

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



Welcome to the 5th edition of the Durham CICC newsletter. All of the articles have been written by care experienced young people aged between 9 and 16, capturing their experiences and thoughts regarding their life choices and support received.

In this newsletter you will be able to read about what an independent visitor is and how they can benefit everyone, a young person's experience in year 3 and much more. I found these articles interesting and very informative, as each one is packed with information and experience from the young people that wrote them.

***Editor's comments by  
Alex  
Aged 16***

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**Dates for your diary:**

- Thursday 23rd September 5 - 6.30pm: Younger group (13 and under) CICC meeting
- Thursday 30th September 5 - 7pm: Older group (14+) CICC meeting
- Tuesday 19th October 5 - 7pm: Younger and older groups joint meeting

**For more information check out:**

- The CICC website: <https://www.durhamcicc.co.uk/>
- Our new podcast 'We Are No Different':  
<https://open.spotify.com/show/5PAuKX7lZgVvFmf3uboTJp>

# INDEPENDENT VISITORS AND WHY THEY CAN BE BENEFICIAL TO YOU

Are you sick and tired of sitting in your room at home? Bored, lonely, sad. Well, an independent visitor could just be what you need.

## WHAT IS AN INDEPENDENT VISITOR?

This is a young people's person who is just for you. They come from both the young people's service (16+) and the the young children's service (16 and under.) Any person who is in care is entitled to an independent visitor, from primary school until you turn 18 years old.

## HOW CAN AN INDEPENDENT VISITOR BE BENEFICIAL TO YOU?

- Help you with Mental Health
- Help you with social anxiety
- They are matched to your personality
- They have a £25 limit to spend on you per visit
- You plan the trips / activities (perhaps you would like a day out at Beamish Museum, a day in the sunshine at the beach, to watch a movie at the cinema, or go to your favourite place for food)



## HOW TO APPLY FOR AN INDEPENDENT VISITOR?

To apply for an independent visitor ask your social worker and keep pushing until they have applied. Remember, if you don't ask, you don't get.

## DID YOU KNOW?

You can meet your independent visitor with someone you feel comfortable with. You can ask your social worker to change your independent visitor if you don't like them.

If you are not serious then don't apply! But you are missing out on a experience other kids might not have had the chance to do.

*Written by Lally  
Aged 16*

## MY LIFE IN YEAR 3

I am going to tell you about my life in year 3.

In August 2019 I moved to my permanent home. I also changed schools. In September 2019 I started year 3 and was a little nervous at first, but soon got used to the new routine.

I met the teachers, who were called Mrs C and Mrs B. Mrs B showed me where to sit. My seat was next to someone called Mary and every lunch time we would put our coats away, wash our hands and then to go to the cafeteria together. Mary is one of my best friends.

Mary lives in the same street as me and before lockdown, when the weather was nice, we would visit each other's houses to play in our gardens, but mostly we played in Mary's. She has a Labrador and its name is Rosie. Mary doesn't really have much of a big garden, but she has a big slide and lots of toys.



Year 3 did a lot of art. The theme in art was Jackson Pollock. I had so much fun in art. I remember one great science experiment in year 3. We had three eggs and three cups. One was full of water, the second one had vinegar and the third one had diet coke and we placed an egg in each one. Over a couple of weeks, we would check if they had cracked. The only one which didn't crack was the one in water. We learnt that the egg shells were similar to our teeth and if we eat or drink too much vinegar, or too much fizzy pop, then it can damage our teeth forever.



## MY LIFE IN YEAR 3 (CONTINUED)

Our playground was huge. So big that it could be a zoo. In fact, on some days, it was like a zoo, with children climbing on the frames and chasing each other.



For an assembly we had a Christmas party and we got to see Santa, he gave us all presents. This was the first Christmas party I went to and it was super amazing.



January 2020 was so cold and some days we couldn't get to school because the snow was so deep. Then... came the coronavirus. At first, I wasn't sure what this meant, but it involved lots of hand washing.



In March something called Lockdown happened. Tune in next time to hear about "Lockdown".

**Written by Natalia**  
**Aged 9**



# THE POLICE ARE GOOD PEOPLE

As you may know some of the young people in the CICC (and Rob) trained Durham Constabulary police officers.

The training was important, because the young people who were at the training were care experienced and as care experienced young people we communicated to the police and told them how they should speak to young people. They really listened and we spoke to the police about the language they use and the uniform they wear.

This had a positive impact on the officers who attended the training and made them think about how it affects the young people they engage with. Some young people know police as bad guys, due to past experiences and trauma they may have had with the police. However, the police really helped young people boost their confidence around the police and to see the people for who they are and not who they resemble with their uniform on. We think more can be done, so children and young people know more about how the police keep them safe, then they may speak up more.

In conclusion, the police are good people helping to protect and keep everyone safe. Therefore, if you are in danger call the emergency services, because they keep you safe and they can't do their job if you don't trust them.



*Written by Josh  
Aged 12*

## PUPIL PREMIUM

In November 2020 I did some work with the virtual school and designated teachers and with that I spoke about pupil premium. I said that all the young people don't know how it gets used, so I received £3000 from the virtual school. Then I worked with Investing In Children to form a panel of 6 people, including myself, to come up with an application form. Young people can apply for up to £150, which can be used for educational purposes, such as school supplies or even for physical education, like one to one boxing training.

Once an application form has been submitted the panel will look through the applications, to see which are the best proposals. Parents/guardians can help fill out the application form and a signature will be required by a parent/guardian if you are under the age of 18.

*Written by Chloe  
Aged 16*

### WHAT WE THINK ABOUT DURHAM CICC:

"The meetings are helpful because you can let your voice be heard and say what you think."

"I like the CICC because you can talk about your problems and about being in care."

"Agendas are well balanced and cover things that young people want to speak about."

"You can tell them what is happening in your life and they'll do their best to sort it out."

"Young people's views are listened to and taken in by CICC workers."

"It's very good because of the agendas CICC makes, so you always know what is going to be talked about in the meetings we have."