



*Written by young people for young people*

# SPEAKOUT

magazine

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- CREATIVE SHORT STORIES, POEMS & DOODLES -
- PAINT POTTLE TRIP -
- TRAVELLING FORWARD ROCKET CHALLENGE -
- SPOT THE DIFFERENCE -
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@speakouthcyc

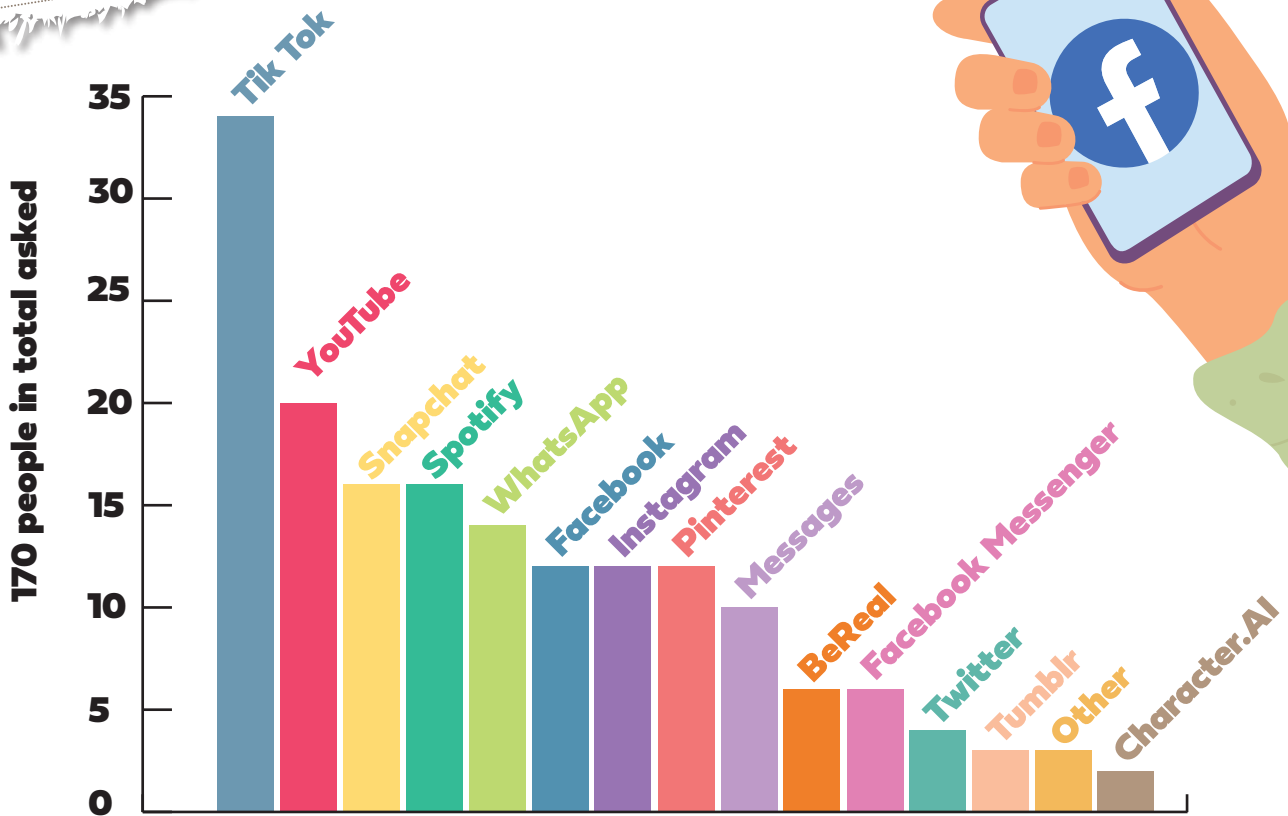
[www.speakout.org.uk](http://www.speakout.org.uk)

<https://localgiving.org/charity/hcyc/project/speakout/>

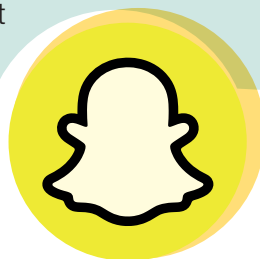
# Vox Pops

By The Speak Out Team

## WHICH APP DO YOU USE THE MOST ON YOUR MOBILE PHONE?



Did you know that young people aged 13 to 19 spend an average of 8.5 hours on social media, gaming and texting each day? This is more than the average 8 to 12 year old who spends approximately 5.5 hours on a screen each day. These findings show that a lot of young people spend most of their free time looking at screens. So, what are they doing with their devices? This edition we asked young people which apps they use the most on their mobile phones, and we found that the most popular app used by young people today is Tik Tok which was selected by 20% of the young people who took part, followed by 12% for YouTube and then 9% for Snapchat and Spotify.



