

CLEFT

MAGAZINE

YOUTH

2024

ISSUE

02



A MAGAZINE JUST FOR YOUNG PEOPLE

HIGHLIGHTS

STORIES

ACTIVITIES

TIPS

CLAPA 
Cleft Lip & Palate Association



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Welcome to **CLEFT YOUTH**

Hello!

We are James and Alex, and we are part of the CLAPA Children and Young People's Council (CYPC).

This is the second issue of the Cleft Youth magazine, created by all the brilliant people in the CYPC and all the wonderful volunteers in CLAPA.

This magazine (which comes annually) will include things from residential weekends to operations.

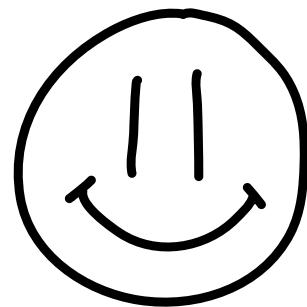
The magazine can help you work through your cleft lip and palate childhood with stories, laughs, information, and activities. All in one magazine, how good is that!

Either way, you will find something, as there is always something for everyone!



Thank you for reading our magazine. We hope you enjoy it!

James and Alex



CYPC NEWS

CLAPA's Children and Young People's Council

CLAPA's Children and Young People's Council (CYPC) is a group of 12-17-year-old volunteers who were all born with a cleft.

Throughout the year, they help CLAPA with projects for young people so that we can improve our services.



Recent Achievements



Created a guide for schools that explains different job titles in a cleft team



Gave presentations about their cleft journey to health professionals



Helped to create Cleft Youth Magazine issue one



Created videos for @CleftYouth Instagram



FACT ZONE



CLAPA's New Patron

Did you know that our new patron Yolanda Brown OBE is a famous musician, presenter, and broadcaster? You may recognise her from appearing on CBeebies!



Special Baby Bottles

Last year, CLAPA sent out 11,457 special baby bottles and teats. Babies with a cleft often need a little extra help feeding, so we provide special bottles to help them drink the milk they need,



Cleft History

Cleft lips and cleft palates have been found in humans for a very long time. The first report of an operation for a cleft lip was in 390 B.C. when an unnamed surgeon successfully closed it.



Our New Ambassador

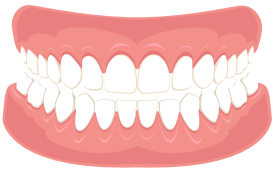
We are very excited to welcome another celebrity, Jennie Longdon, to the CLAPA team. Jennie is a radio presenter and podcaster who has a baby son born with a cleft.



CLEFT TEAMS

JOB TITLES

Cleft team job titles and what they mean...



Consultant Orthodontist

An orthodontist will look at how your jaw grows, how your teeth develop, and how your teeth line up.



Speech and Language Therapist (SLT)

Speech and Language Therapists (SLTs) can help people learn to make certain sounds or change how these sounds are made.



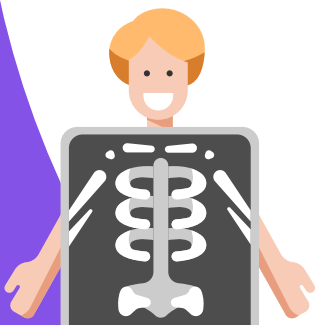
ENT (Ear, Nose and Throat) Specialist

An ENT Specialist is an expert in conditions and illnesses to do with the ears, nose and throat.



Clinical Psychologist

A Clinical Psychologist helps people talk through their worries. They listen and use their training to try to help people feel better.



Radiologist

A radiologist is a doctor trained to give people x-rays. These are special pictures of the inside of your body.



CLEFT TEAMS



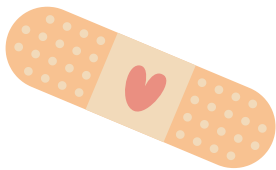
Paediatric or Paediatrician

A doctor or nurse who is trained to look after babies and children.



