CLEFT

MAGAZINE

YOUTH

2025

ISSUE 03

A MAGAZINE FOR YOUNG PEOPLE

WHAT'S INSIDE?

- NEWS FROM OUR CYPC
- YOUR STORIES
- ACTIVITIES
- TIPS

CLAPA
Cleft Lip & Palate Association

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Welcome to CLEFT YOUTH

Hello and welcome to the third edition of Cleft Youth!

This year's magazine is a bumper one, packed with tons of great stories, news, and information for young people living with cleft.

There's some brilliant achievements by young members of the CLAPA community, including Sophia who's learnt to fly a helicopter; successful musician Jordan; and lots of great fundraisers.

There's also interesting information articles on our new Cleft ++ Mentoring service for young people, tips on wearing braces, dealing with bullying, and much more.

I've been a member of the Children and Young People's Council (CYPC) since I was 13 and have loved being a part of it.

Joseph, 18

Now I'm 18 I sadly have to move on, but would heavily recommend any young people born with a cleft lip or palate to join up. In the CYPC News section of this magazine I speak about how the council works and how it's helped me deal with living with cleft.

I'm sure you'll find lots of interesting content in here.

Hope you enjoy it!

Joseph

SOPHIA TAKES TO THE AIR

When Sophia passed her Civil Aviation Authority test she became one of the youngest qualified pilots in the UK. At 16 years old she was too young to drive a car or ride a motorbike - but she could fly a helicopter!

Sophia's interest in helicopters started when her family made a trip of a lifetime to Everest Base Camp, on the world's largest mountain, two years ago.

"We were fortunate to have a helicopter take us partway down the mountain and it was amazing. It was the first time I'd been in a helicopter, and I came off it with the biggest smile ever.

I said to my dad, 'I love this, could I possibly do a bit more?'

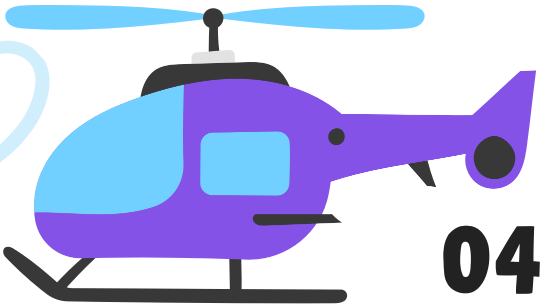
"He got me a trial lesson with Elite Helicopters at Goodwood Aerodrome and I absolutely loved it. I was so lucky - I managed to get some sponsorship for my licence and a loan from dad, which I'm working on paying back to him."

She said that, without the support of CLAPA and her NHS Cleft Team, she wouldn't have passed her helicopter test, or had the confidence to try.

"If my speech wasn't as good as it is now I wouldn't be able to do this - I wouldn't have had the confidence, and be able to speak clearly on the helicopter radio."

"I had lots of operations when I was young, and thanks to the surgeries, tons of speech therapy, and with my public speaking lessons, my speech has improved completely, and anyone I talk to would never know I was born with a cleft palate.

Sophia was born with a cleft palate. With mum Elissa, and dad Richard, she raised £750 for CLAPA on their Everest trip.



> **“I’ve listened to some recordings of when I was younger, and it's amazing to hear how different I was. I used to find it difficult to hear myself pronounce words, and thought I was saying things absolutely fine when everyone else said it didn’t sound right.”**

“I remember at school, even when my speech was pretty good but I was tired, I would relax into not speaking properly. Friends at school asked, ‘what are you saying? I have no idea what you're saying’, even though I was hearing it correctly. It was very frustrating.”

Sophia’s helicopter test included a radio exam, which she passed with flying colours. Her full training included 55 hours of flying tuition and 10 exams before a final exam.

“There was a lot of heavy books to read and it was difficult at times, but I really wanted to do it, so I stuck with it.”

To pass the test she had to fly and navigate a helicopter on her own, and land at three airports – Fairoaks, Shoreham and Goodwood.

On her 17th birthday in December, she officially picked up her helicopter pilot licence, and can now hire a helicopter and technically fly around the world, so long as she doesn’t go into ‘Class A’ airspace.

