problem page.

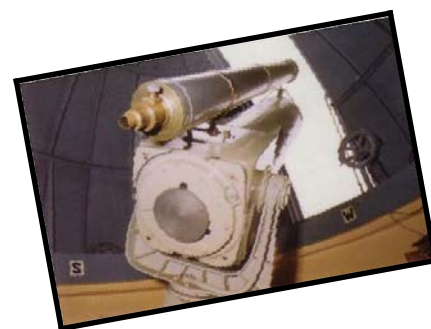
40% of you wanted information about what's happening in the area.



Wednesday activities group

The Wednesday activity group still meets at The PLACE on a Wednesday from 4 till 5.30pm. Over the last few weeks we have been doing all sorts of activities such as making "doughy face splats!", cooking, photography and a visit to the Planetarium! This is what some of the young people had to say.....

"I like the group because we go on trips", " I like cooking things then eating them!", "I like talking and having fun with other young people!"



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

What do you do?

We have been trying to find out what you like to do in your spare time and what hobbies you have:

In the last newsletter you told us that you:

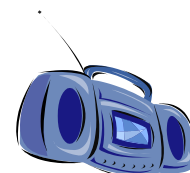
- Went to the gym
- Did farming
- Play music
- Play on Playstation
- Watch TV
- Went to the cinema
- Play football
- Watch videos/dvds
- Going out with mates
- Sing



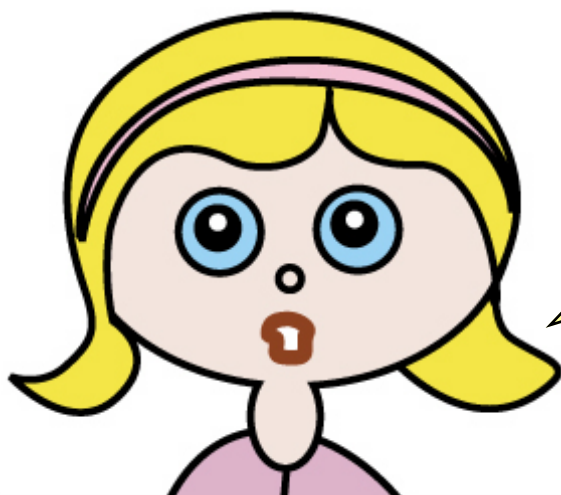
At the MAX card Fun Day you told us you enjoy.....

- going to youth club
- playing with pets
- horse riding
- playing football
- looking at the stars
- playing instruments
- doing arty things
- riding on trains
- going to the seaside
- playing out
- skate boarding
- watching Sunderland
- watching Newcastle
- playing with friends

Thanks very much for sending us all this information about what you like doing! We will be using it to help us plan future activities and trips!



If you have a hobby that you would like to tell us about why don't you write it down and send it in — you could win £5 if it is printed!



South Tyneside has MAXimum Success!

Last year more people than ever made use of their MAX cards!



As you probably know the old MAX card scheme finished at end of March but don't worry — the new scheme started the next day on April 1st!

Number of people getting Max cards in South Tyneside = 1,424

Number of Max card visits from South Tyneside = 654 people

Number of Max card visits to Temple Park/Hebburn baths (up to Sept 2005) = 3,359 people

Number of places that accept Max Cards - 59 in North East

You should already have received your new cards and booklets but here's a few figures to show how successful last years scheme was!

Look out for the new posters that will tell you when and where Max cards are accepted!

Time for bed!

Winter might be over but the weather is still cold, wet and miserable and I bet that some mornings, all you want to do is stay in bed! Getting up for school can be really hard!



School is important but so is sleep and rest. Did you know that getting enough sleep, rest and relaxation really helps you stay fit and healthy?

Sometimes it's hard to get to sleep or you might wake up in the middle of the night. Perhaps you've had a bad dream, are excited or worried about something, it's noisy where you live or you don't feel well. Try not to worry, there are things you can do to help:

- Talk to someone about why you can't sleep
- Do something to relax before bedtime - read a book, get someone to read you a story, listen to music, have a hot drink
- Go to bed and get up at the same time everyday
- Do some exercise to make your body tired

Sleep tight and remember that summer is nearly here!

