



MHNE
Mental Health North East



MHNE Reach Out NE Issue 5 • Summer 2020

The team talk about the impact of lockdown on children and young people



This issue has been written and edited by
young people and children
for other young people and children,
let their voices be heard too!



Reach us by emailing: lyn.boyd@mhne.co.uk



Inside this issue

Welcome and Meet the team

3-4

Leo's Experience and Rap

5

Interviewed by my Cat

6-7

Punching Back

8

Stuck Inside—Cartoon

9

Ben's "Boris" Avatars

10

Music Quiz by Boris

11

What I Miss During Lockdown

12

Search for a Vaccine

13

My Cat's Life and Mine

14-15

Lockdown story and poem

16-17

Help, Answers and Contacts

18-20

Welcome to Issue 5



Reach Out North East Newsletter

This edition was produced completely over the internet.

The special theme of this issue is “lockdown”. Children and young people of all ages have been affected by the impacts of the global coronavirus pandemic.

Unable to visit grandparents, friends and relatives, closures of schools, shops and play areas, this health emergency has forced changes upon all our lives.

We would especially like to thank teachers and school staff who have been looking after those children who are in school and making classrooms safe for those of us who may be returning to our lessons soon.

We hope some of these articles can help young people out there who are feeling low, stressed or isolated.

Reach Out North East is team of MHNE volunteers and contributors aged 3-21.

If you would like to contribute to future issues of Reach Out, our contact details are at the back.



Meet the Editor Connor

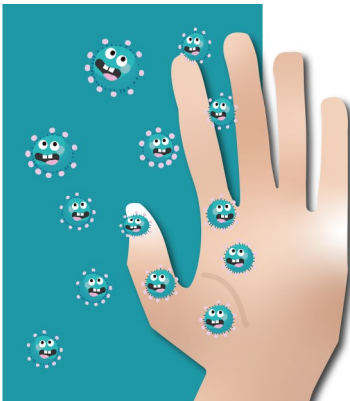
MHNE
Mental Health North East

Reach Out



MHNE REACH OUT Team

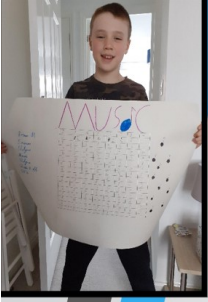
Young people from the North East
aged 3-21 have sent in items
to Connor for this issue!



Co-ordinated at MHNE by Lyn Boyd and Gareth Cooper

My Experience of COVID-19

by Leo Feeney, age 9



Making an XL wordsearch

The period of Coronavirus (COVID-19) has been a difficult time for many. People have lost loved ones, suffered with the virus symptoms and have been unable to see friends and family. As a child it's hard to stay 2 metres apart and not to give my friends and family a hug.

We must keep positive, this will come to an end and we will be stronger.

It has created opportunities for me to learn new skills such as drawing, baking, playing guitar and lots more.

I have spent time running and biking with my Stepdad and have a sports watch to see how far and fast I can go!

We draw rainbows and clap every Thursday evening to show our support to the NHS and key workers such as my Nanna.

So far over 338,000 people have been killed by the virus. I haven't been able to visit my Dads since March and I usually stay there with him, my Stepmam and siblings every weekend. I miss them and my weekend routine. There are no other children in my house-hold to play with.

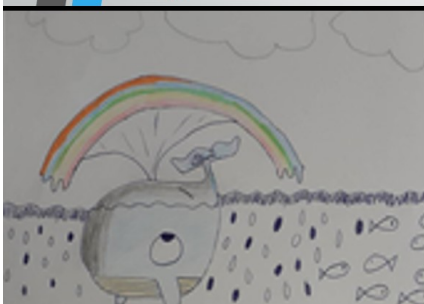
Drawing with Rob Biddulph for the Art Lesson World Record attempt!



My Rap of COVID-19

Covid-19, you probably seen,
Hope it'll be gone when I'm 14,
I can't see my Daddy,
You're probably thinkin' 'What a saddy!',
Hair all shaved off, ain't seen no mates,
I miss playing chase at our school gates,
No school trips or swim at the pool,
I miss those times when things were cool.

Art lesson complete!



Home school



Interviewed by my Cat



by Jake age 10 and Lucy the cat age 13

Lucy: Jake how does lockdown make you feel?

