

VOYPIC

Logo originally conceived by Denise Morton.

Listening • Learning • Changing

NEWS



NEW FACES NEW FACES NEW FACES

Check out their clothes!!!



Hello,

My name is Maelisa and I am the new Development Worker for the Making Connections Project. I started at the beginning of February and I am looking forward to getting the project up and running.

My job is to provide programmes for you to get involved in, such as the newsletter, web design, dance and creative arts programmes, residentials, personal development and much more!!!!

I'm looking forward to meeting you all in the future and finding out the craic! I'll keep you informed about what's happening within 'Making Connections'.

See ya soon,
Maelisa



Hi there,

My name is Christine and I'm the new Research Officer in VOYPIC. Since January, I've been working on a project called CASPAR. If you haven't heard of it already, CASPAR is all about researching the needs of young people in care and care leavers. It's been all go trying to get the research up and running.

Being in VOYPIC is a big change for me - I've been working in market research for the last few years. But, it is a good change, and I'm really enjoying it so far.

In the meantime, I'm getting to know all about social work and youth work and if any of you have any ideas about the research please let me know.

Chat soon,
Christine



Hi everyone,

I'm Jillian the new Administrator for VOYPIC. I started on the 14th of March and I am enjoying my new post so far. I am looking forward to the challenges this role will provide and talking to you when you contact VOYPIC.

Talk to you soon,
Jillian

EDITORIAL

Hi everyone welcome back to the sixth edition of VOYPIC VIEWS. As usual it is packed with some news, views and reviews for you to get your head around. Also we are recruiting for young people to join our news group so if you would like a challenge contact Maelisa on 02890 244888. ENJOY...

CONGRATULATIONS

to the 'U' Choose Project who were awarded the National Mentoring Network Approved Standard and The Best Practice Award!





MAKE YOUR DREAM A REALITY...



Is it your ambition to become your own boss? Have you a good business idea that could be turned into a reality? Then The Prince's Trust may be able to help you.

The Prince's Trust provides funding and support to help young people between the ages of 18 - 30 to start their own business. The Prince's Trust helps young people realise their dream of setting up in business by offering financial support in the form of a low interest loan. On top of the funding, they offer advice and assistance, providing an experienced mentor for each new business.

If you would like to start a business or would like to volunteer as a business mentor with The Prince's Trust (2-3 hours commitment a month) please contact Fiona Waugh on 028 3751 5217. For more information on The Prince's Trust visit our website at www.princes-trust.org.uk

LOCATION LOCATION LOCATION

VOYPIC's New Premises

In October last year, VOYPIC moved house to 9 - 11 Botanic Ave. We now have brilliant new premises, with loads of space and it is very easy to get to either by bus or train. We are located two doors up from the post office at the bottom end of Botanic Avenue. VOYPIC would like to give a big thank you to Kidz 2 Care 4, who provided £9,000, which kitted out two rooms as you can see in the picture below. Alicia, Jo, Olinda and Betsy are hard at work in the new Sessional Project Workers Room. Spot the fab new computers in the background. Call in and see for yourself, meet the staff and check out what's happening in your area for you!



MAKING CONNECTIONS WANTS YOU

WORK WITH OTHER GROUPS AND AGENCIES

HAVE A LAUGH AND LEARN NEW THINGS

MEET NEW PEOPLE & MAKE NEW FRIENDS



MAKING CONNECTIONS WANTED...



Enthusiastic reporters required for VOYPIC NEWSLETTER. Interview the celebs, give young people in care a voice and become the next budding reporter.



Would you like to use your skills and talents while also learning new stuff, working on designing a website for young people in care?



Bust some moves on the dance floor with our Hip Hop, RnB, Pop and MTV dance workshops.



Join the Creative Arts programme which includes music/radio, photography, film making and visual art.

CONTACT: Maelisa on 02890244888 if you fancy a go at doing any of the programmes. DON'T MISS OUT!!!!!!



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BE PART OF THE CASPAR YOUNG PEOPLE'S ADVISORY GROUP

A few years ago VOYPIC, Save the Children Fund and First Key carried out a research project on looked after children in education. We had a group of young people who guided the research from start to finish. One young person said: *'The best thing about the project was that the young people owned it'*. We want the same thing to happen with CASPAR and will soon be recruiting for young people to be involved in the advisory group.

