

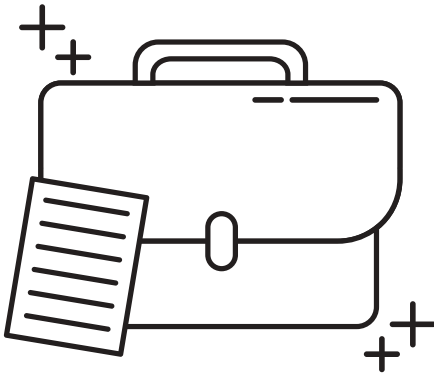


# CARE LEAVERS CONNECTED

## Relationships edition

Hello and welcome to the third addition of Care Leavers Connected. We produce this newsletter to ensure young people from across Northumberland are kept up to date with the care leavers local offer and hope to provide some useful information across many different life topics.

As spring approaches and with restrictions now all lifted many people may find themselves wanting to connect with new friends or even reconnect with old ones. We know that relationships can bring joy and also challenges to our lives and we want to equip you with some useful info that may save a lot of heartache as well as keeping yourself safe.



### JOB FOCUS

**Prince's Trust Team Programme**  
**Free 12 week course**  
**starting 3rd May, to sign up**  
**contact Ian: 07825366008**  
**Neil: 07825365684**  
**email:**

**NFRSPT@northumberland.gov.uk**  
**NORTHER DIRECTION**

A project for youth aged 16-24 to find their path to success whatever the starting point or end goal. to register scan the QR code



### SUCCESS SHOUTOUT

A big shoutout goes to Skye for not only landing her dream nursing job but also securing an National Voice Ambassador role. A National Voice is made up of young people aged 11-25 from across England, and ensure care experience young people are heard at a Nation level.

We know that Skye will do an amazing job at representing young people from the Northeast.



### YOUR RIGHTS

**we all have the to right to be treated with respect and dignity.**

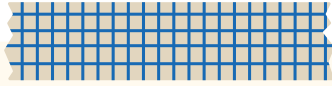
**The right to be free from abuse.**  
**The right to begin and end relationships.**  
**The right to get married or live with a partner.**  
**The right to explore your sexuality.**  
**And the right to say no.**

**Responsibilities**  
**We all have the responsibility to respect the rights of others by treating them with dignity, respect, fairness and equality.**



if you would like to find out about other opportunities contact Andrea on- 07786191100





## NHS SERVICES

GOOD RELATIONSHIPS  
ARE SO IMPORTANT IN EVERYONE'S LIVES AND  
CAN HELP US LIVE LONGER WITH FEWER MENTAL HEALTH  
PROBLEMS.

IT IS IMPORTANT THAT YOU TAKE RESPONSIBILITY FOR YOUR  
PART IN ANY RELATIONSHIP.

HERE'S A QUICK CHECKLIST TO ASK YOURSELF.

### GIVE YOUR TIME -

DO YOU MAKE TIME FOR IMPORTANT PEOPLE  
IN YOUR LIFE?



### BE PRESENT -

DO YOU TRY TO BE PRESENT IN THE MOMENT  
AND BE THERE FOR YOUR LOVED ONES?



LISTEN - DO YOU ACTIVELY LISTEN  
TO WHAT OTHERS SAY?



### BE LISTENED TO -

DO YOU SHARE HOW YOU'RE FEELING WITH THEM?



RECOGNISE WHEN THINGS AREN'T GREAT -  
ARE YOU UNHAPPY WITH YOUR RELATIONSHIP?  
DON'T IGNORE THIS, SEEK ADVICE.



## Get Involved

We would love for you to be involved in the creation of our next  
newsletter - whether you are a keen photographer, writer, graphic  
designer or just have something to say, please get in touch with us at:  
[participation@northumberland.gov.uk](mailto:participation@northumberland.gov.uk)

**Need Advice?**  
Last seen 20:29

Got any tips on how I can feel a bit healthier? I've got no energy at the minute 20:13

Do you think Megan is alright? Her new boyfriend seems like a total creep. 20:22

Have you heard from Tom recently? He was really quiet the last time he came out. 20:26

I need to move out, mam is driving me crazy. Any ideas on how I can save to afford the rent? 20:29

If you need advice.

**Just Say**

Download Just Say today.  
A new app designed to help young people be happier, healthier, safer and more independent.

Download on the App Store GET IT ON Google Play

Northumberland  
County Council

**NHS**  
Northumbria Healthcare  
NHS Foundation Trust

## UPCOMING EVENTS

AND OTHER SUPPORT

THE CARE LEAVERS FORUM MEET ON A MONTHLY  
BASIS AND DISCUSS TOPICS THAT MATTER TO THEM  
IF YOU WOULD LIKE TO COME ALONG PLEASE SPEAK  
TO YOUR LEAVING CARE SUPPORT  
WORKER.