Follow the QR code to find out how mobile phones can affect your sleep...

# 6 Things to do Without Gadgets

## 1. READING

Reading is very beneficial for the brain. It reduces stress and increases mental stimulation and improves memory.



## 2. PLAY BOARD GAMES OR CARDS

There are many choices of board games that you can play alone or with your friends. For examples: Snakes & Ladders, Draughts, Chess, Pictionary, Uno, Dobble, Scrabble and many more...

## 3. PICNIC

Enjoy some quality time with family or friends at a local park.



## 4. COLOURING, ARTS & CRAFTS

Arts and crafts can keep you entertained for hours or even days! Also, mindful colouring can relieve stress and anxiety.



## 5. WALK, RUN OR BIKE RIDE

Get your steps in. Take a leisurely bike ride or walk along a scenic route or go for a run.



## 6. PLAY WITH YOUR PETS (IF YOU HAVE ANY)

As fun as watching pet videos online can be, it would be more fun to play with your pets in real life.



## ART BRIEF

This edition we asked young people to take part in a competition to create a drawing, painting or collage of a cityscape of your favourite location or city. The winner is **Savannah Williams-Brown** who created a cityscape of London.



# 12:34 am

By Speak Out Team Member

12:34 am. 12:34 am. The glowing dashboard of my car blinks insistently at me as I force my eyes down to the untouched accelerator pedal. I could just go. I could just leave. I've been driving for a long, long time. What's a few more hours?

I could just leave.

But I sit here, engine still growling like a rabid animal cornered by predators, headlights bathing the road ahead of me in an otherworldly fluorescence.

My head, almost unconsciously, snaps back up to stare out of the windshield, like a string on a puppet being tugged. It's too dark to see, even with my lights on. I open the car door and step onto the tarmac with a lot less force than I expect. The air is cool and sharp against my skin. It feels like a bird being let out of its cage for the first time. Like a pig being herded into an abattoir. Freeing. Deadly.

I can see it clearly now. It's watching me, as always. It's been watching me since the beginning. Since I left.

It watches. It knows. And it does not appreciate what I have done.

What have I done?

12:35 am. 12:35 am. The glowing dashboard blinks futilely at me as I step further away from my car, my sanctuary, my prison. What am I doing?

I want to go back. I want to get back in my car and slam on the gas and drive away, until it leaves me alone, until it stops watching me. But I step further into the road, knowing full well that a car could come speeding down the lane at any moment.

Could this really be so bad? To take responsibility? To give up? It knows.

I can't run forever.

I hear it whisper in my mind, almost silently; I don't speak the language, but I understand it completely.

I can't run forever.

12:36 am. It's not going to stop watching.

12:37 am. It's not going to stop following.

12:38 am. I have no choice, really.

12:39 am. This is the only way.

12:39 am. I drag myself towards it.

12:29 am. When did I blink?

12:39 am. How far have I even gotten?

12:39 am. Does time even mean anything anymore?

12:39 am. A light. My head turns so quickly I think I hear something snap.

The rays practically blind me, consuming my vision. There's a roar loud enough to drown out the whispers. It's a car, barrelling towards me with no intent in stopping. It's five metres, four metres, three metres away from me. Two metres. One. Half a metre.

Zero.

12:34 am. 12:34 am. The glowing dashboard of my car blinks at me as I grip the steering wheel. I'm holding on to it so tightly I've lost all feeling in my fingers, the metal cold and stinging against my sweaty palms. I hesitantly glance through the windshields. It's too dark to see anything, even with my lights on.

I think it's gone. For now, at least. Or maybe I just can't see it. I don't step outside to check.

I'm not an idiot. I can't escape it, I know that.

But I can run a little longer.

I slam my foot down on the pedal and that familiar flat, repetitive landscape of road and leafless trees starts speeding past me illuminated by the dull, lifeless glow of my headlights.

I've been driving for a long, long time. What's a few more hours?