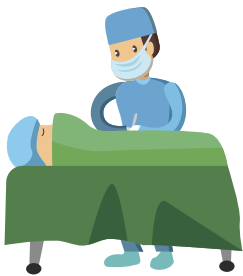
Consultant

A doctor who has had extra training to offer expert help in different parts of the body.



Cleft Nurse

A Cleft nurse knows all about looking after babies born with a cleft lip. They help parents and carers when they find out their baby will have a cleft and after the baby is born.



Cleft Surgeon

A cleft surgeon has done a lot of training to operate on people born with a cleft. A cleft surgeon will have repaired your cleft when you were a baby.



Anesthetist

An Anaesthetist is a special doctor who gives anesthetic medicine that sends you into a deep sleep while you are having an operation and makes sure you don't feel a thing.

HAYDEN'S Award



Congratulations to Hayden Hudson (aged 13), who won a British Citizen Youth Award at the Palace of Westminster for positively impacting his community.

Hayden has raised £10,000 for charities through different challenges over the past five years, including a 5k swim in 2019, where he raised £561 for CLAPA. Hayden was inspired to take on the challenge as his cousin and best friend were born with clefts.

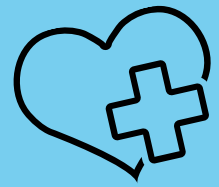
Hayden's bedroom displays dozens of medals he has won for swimming. He trains several times a week, often swimming at 5:15 a.m., and aspires to represent Team GB at the Olympics.

He plans to do more fundraising activities where he can challenge himself while raising money for good causes. Thank you so much, Hayden, for your amazing achievement.



BE WISE ABOUT

BULLYING



Other young people might ask questions about cleft and say negative things, and sometimes people get bullied about their cleft. Here are some tips we hope might be useful for dealing with bullying.



It is not your fault if you get bullied. We are all different in some way and that's what makes us amazing.



Tell someone about it like a trusted adult. Try to do this in a quiet space without lots of people around.

If you know someone is being bullied, be kind to them by telling an adult and try to make sure the person is okay. Don't keep quiet, as it could get worse.

Bullying might make you feel rubbish, and being upset about it is okay.



Think about ways you can respond to bullying. You might think the best thing to do is to walk away. Or if you feel comfortable and think it will help, you could say: "I don't like it when you say that/do that – please stop."



Don't be mean back. This is not a good idea – you might end up getting into trouble or making things worse.



Keep a record. If the bullying is online, keep the evidence – save or copy any photos, videos, texts, emails or posts.



Be kind to yourself, and do things that make you feel good. This might mean spending time with friends or doing a hobby you enjoy.

Visit these websites for extra advice and support...



anti-bullyingalliance.org.uk



kidscape.org.uk



Meet a Volunteer



Introducing Lucy, CLAPA Volunteer



Hi! My name is Lucy, and I was born with a unilateral cleft lip and palate on my left side. I'm 19 and work for BBC News doing a Degree Apprenticeship in Project Management!

I love music and football in my spare time, particularly attending concerts and matches! For football, I have supported Brentford FC all my life, so I regularly go to their home and away games.

Musically, I am a big Harry Styles and Taylor Swift fan (although I like all music)! I was lucky enough to see Harry twice at Wembley Stadium in June this year, and I have recently secured my tickets to see Taylor at Wembley in June next year!

My top tip for younger people on their cleft journey is not to be scared to talk to people about it. It may be frustrating to explain it to people, but it is a big part of who you are and how strong you are, so feel proud to educate them and show them how strong you are!!

My family was supported by CLAPA when I was born, so I have always been involved with CLAPA. I went to a local residential weekend when I was 14, and shortly after that, I joined the CYPC. It allowed me to meet new people like me and try to make a difference in the cleft community!



I then transitioned to a young volunteer when I turned 18, and the highlight for me was volunteering at the residential weekend in Scotland last year! I had never travelled so far on the train before, but it was 100% worth it!!

I have enjoyed meeting other young people, both in person and virtually. It's invaluable to share our experiences, and I know I've made some of the best lifelong friends through CLAPA.

