



LOCKDOWN DIARIES

THIS NEWSLETTER HAS BEEN CREATED BY YOUNG PEOPLE FOR YOUNG PEOPLE

WELCOME

Welcome to the 2nd edition of the Durham CICC newsletter. We have called this one lockdown diaries as some of the articles have been written by care experienced young people (aged between 11 and 17) capturing their experiences and thoughts during COVID 19 lockdown. This edition also includes:

Recipes - Page 1& 2

Fish & Chips on Friday - Page 2&3

Philip's NHS Project - Page 3

Life Without Sport - Page 4

Lockdown Learning and Me -Page 5

Chloe's Big Review - Page 6

Poems by Lesley - Page 6

What does CICC represent? - Page 7

RECIPES

The recipes proved very popular in the last edition so we have included a couple (see below) for you to try. Maybe you could send us some pictures once you have tried them so we can feature these in the next edition, email:

EASY GARLIC/CHEESY GARLIC BREAD

robert.johnson@investinginchildren.net

INGREDIENTS

1 bread bun, or slice from an uncut loaf, or pitta

1 tablespoon tomato puree

clove of garlic (peeled) or lazy garlic or garlic powder

Other toppings

sliced onions, sliced mushrooms, bacon, pepperoni, cooked meat e.g. ham, chicken

grated cheese - mozzarella or one of your choice

dried or fresh basil, salt & pepper



METHOD

QUICK AND EASY PIZZA USING UP BUNS OR UN CUT LOAF WITH A VARIETY OF TOPPINGS. HAVE A PLAIN CHEESY PIZZA OR ADD OTHER TOPPINGS BEFORE PUTTING ON THE CHEESE. HEAT THE OVEN TO 180C, GAS NUMBER 4

1. Take pitta bread, slice of bread, or a bun cut in half.
2. Very lightly toast the chosen bread and butter it.
3. Rub 1 side of the toasted bread with a clove of garlic, or sprinkle lightly with garlic powder, or spread it with a little of the lazy garlic
4. Sprinkle lightly with basil and a little salt and pepper. Add grated cheese now if you want a cheesy garlic bread.
5. Put under the grill until light brown
6. Eat while warm.

TUNA PASTA BAKE



INGREDIENTS

- 150g pasta, any shape, cooked as directed on the packet
- 1 packet cheese sauce, made up as directed on packet
- 1 tin tuna, flaked
- 1 red or green pepper, whichever colour you fancy, 2 if you wish, chopped
- 2 spring onions, snipped into small pieces
- 50g grated cheese
- salt & pepper

METHOD

CAN BE MADE AS A HOT MEAL OR A SALAD. HEAT THE OVEN TO 180C GAS NUMBER 4

1. In a large bowl, place the cooked pasta and cheese sauce
2. Flake the tuna into the bowl and add the chopped peppers. Add salt and pepper.
3. Mix these ingredients together and put in an oven proof dish.
4. Sprinkle the chopped spring onions over the top
5. Top with grated cheese.
6. Put in the oven for 15 – 20 minutes until cheese is bubbling and golden in colour.
7. Eat while hot

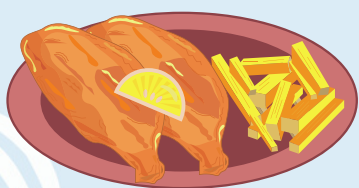


FISH AND CHIPS ON FRIDAY - I GUESS SCHOOL ISN'T TOO BAD

*Written by Shaun
Aged 12*

When lockdown began I discovered that I would be getting home schooled. From the beginning it was fine, but then it went Down! From then on IT WAS AN UTTER DISASTER! Let me tell you why? First of all, you should all know, children do their school work in order through a weekly schedule with 50-minute lessons, but the thing is now that we are at home this is different. Mainly because we have less work and finish earlier and don't hear teachers shouting at kids for having a ruler in their hand (it happens every day) at school. Then there are the assemblies, every week it is something new from unheard authors to a story on facts from the past. Also, routines are a big thing to get used to at school and people say routine is important, but at home school is better because it is not as much of a problem moving from room to room.

However, let's be true, there will be things children miss about school. Like I miss P.E, it's what gets me excited for school. Along with school meals on a Friday as you pretty much get fish & chips, and it is lovely. But to make it better I have suggested to all the dinner ladies to add some mushy peas, because fish & chips is not fish & chips without mushy peas. Hopefully it will happen one day! Then science every day. There is a new experiment in science most days and because of this, it is like a theme park in the room. Why? because there are screams and laughing and best of all, most people are having the most embarrassing and fun time of their lives, having water splashed at them or even falling and getting in states with laughter as we learn. Science is also cooler than what people think? So basically, as you can tell, I don't like school, but there are things I like and now miss wishing I was back, as its beginning to seem worse not going than going to school ever was and I can't wait for Fish & Chips on Fridays again.



