

THIS NEWSLETTER HAS BEEN CREATED BY YOUNG PEOPLE FOR YOUNG PEOPLE



WELCOME

Welcome to the 1st edition of the Durham CICC newsletter. The 3 articles in the newsletter (lifeskills, learning together pack and communication) have been written by care experienced young people. All aged between 14 and 17!

FOR THE OLDER ONES, LET'S TALK ABOUT LIFE SKILLS...

THIS ARTICLE HAS BEEN WRITTEN BY A CICC MEMBER

COOKING...

is an amazing life skill to have because there is going to be a time when you are going to live by yourself so that means you will need to make your own meals. We have suggested some recipes that you could try for yourself!!

HOMEMADE SAUSAGE CHEESE AND BEAN PASTY



[CLICK HERE](#)

HOMEMADE CHICKEN CHOW MEIN



[CLICK HERE](#)

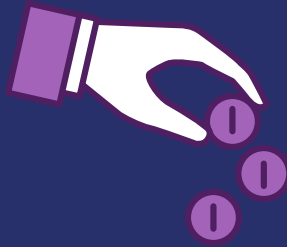
HOMEMADE MINI BANANA LOAF



[CLICK HERE](#)



BUDGETING...



Budgeting is the main life skill because you need to be able to afford to pay your bills

this is a necessary life skill as you need to make sure you have clean clothes because you shouldn't really go round wearing dirty ones

WASHING CLOTHES...



LEARNING TOGETHER PACKS...

#StayHome #SaveLives

THIS ARTICLE HAS BEEN WRITTEN BY A CARE EXPERIENCED YOUNG PERSON & MEMBER OF CICC

There are some learning activities for everyone such as....

Free Daily Resources For Children



PE with Joe Wicks On YouTube
Week days at 9am but you can visit any time on youtube to view the workout.



Wildlife With with Steve Backshall On Facebook
Every day at 9:30am for answering all your wildlife, biology, conservation, geography and exploration questions.



Science with Maddie Moate on YouTube
Weekdays 11am. Maddie & Greg chat about science and nature!



Dance with Oti Mabuse On Facebook
Every day at 11.30am but children can view the class at any time.



Maths With Carol Vorderman
Free access to the her maths website:
www.themathsfactor.com



Music with Myleene Klass on YouTube
Twice a week. Next one Friday 27 March 10am, but can view any time.



Storytime With David Walliams
Free story everyday at 11am on his website:
www.worldofdavidwalliams.com



AND FOR THE YOUNGER ONES....

There are a couple of scavenger hunts, take a look below.....

RAINBOW SCAVENGER HUNT

primary playground

-  Find something red.
-  Find something yellow.
-  Find something orange.
-  Find something green.
-  Find something blue.
-  Find something purple.
-  Name a fruit that is red.
-  Name an animal that is yellow.
-  Name a vegetable that is orange.
-  Name a plant that is green.
-  Name a flower that is purple.
-  Name something outside that is blue.



INDOOR SCAVENGER HUNT

primary playground

- Find a fork.
- Find something that is red.
- Find a tissue box.
- Find 3 things that have wheels.
- Find an orange crayon.
- Find something that is very soft.
- Find a band-aid.
- Find a key.
- Find 2 socks that match.
- Find something round.
- Find a sticker.
- Find a rubber band.
- Find a pair of glasses.
- Find an envelope.



THERE ARE COUPLE OF EXPERIMENTS FOR THE OLDER CHILDREN...



The Leak Proof Bag!!



All you need is:

- A plastic bag
- Some water
- Some sharpened pencils
- A steady hand and the nerve to keep going

Click [here](#) to look at the linked article to find out how to do the experiment.



How to grow a rainbow!!

All you need is:

- Kitchen Roll/Paper Towel
- Felt Tip Pens
- Two small bowls of water
- Paper Clip
- Thread



How to do this:

1. Cut the kitchen roll into the shape of a rainbow
2. Colour a rainbow with felt tip pens to about 2cm up on both sides of the rainbow
3. Attach your paper clip to the top and tie a piece of thread to it, this is to give you something to hold the rainbow with!
4. Fill each small container about half way with water
5. Hold your rainbow with the end slightly submerged in the water and then watch your rainbow grow!

To access more activities and support please click [here](#)....



NEXT UP WE HAVE SOME INFORMATION ON COMMUNICATING WITH YOUR SOCIAL WORKER



THIS ARTICLE HAS BEEN WRITTEN BY A NEW CICC MEMBER

During these uncertain times, communication is key in every way of life. All businesses, institutions and communities are finding new and innovative ways to keep communication between one another as easy as possible. During this time, social workers need to know when they can contact the children in care and by what means. Therefore I have created a list on what needs to be done for both the ease and wellbeing of the social workers and the children in care!

VIDEO CALLS...



...contact can be done via video call as this allows the social worker to see the child or young person and also brings a sense of normality to the conversation. To keep you safe social workers are only allowed to use Microsoft Teams to do video calls – don't worry if you don't have this! It's free and easy to set up. Ask your social worker if you need help.

PLANNING & CONTENT...



even during this time, children and social workers can still be busy, therefore planned time for the call should be arranged. This is just like when a social worker is arranging home visits. This is necessary as people could be called randomly at any point during the day when they may not be available!

Planning in a suitable time will also allow the young person and social worker to think about the content of the conversation as this needs to be useful for both. Please remember you can contact your social worker at any time if you have any worries or things you would like to discuss.



EASTER EGG COMPETITION...

just before Easter Investing in Children and Durham County Council ran an Easter Egg design competition. We had lots of fantastic entries from care experienced young people. The winning design is going to be brought to life by a local artist!! Well done to everyone who entered. A WINNER plus 2nd and 3rd place have been chosen!!

WINNER



2ND PLACE



3RD PLACE



EDITOR'S BLOG



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Thank you for taking the time to read our first Durham CICC Newsletter. We hope you have found it useful and if you would like to feature an article in the next edition then please just get in touch via Rob Johnson:

email: robert.johnson@investinginchildren.net

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