I would 100% recommend getting involved with any CLAPA events; you don't know who you could meet until you get involved!

My proudest moment within CLAPA is becoming a young person's volunteer, and helping on residential weekends has been such an honour!



I loved spending time with other young people and showing them how their Cleft is a strength more than a weakness.

Away from CLAPA, getting my job at the BBC and being a Guide leader are my best achievements. I learn and grow as I go in all I do, and those opportunities give me all I need to develop as a person and raise awareness of CLAPA and their amazing work!

If anyone feels worried or anxious about starting with CLAPA, check out the @CleftYouth Instagram! I've made content for that account that might help ease your nerves and encourage you to reach out to us!





STANLEY

The Artist



Congratulations to Stanley (age nine), who won our 2023 Christmas card designing competition.

Stanley, who was born with a cleft, loves to draw and be creative. He regularly exhibits his work in galleries and has previously raised money for CLAPA by selling his designs.

He even has an Instagram account with over 300 followers, which his mum helps him run to showcase his designs.

We had so many wonderful entries to the completion, and the judges had a very hard time choosing their favourite.

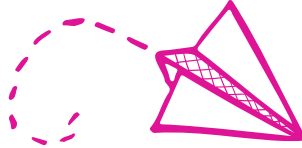
The card was available for people to buy from our online Christmas shop, and the money will be used to help pay for services CLAPA provides to people born with a cleft.



CAMP CLAPA

Last year CLAPA hosted three 'Camp CLAPA' Activity Weekends, bringing together 8-13-year-olds born with a cleft. Here are some stories from the young people who attended.

Leah's Story



“

First of all, it was the BEST time ever. We did so many fun activities! I was quite nervous when arriving, however, everyone was so kind I soon settled in.

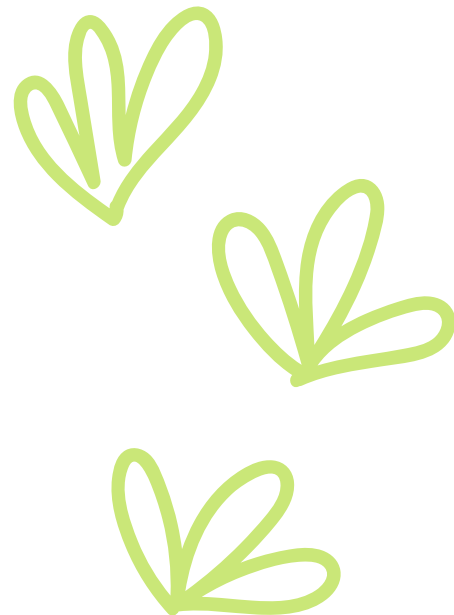
Some of my favourite activities were: the scrap heap challenge, disco, bush craft (you learn how to make a fire), archery, and zip lining.

All the adults (Alex, Hannah, Saff and Claire) were very kind and caring. It was such a great experience. I wish I could go every year. We shared rooms with people of our own age, the rooms were split between boys and girls. I made some great friends.

This event has made me feel more confident now. It was a great experience, and it was great to meet others with cleft lip and palates.

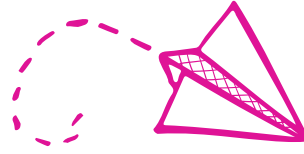
I'm so grateful that CLAPA has given me this great opportunity CLAPA is a charity that raises money to make these amazing things possible.

”



CAMP CLAPA

Jasmine's Story



“

I made so many new friends, and the activities were so much fun; we all seemed so happy. My favourite activities were zipline, disco (my fav), and vertical playpen.



I'm glad we shared dorms with people our age because we could relate. It has made me so happy knowing there are so many other people like me, and I'm grateful I started at such a young age.

I loved every time I went, and this time was most definitely my favourite; I'm glad I got friend's phone numbers so I could stay in contact, but I wish I could stay a little longer, maybe not even doing activities

Thank you to the people who organised it all, thank you so so much I enjoyed every minute of this, and I hope I can experience this again.