Sophia is now studying A Level maths, physics and photography and has her sights set on studying engineering at university, to help pursue her helicopter passion.

“My end goal is to become a commercial helicopter pilot - there's a load more training and exams that I have to do for that. But I’m determined to get there.”

Sophia’s helicopter adventures can be followed on her new website: www.whirlybird.life

THE CYPC NEWS

HEADLINES FROM THE CHILDREN AND YOUNG PEOPLE'S COUNCIL

Making memories at Camp CLAPA

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

They meet regularly to help CLAPA improve services for other young people born with a cleft in the UK by sharing their experiences and ideas.

CYPC Life: Joseph

We spoke to Cleft Youth editor, and former CYPC member, Joseph about life in the CYPC.

Q: When did you join the CYPC?

In 2020 when I was 13. It was a time of very big changes for me - I was moving schools and areas, and there was Covid as well. I joined to connect with people my own age.

Q: What happens at the CYPC?

There's Zoom meetings every month on a Sunday, where the council talks about ideas to make CLAPA's services and information for young people lively and friendly.

We've done lots, including helping with the Instagram pages; writing a bone graft tip sheet; discussing issues at 'Chat and Chill' sessions; and giving ideas for setting up the new Cleft ++ mentoring service.

Twice a year everyone on the council goes to the CLAPA office in London, for more detailed discussions in person. It's lots of fun there and we enjoy spending time together.

Q: Has being a member helped you in any way?

It's definitely helped my confidence - being on the council has made me a lot more open and confident to talk to new people.

It's also helped me meet many more people with clefts. I was born with a unilateral cleft lip and palate and, in my last and current schools, have never seen anyone else with a cleft. Apart from through CLAPA, the only time I've seen someone else with a cleft was an adult once on a flight to New York. It's so rare to actually see other people with clefts – being on the CYPC helps a lot with that.

Q: Would you recommend joining the CYPC?

Yes, definitely! It's helped me so much and I'm going to miss it. One of the highlights for me has been making a bunch of new friends from all over the country, and I'm so grateful for that. And during the get togethers in London we get pizza –that's a major selling point!

Q: What plans does the CYPC have for the future?

I think there's all sorts of potential with decisions on the major redevelopment of the new website. We've also talked about a possible TikTok account and podcasts for YouTube.

Q: What do you do outside of CYPC?

I'm studying A Levels in Maths, Physics, French and Business, and looking at engineering degree apprenticeships. I'm a big rail fan, so I'm looking into working in the rail industry.

In my free time I take random train journeys around London. Last time I was there I checked out the new Overground stations, and basically did a massive train trip around London, photographing the new stations.

2024 The CYPC in numbers

15

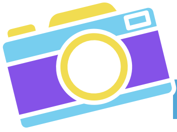
members of the CYPC

10

meet ups online and in person

3

Chat and Chill events held by the CYPC



Join the CYPC

Are you 12 to 17-years-old and born with a cleft? Visit CLAPA.com/CYPC to learn more!

THE CYPC NEWS

What did the Children and Young People's Council get up to in 2024?

Created videos for Cleft Lip and Palate Awareness Week to share advice and support others born with a cleft

Shared tips and advice for young people starting new schools or facing a big change in their life (page 15)

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Helped to design and grow the mentoring service (page 11)

Helped towards building the Youth Hub on CLAPA's website, and build resources aimed at young people

Joined Zoom events to give advice and help young people talk about their concerns about cleft

Attended CYPC's Camp CLAPA Activity Weekend

Visited London for a meet up and to plan activities

Everyone here is so friendly and welcoming, and it's a great opportunity to meet people who understand as well as making a difference for people like you.

I’ve enjoyed meeting people with clefts that can relate to experiences I’ve been through and then giving advice to the younger people before they go through a surgery or anything.

I have really enjoyed being able to meet other young people with a cleft and discuss some of the more "niche" aspects of life. It was great that everyone made me feel so welcomed. It's a great opportunity to meet people who understand what you're going through as well as making a difference for people like you.