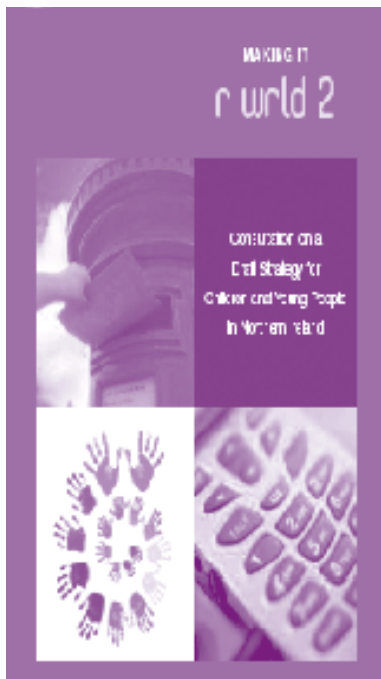


If you are a young person aged 15-25 and would like the opportunity to work on a project for the duration, increasing your research skills and become actively involved in service delivery, then join the CASPAR Advisory Group. For more information contact Christine by telephone on 90244888 or email christine.m@voypic.org

SHAPING THE CHANGES UPDATE...

VOYPIC held a focus group in February '05 to talk to young people about 'Making it r wrld 2'.

This is a draft 10 year plan that the Government has made for all children and young people in Northern Ireland up to the age of 18, or 21 if you have care experience.



Here is a snippet of what the young people had to say.....

- Having a plan is a good idea, but the document was too difficult to understand - even the 'young person friendly' version.
 - Young people need more education about their rights, and the United Nations Convention on the Rights of the Child. They would like to see more awareness on the Convention within schools and in less formal settings like youth clubs.
 - They recommend that young people's rights could be advertised through a television campaign and that there should be more done to prevent false advertising aimed at young people.
 - Young People need to be educated on how to make a complaint when their rights are violated. The young people suggest that teachers, social workers, employers, and the Department of Health and Social Services & Public Safety need to know "what its like to be in care" and need to be made more aware of young people's rights and how they should be safeguarded.
 - Children and young people living in towns and especially cities need to have a safe bright clean environment, free from pollution.
 - More safe playing parks, youth clubs and recreational facilities that cater for more marginalized and older teenagers are needed.
-
- Young people want more school counsellors and training for teachers in relation to behavioural and emotional issues.
 - More should be done to promote and encourage integrated schools.
 - Young people who live in a city feel it is important to be protected from street crime, for example muggings, violence etc. They want more advertising about 'keeping yourself safe'.
 - More support for Looked After Children in Schools to help them stay in mainstream school.

This is only a tidbit of what the young people said. We have written up all their ideas and put it in a report which we have sent to the Government. The final plan will then be printed later in the year!

We are always looking for young people to talk to us and give us their views and opinions on matters that affect them! HAVE YOU SOMETHING TO SAY? Contact Alicia @ VOYPIC and she will tell you about any other groups coming up in the future!! Telephone 02890244888.



WANTED
DEAD or ALIVE for Crimes Against the Fashion Police



GUN SLINGING MC ALISTER



MUNCHING MAIREAD



SAVE THE DAY STIRLING



SWEET FOXY MALONE



JESSE JILLIAN JAMES

VOYPIC's AGM

THE GANG STILL AT LARGE.....



THE VOYPIC GANG



VOYPIC'S FINEST



THE NEW DUO



THE POWERFUL THREE

***IF YOU COME INTO
CONTACT WITH THEM
BEWARE THEY MAY HELP!!!***

WHAT'S ON IN YOUR AREA?



EHSSB

Drop in any time- Quest drop-in project provides a range of services to young people between the ages of 16-25 years old, who have been in or left care within Down and Lisburn Trust. Facilities within the drop-in include relaxation/beauty room, fully functioning kitchen with cooking and laundry services, living room/games room and a group work/training room. The drop-in provides a social outlet, group work, personal development opportunities, emotional support, and independence training all in a relaxed friendly atmosphere. If you would like to drop in, Quest is located at:

Unit 2, TSL House
38, Bachelors Walk
Lisburn

SHSSB

In December 04, Fiona Goodman, Registration and Inspection Officer (Children's Services) contacted Alicia and asked her to nominate two young people to assist a pilot Peer Inspections program in two Children's Homes in the SHSSB area. Betsy Hayball and Jo Irvine stepped in to save the day, and attended three days of training around the work of inspections. Following this training they met with the team leaders of two Children's Homes which they inspected in April '05. As part of the inspection they ran a group work session with the young people to find out their views about how they are involved in decision making. Find out more about the pilot in the next edition of VOYPIC news.