Photo by Jakob Fossen on Unsplash

**I want to go back.  
I want to get back in  
my car and slam on the  
gas and drive away...**

# Paint Pottle Trip

## Another term another trip!

Last term the **Speak Out Team** visited The Paint Pottle to do some therapeutic pottery painting.

The studio is run by local pottery enthusiast Claire Webb in The Village on St Mary's Road in Market Harborough.

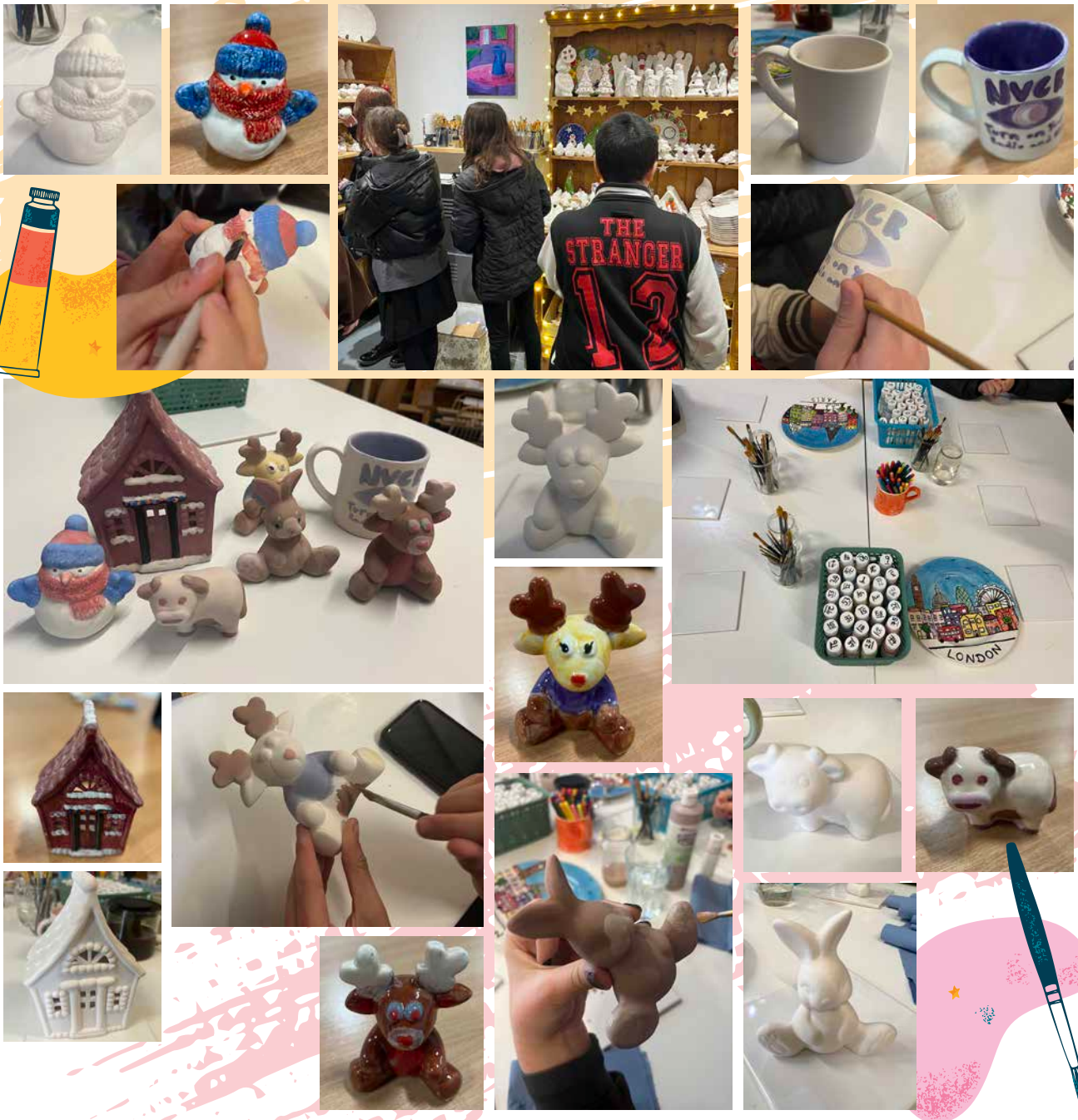
We had a wonderful time, Claire and her team were very friendly and welcoming.