CLAPA Companions

Creating penpal connections for young people born with a cleft.

Last year, CLAPA launched the CLAPA Companions service for young people like you, aged 6 to 17.

You can connect with your penpal via letters, emails, videos, and audio messages.

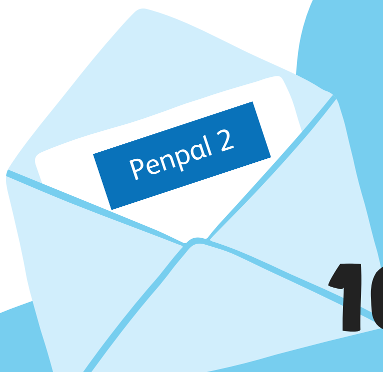
You could talk about school life, your hobbies, your cleft journey so far, likes and dislikes and recent holidays.

We hope taking part will help you create new friendships; feel better about your cleft journey; and boost your confidence, creativity and communication skills.

To sign up or to find out more, please visit **CLAPA.com/Companions**

Benefits:

- Make new friendships
- Feel more positive
- Build confidence
- Share experiences
- Feel less isolated
- Feel more understood



CLEFT+

Mentoring

for ages 10 to 17

Cleft++ is our mentoring service offering one-to-one support for people aged 10 to 17 born with a cleft. CLAPA's mentors are young adults born with a cleft who use their own experiences to offer support.

How can your mentor support you?

- Talk about cleft-related problems
- Feel understood and less alone
- Develop coping skills for setbacks or challenges
- Feel more positive and confident
- Talk about school life or bullying

To learn more, visit CLAPA.com/Mentoring

Meet a Mentor

Name: Lucy

Cleft Type:
Unilateral cleft lip and palate

Hi!

My favourites
Food: Pasta
Colour: Green
Animal: Polar bear
Season: Autumn
Drink: Iced coffee

Fun facts:
–I once modelled the kit for a football team
– I play piano
–I have visited 16 countries

My hobbies:
Ballroom dancing
Watching football or Formula 1
Travelling

In the future I would: Like to work on cruise ships!

GREETINGS FROM

SEND TO:

CAMP CLAPA

Camp CLAPA Activity Weekends are a chance for you to meet and spend time with other young people born with a cleft.

Our weekends are packed with outdoor activities and challenges, with plenty of opportunities to get to know each other and build friendships.

You will also get to know CLAPA volunteers who have a connection to cleft and will be happy to share their experiences and journey with you.

Building confidence and trying new activities

Willow's Story

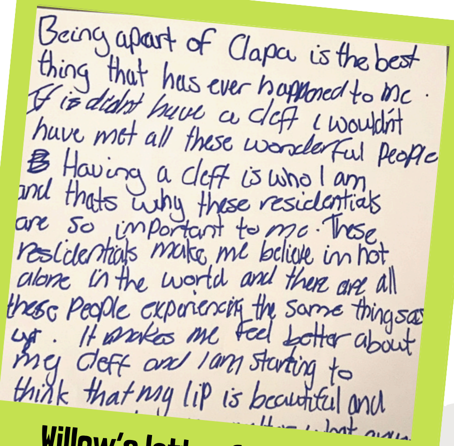
Being part of CLAPA is the best thing that has happened to me. If I didn't have a cleft, I wouldn't have met all of these wonderful people.

Having a cleft is who I am and that's why these residentials are so important to me.

These weekends make me feel like I'm not alone in the world and there are all these people experiencing the same things as us.

It makes me feel better about my cleft and I am starting to think my lip is beautiful, and so are everyone else's.

No matter what anyone says, you are not alone.



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Willow's letter from Camp CLAPA

Saturday

7.30am	Breakfast
9.00am	Raft building
12.00pm	Lunch
1.00pm	CLAPA activities
3.00pm	Climbing
4.30pm	Free time

Charlotte's Story

Charlotte so enjoyed her time with the CYPC that, when she turned 18, she became a CLAPA volunteer.

"I worked at my first Camp CLAPA last year which was really great, helping the kids have a brilliant time. I'm looking forward to volunteering at more camps, and other CLAPA CYP events."

