

THIS NEWSLETTER HAS BEEN
CREATED BY YOUNG PEOPLE
FOR YOUNG PEOPLE AND ADULTS



Welcome to the 10th edition of the Durham Children in Care Council (CiCC) newsletter, I am Rebecca, a Junior Project Worker for Investing in Children and I am Care experienced and co-ordinate the newsletter. This newsletter gives the young people a chance to share with everyone what impact the CiCC has had and what changes have come from the work they do whilst also providing young people the opportunity to share their experiences with everyone.

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Dates for your diary:

Wednesday 23rd August 1pm – 3pm: Younger group Summer Activity at Planet Leisure

Wednesday 30th August 1pm – 3pm: Older group Summer Activity at Planet Leisure

Wednesday 20th September 5.30pm – 7pm: Younger Group (13 and under) CiCC Meeting

Thursday 28th September– 5.30pm–7.30pm: Older group (14+) CiCC Care Day!

Wednesday 18th October 5.30pm – 7pm Younger Group (13 and under) CiCC Meeting

Thursday 26th October 5.30pm – 7.30pm Older group (14+) CiCC meeting

HAPPY ENDING

This article is written by a young person about how things can be challenging but with the right support and people around you things get better!

I was so devastated when I was told my life was going to involve social workers...again!!

The first time I was ever involved with social workers was sometime between the age of 2-3 years old. This was when my home life went downhill and I was officially put into care at the age of 5.

I was introduced to my new social worker but I was unsure of what it was she was supposed to do and why she was there, it was confusing and scary for me because all I wanted was my parents and they weren't there.

My social worker did try to comfort me but at this time I was still wary of her, moving forward I eventually received the news that I was going to be adopted and would have a new set of parents and I was super excited about this but also extremely nervous at the same time.

When I had finally settled in, the years I spent there were going great until sadly things started to not go so great and it got so bad that the social worker had to be involved again. I was devastated by this as I didn't want to have anything to do with them anymore and for me this highlighted the risk of being taken away from the people I loved most even if I didn't get on well with them. Unfortunately, things didn't get any better and I was placed back into care, at this point it felt as though my life was over and I would never get to see my family again.

Thankfully I was put into a foster home with the nicest and warmest type of people who would look after me and promised to love me just as much as my own family.

Then I met with my social worker again and all I can say is I couldn't do most of the things I have done today without her and she has helped me through some of the hardest but also some of the happiest times of my life.

I can always trust her, I can always go to her if I have a problem and I can always rely on her. Most of all she will always be there for me, to think that I wanted nothing to do with a social worker now I don't know what I would do without her.

Care Kids



Care kids, so young and sweet
A spark of life in their eyes
A future of hope and dreams
A chance to reach for the skies



A world of opportunity, just waiting to
be explored
A chance to find their true selves, to find
what they adored
to make their own way
A journey of discovery, a path they will
lay

A world of compassion, a place to feel
safe
A place to find their courage and their
strength



Care kids, so brave and strong
A chance

Care kids, so kind and wise
A heart of gold, a soul of fire
A chance to make a difference, to bring
joy and inspire

A world of love and understanding, a
place to learn and grow
A chance to reach their potential, a
chance to really show

Care kids, so beautiful and free
A future of promise and joy
A chance to make their mark, to make
their dreams come true

A world of hope and possibility, a
chance to become who they were
meant to be.

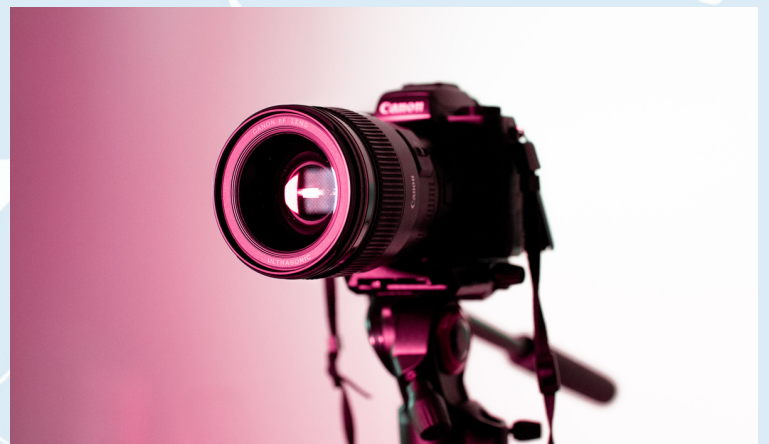


PEOPLE NOT PROBLEMS!

