

# LEFT clip

Issue 15 • Spring 2008



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Hello everybody and welcome to your new look 'Left Clip' Magazine for 2008! There will now be three issues per year for you to read; they will be shorter in length than the old Left Clip but still packed with fun, inspiration and good ideas.

In this issue you will find stories about the first ever CLAPA Ski Camp plus the usual features such as Dr Clip, a competition and book and film reviews.

I want to give you all an update about what has been happening with CLAPA's Children & Young Peoples' Services in 2008. The Ski Camp in January was a huge success with eight young people coming along. There was snow everyday and we all had a fantastic time! CLAPA will be running the Ski Camp again in 2009. So please look out for more information on the CLAPA website. In January we held the first Children and Young Peoples' Council meeting. The Council has nine members and six of those came to the first meeting in London. If you look on page four Nicola Elliott, a council member, will tell you more about the meeting. If you would like to join the Council we are still accepting applications. You can download a form from our website – [www.clapa.com](http://www.clapa.com)

In February we had a drama workshop at Hampstead Theatre in London. Six children and young people attended and had a great time; they even put on a performance at the end of the day for their parents! Well done young thespians!!

Don't worry if you think you have missed out on anything, we still have the first ever football workshop taking place in May at a leisure centre in Dorset, we have Summer Camp in July and a one day watersports workshop in August. Please look on the website for more details or contact me. All the contact details are below, So why not come along? Get involved as it is a great opportunity to meet other children and young people with clefts and have fun at the same time. I look forward to meeting you all in the near future.

**Till next time, I wish you Happy reading!**

**Sandy** (Children's Services Development Co-ordinator)  
[www.clapa.com](http://www.clapa.com) • [sandy.bowden@clapa.com](mailto:sandy.bowden@clapa.com) •  
**0207 833 4883**

CLAPA would like to thank Sue Brown, All the Children and Young People who attended the Ski Camp and drama workshops, The CLAPA Council members, Alan Gowans, Changing Faces, Ely Flanagan and Georgina Zanlerigu for all their support with this issue of Left Clip.

"Thank you for organising the Ski trip. It was very fun and I would love to go again" Adam aged 12



"The ski camp was awesome. The experience of learning to Ski was fabulous. I can't remember having so much fun to start off a new year" Lizzie 14



"Thank you for the drama workshop day. It has done Dominic the world of good" Jane (Parent)



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# Changing Faces Children and Young People's Service

## CLAPA would like to introduce you to Changing Faces

[www.changingfaces.org.uk](http://www.changingfaces.org.uk)) Changing faces provides a range of services for all those affected by an appearance condition including birth marks, burns, skin conditions and Cleft lip and/or Palate. Here is some information about their work with children and young people.

Changing Faces' Children and Young People's Service has lots of experience in supporting children, young people and their families. They are able to advise on how to deal with appearance related challenges and increase self esteem and confidence.

Their Child and Young People's Specialists can work with children, young people and parents on a 1:1 basis, offering a space to talk, get support and provide ideas or access counseling. This can be done over the telephone, via email or in person at their London office (by appointment). They can be contacted on **0845 4500 275** or by email at [info@changingfaces.org.uk](mailto:info@changingfaces.org.uk)

11-21 year olds can log on to their young people's website [www.iface.org.uk](http://www.iface.org.uk) and swap tips, share experiences and get advice on looking 'different'.

During 2008 they will be providing group activity days for different age groups including...

- An 'Island of Adventure' activity day focusing on moving to secondary school for those in school year 6 and their parents on 17th May in London (see advert below)
- A Beauty Inside and Out day for young women (date and location to be confirmed)

**Island of Adventure!**  
**Saturday 17th May 2008**  
**10:30 am – 3:00 pm**  
**Central London**



**Starting secondary school this year?**  
**Do you have a visible difference?**  
**Come to our fun activity day...**

**Who else is invited?** This has been sent to boys and girls across the country who have a visible difference and starting secondary school this September.

**Can my family come too?** Unfortunately there isn't enough space for brothers and sisters but there will be a separate session for parents in a different room.