For more hints and tips on getting a good nights sleep check out the DoUCare website at www.doucare.co.uk and click on the dreams section!

Your Poems

If I could have my own way,
I'd go to bed in January and
wake up in May.
Then when I got out of bed,
I'd throw custard all over my
sister's head.
If I could have my own way,
I'd make people do just what I
say.
I'd make my carer wait on me,
I would make my social worker

act like a chimpanzee.
If I could have my own way,
I'd only have school on just one
day.
Every other day I'd laze
around,
And make mud pies in the mud
on the ground.
I'd tell my teachers what to
do,
And lock my headmistress up
in a zool!

By Bethan

What would you do if
you were able to do
anything you wanted?
Maybe you would be
prime minister or like to
travel to the moon!
Write in and tell us
using the competition
form — you could win
£5

Ready for some JOKES?

What do you get if you cross old potatoes
with lumpy mince?
School dinners!!
Sent in by Jason

Did you hear about the fool who
keeps going round saying "no"?
No.
Oh, so it's you!
Sent in by Robert

Why did Cinderella sleep on the
fireplace? Because she slept like a log!
Why was Cinderella no good at football?
Because she ran away from the ball!

What did the policeman say to his stomach?
You're under a vest!
Sent in by Sophie

What's black and white and red all
over? A Newspaper!
Sent in by Bethany

What's the best
place to find
diamonds?
In a pack of cards!
Sent in by Sean

Thanks to all you jokers
out there for sending in
your jokes! We had so
many we had to keep
some for next time!

There were two packets of crisps walking
down the road. A car pulled up and the man
in the car said "would you like a lift?"
The crisps said, "no, we're Walkers!"



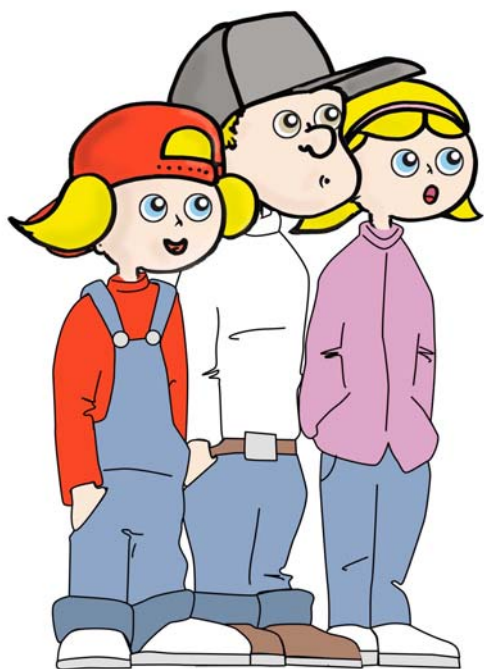
Knock knock,
Who's there?
Police?
Police who?
Poleese let me in!
Sent in by Fise

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 what different people's jobs are. There's also information on things to do and a section on other young people's experiences.



Our DoUCare? characters are of course called Henry, Hillary and Harriet!



Competition winner!!
Well done to Reece who won the character competition!



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



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?

My favourite TV program is.....

My favourite music is.....

The TV show I hate the most is.....

The music I hate the most is.....

If I could be any animal in the world I would be a


The person I would like to meet the most is.....

Free Book Question -

The author of Charlie and the Chocolate factory is...

Remember you can win £5 for sending in a picture or story about yourself just use the space on page 10 and then ask someone to cut out these pages!

Make sure you return your entry by 20th June 2006
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.

If I could do anything I wanted for one day, I would

Name _____ Tel _____

Address _____ Email _____



Keeping Children Safe

Local safeguarding children board is launched!

Keeping children and young people safe is really important. To help us do this the new South Tyneside Local Safeguarding Children's Board was launched on 1 February 2006. Staying safe is one of the 5 areas that the government says all children need. It includes a wide range of issues such as accidents, being mean to people, breaking the law, looking after people as well as child protection.