Charlotte, 19, is studying Maths and Spanish at university, and will soon be heading to Granada in Spain for a year of study abroad. She also trains in slalom skiing, and has just returned from a ski trip in the French Alps.

"I love travel and started to learn Spanish as a kid when we visited Majorca. I don't want to have a desk job too early after uni - I'd rather travel and am interested in doing camp-like teaching, maybe instructing in sailing or skiing."

Charlotte's been a valued member of the CLAPA community since she was born with a bilateral cleft lip and palate.

"Mum said CLAPA was so helpful when she was pregnant and when I was growing up. My baby photo was on the CLAPA website for quite a few years!

"I went to a camp in Staffordshire, which was so much fun, and also lots of CLAPA events. What was brilliant was talking to others about really nice things that I didn't know were special to cleft, like not being able to use a straw."

When Charlotte's mum found out about the CYPC Charlotte joined straight away, when she was 12.

"And I stayed as long as I could, as I loved creating stuff like videos, posters and documents that actually helped other people with a cleft.

"Everyone's different in their own way. And I think I'd sort of come to terms with that. But then actually having this group of people that's like you really helps."

Camp CLAPA 2025

CLAPA.com/Events

PGL Boreatton Park, Shropshire:
9th to 11th May

PGL Dalguise, Perthshire:
12th to 14th September

CLAPA.com/Bullying

Bullying

We asked your top questions to a panel of experts on bullying and negative comments:

Q: What can I do if I'm being bullied over social media?

"We have a lot more powers online than we do in the real world, be empowered to take control. Online you can block and restrict accounts so we can remove negativity. If you don't want to stop using social media, you can now also limit who is allowed to comment, maybe just choose your five best friends."

Q: I worry that standing up to a bully will make things worse?

"Practice what you might want to say or how you'd want to say it. Practice assertive body language, thinking about eye contact, standing up straight, and taking a deep breath. Communication of body language is powerful."

"Making sure we do it in a safe way is important. If the bullying feels like it is dangerous, that isn't the place to do it. Have your mates around you to give you support."

Q: How can I explain to a friend to stop making comments when they think its banter?

"If you're noticing banter is causing you distress then take an active action - maybe by taking the friend you trust the most and having a one to one discussion about it. Talk about your feelings so they understand."

How can I respond to people's questions?

✓ **Explain:** Have a short explanation ready. You could say "I was born with a cleft lip and I had surgery to repair it when I was a baby, and now I have a scar."

✓ **Reassure:** Sometimes people ask questions because they're concerned. Sometimes just explaining that it doesn't hurt or bother you can let them know you are okay

✓ **Distract:** Introduce another question or topic to move the conversation on. For example, "I had an operation when I was a baby but I'm okay now. Did you do your maths homework?"

BACK TO SCHOOL

Tips from CLAPA's Children and Young People's Council

Q: How do I tell classmates and teachers about my cleft?

"Just keep it really simple. Is there a brief explanation you can give them that you feel comfortable saying?"

Q: What can I do to help with worry about starting a new school?

"I planned my route to school. I did my route with my dad and one of my best friends. We walked the route that I was going to take every morning so I felt more comfortable."

"I took a picture of my family and brought it to school. Whenever you feel scared or worried, and you feel like you're alone at lunchtime, just look at the picture and it reminds you who loves you"

Q: What will it be like to choose a secondary school and deal with lots of changes all at once?

"It might be quite helpful to have a chat with your family or friends about what you're excited about, and then also what you're nervous about. Then you can try and break it down a little bit and focus on one thing at a time."

Q: Are there any tips on making friends at school?

"Join an after-school club, they are a really good way to make friends because you automatically know that person also likes that same activity as you and you have something in common."

Jordan's Story

Jordan was born with a cleft of the soft and partial hard palate, which affected his confidence growing up. He's now a skilled musician and told CLAPA his story to inspire others.

"I feel proud because having a cleft can affect so many things - but I've come through it with all my GSCEs, many good friends, and am at a college I love.