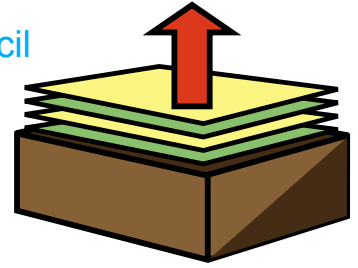
**Why is there a day just for Year 6?** Starting secondary school is a big step for anyone. Being able to feel confident, deal with curiosity and make new friends is important – especially when you have a condition that affects the way you look.

**What will I get out of it?** Ideas for meeting new people (teachers, classmates, older year groups) and making friends • Build your confidence • A chance to meet other kids your age who look different • Pizza lunch and refreshments • Your family could also spend the rest of the afternoon at one of the many London attractions just a stone's throw away (Regents Park, London Zoo, Madame Tussauds, Oxford Street etc)

**What do I do now?** Parents can phone the Children and Young People's Service on **0845 4500 275** or Email [info@changingfaces.org.uk](mailto:info@changingfaces.org.uk) for a booking form. Places will be limited and will be given on a first come, first served basis.

The First Meeting of The Children & Young Peoples' Council

# What did we discuss at our first meeting?



**Nicola Elliott, one of the Council Members, describes what happened at the meeting in January**

## Getting to know each other

We all sat nervously, waiting around the table for the meeting to start. As we introduced ourselves, we began to get to know each other; our likes, dislikes and personal experiences. We were given folders with pens and notepads and sticky notes inside, which reminded us all that our roles in the council were important and that we had a job to do. However after introducing ourselves, we decided it was time for a bite to eat and all shared two massive pizzas!

## Developing a plan of action

After lunch, we discussed what we would all like the outcome of the meetings to be which was to improve the website and make the charity more well-known. With our own creative ideas we managed to figure out how to make this a reality

We began to allocate ourselves individual responsibilities or 'roles' which ranged from thinking of new funky ideas for the website to wacky ideas on how to raise money for the charity through local events at school. We then set up a group agreement that we would not interrupt each other and that everyone's opinions would always be accepted.

## What changes would we make?

We identified the main weaknesses as being the lack of publicity and fundraising events and all agreed that the best way to solve both problems would be to organise events such as themed parties and sponsored runs. These would both raise awareness of the charity whilst hopefully gaining publicity, perhaps

attracting the attention of the local newspaper. We also wanted to be there for people and give advice to others. As a consequence I'm pleased to say you will now be able to flick through the pages of this magazine and find a whole new section – **Chloe's Column!**

A lot of time during the meeting was spent discussing how to re-design the website to include chat forums for younger children and teenagers and to make it more lively.

## What will we do at our future meetings?

As the meeting was ending, we decided we would like to add more council members to our team. It was important to all members of the council to be able to have our say and we thought that others would like the same opportunity to be directly involved in the organisation.

We ended by discussing topics for the next meeting in April. We decided that we definitely wanted updates on our own separate roles and to talk more about the websites. It was during this time that I noticed none of us openly said 'cleft lip' without hesitation. My observation lies at the core of what the council is trying to achieve for Young People and Children. We want to raise awareness as we don't seem to talk enough, in society as a whole, about the whole issue of having a cleft lip. We hope that through fundraising and a new website we can fulfil our aim.

So, we need your help! If you want to make new friends, share some ideas and have your say, then what's to lose? We are looking to expand the Council. If you're interested please fill in the application form which can be found on the website **www.clapa.com**. Even if you're not interested in becoming a member of the Council if you've got a fantastic idea contact Sandy at **sandy.bowden@clapa.com**  
**THANKS**

Do you want a Column in the next issue? Got any good advice? Then write to **sandy.bowden@clapa.com**



## Chloe's Column

Here's some advice from someone with a cleft who has been through a lot! I'm in my last year of secondary school so if you're aged up to 16 years old and have a cleft lip and/or palate hopefully I can help you!

### Are you being bullied or picked on at school?

If you are in Primary School talk to a teacher you can trust and they will talk to the pupils about your situation. Hopefully this will then stop as they will understand. I told my dinner lady and she sorted it out for me and it was fine.