”

CAMP CLAPA Highlights

Are you thinking of joining us on a future Camp CLAPA Activity Weekend? Check out our highlights!

- Climbing
- Archery
- Bushcraft
- Games
- Team building
- Campfires
- Challenges
- Chill out sessions
- Workshops
- Water sports



“ It was the best weekend ever! CLAPA has made me feel great about my life, and I think a 10-year-old like me should get to have the experience I had - Olivia ”



Weekends in 2024



Swindon: 10th-12th May (ages 8-13)

Preston: 12th-14th July (ages 8-13)

Perthshire: 6th-8th September (ages 8-15)

 clapa.com/events

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DINOSAUR BISCUIT RECIPE

Ingredients

- 325g (11oz) plain flour, sifted, plus extra for dusting
- 200g cold salted butter, cut into cubes
- 125g golden caster sugar
- 1 vanilla pod, seeds scraped out
- 2 large free-range egg yolks
- 1-2 tbsp whole milk
- few plastic toy dinosaurs with different-sized feet
- red, yellow, green and orange flavoured writing icing pens
- 1 free-range egg, beaten



How to make them...

1. Put the flour and butter into a bowl with your fingertips until it resembles fine breadcrumbs.
2. Mix the sugar, vanilla, and egg yolks with a knife, until the mixture comes together in a smooth dough.
3. Tip out onto a lightly floured surface and roll into a cylinder. Wrap tightly with cling film and chill for 1 hour.
4. Preheat the oven to gas 6, 200°C, fan 180°C. Cut the dough into 1/2 cm discs using a sharp knife and arrange on two lined baking sheets. Dip the dinosaur feet into plain flour, then press into the top of each biscuit to make several footprints on each one.
5. Brush with the beaten egg and bake in the oven for 15-18 minutes or until golden.
6. Remove from the oven and transfer to a wire rack to cool. While the biscuits are still warm, press the dinosaur feet into the indents to make them more distinct and leave them to cool.
7. Fill in the imprints with different-colored writing icing and set aside until set.



Young Adult

SPOTLIGHT

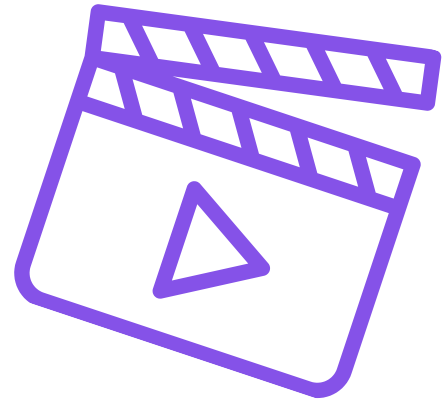
Ronnie's Story

Meet Ronnie, who was 18 and born with a unilateral cleft lip and palate. Ronnie is an 18-year-old university student who wants to be a film/TV director, cinematographer, or anything related to the film industry.

He enjoys editing and coming up with film ideas. Ronnie loves to collect trainers and owns over 25 pairs of Adidas trainers specifically!

Ronnie's top tip for younger people on their cleft journey would be to try to take it in your stride and embrace the fact you have a cleft. "I never let my cleft affect me growing up, and I sometimes even forget I have it."

He told us, "I had the choice of making a documentary for my final project in my final year of college and I have always been interested in how documentaries are presented, made and what they represent."



Ronnie's Story

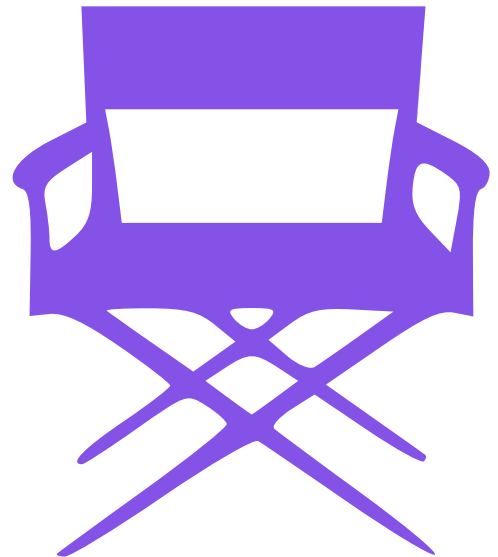
“After many ideas, I finally had the revelation to make it on my cleft journey and other people's cleft journeys.