We picked out our own piece of pottery to paint then Claire gave us some top tips on how to

identify colours to get the best results and what they would look like once our pieces had been glazed. We left our finished pieces at the studio to be fired and glazed and the results were amazing!

We could not be more pleased and would definitely recommend! It's a great place to spend time with your friends or family whilst enjoying a hot chocolate and indulging your creative side.

For more information and booking details visit their website: [www.thepaintpottle.co.uk](http://www.thepaintpottle.co.uk)



# PLAYING OUR PART IN GETTING TO NET ZERO

Market Harborough young people participated in a project which will help inform future plans for Net Zero Leicestershire. Over eight weeks they created a Net Zero Zine out of recycled materials that highlight environmental issues they are passionate about. They hope that the zine and display start a climate change conversation with other young people in the Harborough District. The culmination of the project was a display in the Harborough Museum which took place on Saturday 9th December 2023.

**A ZINE IS A SELF-PUBLISHED SMALL-CIRCULATION WORK ABOUT A PARTICULAR SUBJECT, PRODUCED BY ONE PERSON OR A SMALL GROUP OF PEOPLE WHO ARE INTERESTED IN THAT SUBJECT.**

## Quotes from other young participants

“I chose to do a story about littering... places like lakes and forests because I often see a lot of litter on walks and I thought it’s ruining the areas, for animals and people so I thought it would be nice to do a story about it to spread awareness about the issue. I feel excited that we who are working on a project about the environment will be listened to by the council who are focused on becoming net zero.”

“I think my main hope for this is that it’s going to make people a bit more climate conscious and more aware of what’s happening and what they can do to help.”

“We have been working on a story that will help people to understand environmental issues that are happening to our world. We have created our own characters which has involved drawing and experimenting with different art materials. This experience has given me a better insight on environmental issues through using my art skills.”

Savannah Williams - Brown



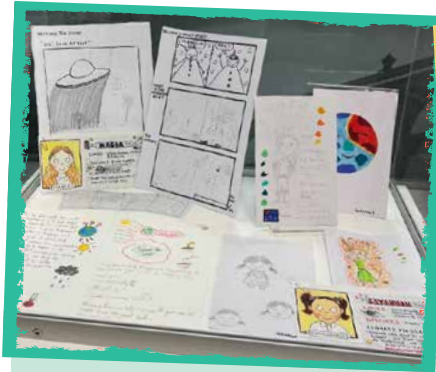
“I hope that it gives people more of a view on how much climate change is impacting people and I hope that some of the other stories bring more attention about the environment to the council.”





Each week we drew random doodles on recycled paper and looked at different ways our shapes could be made into characters. We then focused on character design and expressions breaking our process down into:

- *What makes a good character?*
- *What qualities does our character have?*
- *How is our character feeling?*
- *How can we show their emotions?*



With characters designed it was time to create net zero stories. Using different prompts and recycled materials we experimented to find the best way to tell our individual stories. Some of us preferred to write a short story first, others jumped right into illustrating and the story appeared in picture form.



Final artwork, using different recycled materials and techniques to illustrate our stories. We have had a lot of fun creating our zine.



“My hopes are that we’ll all try and work together to try and reach net zero even if it’s something as small as everybody just planting one flower every now and again because even the small things that we do can make a huge difference.”



“I love the fact that I am being listened to and that people will take and acknowledge and then change the world and change politics.”

## Have your say

Take part in a short survey and you can enter a prize draw to win FREE tickets to the Natural History Museum in London! Lunch and travel provided (1 adult + 1 child).

Help shape future plans for Net Zero Leicestershire by telling us how you think individuals and communities could step up to the climate emergency challenge.

**Follow the QR code to take part.**



# GUARDIAN ANGEL

by Abigail Croft

I like to copy her movements. I pretend to grab the phone, carefully dial a number I've memorised and talk quietly, but my words are different. Her mousey brown hair falls down her flushed cheeks as she talks on the phone. I don't know who she's talking to, but she talks with them every evening. Her deep blue eyes reflect her sadness, like pools of crystal water, sitting still, deep in a cave never explored.

The girl, she can't see me, but I can see her. I've watched her for a while. It's strange but I like to pretend to be her, and pretend I have the same life as her.