Secondary School is very different as there are many more people of older ages. Kids get meaner the older they get. People call me names all the time but I just ignore them. If they know it bothers you they won't get bored and will keep tormenting you. Make strong bonds with friends; you don't have to have many, stick with them and they will look out for you and you will feel comfortable to talk to them. Never keep your feelings inside, it makes things worse, talk to people who you trust, this can be anyone. If things get really bad then you must tell a teacher. I know this sounds like it will make things worse-but it won't. I kept things to myself for a while and I got very depressed. When I started to talk openly to my friends I felt happier and more confident to just ignore the bullies. Let them see you having a great time with your friends. Don't let them get to you!

### Do you feel like wherever you go people are always staring at you?

I always feel like this is the case for me, but I know that most of the time its all in my head. You know that you may look different from other people so when people look at you, you think it's because of that. Really everyone looks at everyone and they don't look at you any different from other people. Some people will look at you because you look different but this doesn't have to be a bad thing, they will just be wondering, that's all. When you go out just relax, you can't let people stop you doing things you love.

### Do you have an under bite as a result of your cleft palate?

I was born with a cleft palate which has caused me to have an under bite. I had four operations to put my cleft palate right. Within a year I will have surgery to sort out my under bite. Don't be scared if you are going to go through the same thing. Your friends, family or carers will be there with you every step of the way. Although it is very scary to think about the operation you always have to have the end product in mind. You will look so different and feel very good about yourself. Good Luck!

An under bite is caused when the lower jaw or teeth protrude beyond the upper jaw or teeth

### Things to Remember!

- Just because you may look different doesn't mean you are different. Everyone is equal!
- Relax when you go out and have fun. Don't let anyone control you in any way!
- We are all beautiful in our own ways and just because you look different does not mean you aren't beautiful, in and out!
- Hold your friends close to you and ignore any negativity from anyone else!
- There is always someone who you can talk to, so let it all out, don't be shy!

If you would like to talk about any problems please contact Sandy,  
**sandy.bowden@clapa.com**

Or write to CLAPA at: 1st Floor, Green Man Tower, 332b Goswell Road, London EC1V 7LQ  
**Sandy will forward all your letters and emails to me.**



## Lizzie Wise reports on our first Ski Camp



The Ski Camp took place from Wednesday 2nd January till Sunday 6th January. We set off from Carlisle about 11am on a coach. We stopped at a service station in Glasgow to pick some others up and for a quick break. The journey was uneventful and we watched War of the Worlds, which was all about an alien invasion on earth. We arrived at the Ski centre about an hour earlier than planned. We had time to unpack and have a look around and explore the centre. After tea we just hung around in the games room which had pool, air hockey, table tennis and table football. Bedtime was 10pm every night. The first night we got sorted out with skis, ski boots and helmets. The ski boots were really heavy on my feet.

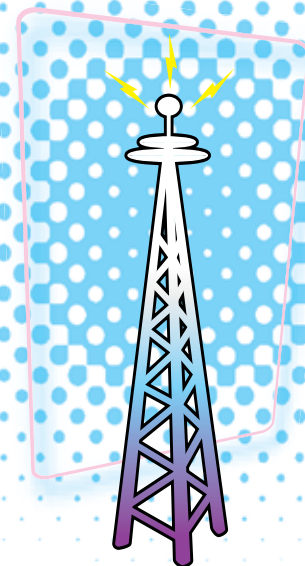
Thursday morning we all got woken up at 7.45am so we had 30 minutes to get ready before breakfast at 8.15am. After breakfast we made packed lunches for dinner. Afterwards we got layered up in our clothing and got our skis, boots and helmets and walked to the dry ski slope, which was a few minutes walk. It had already begun to snow. All morning we learned how to ski and stop ourselves if we went too fast. After lunch, back at the centre, we had some free time so we had a snow ball fight. All the boys were ganging up on Abbey so we fought back. It was so good fun. Afterwards we all had a go on the zip wire that went across a pond and it was very high up. As I was walking towards the tree house where we swung from, I was whispering to myself "I can do this". I was there for about 5 minutes when I decided to be brave and just lift my feet up and swing. It was scary at first but I soon enjoyed it and even had another go!