This article is about making children, young people and carers aware of opportunities to have a voice and be listened to.

Children and Young People in care can become involved in a wide range of different experiences and opportunities. For example a group of young people from the CiCC went to Manchester to present a short film for the Association of Directors of Children's Services about how care experienced young people are viewed. The title of the film was called PEOPLE NOT PROBLEMS!

I am hoping the outcome of the Manchester trip is a positive experience for everyone. We presented how children and young people are shown in society today and hope the audience will take our questions and film into consideration to make things better for care experienced people, so that they can influence others to see children and young people in a different light.



BY ANGELICA AGED 16

How I found out about liC

The very first time I found out about liC (Investing in Children) was when my YPA picked me to take a phone call. I was asked about the Young People's Service, who had been nominated for an award, and how it benefited me during my time with them. During the call I was asked if I wanted to take part in various opportunities around Durham.

A bit about liC

liC is an organisation that does everything in their power to make things better for young people everywhere. The team is made up of all people from young people, volunteers, students and work placements. In my opinion this is an amazing group of caring people who actually want to make a difference to peoples lives for the better by presenting opportunities whenever they can.

My experience with liC

After the phone call above where I got to express my opinion on how young people should be given more opportunities, I was given my first experience of working with liC. I was asked to be on an interview panel to interview people who were interested in becoming social workers. During the whole time I was met with nothing but respect from the staff and they made sure that I was able to get to and from the place where I was interviewing. I was also provided with food and refreshments.


Then I was given another opportunity where I participated in the making of a short film. The goal of the film was to create key messages as Care Leavers to make our voice heard to the public. We then presented the film to the Directors of Children's Services at a national conference in Manchester. liC have done nothing but present me with absolutely amazing opportunities that I have really enjoyed whilst also meeting new people.



**BY NATHAN AGED 21 CARE
LEAVER**



CPP & CiCC life skills & savings



Durham's Children in Care Council members meet with Durham County Council Corporate Parenting Panel [CPP] every six months. The CPP are a group of adults who come together to discuss how children and young people are cared for. In April, 17 CiCC members raised the importance of having more possibilities to save money and be supported with life skills when preparing to leave care. As a result to date 42 young people have completed the survey which suggests that the topics of life skills and savings are important to care experienced young people. Durham CiCC members created a survey for young people to complete you can find the link below.

[click here](#) 

Full Circle

Young people from the CiCC have recently met with Michelle Summerbell who is the manager from the Full Circle service and discussed what they think about the service. A couple of young people from the CiCC group have experienced the Full Circle service themselves and have wrote about what they thought:

"I have been with Full Circle and it has been lots of help. If I was to say anything to a young person who didn't know anything about Full Circle I would say that you don't need to worry as they are all very helpful with helping you to open up to them and people around you so they know what's wrong and helps you to make anything that is incorrect correct again. Sometimes they can make the therapy more fun by playing games such as there own spin off of guess who. This guess who shows what emotions you are feeling when you are at a therapy session. They also can do drawings and with these drawings you can draw your emotions onto a piece of paper and crumple it up and sometimes it helps to deal with the emotions that you don't know how to explain to the Full Circle person or other people. All the time the Full Circle person will also not force you to tell you everything about yourself if you don't want to tell them straight away."

Written by Joshua



"I have rated Full Circle an 8/10 because they listened to me and was interested in what I had said and remembered week to week what I had said previously, she helped me to give me confidence to talk out and give my opinions, now I can confidently give my ideas and opinions without needing others to help. I found them to be very caring and she made me feel comfortable enough to open up in my own time and without being pushed to talk. I also like playing and winning at checkers."