Jake: It has been hard because I have not been able to see my friends every day as I normally do. It has been a weird experience to see people wearing masks and odd to see so few cars.



Lucy : Are there any advantages to lockdown?

Jake:



- Not going to school- waking up later
- Working one to one with Mam and spending more time with my mam
- Being able to play on my Xbox- getting more practice on my games
- Spending time with my friends and family in my garden
- Playing more football and improving on my ball skills
- I have not been able to get my favourite sweets from the shop that much.

Lucy: What has been different during lockdown?

Jake: Shops had long queues due to social distancing.

Restaurants turned into drive throughs and takeaways.

Family and friends could not come and visit, and I could not visit them.

Lucy : What do you remember most about lockdown?



Jake: When you went missing for 2 days. It was a terrible time for me and my family. You were very unwell when we found you. it was an incredibly sad time.

Going down my great grandmas with my family for a socially distanced meal.

Not being able to go out on my tenth birthday for a nice meal with my family and friend as we usually would.

Lucy: what are you going to do when this lockdown finishes?

Jake:

- Call my friends and see if they are playing out.
- I am going back to school to start working again.
- I am going to go to the cinema with my cousins.
- I am going out shopping to buy some cool new trainers and tops.



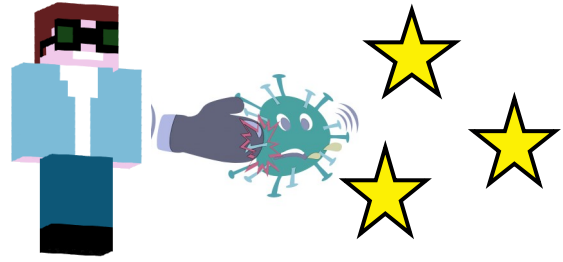
Last word to Lucy.....

Jake is a good kid even though he can't climb trees as fast as me. He looked after me really when I was ill and that is my best memory of lockdown!



Punching back!

by Connor age 10



We all need to work together to tackle the Coronavirus, so we try to follow certain rules. So, if we're going out where there are other people or if you will be on a bus, then it's good to wear a mask. Also, we need to stay 2 metres away from each other and wash our hands as often as we can.

We all need to start punching back at this virus together.

I have thought of a few easy ways we can all help to tackle this virus and make each other happier:

- Every time we remember to wash our hands without being reminded, we could get a reward, like gold stars or getting screen time.
- We can do something kind to help someone in our household – this could be helping younger brothers and sisters with their homework or helping parents or carers with a few chores.
- We could draw a picture, write a letter or send a text to someone we miss or someone we think might feel lonely.
- If you are not feeling happy then you could make a list of good things we still have. One reason I'm not sad or bored is because I have friends to call and family at home to hug - what more could I need?

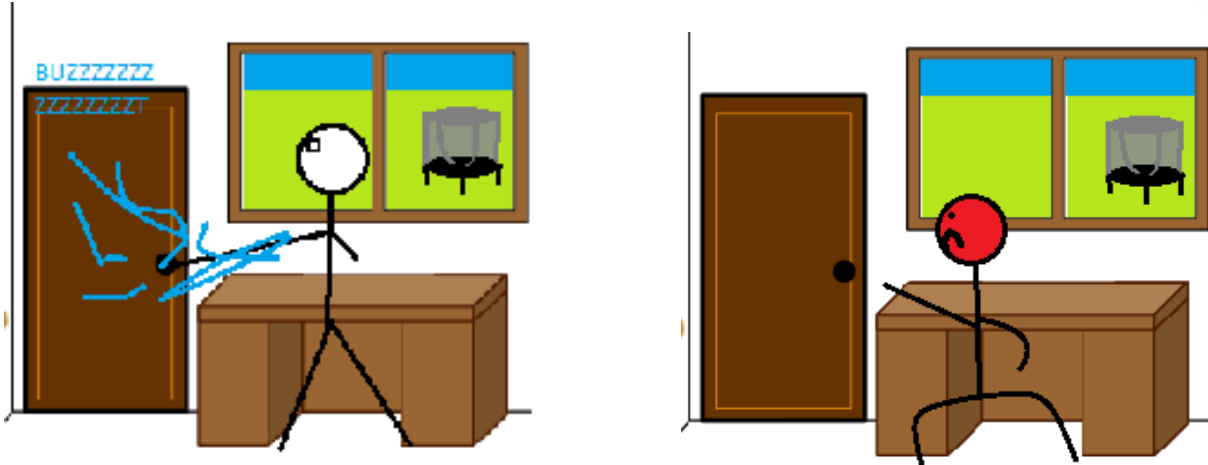
Remember - there's always someone who loves you even when you are angry or sad.