FRIDAY

PHILLIP'S N.H.S PROJECT....

Crafty work by Phillip

Written by Phillip aged 14

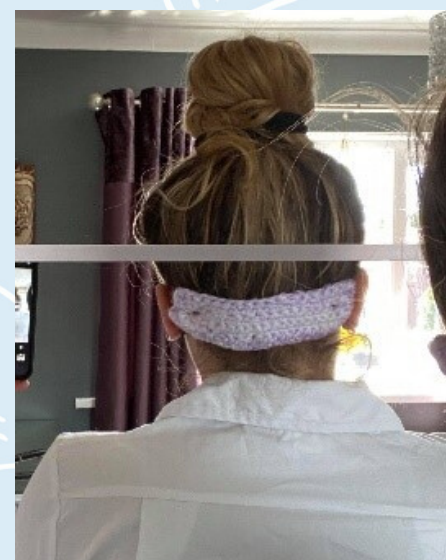
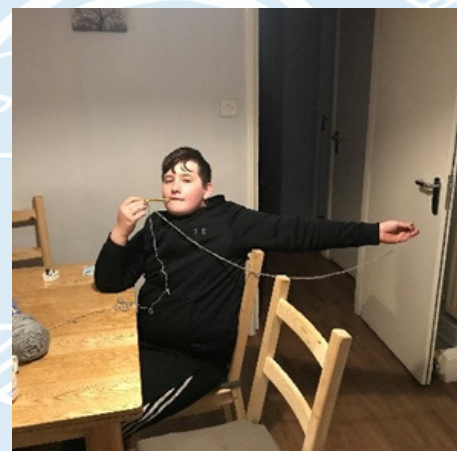


At the start of the corona pandemic the staff and young people at Framwellgate Young Peoples Home and myself were watching a news item about the agony the N.H.S staff were suffering due to them having to wear face masks all the time to protect themselves from the virus.

The ties on the masks were causing their ears to become very sore and often caused sores to develop. I was very upset at this, and when I heard that they were looking for people who could crochet or knit I was inspired to help as I could crochet and asked a member of staff to show me the pattern.

Once Philip had practiced, he crocheted some during the night and got better. **"An example of one of my head bands that I crocheted can be seen in the picture on the right worn by a member of staff's daughter Danielle, who works for the N.H.S".** She distributed other tie on masks that I made onto her colleagues who were very grateful.

Danielle said: **"We thought the bands were a lovely thought, very sweet as well as being practical and saving ours ears and preventing further sores".**



LIFE WITHOUT SPORT IN LOCKDOWN

PETS AND SCOUTS SAVE THE DAY!

Written by
Harry
aged 13

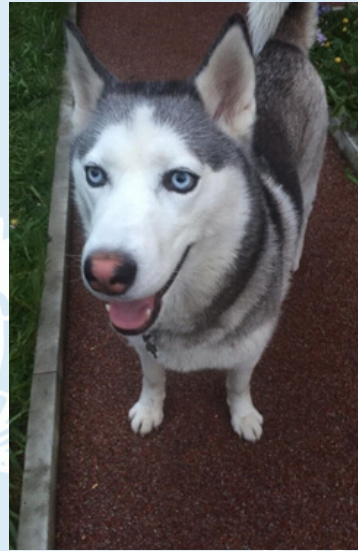
Sport, it's a massive part of many people's lives, I couldn't live without it, but I have had to learn how to for a short period. As soon as Boris Johnson initiated lockdown all sport was called off and you are only allowed to exercise once a day as a household, but that might change as I write this.

My favourite sport is football. I support Sunderland. I play football matches on Saturday and train on a Tuesday, in addition to this, I also go to Sunderland matches and watch them play with my uncle and cousin.

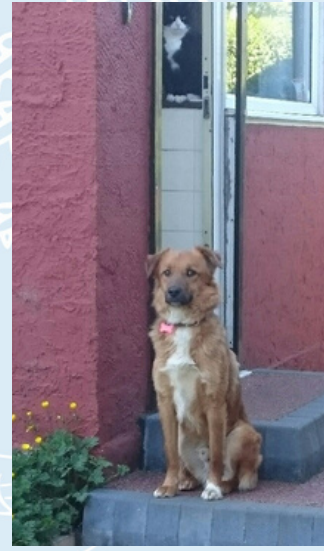
Life without sport doesn't feel like routine, however, thankfully we have 2 dogs, Cody and Skye, so we can take them out on walks around a golf course. Hence the fact the only sport I get is golf, well when I say that I mean timing how long it takes to run around a golf course, but let's not talk about that.

The fact that there is no football to watch makes life boring and there is nothing to do on a Saturday. However, Scouts, a group that does sports, hikes and other things, has also been called off. Luckily that has been turned into a big remote learning system and is still going and we do things like camp in the back garden!!