Written by Harvey

Supply Packs

Before being given the name 'supply packs' by the young people, the entry to care packs was an idea I thought of when trying to think about ways to improve the beginning of the journey into care. The idea is to have a personalised pack of comfort items to help young people with the early stages of care as some unfortunate cases meant young people get put into emergency placements which leads to young people leaving everything they love behind.

This idea has been developed since the end of last year and without the commitment and support of CiCC, this wouldn't have been possible.

Once we developed a prototype of the packs we presented them to CPP (Cooperate Parenting Panel) with the help of a younger member from the CiCC Damon. In response to our presentation to the CPP, members and County Councillors raised £18,000 to fund the packs and due to this being a lot more money than we thought we are now able to create packs and provide packs to care leavers.

I hope that the packs help many young people settle into their new homes and also help care leavers on their journey to independence, because after all that it is the least they deserve.

Written by Luke Aged 19

Education Fun Fund

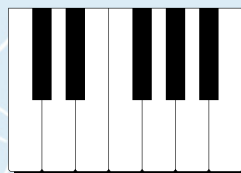
The Education Fun Fund was originally developed to benefit young people's education who are care experienced. This was then expanded to any young people that access the Families First Teams. Children and young people up to the age of 18 can apply for up to £150 for anything that will help them engage in learning.

The Education Fun Fund has been running for just over a year and there have been over 50 approved applications.

Below is a link to the Durham CiCC Website where you can access the Education Fun Fund Application Forms: <https://www.durhamcicc.co.uk/general-8>

Some examples of what young people have applied for:

- Cricket gear such as a bat and helmet
- Photography equipment
- Educational toys
- Street dance sessions and tracksuit
- Driving experience
- Piano lessons
- Drum kit
- Smart clothes for apprenticeship



Did you know?

The Freedom Card

The Freedom Card is a leisure and activity pass issued to children and young people who are in the care of Durham County Council. Children and young people (including their foster family if in foster care) can have free access to swimming, leisure centres and various other activities to promote a healthy lifestyle. liC manage and review the project with children and young people to ensure that it provides what is wanted. To find more information about the freedom card you can find this on the Durham CICC Website.

<https://www.durhamcicc.co.uk/freedom-card>



The Drive Project

The Drive Project provides up to £500.00 for driving lessons, a theory and practical test for care experienced young people aged 17+ and care leavers up to the age of 21 or up to the age of 25 if they are in full time education.

The project is limited to 15 people per year and if the spaces are filled up then you will be placed on a waiting list until a space becomes available.

The Drive Project will:

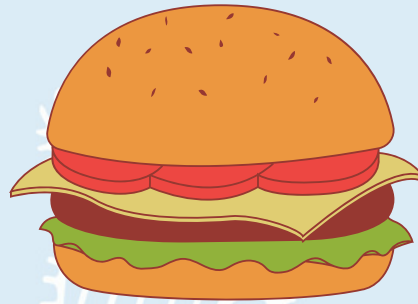
- Contribute to half the cost of driving lessons. Young people are expected to pay the other half themselves. This can be done using birthday or Christmas money or money from a job.
- Support young people by paying in full for their first theory and one practical test. It is expected that young people turn up for their test and key workers provide the support to help them with getting to the test centres and helping them to prepare for tests.
- Arrange with Education in the Community Skills for Life to provide support for those young people who want it, to help them pass their driving theory test. Young people will be able to practice the test on laptops, try the multi choice questions and the hazard perception.
- Young people, their key workers and their carers are expected to decide together the best way forward to access the Drive Project it must be part of the young person's Pathway Plan.
- Motorcycle CBT is included in the Drive Project Scheme at 50% of cost, the young person to contribute 50%.
- Everyone should be in agreement that driving lessons are the best option for the young person. The young person and their key worker must agree to review progress together every 10 lessons.
- Everyone needs to be 100% committed to learning and supporting the young person. For driving lessons to be effective, there needs to be consistency. Therefore young people have to agree to have one lesson they pay for themselves once a fortnight.