PS—If you don't follow the rules you may end up like this!

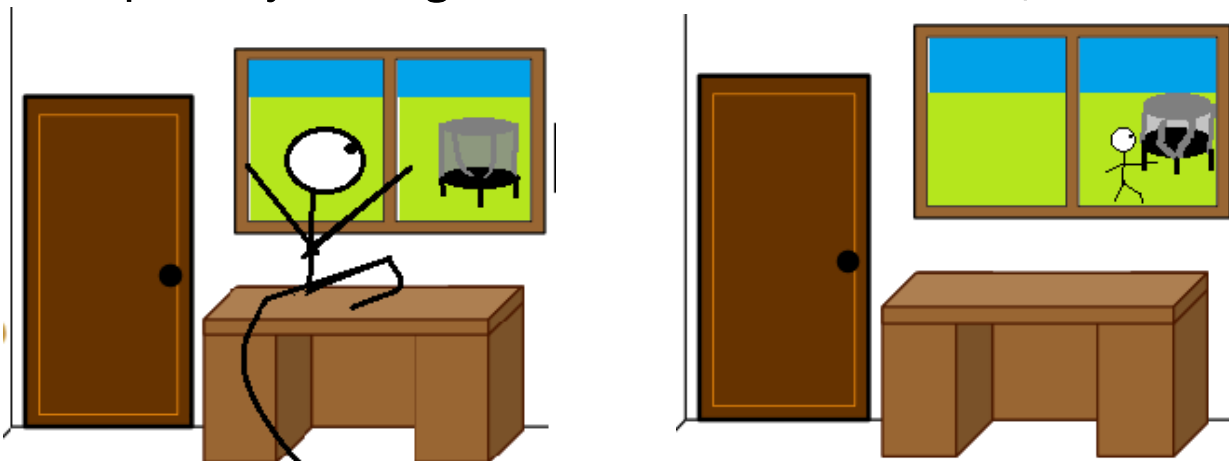


Stuck inside! - a cartoon strip by Connor

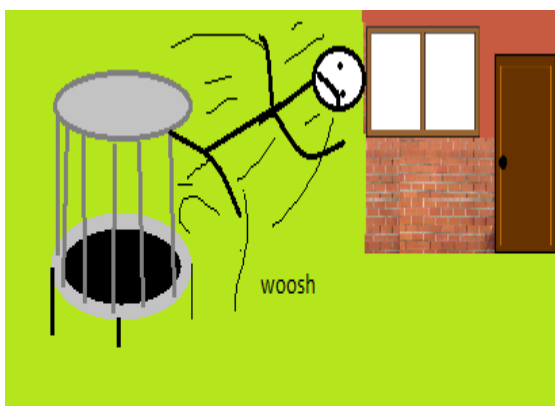
Connor is having trouble getting outside. Bzzzzt! “Ouch!”
Something seems to be stopping him whatever he tries...!



That shock won't stop him. Maybe he can get out to play on the trampoline by climbing out out of the window ... careful, Connor!



But an awkward bounce sends Connor flying back through the window into his house, with a sore back. At least he got some exercise!





Ben's 'Boris' Avatars

Now and Then...



Our 'Boris' is a founder member of MHNE's Young People's Group (Reach Out North East) – and not named after our current Prime Minister - please see how he described himself all those years ago:

From our first Reach Out Newsletter #1 back in 2014

15 year old Boris - Hello football fans!

'Forget Messi or Heskey it's me ! In my spare time I play football, play FIFA on my XBOX and play more football ! I love football just in case you didn't know that. I play for Newcastle and I am on 50p a month'

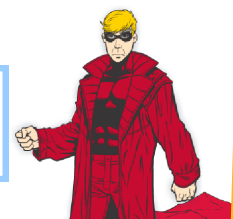


Boris's real name is Ben. He is now 21 years old and an apprentice electrical and mechanical engineer. He is an essential worker and as such has been at work throughout the lock down. MHNE asked him what he might have done differently to the other Boris during this current situation.