Check out my big tent and the food I had to make as part of a Bear Grylls challenge. We even came up with the caption – 'it's only been dead one week so it's still good to eat'



Skye



Cody
(Romanian
Rescue Dog)



LOCKDOWN LEARNING AND ME

Written by B

Aged 15



Whether it's at home or in school, we all have to continue our learning journeys.

I am in Yr 10 and I have been learning at home. This has proven to be okay so far. I think that I have managed my time well and I am still attaining a good quality of work. I think that learning during the day when the sun is out can be really difficult, so I would get up early, doing most of my school work in the morning, leaving the rest of the day as free time. During this time I have made resin jewellery, painted rocks, read books and made chalk rainbows.

think my system works for me as it relieves the stress of having to do all the work last minute. I am finding lockdown learning a lot more relaxed but I believe that stress at school sometimes increases my work ethic. Although my lockdown learning journey is quite positive, it is nothing compared to classroom learning! Next year I have my exams, in these unprecedented times my peers and I seem to be teaching ourselves the curriculum.

As we continue our learning journey during lockdown it is vital to keep our brains active and at the very best of our abilities. A good tip to ensure our lockdown learning is in good form, stick to a good routine. Although it may be tempting to stay in pyjamas, it's best to get out of lounge wear, this will put you into a working mind set. Good luck with all your lockdown learning and stay safe!



Here is a watercolour painting



Here are some rocks that I have painted



Here is a resin necklace that has been crafted





Each edition will feature a review from Chloe, this edition it's on THE MIX website....

.....the helping website for young people across the UK under 25

'The Mix' is a website to help you with your emotions and lots of things that are important to you. There is a 1 to 1 chat available by trained staff along with a crisis messenger support option. Therefore, if you would really like to talk to someone, then you can. Along with chat options about what's important to you, like stress, there are lots of other things too meaning relief and support is available. If you need help with anything else, they can help you with other problems if you don't want to talk to your carer. Advice is available through the drop-down box prompting different APPS looks good and works well.

So, if you need support or advice its definitely work checking out. They also help you get your voice out there as well. They aim to support under 25s. The main headings on the website for information are; get support, your voice, apps and tools, get involved, news and research. I really do recommend it for all young people who are under a lot of stress or who just want to visit the site and browse.

<https://www.themix.org.uk/>

Written by Chloe Aged 15

POEMS BY LESLEY *Aged 18*

During lockdown a very talented young person has written some fantastic poems that we just had to share with everyone!!

Fear of the unknown

Sitting and waiting
For the darkness to pass
Fear rose
The unknown is getting closer
Will there be a dragon
To protect or will the fiery breathe be too great
For these lost princes and princesses
The unknown is getting closer
Will there be a warm bed
My favourite type of cake
You feel better after cake
The unknown is getting closer
Will there be someone there that listens Is there
if I need a hug
That wants me, understands me
That doesn't lie
Sitting and waiting
The unknown is getting closer

Wondering

Wondering if the next family time will go well
Wondering what the new social worker is like
I want to be a superhero
Knowing I will fight my own battles
Being the hero, I need in my dark times
Wondering how school will be
I am going make friends that don't judge me
Wondering about my next looked after review
Are positive going to be said
I want to be a dreamer
Following them wherever they go
Remembering that I will achieve them with some hard work
Wondering about my future where will I go and who do I meet.
Knowing I can go far with so work and determination

WHAT DOES CICC REPRESENT?

WHAT IS THE SIGNIFICANCE?

WHAT IS THE CHILDREN IN CARE COUNCIL ALL ABOUT?

Written by Luke aged 16

I have been part of the CICC to make a difference for a few years now and I have represented them many times and have taken this opportunity to tell the young people more about what it is about and why you should get involved.

CICC stands for children in care council which doesn't seem exciting but it definitely can be. I have had opportunities like going on Newcastle radio to talk about my time being cared for which was exciting and a rare opportunity for a young person.

There are two meetings for two ranges of age groups that take place once a month. The ages range from 8-12 and 13 and over. There is food provided at the meetings like crisps and biscuits and even beans on toast sometimes. When you attend the meetings you get paid £7.50, so what's bad about that? Getting involved can help towards solving questions you have about your experience when cared for and you can meet many good people and make friends to talk about and share your time about care. There is however a rule, that whatever is said within the meeting stays within the meeting, to make sure the young people's private information is kept confidential.

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EDITOR'S BLOG



The 1st edition of the CICC newsletter proved a fantastic hit with everyone. We had some great feedback from children, young people and adults. It was great to see so many of you attempting the recipes. We have included a couple more in this feature for you to try. Please send us some pictures or tag us in any of our Social Media channels.

You can also visit the [CICC website here](#)



Well done to everyone who has contributed an article towards the newsletter. They have been so inspiring to read, there is so much talent out there. Keep them coming. 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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