After the zip wire, we did the assault course, which was both fun and challenging.

Afterwards we went swimming, then went to the games room.

After tea we did a challenge in pairs. We had to go find answers to questions. I was with a lad called Sam Mills and we got most of the questions right and we won!

On Friday we went on the dry slope again. It had snowed a lot during the night so we were skiing on real snow. We were nearly at the end of our session on the dry slope when I decided to go to the top of the slope. It was very steep and at the bottom was a cabin with a rail around it. I started to ski down and I tried to go slower because I was going so fast but I crashed into the railing. I hurt myself a little bit but I did find it sort of funny later on. In the afternoon we did climbing and abseiling, which I found difficult because of my wrist. Later on we went swimming again, played in the games room, had tea and played follow



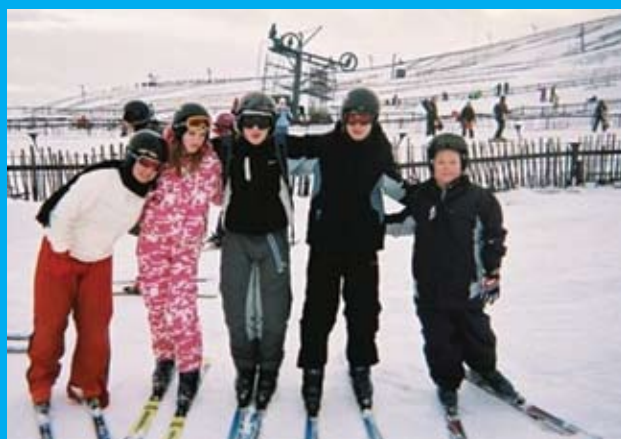
the leader in the Walker Lounge. It was Gareth's birthday (one of the junior helpers) so we sang happy birthday and had a bit of birthday cake.



Saturday was the best. We went up to the real ski slopes. We stayed up there all day and it was brilliant because we could ski without worrying about crashing into anything. All I had to worry about was crashing into other people.

We went back to the mini buses for breaks, which was good because I kept running low on energy. We also played follow my leader on skis. When we set off to go back to the centre, the minibus I was in wouldn't start, so we all had to get out and push. Eventually it did start. When we got back we took our skis, boots and helmet back to the ski store. Then we went swimming. After tea we watched a DVD called Cool Runnings. It was about four Jamaicans trying to get to the Olympics as the first Jamaican Bobsleigh team. After supper we played a few card games and went to bed.

The following morning we ate our breakfast then brought our suitcases down to the front lounge. We had to wait for our coach to arrive, then we got on it and came home.



The first  
CLAPA ski  
camp was  
awesome!

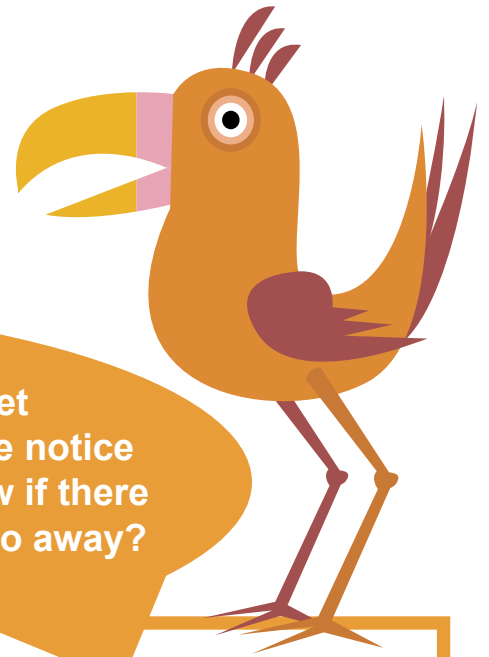
I learned loads about skiing and I got to meet up with Abbey again. I also got to meet Joanna, who shared a room with me and Abbey. There was a total of three girls out of 8 of us.