"Hindsight is a grand thing but based on information from abroad I would definitely have locked down the UK at least a fortnight before the actual lockdown. I would have worked with other countries to quickly introduce test and trace and a huge priority would have been to provide quality protection clothing and masks for NHS staff, carers and other worker who are constantly in touch with members of the public. In addition I would have personally attended all COVID meetings if well enough to do so."

"One last thing I would have followed the lead of Jacinda Ardern, New Zealand's Prime Minister and spoken directly to British young people and children explaining the current situation and what was being done to protect them and their families."

by Ben, now aged 21!





Music Quiz by Jack

1. Outkast's 2000 single 'Ms Jackson' is said to be addressed to the mother of which singer?
2. What is Kendrick Lamar's real last name?
3. Surprisingly, only one of these songs made it to number 1 in the UK singles chart. Which one?
4. In of September 2018, which of these artists has the most followers on Twitter?
5. Which country has won the Eurovision Song Contest the most times?
6. What is Elton John's real name?
7. Which Scottish rock duo would walk 500 miles, and 500 more?
8. What is the name of Billie Eilish's producer and songwriter brother?
9. Which pop singer's real name is Robyn Fenty?
10. What was the name of the band Justin Timberlake started in?

The solution to this quiz can be found at the end of this issue.

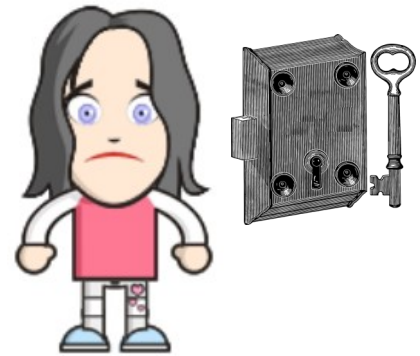




What I Miss During Lockdown

This is one girl's view of how lockdown and her school closing its doors has meant missing things she loves.

During lockdown I have found being away from family and friends is extremely difficult, especially my cousin Leo, because I see him everyday at school, but he is like my brother as we have been together our entire lives.

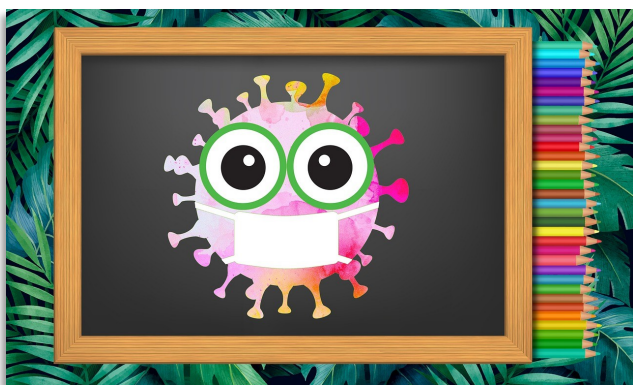


I have had to adapt to being home-schooled instead of in a classroom with Mrs Sant. She puts all of our work on eschools, but I can talk to her through chat if I want to.

Our class were due to go to Bamburgh and Alnwick Castle on an over night residential which we were really looking forwards to, but it had to be cancelled.

I haven't been able to go trampolining because it was closed down. This I miss as I go 4 times a week.

By Anya, aged 9





Search for a VACCINE and 10 more words in our Word-Search

s	a	f	e	l	o	o	h	c	s
x	q	u	f	c	t	z	o	v	p
s	d	n	e	i	r	f	n	a	m
d	l	h	o	y	s	w	i	c	e
n	l	t	h	g	o	m	r	c	a
a	a	k	s	d	t	g	k	i	a
h	m	o	k	w	t	j	w	n	l
d	a	c	f	j	i	c	b	e	o
w	o	n	f	a	m	i	l	y	n
l	y	v	d	s	e	r	x	b	e