“One of the main reasons why I made the documentary around the cleft subject was because I have never seen a cleft documentary that wasn't centred around babies in the hospital and people with clefts in third world countries that don't have the opportunity for repairs as a baby.

“Presenting mine and other people's cleft experiences on camera would give many people a different aspect on the whole subject. Whether that be people with clefts or people without.

“I am so glad that I got the opportunity to make a documentary around the cleft subject, and some of it is the best work I have ever produced.

“My proudest achievement to date would be appearing on television as a teenager in a game show on CBBC called “The Dog Ate my Homework” it was a great experience and is one of the first insights into television production and how a television production works and is made.”



SUPERSTAR

Sibling



We are saying a big thank you to Coen (aged seven) for raising an incredible £2,342.50 by selling his artwork at a charity auction.

Inspired by his little brother Cormac, who was born with a cleft, Coen wanted to raise awareness through his love of art.

Being a Big Brother

“The thing I like most about having a little brother is he’s really fun to play with. When I’m bored, he just brightens up my day!

At first, it was quite hard for him because he couldn't eat that much. But now he's energetic and always on the move.

He makes me laugh, usually when he just jumps on top of me or wrestles with me. But what I really like is that he can make loads of sounds and can walk, and that's my favourite part.

As a big brother, I have to care for him and look out for him when times are tough. I have to make sure he’s entertained, and how you do that is usually tickle him or give him a toy.”

**Coen enjoys art,
basketball, rock music,
and Rubiks Cube!**



To raise money for CLAPA, Coen painted nine pictures for an art auction in August 2023

“It was quite intimidating at first because many people I didn't know were popping in and seeing what was going on.

I enjoyed people asking questions about my paintings. My favourite is definitely Powerstrike.

If Cormac could talk, I think he'd say, 'Thank you' for the artwork and exhibition.

He would be really proud that I did that for CLAPA. And he would just be talking to loads of other people and loads of other kids, saying, 'That was my big brother!'

It was quite difficult to create the artwork because at times, when you wanted to play football or do something active, you would have to go back and paint. But that's for CLAPA, and I think it was doing a good deed.

I'm looking forward to seeing grow and hear him talk. I'm also going to show him how to paint!”



FUNDRAISE FOR CLAPA

Would you like to fundraise for CLAPA but don't know where to start? You don't have to be the sporty type to raise money, here are some simple fundraising ideas to get you started.



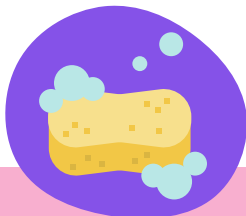
Toy Sale

Grown out of your old clothes and toys? Why not hold your very own sale on your house wall. You can help recycle unwanted items and raise money!



Sponsored Silence

Do you think you can stay silent for a whole day?! See if your grown ups will sponsor you and maybe they can even join in too!



Sponsored Chores

Can you help family and neighbours with some sponsored chores? Why not do some vaccuming, polishing and window washing to raise some money!



Mini Runs

Did you know that many adult runs include a mini version for kids too? Some children have won medals at the Great North Run and Alton Towers!

www.clapa.com/fundraise



There are a lot of laws and other things to think about when fundraising. Make sure you talk to an adult you trust before getting started!

GREAT NORTH

Mini Run



Well done to Leejay and Anna, who completed the Mini Great North Run, raising £510! It's the UK's biggest and best kids' running event in Newcastle Gateshead Quayside.

They were inspired to fundraise by baby Robert, born with a bilateral cleft palate. Robert had his first operation at age five months and is having his second later this year.