If you didn't go the first time then it was completely cool and everyone enjoyed themselves. It doesn't matter if you can't ski, the instructors will teach you to. You'll also get to meet new friends. Go on the next one which will be from 14th-17th February 2009. You can download an application form today from [www.clapa.com](http://www.clapa.com)

Thanks

## Ask Dr. Clip

Left Clips' Problem Page. If you have any questions for Dr Clip please write to: **Cleft Lip and Palate Association**, Freepost NAT 7066 EC1V 1BR or email [sandy.bowden@clapa.com](mailto:sandy.bowden@clapa.com)



I don't like how my lip scar looks. I don't get bullied about it but I think that other people notice it. I like the rest of my face so want to know if there is an operation that I can have to make it go away?

It would be great if we could make our bodies and faces change to exactly what we would like them to be and back again if we didn't like how things turned out! Unfortunately scars can't be made to go away. They can sometimes be made less red, less lumpy or be made to blend in better with the skin around them so you can't see them so much. You need to talk to your surgeon about whether an operation would make your scar change in any of these ways.

Sometimes the problem is not how a scar looks but is more about how we feel about a scar. Usually we are far more negative about how we look than other people are. You say that you think other people notice your scar but I wonder if they do. It might be the case that your eyes are drawn to your scar as a bit of a habit and it's the first thing you notice when you look in the mirror. It may be true that when you meet someone for the first time they do notice your scar. I think after that first meeting though they won't notice the scar and will look at your whole face especially your eyes.

I would guess that you don't notice features such as moles or freckles that your friends have unless they point something out and ask you about it. Even if they do point something out you will quickly forget about this feature and will just start seeing their whole face again. I am sure this is true with your friends about your lip scar. If you asked your friends about your scar, they would notice it but after a little while they would stop noticing and would see your whole face as they usually do.

Try to concentrate on the parts of your face that you do like and write them down in a list. You might even keep this list in your wallet or purse to read if you are having a bad day. Include other things about yourself in this list. For example, what else is good about you such as being fun or being a good friend. Whenever we are really critical about one of our features and really focus on it usually the problem seems to get bigger and we worry more. If you feel able to, ask for an appointment with one of the psychologists in your cleft team. It's their job to try to help young people who have worries about their appearance like you do. I don't think you would need to wait until your next clinic appointment. It should be possible to ring them and ask for an appointment.



Please contact Dr Clip if you have any problems or questions at:  
[sandy.bowden@clapa.com](mailto:sandy.bowden@clapa.com)

## Mr Alan Gowans, Consultant Orthodontist from the Northern & Yorkshire Cleft Lip and Palate Team, gives Left Clip an insight into Orthodontics.

### What is Orthodontics?

Orthodontics is a branch of dentistry that corrects the position of teeth. Orthodontists correct irregular teeth by using orthodontic appliances, and the most commonly used appliance of choice is described as a fixed appliance. These are either metal or ceramic appliances attached to the teeth with dental adhesive, called train-tracks by most patients. These appliances help to align the teeth.

### What does an Orthodontist do?

People with irregular teeth often feel unhappy and self-conscious about their smile. Patients tell us that this is particularly the case when they meet new people or have to speak in public. Straightening just a few teeth can transform a self-conscious and relatively unhappy individual into someone outgoing and confident.

### Stages of Orthodontic treatment for Cleft Lip & Palate

#### *Orthodontics and Alveolar Bone Grafting*

Patients with a cleft of the gum (alveolus) have an operation to fill the gap in the bone when the second teeth are coming through. The orthodontist enlarges the area around the cleft to allow easier access for the surgeon to replace the missing bone. This is carried out from around the age of 8, well before the eruption of the upper canine tooth. The surgeon will then graft new bone (taken from the hip or shin) into the gap which will hold the tooth firmly in place. This bone graft is crucial as it allows the orthodontist to help straighten the upper teeth, which may be required later on in treatment.