C.H.I.L.L

Counselling, Help, Information on Lifestyle & Living for Young People

C.H.I.L.L is a programme designed to help young people, between 8-17 affected directly or indirectly by drugs or alcohol. There are a number of ways to become involved including - self referral or via GP, Probation officers, Social Worker, School and Parents.

Support is designed to suit individual needs through counselling provision.

Counselling offers a confidential relationship and safe place to talk about any problems you may be facing.

(By learning more about yourself each week you can improve self-awareness and self acceptance.)

If you think you or someone you know could benefit from any of these services you can call us on (028) 71371162 or drop in for a chat.

You'll find us at:

Opportunity Youth Offices
29A Strand Road • Derry • BT48 7BL

Project Supported By:



POEMS IN HONOUR OF MOTHERS DAY PAST...



BEING MY MUM By Vickie

Being my mum must be hard, because
you've my heart so terribly scarred.
You were here until I was four then God
called you to heavens door.

I know you cared but you aren't there
when I'm scared. I wish so much that
God, he took one simple look at my face
and realised it wasn't your time and that
you were mine.

But I know one day we will reunite but not
tonight, sometime I know I will see you
again. So I'll keep missing you, and I
know we will be together again forever in
heaven. I know that I've got my dad and
my brother, but the one thing I want in life
is just to know what it's like to have a
mother.

NO BODY CARES By Vickie

No body loves me, no body cares,
except my mum who can't be
there.

I wish I could touch her or play
with her hair. No one else will
ever dare, she's my mum, and I
know she's here throughout the
day.

I love her with all my heart what
can I SAY.

XX

MUM By Vickie

I want my mummy what will I do,
what was she like, I never knew.
I know she loved me with all of her
heart, but does she know I don't
know coz we're apart.

Some of my mates think I'm mad
coz I write to her all the time and I
get scared when the clock goes
chime.

I miss her so much it really hurts,
no one understands me when I cry
or when all I want to do is die, but
then I let out a very big sigh.

I see her sometimes when I dream
and when I wake I just want to
scream.

I just want to talk to her for a
minute, she can hear. I sometimes
think she's near to me at night.

Then I just sit and cry but my
feelings are all inside and I put on a
brave face and lift my head with
pride.

If you would like to see
your poems published send
them to:

Maelisa Kennedy,
VOYPIC,
9-11 Botanic Avenue
Belfast BT7 1JG

HOW CAN VOYPIC HELP ME? GETTING IT SORTED...

Explaining VOYPIC's Advocacy Service:

- Advocacy is about helping children and young people to find out about rights and services to which they are entitled
- Advocacy can be used by an individual or a group of children and young people who are affected by the same issue
- It seeks to work in partnership with other professionals, agencies and individuals to ensure that children and young people's views are taken into account and that each person works to ensure commitment to their rights and services

Role of an Advocate

An advocate seeks to empower the child or young person to express his or her own views and to ensure that the child or young person remains in control of the advocacy relationship.

The way in which the service works will depend on each individual and their own wishes or feelings. The following is not an exhaustive list but examples of what an advocate might do, including:

- Providing information on rights and services;
- Providing advice;
- Helping to ensure that a child or young person receives a certain right or service;
- Helping the child or young person to negotiate with others;
- Helping the child or young person to ask for a service;

Advocacy can involve anything from one short phone call to ongoing contact. In all cases, an advocate will seek to ensure respect for the child or young person and their age, gender, race, religion, culture, language, physical or mental health, or sexual orientation.

If you have a problem and need it sorted, contact: Karen McAlister, Advocacy Co-Ordinator, 02890 244888

‘U’ Choose Project Team Building Day

In December 2004 the ‘U’ Choose Project began their second phase of matching young people with their befrienders. The young people have the opportunity to try new activities in a supported relationship with their befriender.

The U Choose Project feels that it is important for the project to provide new opportunities for the young people and their befrienders. One of the opportunities that is offered to the young people and their befrienders is an Away Day packed full of challenges at Greenhill YMCA.

On Saturday 5th March 2005 three young people and five befrienders undertook the team building day challenge. The day started off with Initiative games to allow the group to relax and begin to work together as a team. However, they did not get to relax for long as the competition began to hot up when the group was split into two. The groups competed against each other in a game of Archery in typical Sherwood Forest style. A few Maid Marion's were uncovered and let us not

forget the talent that was displayed by a few Robin Hoods.

