

# CHILDREN & YOUNG PERSON'S NEWSLETTER



It's the Voice and Influence team here, working with Children's services to keep children and young people safe! We wanted to make this newsletter to keep you in the loop about what we are up to. We also have included some fun activities to keep you entertained while you're at home!

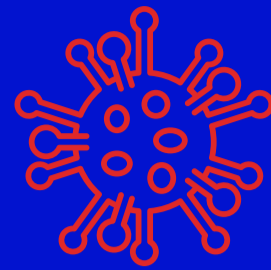
This is our first newsletter and we will be sending one out weekly to you, so keep your eyes peeled!

## WHAT IS CORONAVIRUS ?

Coronavirus (COVID-19) is a virus that is making lots of people poorly around the world.

### How can I help?

The best way to help prevent Coronavirus from spreading is by washing your hands and staying at home. By doing this you reduce the amount of people you come in contact with, which means you have less chance of becoming poorly or making other people poorly.



### Useful links

[Myth Buster](#)

[NHS Advice](#)

## GAME OF THE WEEK



Need something to pass the time? Play 'Who am I?' with the people you live with! All you need is paper, a pen, some sticky tape and a timer.

1. Cut some paper in to 8 equal parts (you can do this with multiple pieces of paper to have as many options as you like)
2. On each piece of paper write down the name of a person. This could be a celebrity, a tv/movie character, or even someone you know!
3. Shuffle the pieces of paper and turn them upside down in a pile so all players can't see what is written on the piece of paper.
4. A player then needs to pick up a piece of paper and stick it to player 1's forehead, making sure player 1 does not see what is written on the paper.
5. Player 1 then has 1 minute to ask the group questions to try and guess who they are but they can only ask questions that have a yes or no answer.
6. If Player 1 guesses who they are before the 1 minute is over, it is the next players turn.
7. If Player 1 does not guess in time, they are out of the game!
8. Keep playing until you have a winner!

## HEALTH & WELLBEING

Feeling anxious? Click the image to try this 1 min meditation from Headspace.



## RECIPE OF THE WEEK

Missing school sponge cake? Click the image below to try this easy recipe to make your own at home!



Have it with custard to get the real feel! Mmmm!!

## AN UPDATE FROM YOUR MEMBER OF YOUTH PARLIAMENT

Members of Youth Parliament (MYPs) are elected annually in every part of the UK. There are currently hundreds of MYPs.

The most important aspect of any MYP's job is to make sure they represent the views of the young people in their local area. Any MYP can set up a campaign, and any young person can support it and make a difference.

Here's a word from Middlesbrough's MYP:

"Hi, my name is Muskaan Mohammed and I am the Member of Youth Parliament (MYP) for Middlesbrough. An MYP is a part of UKYP, an organisation which enables young people to use their voice to inspire change. I am 16 years old and my main job is to represent the views of all the youth in the region. I will be working with my Deputy MYP; Batool Butt, local councillors, MPs and government ministers. The changes I wish to see during my position are to; improve the awareness of mental health, make schools more eco-friendly, make bus travelling cheaper and easier for young people and to create more leisure activities, such as more sport pitches and group events. I hope that I can make a change which has a positive effect on you."



@boromyp

@borodeputymyp



@boro\_myp

@boro\_deputymyp



## GET YOUR VOICE HEARD!



### Want to ask us a question?

We are running a week long survey asking young people how they feel about the Coronavirus. These questions will be answered on video by the Director of Children's Services. If you have any questions or would like to share how you feel, click this link: <https://app.sli.do/event/tqprgqpb>

Do you feel like you're not being listened to? NYAS is an organization separate from Middlesbrough Council that can offer support if you feel like you need your voice to be heard. You can call their helpline on 0808 808 1001 or visit their website <https://youngpeople.nyas.net/>

## FOLLOW US!

Follow us on social media to see updates from Youth Voice Middlesbrough. Get involved in regular Q&As and Polls and help make a difference for young people in Middlesbrough!



@youthvoicembro



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Youth Voice  
Middlesbrough