alone

family

friends

fun

hands

llama

lockdown

safe

school

time

vaccine

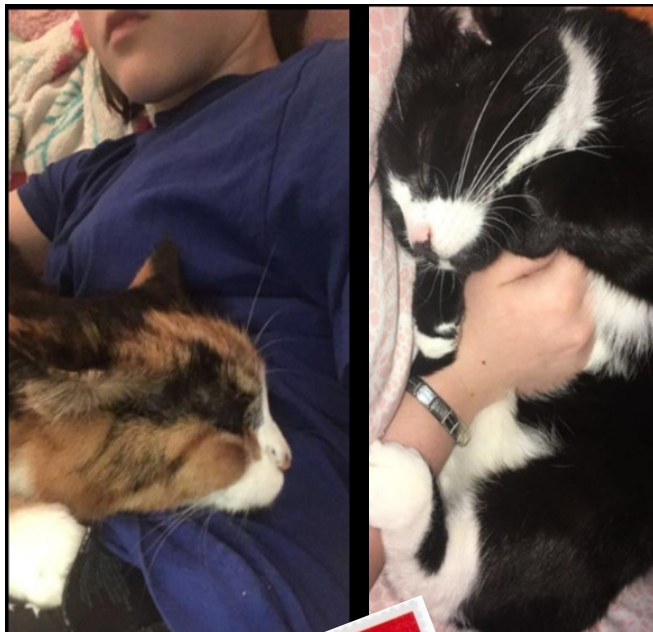


The solution to this wordsearch can be found at the end of this issue.



My Cat's Life and Mine

- I was feeling fine at the start of all this mayhem, but later on during the quarantine I started to really miss my friends and family.
- When I started missing my family, and I couldn't see them, I started to get really bored.
- Once I got really bored, I went online and ordered tie-dye stuff.



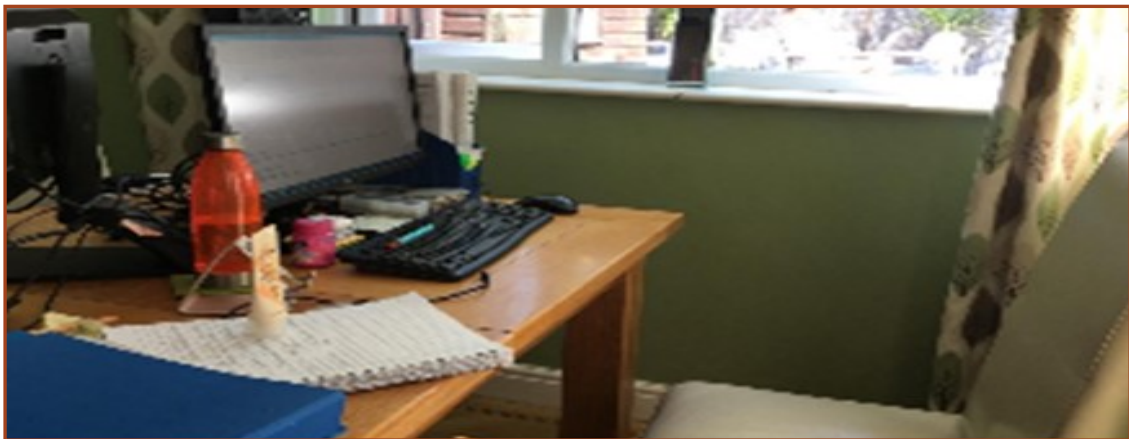
- During lockdown, my grandma sent me loads of gifts so I wouldn't as bored.
- She sent me: a make your own dream-catcher, a how to draw book, paint pens and a diamond painting.
- Before lockdown I didn't really have a bond with my cats but now I can't get a second away from them.



- Since a stupid virus decided to trot along, I haven't been able to see my dad or my dogs there. So since I can't see them, my dad comes round my house every week and brings a dog. I haven't been able to see my Nan either, so I went down to her house and gave her a present.



- My birthday was on the 28th of March, so I obviously couldn't do what I was going to do originally, but my birthday was still great. I got to spend it with my Mam and Stepmam, but the most exciting part is I got surprised with Hot-Tub.



- Since my school shut down, me, my Mam and my Stepmam have been working from home on the dining room table. We have also been getting stressed and we've been struggling with our work.

by Amber



Stuck in Lockdown



I don't like lockdown because I can't see my friends and family. I get a bit bored sometimes, but I have been enjoying the sunshine outside.