The afternoon was again jam packed and full of surprises. The young people and the befrienders put their fear of heights behind them and jumped from a platform thirty meters above ground in a tree. **We know how to set a challenge!!!** For any of you guys out there reading this who have done the Aerial Runway in Greenhill YMCA you will know how scary it is to feel like you are throwing yourself out of a tree. Even though you have all your safety gear on it doesn't make it any easier. But the rush you get when you do it is unbelievable and, like many of the young people on the day you go back for more and more.

The day was rounded up in style with the young people and their befrienders putting their trust in one another and working together in partnership to complete the low level ropes course. They glided through the air from rope to rope in true acrobatic style, even if they were only two feet from the ground.

The away day was a great success, everybody who came had great fun and are ready for their Grand Prix Challenge on April 9th 2005. So keep your eyes peeled for our next newsletter article.





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BLAH BLAH BLAH BLAHHH????

Yes I know, it's coming to that time of year again, the bright nights are coming in, spring is in the air and summer is just around the corner. However it is also panic stations as exam time is coming around and you haven't even thought about STUDY!!!!

Never fear Mel is here, with some handy tips and a list of excellent web sites to help you through...

- Start your revision early, you may need more time than you think.
- Organise your notes and books
- Create a revision plan and stick to it!
- Revise in a quiet, comfortable place where you will not be disturbed
- Take regular breaks so study for 45mins then take a 10 -15min break.
- Eat well and get enough sleep at night. (they say fish is food for the brain)
- Ask for help from parents, teachers, carers or friends

Below are some excellent web sites with handy tips and hints to suit all ages:

www.bbc.co.uk/schools

www.projectgcse.co.uk

www.schoolwork.org

www.jiskha.com/

www.factmonster.com

GOOD LUCK!

ISSUE OF THE MONTH BULLYING... The Facts

WHAT IS BULLYING?

Bullying is a way of getting what you want in a negative way and can take many forms such as, having your money or possessions damaged or stolen, being ignored or left out, being called names, receiving threats or being physically assaulted.

WHY BULLY OTHERS?

Bullies gain a sense of power and control which they achieve by putting other young people down. Some people bully others because they crave attention, lack care or understanding of others or they may have been bullied themselves.

THE CONSEQUENCES?

Bullying can make young people feel lonely, sad and depressed. They may not want to go to school or remain in residential care homes, and may not want to go out or do anything because of a lack of confidence. Many young people are afraid to tell because they think it will make things worse. However it does help to tell!

WHO CAN HELP?

If you or someone you know is being bullied you can contact:

Childline (free 24-hour confidential service) Tel; 08001111

Contact Youth (youthline) Tel; 0808 8088000 mon-fri 4-9pm

Samaritans Tel; 02890 664422 and 08457 909090

Someone you can talk to or trust, maybe a friend or carer

VOYPIC Advocacy - phone Karen on 02890244888.

RIDDLES AND JOKE TO TEASE THE BRAIN...

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Q. What do you get if King Kong sits on your mate?
A. flat mate

R1. George fed it every night to keep it alive, by the morning it had died. What was it?

R2. What has eyes yet no sight, a tongue yet no speech, a sole yet no life?

See answer below

Q. What word can simply be broken by saying its name?

A. Silence

R3. How is it physically possible for you to stand behind your friend when your friend is standing behind you?

REVIEW OF JACK AND THE BEANSTALK by Alice Conlon

All of the young people and the volunteers in the 'U' Choose project went to see Jack and the Beanstalk at the Grand Opera House. The main character in the play was Jack Trot, played by Dan Paris, who you may remember from neighbours (who was gorgeous as usual). Jack Trot's mum was played by May McFettridge, Belfast's most popular queen. We had the best seats in the house, just out of May's reach, which was a concern for all of us!

The show opened with a song and dance by all the cast which was very good, followed by May McFettridge and her son 'Simple Simon' doing a humorous routine. The story of Jack and the beanstalk was that hunky Jack was to fight the giant in order to marry Princess Apricot.

May's character was fantastic as she was so funny, especially when she took the 'mickey' out of the ladies in the front row (glad it wasn't me). I had a great time and was really pleased that we met up with the other young people involved in the 'U' Choose project. We all enjoyed it and hope to go back next year.

Until then see ya

Bored doing the same old thing? Why not join a Youth Centre where you can meet new people. Check out your local education and library board youth service or the yellow pages for centres in your area.