#### *Conventional Orthodontics*

The second phase of treatment is carried out in early adolescence when the majority of the permanent adult teeth have erupted. This is where the orthodontist addresses the issue of

crowning, if the bite was slightly irregular. He/She will also take consideration the and shape and colour of the teeth. At this stage the orthodontist will work closely with colleagues who specialise in restorative dentistry.



#### *Combined Orthodontic and Orthognathic surgery*

If the patient has a smaller upper jaw compared to the lower jaw, this results in the patient's bite being reversed, i.e. the upper teeth biting behind the lower teeth. This can not only cause problems with the way the patient bites, but will also affect appearance, possibly leading to the patient becoming very self-conscious.

Orthodontists work in harmony with their surgical colleagues to help address all these issues, in combined orthodontic and orthognathic treatment. The orthodontist co-ordinates the positioning of the teeth in both the upper and lower jaws, using fixed appliances. This allows the surgeon to then reposition the upper and lower jawbones to produce a better facial profile, and correct the position of the teeth so that the patient's bite is in the ideal position. This can only be carried out when the bones in the patient's face have stopped growing; this is on average after the patient's 16th birthday for young ladies, and 17-18 for young men.

#### *In summary*

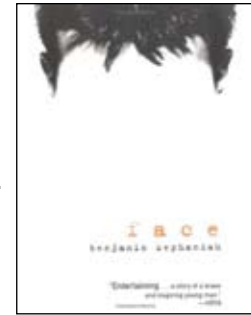
An orthodontist is involved in the care and management of children with clefts from a very early age right through to adolescence and sometimes into early adulthood. Orthodontics is very rewarding for both the patient and the clinicians involved – though there can be challenges and some discomfort along the way.

If there is a subject in relation to cleft care that you would like to see an article written about in a future edition of left clip please write to sandy bowden at:

Left Clip, Freepost NAT 7066, London, EC1V 1BR • [sandy.bowden@clapa.com](mailto:sandy.bowden@clapa.com)



## 'Face' by Benjamin Zephaniah



This book was recommended to me as it deals with issues of difference in a real way as told through a young person's eyes. It is a book that any child, young person or adult could pick up and really enjoy. And it also makes you think.

The story is set in the east end of London and is about 'The gang of three'; Martin, Matthew and Mark. The gang of three are always getting into trouble at school and out and about – not major trouble just silly things as they are all very mischievous. One day after they have been to a club they bump into two guys who are real troublemakers and through persuasion Mark and Martin get in a car with them. It all goes terribly wrong and they have a car crash. The rest of the story deals with facial scarring, discrimination and trying to get on with life. It follows the trials and tribulations of a young person coming to terms with his actions and is very compelling. I don't want to give too much away!

If you get a chance read this book. I am sure you could get it from the school library or a local library or even from CLAPA as we now have a lending library. Just email – [sandy.bowden@clapa.com](mailto:sandy.bowden@clapa.com) or call 0207 833 4883

**Written by Sandy Bowden**



## Kung Fu Panda In cinemas 6th June 2008



Kung Fu Panda is an animated comedy about a Panda named Po, a lazy apprentice noodle-maker (Voiced by Jack Black). Po must somehow become a Kung Fu Master in order to save the Valley of Peace from a villainous snow leopard, Tai Lung.

Set in enchanting ancient China, Po enters the rigid world of Kung Fu and turns it on its head. He sets about proving his critics wrong and ultimately becomes a Kung Fu hero. During his adventure Po learns that if he believes in himself and puts his mind to something, there is nothing he cannot do.