Her room is cosy. Posters of all sorts of things scatter the weathered walls; blankets and old stuffed toys tossed in a corner long forgotten; piles and piles of unfinished work cover her desk and her glowing bed lamp illuminates the room in an orange glow. But she is dejected, desolate and depressed. I want to help but I can't. I can't do anything. I can't wipe the tears that fall down her face every night or stand up for her when a nasty comment is made, or even just hug her when she sits, staring blankly into me or nothing, because I am nothing.

A loud bang disrupts the peaceful quiet. The girl tenses with worry - or fear - I can't tell. Swiftly, she taps her light, plunging the room in darkness, as she wraps herself tightly in the blanket. She finally whispers into the phone before switching it off.

The room is enveloped in a dimness of shadows; the posters on the wall suddenly become distorted, until their faces each twist into monsters, and the weak light illuminating outside seems to switch to gloominess. The cave is crumbling, and as it does the girl cries tears of despair. Another bang.

The door opens. The posters move to what they were, and the streetlight outside turns back to the white blinding glow it was before. A woman appears at the door, passes through me towards

Here is our creative writing winner for this edition. All other entries from our talented writers feature on our speakout.org.uk website so take a read too using the QR code at the bottom of the page.

The girl, she can't see me, but I can see her. I've watched her for a while...



Photo by Mathews Bertell at Pexels

the now still girl. She picks her up, tightly holding the child. Surprisingly, she turns to me, her eyes pure and sympathetic.

"I'm sorry dear, but we have to go now," she murmurs, her soothing eyes returning to the child. I feel like I recognise her.

"Miss, I..." I manage to slip out.

I blink. The window is open. The room's curtains dance to the frigid wind as it brushes into the room. The woman is not here anymore, but the child still is. Her little body is unmoving; fixed forever. As a tear falls down my face, memories start to come back, why I'm here, following her, protecting her. But I failed to protect her in that little moment. That little crack led to the collapse.

I fade just as fast as her life did.

Check out all the other entries using the QR code





# Rocket Challenge

Our Travelling Forward group had fun with an experiment last term. Here are some photos and the experiment instructions if you want to have a go - ask an adult first as it can get messy!



## READY TO ROCK IT?

By The Speak Out Team

### YOU WILL NEED:

- Empty plastic bottle
- Cork (must fit tightly inside the bottle neck)
- Kitchen roll
- Baking soda / bicarbonate of soda
- Vinegar / lemon juice
- 3 straws
- Tape

### INSTRUCTIONS

1. Use the tape to attach 3 straws to the plastic bottle to make it stand upside down.
2. Decorate your rocket (do not use anything heavy as it will make it harder for your rocket to take off).
3. Pour around 3cm of vinegar or lemon juice into the bottle.
4. Wrap 1 tablespoon of baking soda or bicarbonate of soda into half of a kitchen roll sheet to make a little parcel.
5. Find a safe space outside on a hard floor.
6. Drop the baking soda / bicarbonate of soda parcel into the bottle, quickly put the cork on then put your rocket down and **STAND BACK!!**



# WWF

A few issues ago we wrote about the climate crisis because we wanted to raise awareness around this topic. We created this JustGiving page to raise money for WWF but unfortunately, we haven't quite reached our target yet, which is £100.

We feel very strongly about the climate change crisis and the endangered animals, therefore we have decided to relaunch our campaign for the endangered animals and their at-risk habitats. We hope you feel the same way as us and support our cause!

WWF raises funds to protect endangered and vulnerable wildlife from mankind-caused threats and problems such as habitat loss and poaching. Our target is £100 please help us reach it!



Donating through JustGiving is quick, easy, and completely safe. Your details are secure with JustGiving - they will never sell them on or send you unnecessary emails. When you donate, they will send the money directly to the charity.



# The Girl with the Stutter

By Amelia McMillan

This is me and I have a stutter  
But I'm proud and I don't let it stop me.  
I'm different and smart and kind and I'm strong  
But I can't always say what I mean.

Listen, I'm not stupid - I'm going to change  
the world.  
And be an inspiration for every little girl.

Just realise I'm not scared, it's just a condition -  
If you looked closer, you'd see that I'm full of  
ambition.

I'm trying to say what I mean, nothing's  
stopping me.  
Except you, your ignorance and all your  
interrupting.