Leejay (7) wants to join a running club as he is a natural, finishing at a running time of five minutes and eight seconds finish. Anna (5) said it was hard but wanted to do it to help babies with poorly lips . They hope to run for CLAPA again next year.



IN OTHER NEWS

Submit a story!

Would you like to be featured in our next magazine? Send us your photos, stories, and fun facts! Email info@clapa.com



Chat and Chill Events

Join members from the Children and Young People's Council and cleft specialists to chat about cleft topics and meet other young people. Book at clapa.com/events



CHRISTMAS CARD RUNNERS UP



MAX



COEN



GRACE



NIAMH



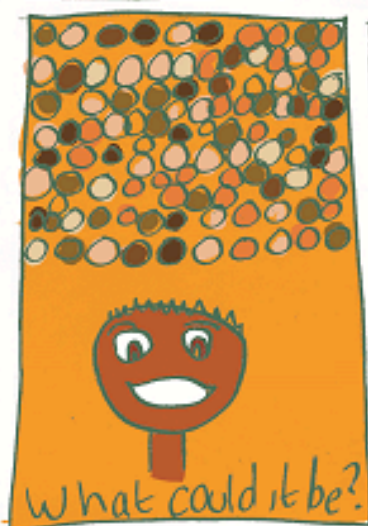
ELLIE



CARTOONS BY THE CYPC



THE CLAPA FLOWER



Rachel

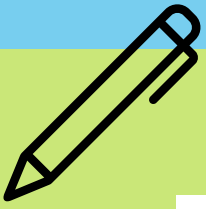


CREATE YOUR OWN CARTOON





WORD SEARCH



D	C	L	E	F	T	C	Q	S	R
P	U	Q	Z	A	P	L	N	U	M
F	U	Y	Q	M	A	A	B	P	U
F	R	K	G	I	L	P	L	E	I
G	F	I	X	L	A	A	F	R	W
Z	S	U	E	Y	T	R	Z	P	L
Y	S	T	N	N	E	B	Y	O	A
H	P	Q	E	N	D	R	Z	W	U
G	E	D	H	Q	P	S	K	E	G
S	M	I	L	E	B	Z	S	R	H

SMILE

LAUGH

SUPERPOWER

CLAPA

FAMILY

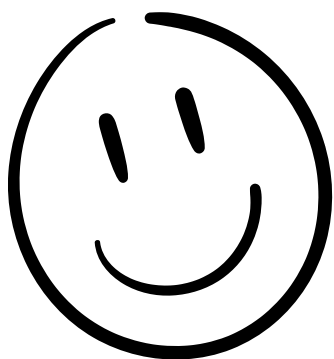
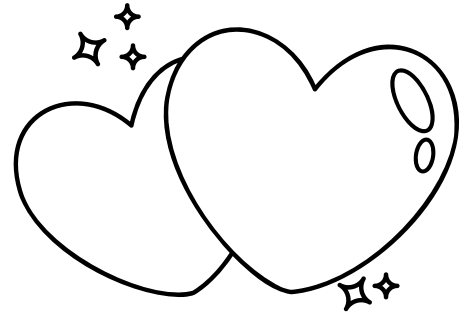
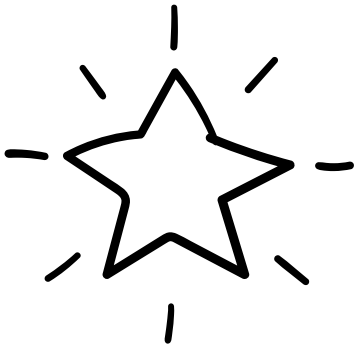
FUN

FRIENDS

CLEFT

PALATE

COLOUR ME IN



Edition 02

CLEFT

MAGAZINE

YOUTH

This magazine has been published by the Cleft Lip and Palate Association (CLAPA), the national charity supporting people affected by cleft in the United Kingdom.

We would like to thank all our contributors, including our Children and Young People's Council and our Guest Editors, James and Alex.

Scan the QR code below to learn more about our charity.



**CLAPA is a Registered Charity in England and Wales (No. 1108160)
and Scotland (SC041034)**