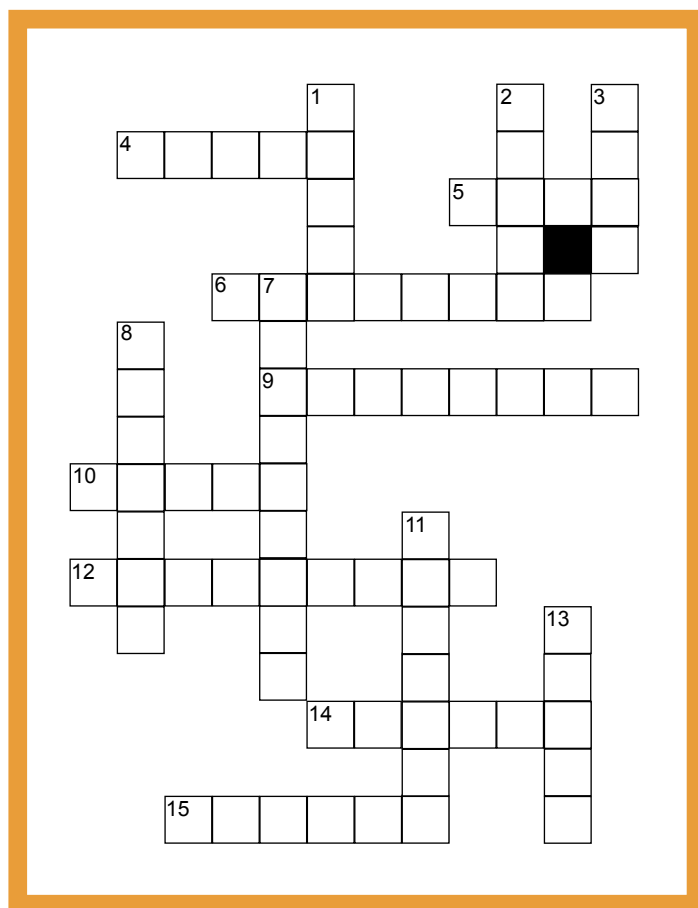
**Written by Ely Flanagan**

Left Clip is always looking for reviews, so if you have read or watched something recently that you thought was inspirational or just plain fun then send the review to Sandy and you could see your name in print in the next issue of Left Clip.

# Crossword Competition

For this edition of Left Clip we have a Solar System Crossword Competition for you to complete. CLAPA choose the solar system as a theme to celebrate the successful European rocket launch to the International Space Station at the beginning of March this year. To enter the competition and have a chance at winning a £10 Game Shop voucher simply complete the crossword and send your entries into Left Clip, FREEPOST NAT7066, London, EC1V 1BR.

**Please remember to include your name, address and age.**



Winners from the last competition are  
Owen Wilson aged 9, J B Lambert Aged 11 and Michael Massey Aged 15

## ACROSS

- 4 The smallest planet in our Solar System
- 5 Fill in the blank: 'Our sun is a \_\_\_\_\_ located in the centre of our Solar System'
- 6 What does the 'N' stand for in NASA
- 9 The name of our Galaxy (and also another chocolate bar...)
- 10 The number of known planets in our Solar System?
- 12 What do you call a person who travels into space?
- 14 This planet is famous for having rings around it
- 15 An asteroid is also known as a

## DOWN

- 1 A shooting star is also known as a \_\_\_\_\_?
- 2 What does the 'E' in E.T stand for?
- 3 Which planet is known as the 'Red Planet'
- 7 The surname of the first man to walk on the moon
- 8 When the moon passes in front of the sun it is called an \_\_\_\_\_?
- 11 The biggest planet in our Solar System is \_\_\_\_\_?
- 13 The hottest planet in our Solar System is \_\_\_\_\_?

**Free Football Workshop**

**Date:** Saturday 10th May 2008

**Time:** 11am – 4pm

**Venue:** Gryphon Leisure Centre, Sherborne,  
Dorset

**Age group:** 9 – 15 year olds

**Summer Camp**

**Date:** 28th July – 1st August 2008

**Time:** TBC

**Venue:** Simonsbath House, Somerset.

*Transport available from Glasgow and Manchester*

*Download an application pack from the website*

**Age group:** 9 – 15 year olds

**Free Watersports Workshop**

**Date:** Saturday 30th August

**Time:** 11am – 5pm

**Venue:** Derwentwater, Cumbria

**Age group:** 13 – 17 year olds

**Children & Young Peoples Council**

**Date:** Various Saturdays

**Time:** 12pm – 3pm

**Venue:** All over the UK

**Age group:** Age Group; 9 – 17 year olds

*Download an application pack today for your chance to join!*