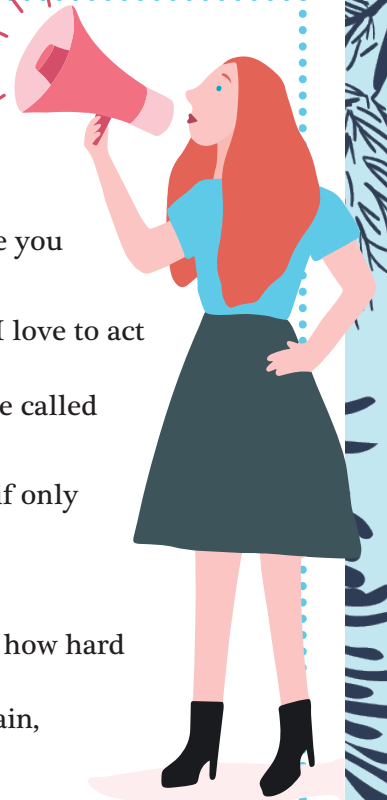
And there's more to stuttering than you would  
ever know.  
Sometimes I'm stuttering and making no  
sound at all.

No no no! I'm so angry  
and tired of this!  
I'll say it again, why are you  
all so ignorant?

I've spoken to crowds; I love to act  
- yes! -  
'Cause I use a technique called  
costal breathing!

It's just so exhausting, if only  
you knew.  
How many people are  
struggling too.  
You just can't imagine, how hard  
it is to speak,  
Every word is a mountain,  
I'm climbing the peak.

So, when you hear me stutter,  
just please leave me be.  
I'll say it in time,  
And I promise you'll hear me.