MAKE IT YOURSELF, RECIPIES

Easy to make 15 minute chicken and halloumi burgers

Ingredients

- 2 skinless chicken breasts
- 1 tbsp oil, plus extra for frying the halloumi, if needed
- 4 tbsp piri-piri sauce or other mild chilli sauce, plus extra for drizzling
- ½ lemon, juiced
- burger buns, split in half
- 250g block lighter halloumi, sliced into 8 pieces
- ¼ small white cabbage, finely sliced
- 2 tbsp mayonnaise
- 4 tbsp hummus, tzatziki or soured cream & chive dip
- handful of rocket or 4-8 soft lettuce leaves
- 2 large roasted red peppers from a jar, drained and sliced



STEP 1

Put the chicken breasts between two pieces of baking parchment and bash with a rolling pin until 1cm thick. Cut each into two even pieces.

STEP 2

Heat a frying pan over a medium-high heat, heating the oil in one. Fry the chicken in the oiled pan for 3-4 mins on each side until cooked through. Season. Reduce the heat, drizzle in the chilli sauce and half the lemon juice and cook for 1-2 mins more until the sauce is reduced. Remove from the heat.

STEP 3

While the chicken cooks, toast the buns in the dry frying pan for 30 secs if you would like to. Transfer to a plate, then fry the halloumi in the pan (add a bit of oil if the pan is not non-stick) for 30 secs on each side until golden. Toss the cabbage with the mayo and remaining lemon juice.

STEP 4

Spoon the hummus (or dip of your choice) into the toasted buns, then top with the rocket, chilli chicken, halloumi and peppers. Drizzle with a little more chilli sauce, spoon over the cabbage, season with black pepper, and top with the bun lids. Serve with any extra cabbage on the side, or a green salad.

MAKE IT YOURSELF, RECIPIES (CONTINUED)

Vegan Banana Pancakes

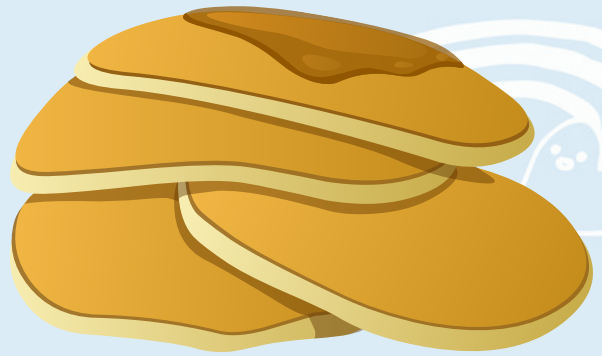


STEP 1

Mash the banana in a mixing bowl. Stir in the sugar, salt and oil. Add the flour and baking powder and mix thoroughly. Make a well in the centre and gradually whisk in the milk. The batter should be a thick, droppable consistency.

STEP 2

Heat a little oil in a frying pan over a medium heat. Add 2 tbsp of the batter to make American-style pancakes. You will be able to make about 4-5 at a time. Fry on each side for 2-3 mins until golden. Serve with syrup, sliced banana and berries, if you like.



Ingredients-

- 1 large ripe banana (around 150g)
- 2 tbsp golden caster sugar
- $\frac{1}{4}$ tsp fine salt
- 2 tbsp vegetable oil, plus extra for cooking
- 120g self-raising flour
- $\frac{1}{2}$ tsp baking powder
- 150ml oat, almond milk or soya milk
- syrup, sliced banana and berries, to serve (optional)



Look out for the CICC Roadshows!



**We are taking the
Durham Children in Care Council
on the ROAD!**

Come and join in the
activity session and have
your say!



Ages 11yrs - 17yrs



Wednesday 30th August



Planet Leisure Maple Way,
Newton Aycliffe, DL5 6BF



1pm until 3pm



Robert Johnson

0191 3077030

robert.johnson@investinginchildren.net



**Please bring your Freedom
Card on the day to join in**

