



CITY EQUALS

Newsletter

ISSUE 01
AUGUST 2011



WE ARE CITY EQUALS

City Equals are a group of young people between the ages of 15 to 25 that have learning difficulties and disabilities (LDD).

City Equals are here to represent young people of Sunderland with LDD.

The group received funding from the Youth Opportunity Fund last year to produce a newsletter to make other young people with LDD more aware of City Equals and the work they do to help make their voices heard.

Some people have not heard about City Equals and the work we do. Hopefully this newsletter will show some of the great work the group has produced to make a difference.

THE UNHEARD VOICES EVENT

Last March six members of City Equals attended the Unheard Voices launch event in West Bromwich, where groups with LDD from all around the UK gathered to meet and discuss issues as one, and also have fun with a number of activities. The group learnt new skills, such as how to make a complaint and how to get their voices heard.

The group took part in the Hearing Unheard Voices Exhibition with drop-in activities which included:

- Self portrait studio
- e-reporting desk
- Video booth
- Photography desk
- Web desk
- Poster desk & an issues market place.

The UK Youth Voice Event



Last July City Equals attended the UK Youth Voice event in Hampshire.

This was an opportunity for young people throughout the UK to come together, meet new people

and discuss the issues relevant to their lives and futures. The 2 days were full of planned activities & work shops.

All of the groups attending got involved in the workshops. It was a very interesting 2 days which the young people found rewarding to give them the confidence to speak up, take part in debates and pass on information to other young people on issues such as e-bullying. The event was also a chance to meet up with different young people in the UK.



City Equals Members

The group currently meet every Wednesday at the Sunderland Award Centre between the hours of 4.30pm and 6.30pm.

SUNDERLAND YOUNG ACHIEVERS AWARDS



At this year's Sunderland Young Achievers Awards 2011, City Equals were awarded the overall winner of the 'service to the community' group award.

TRAINING SCHEMES

City Equals have been actively involved in gaining new skills. The group has been attending sessions in:



- Team Building
- Voice Ability
- Presentation Skills

Currently the group are doing very well and are enjoying the training. The second part of the training started in June 2011.



The Young People State of the City Debate 2010

City Equals attended the Young People State of the City Debate in October, the group joined in on the debate on the 5 themes which where:-

- Sport and leisure
- Money
- Education
- Sexual health, relationships and teenage pregnancy
- Work, employment and careers

Delegates were asked;

"Do you think sex education should be taught in schools?"

"At what age should you be taught about sex?"

The feedback from City Equals regarding the debate concluded that....

There is not enough sexual health and relationship advice available for young people with learning disabilities and difficulties. Sex education needs to be more consistent.

"What are your thoughts on the minimum wage and careers advice?"

"How is the recession affecting you?"

"Do you feel work and employment is an issue?"



continues...

continued... **The group's opinion was:**

"Young people with learning disabilities and difficulties need more support when seeking employment, such as changes to the Education Maintenance Allowance would affect us attending further education.

Employers should have a better understanding of individual learning needs and we need more support in doing CVs and help with interview skills"

After much discussion and debate we were asked to vote in order of priority which three issues out of the five debated that they would like Sunderland Youth Parliament to take forward for action to the appropriate agencies. The three themes were:

- Education
- Work employment and careers
- Money



11 MILLION TAKE OVER DAY

Members of City Equals took part in the 11 Million take over day 2011. Some of the members got to shadow the Social Inclusion Coordinator and visited the XL villages & the mobile youth buses. The other City Equals members got to attend a Children's Services meeting at the Civic Centre.



The day was about letting young people act as a worker and to find out what it is like to do the role.

All young people agreed that it was a fun day and they would like to do it again, most stating it should be longer than a day, as it was not long enough.



RED NOSE DAY

City Equals and Sunderland Music Workshop decided to join forces to do something for Red Nose day. City Equals agreed that they would do a sponsored walk along the Seaburn coast to Sunderland city centre. They used public transport to get to the Sunderland Award Centre where the Sunderland Music Workshop played live music. Both groups also helped by selling cup cakes and home made pies on the day.

The day was a great success and together they raised around £320.



JOKE CORNER

Q: Why did the man put his money in the freezer?

A: He wanted cold hard cash.

Q: What do you get when you cross a snowman with a vampire?

A: Frostbite.

Q: How do crazy people go through the forest?

A: They take the psycho path.

Q: How do you make a tissue dance?

A: Put a little boogey in it.



MESSAGE TO ALL YOUNG PEOPLE WITH LEARNING DIFFICULTIES AND DISABILITIES (LDD)

Overall City Equals are here to work on behalf of young people with learning difficulties and disabilities. The group are always looking for new members. If you are interested and if you want to find out more, please pop in to the Sunderland Award Centre or contact Angela Mills (contact details below).

SOCIAL INCLUSION PROJECTS

Bluewatch Centre

Burdon Lane
Ryhope, Sunderland

Monday:
6.00pm till 8.30pm

Dubmire

Dubmire Primary School
Britannia Terrace
Houghton

Thursday:
6.00pm till 8.30pm

Farringdon Jubilee centre

Farringdon School
Allendale Road,
Sunderland

Tuesday:
6.00pm till 8.30pm

Redhouse Youth Project

Redhouse Academy
Ruthergien Road
Redhouse Estate
Sunderland SR5 5LN

Thursday:
6.00pm till 9.00pm

Pitstop (Oxclose Young People's Project)

The Avenue
Glebe, Washington

Tuesday:
6.00pm till 8.45pm

Pennywell Youth Project

St Thomas, Peterfield Rd
Sunderland

Tuesday:
5.45pm till 8.15pm

Lambton Street

Falkland Road
Low Ford, Sunderland

Friday:
5.30pm till 8.00pm

Saturday:
10.30am till 2.00pm

19-25 Provision A690 Youth Initiative

Sandhill View, Grindon Lane

Tuesday:
6.00pm till 8.30pm

15-25 City Equals Participation Group

Sunderland Awards Centre
270a Hylton Road
Sunderland

Wednesday:
4.45pm till 6.30pm