THE NEXT MEETING IS SCHEDULED FOR  
APRIL 13TH AT 3PM





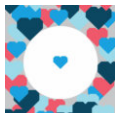
## Competition Time

Can you guess the hidden messages? Send your answers to [participation@northumberland.gov.uk](mailto:participation@northumberland.gov.uk) for a chance to win a high street voucher

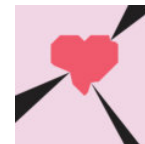


## recognising an unhealthy relationship

IT IS IMPORTANT NOT TO IGNORE UNHEALTHY SIGNS IN ANY RELATIONSHIP AS THIS CAN LEAD OR ESCALATE TO ABUSE. TRUST YOUR GUT AND GET HELP.



### SIGNS OF AN UNHEALTHY RELATIONSHIP.



**POSSESSIVENESS** - WHEN SOMEONE IS JEALOUS TO THE POINT THEY TRY TO CONTROL WHO YOU SPEND TIME WITH.

**MANIPULATION** - WHEN SOMEONE TRIES TO CONTROL YOUR DECISIONS.

**ISOLATION** - WHEN SOMEONE KEEPS YOU AWAY FROM FRIENDS, FAMILY AND OTHER PEOPLE.

**SABOTAGE** - WHEN SOMEONE PURPOSELY RUINS YOUR REPUTATION.

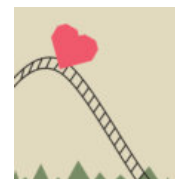
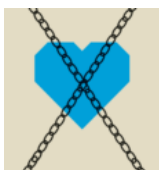
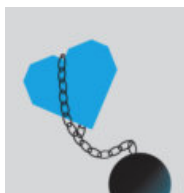
**BELITTLING** - WHEN SOMEONE DOES OR SAYS THINGS TO MAKE YOU FEEL BAD ABOUT YOURSELF.

**GUILTING** - WHEN SOMEONE MAKES YOU FEEL RESPONSIBLE FOR THEIR ACTIONS AND BLAMES YOU FOR THINGS THAT ARE OUT OF YOUR CONTROL.

**VOLATILITY** - WHEN SOMEONE IS UNPREDICTABLE AND MAKES YOU FEEL SCARED, CONFUSED OR INTIMIDATED.

**DEFLECTING RESPONSIBILITY** - WHEN SOMEONE MAKES EXCUSES FOR THEIR UNHEALTHY BEHAVIOR.

**BETRAYAL** - WHEN SOMEONE IS DISLOYAL TO YOU.

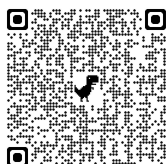


**Brook** - Healthy lives for young people  
for loads of advice and real life  
relationship stories head to

[Brook.org.uk](https://www.brook.org.uk)

*check out these web  
page*

**kooth**



Use the QR code to view  
the full Care Leavers Local Offer

**Mind Of  
My Own**



# Looking After Yourself and Others

## what to do if your worried about a relationship

If you are worried about your own or someone else's relationship it is important that you do not ignore it. Having someone to talk to will help you share your feelings and prepare you for decisions that need to be made.

If you or someone else are in danger you must seek support from your leaving care worker, duty team on 01670 536400 or in emergencies call 999.

Breaking up with a partner can be difficult and should be planned to ensure you or others are kept safe. You need to consider-



## Keeping yourself safe online

The vast majority of people online are honest and have good intentions, but what about the people who aren't?

When chatting with people online you should -

### **\*Watch what you share**

\*Get to know them well before meeting up

### **\*Use a safe trusted platform**

\*Don't say anything that you wouldn't say to their face

### **\*Consider the risks**

\*Report immediately things such as request for money, offensive or threatening messages & obscene images

## WHAT TO DO IF YOU FEEL LONELY AND ISOLATED

Feeling lonely can affect your mental health but there are some simple things you can do to help improve the way you feel.

### **Top tips:**

Talk to your Leaving Care Support Worker, an adult or a friend you trust about how you're feeling.

### **Join a club or an activity in your area.**

Become a volunteer.

### **Re-connect with friends or family that you haven't spoken to in a while.**

Remember you are not alone, everyone can feel lonely at times and there is always a way to reach out.

**Get some help – there are lots of organisations that can help you (see the list of organisations below)**

Young Minds

Tyneside & Northumberland Mind

Talking Matters



# Things to remember

## CONSENT [verb]:

is the act of giving permission and agreeing to do something.

## RULES OF CONSENT:

1. Consent should be **FREE**, **VOLUNTARY**, **INFORMED** and **CLEAR**.
2. Consent **SHOULD NOT** be under threat or fear, false conception and intoxication.

## EXAMPLE:

NO = NO  
YES = YES

WOMEN:girls

## Peer Pressure

You may not even notice it but people all around us influence our decisions, sometimes its a good thing but sometimes it can turn into pressure. Peer pressure is when you end up doing something because someone wants or expects you to do it. For example, drinking, taking drugs, bullying someone, to have sex, to look a certain way.

Its okay to say NO and you have the right to make your own decisions. Remember, if they are a true friend, they should accept your decision!

## Getting out and about

The Northeast is one of the most beautiful places to live and there are so many **free** activities to enjoy from exploring the countryside, feeling sand in your toes to learning something new in a museum.

The Chronicle Live web site have made a list of 56 **free** places to visit with children and young people.

[chroniclelive.co.uk/whats-on](https://chroniclelive.co.uk/whats-on)

Get out there and have some **free** fun!