The changes are part of the Children Act 2004 (a government law). The job of the LSCB will be to organise and keep a check of what is done to help children stay healthy and keep them safe.



Winning logo by Emily McNally
Aged 11

As part of the launch the winner of the competition to design a new logo was announced. The competition was organised by Helen Quick from South Tyneside's Children's Fund. There were 101 entries to the competition covering a wide range of approaches and issues relating to safeguarding. However, it was Emily McNally aged 11 who came up with the winning logo (see picture).

We have a number of pens, pencils, and other little goodies to give away! If you would like a goody bag please write in and let us know!

'My story' by Georgia

"One day I was bullied by my friends at school because I had another friend who had ginger hair. The bullies told me not to speak to him again or there would be trouble for us both. So I told my teacher and my carer who spoke to them and I told them I'd pick my own friends! They then left me alone!"

Well done to Georgia for telling someone that she was being bullied! If you have something to say about bullying why don't you write it down and send it in!

Georgia won £5 for this article and you could to!

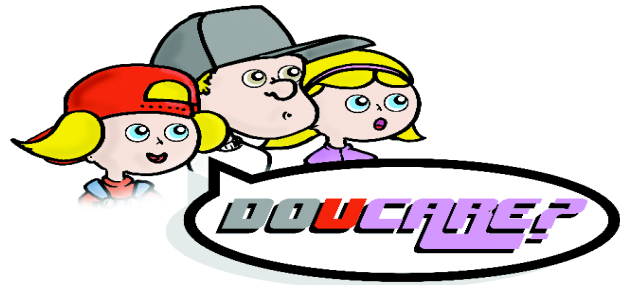
**Service Development
team**

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Hebburn
NE31 2SW

Phone: 424 4633

Email: 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?

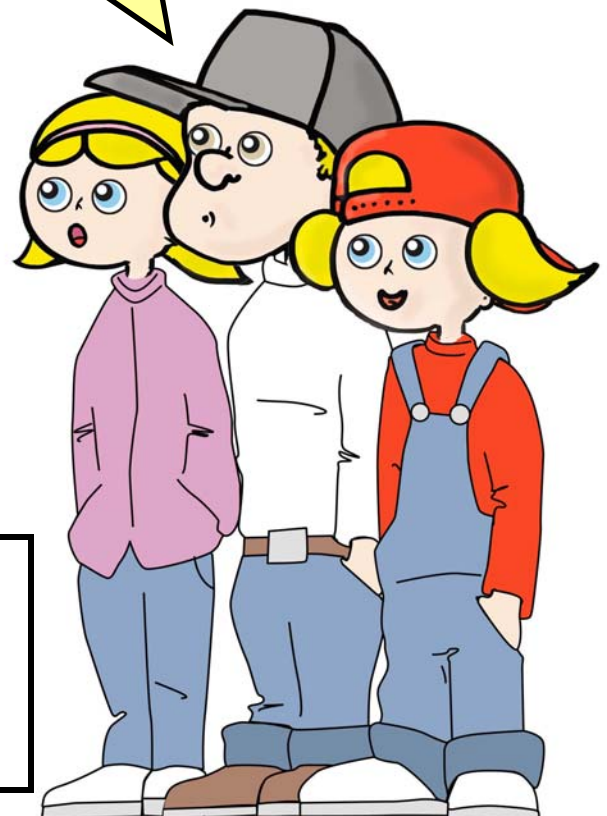
www.doucare.co.uk

Our government is signed up to a world-wide law called the "UN convention on the rights of the child". This means young people have the right to expect:

- Whenever a adult has anything to do with you, they should do what is best for you.
- Any adults that make a decision that will affect you in any way, should listen to your opinion and the adults have to take it seriously.
- Not to be separated from your parents unless it is for your own good. For example if your parents are harming or not taking good care of you.

If you would like information about these or any other rights then please contact the Service Development team.

If you would like to receive any more copies of this newsletter— 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 424 7385