## Spot The Difference

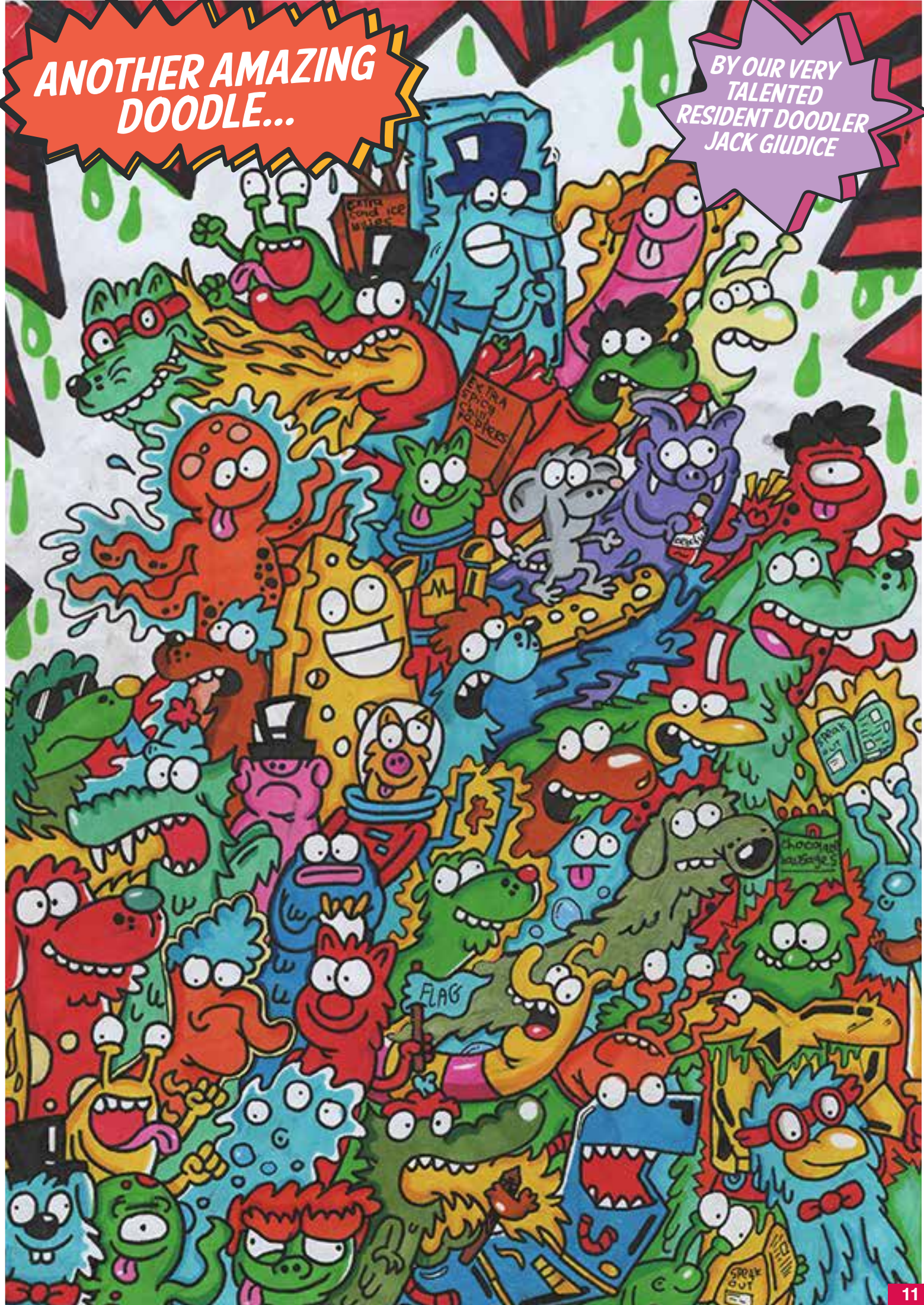
By Alice



The answers can be found on the back page.

**ANOTHER AMAZING  
DOODLE...**

**BY OUR VERY  
TALENTED  
RESIDENT DOODLER  
JACK GIUDICE**



# CHILL OUT PROJECTS



HCYC is a local charity focused on delivering services and projects to meet identified needs and gaps in services for children and young people across the Harborough District.

## Current Term-Time Drop in Open Access Provision

### Great Easton Youth Club

**When:** Mondays - 5:45 to 7:15pm  
**Age Range:** 11 to 16  
**Venue:** Great Easton Village Hall  
**In partnership with Great Easton Parish Council**

### Kibworth Youth Club

**When:** Tuesdays - 6.00 to 7.30pm  
**Age Range:** 11 to 16  
**Venue:** The Well, Kibworth  
**Contact** [kay.hillier@hcy.org.uk](mailto:kay.hillier@hcy.org.uk)  
**for further information**

### South Kilworth "SKY" Club

**When:** Wednesdays - 6.45 to 8.45pm  
**Age Range:** 8 to 16  
**Venue:** South Kilworth Village Hall  
**Contact us for more information**

### Fleckney Youth Club

**When:** Wednesdays - 7.00 to 8.30pm  
**Age Range:** 11 to 16  
**Venue:** At Fleckney Baptist Church Hall  
**In partnership with Fleckney Parish Council**

### Young Carers

**When:** Every other Tuesday - 6.30 to 8.30pm  
**Venue:** Market Harborough  
**Contact** [info@hcy.org.uk](mailto:info@hcy.org.uk)



Check our website for up-to-date information : [www.speakout.org.uk/about-us/other-hcy-projects/](http://www.speakout.org.uk/about-us/other-hcy-projects/)



## Our partnerships

We are currently working with two teams in the local community.



### The Harborough Community Safety Partnership

This was set up under

Sections 5-7 of the Crime & Disorder Act 1998 and is made up of statutory services that work together to protect our local communities from crime and disorder to help people feel safer.

The partnership aims to make our local district safer for children and young people.



### Harborough Integrated Neighbourhood Team (HINT)

The Harborough INT was set up in October 2017. It recognises that today's children and young people are the service users of today and tomorrow, so the INT is seeking to increase awareness of services and initiatives that affect young people locally.



Visit our website to find out more about these partnerships:  
[www.speakout.org.uk/about-us/our-partnerships](http://www.speakout.org.uk/about-us/our-partnerships)

## Word of the issue!

# POLYCHROMATIC

showing a variety or a change of colours: multi-coloured.

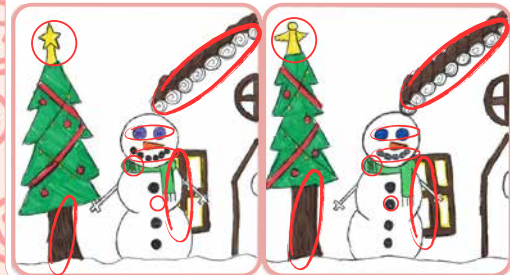
## Have Your Say

Tell us how you think we could improve the magazine by emailing: [speakout@hcy.org.uk](mailto:speakout@hcy.org.uk)



## Spot The Difference

ANSWERS



1. star/angel
2. tree trunk
3. missing log on roof
4. snowman eyes
5. buttons on smile
6. pattern on scarf
7. missing button
8. window panes