I miss doing my work in school with my classmates and I miss my teachers too. I enjoy trying different things such as: going down a steep hill on my bike, eating new foods and playing games.

Sadly, my birthday was during lockdown. I hope that after lockdown everyone will be able to celebrate their birthdays together.

My favourite part of lockdown is when I go on bike rides and fun walks in the sun. I don't like having to clean my room, but I must do it. I really do like helping around the house.

I hope everyone is safe and stays away from each other. I like reading and get a lot of laughter from my Horrid Henry joke books.

by Michael, Age 9





Lockdown Sucks!

a poem by Nola aged 12



Lockdown sucks

But at least we see hens and ducks

Nextdoor neighbours having fun

While enjoying a beer in the sun



All missing family and friends

Hoping lockdown quickly ends



Going outside for a daily walk

Making a rainbow out of chalk



Clapping for the NHS

Saving peoples life is the best



Loving doing work at home

Because I do it on my phone

Thanks to people who stayed home and took part

Who helped those in need and made them a tart



Where to go for help ...



Here are some places to go for help if you or someone close to you are struggling...

Single Points of Access

If you are a child or young person aged between 0-18 years old, or a parent or carer of a child, you can self refer:

County Durham and Darlington has a single point of access for referrals and self-referrals to CAMHS services. To contact the team please email tewv.camhscountydurhamdarlington@nhs.net or call 0300 123 9296.

You can contact the Newcastle-Gateshead single point of access on 0303 123 1147 or email NGSPA@nhs.net

National Self Harm Network

Self Harm Support—0800 6226000

Childline Messageboards and Online Chat for free, confidential help. Helpline 24hours —0800 1111

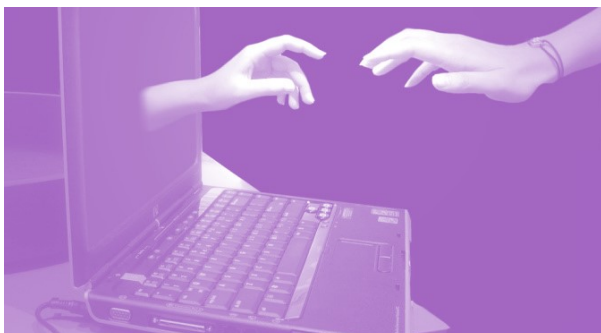
Kooth Articles, Forums and Message Boards.

The Samaritans You do not have to be suicidal to contact them. There are branches based in Durham, Sunderland & Newcastle. For the nearest one to you (phone support and more):

08457 90 90 90 (24 hours) or visit www.samaritans.org/branches

Papyrus

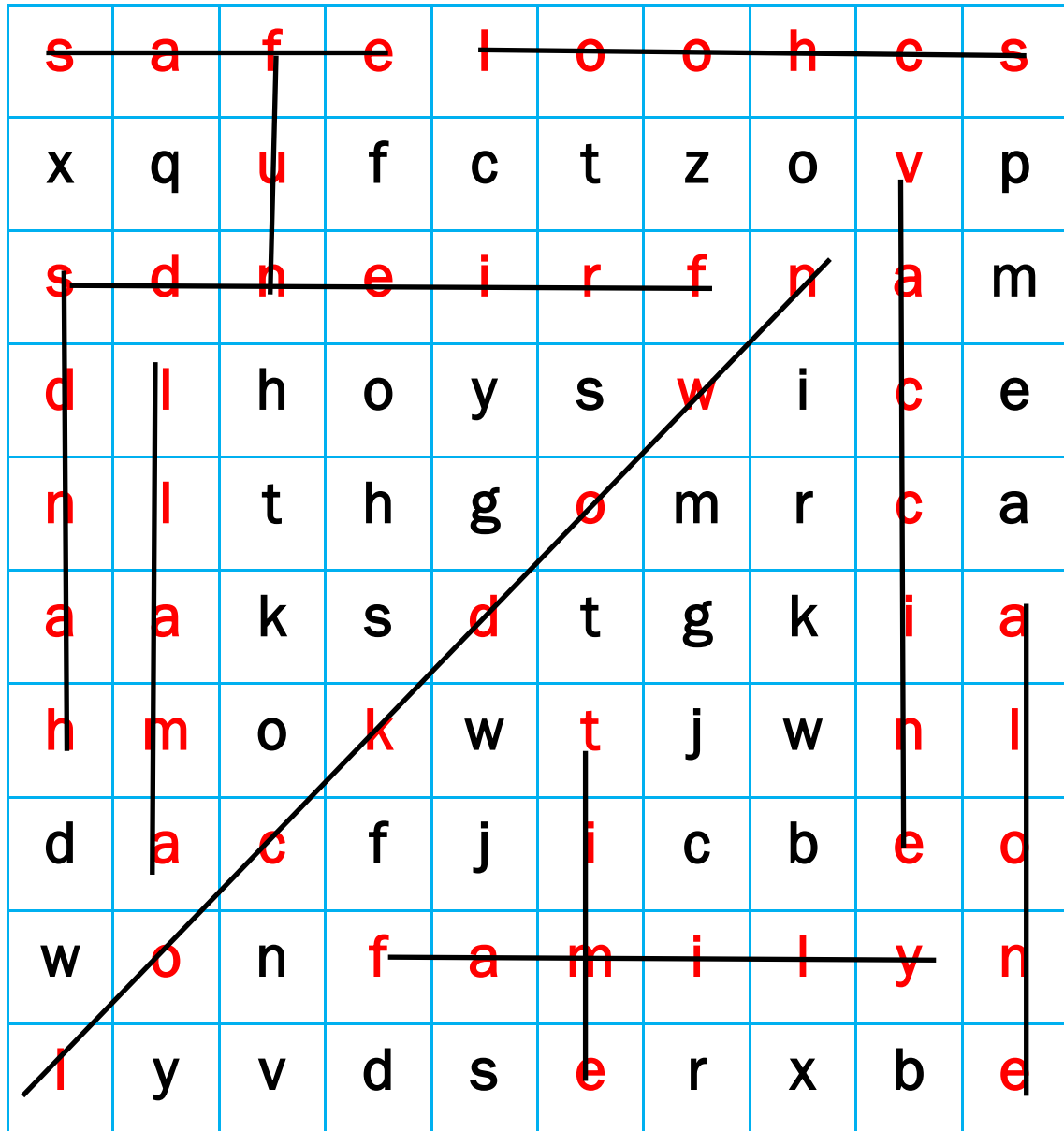
Hopeline UK—0800 068 4141 or text 07786209697



The Young People's support pages on the MHNE website have more information about who to contact.

Always ring 999 in an emergency.

Search for a VACCINE—Wordsearch solution



Paddling pool picture.
Freya age 3.

Music Quiz Answers



1. Lauryn Hill, Mary J Bilge, Janet Jackson or Erykah Badu
2. Duckworth, Lewis, Perkins or Hendrix
3. Kelis- Milkshake, Oasis- Wonderwall, Elton John- Rocket Man or Blu Cantrell and Sean Paul- Breathe
4. Lady Gaga, Rhianna, Katy Perry or Justin Bieber
5. Ireland, Sweden, United Kingdom or France
6. Reginald Kenneth Dwight / Reg Dwight
7. The Proclaimers
8. Finneas O'Connell
9. Rihanna
10. NSYNC



MHNE

Mental Health North East

Charity No: 1119652
Company No: 5552172

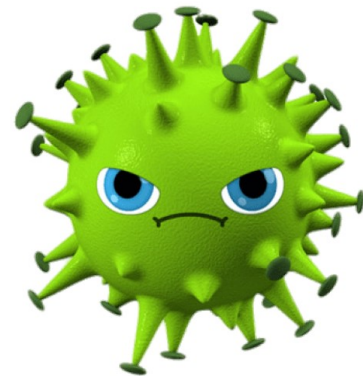
- To find out more information
- To comment on this newsletter
- To join the Reach Out North East team or
- To include something in a future newsletter...

Please contact Lyn Boyd
Phone: 0191 411 1962

Email: lyn.boyd@mhne.org.uk
Web: www.mhne.org.uk

 @MHNE_YP and @MHNETWEETS

Mental Health North East
Birtley CDC
Drum Park Lane Industrial Estate
Chester Le Street
Co Durham
DH2 1AE



Mental Health North East (MHNE) is an charity that supports voluntary and community organisations whose work involves mental health.

Reach Out North East newsletter is part of MHNE's Young People and Mental Health Project.