I don't remember too much about my cleft as a child, as I was never made to feel different. However, I do remember not speaking to anyone apart from my parents until I was eight years old.

My speech was always behind - I couldn't, and wouldn't, read out aloud, and I particularly struggled with my hearing.

But my confidence grew at secondary school and I started to feel a lot more settled.

The biggest thing I remember is all the hospital appointments, and they were always in different places.

At one point I was under the Evelina in London; King Edward's in Windsor; Royal Surrey in Guildford; and my local hospital, Frimley Park, for my cleft-related care.

I've had a total of nine surgeries and have lost most of my hearing bones in my left ear.

I've had an eardrum reconstruction due to a rare condition called cholesteatoma.

My parents tried to help me socially and to find hobbies. They took me to many different groups and clubs, but I always refused to join in and just watched from the sidelines.

Then one day my school offered taster sessions for brass instrument classes.

I wanted to try a musical instrument so I went along - but because of my cleft I couldn't play any of the instruments.

This is probably the only time I ever felt different to my friends. It made me very upset.

Then, for my tenth birthday, I had money to spend, so I decided to buy a keyboard…and since then I've never stopped playing.

A year later we managed to buy a proper digital piano, as my parents realised I was quite good. They also convinced me to start lessons.

I've been playing the piano for six years now. I also play the acoustic guitar and harmonica, which are both self taught.

Since playing, I've been lucky enough to perform at Ascot Racecourse, Wellington College and many different hotels, weddings and charity events.

For anyone wanting to follow their dreams, keep practicing what you enjoy doing. Being good at something gives you the confidence to tackle your cleft journey. And, most importantly, be yourself."

You can check out Jordan's music page on Facebook @JordanCrittendenMusic

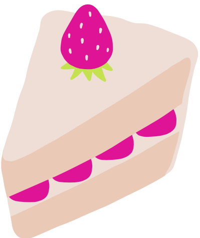
Proud to be One in 700

Cleft Lip and Palate Awareness Week

4th-12th May 2024

Each year in May, CLAPA shares stories, busts myths, and celebrates the cleft community, all while raising funds to support our life-changing work.

Last year, we asked supporters to ‘Wear it Blue’, or hold a ‘Cuppa for CLAPA’ and put on a bake sale to raise funds.



We celebrated the ‘one in 700’ people born with a cleft with our messaging ‘Proud to be One in 700.’

Here’s how you got involved:

Our CYPC got together to create content for our social media channel @CleftYouth and @CLAPACommunity, to help raise awareness and provide advice to others born with a cleft.
Lucy said: “My advice is, having a cleft isn’t just a physical journey, but also a mental journey. So be understanding.”

Amelia inspired her school to ‘Wear it Blue’ for a day. The 10-year-old raised £966.51 and even starred in her local press!
Mum Gail said: “At 10 years old Amelia is struggling to accept her differences, so we are hoping raising awareness and doing something positive will help.”

Eight-year-old John asked for donations of £1 for his classmates to ‘Wear it Blue’ and, at the end of the school day, he treated them to a bake sale, raising £181.20.
He told us: “I hope the funds can help towards all of the amazing support you give to families.”

CLEFT
representation

Last year we were so pleased to see a representation of the cleft community in LEGO's new 'Over the Moon' set with Pharrell Williams.

A member of the CLAPA Community spotted a LEGO piece with a cleft lip scar in the new set and we just had to share it with our Cleft Youth community.

LEGO has certainly made efforts to create a range of mini figures which are more inclusive - with birthmarks, vitiligo, cochlear implants and glasses.

The creators of the diverse set stated,
"The [My Phriends] abacus was a really beautiful opportunity to help open the doors for humans, and not just one kind."

Thank you LEGO for representing the cleft community.

Sophie's Story

Sophie, 15, recently spoke to CLAPA about her experience growing up born with a cleft, becoming a CYPC member and fundraising for CLAPA.

Sophie was born with a condition called holoprosencephaly (HPE). This is when the brain doesn't divide into two halves when a baby is growing in the womb. It can affect facial features and, as with Sophie, can cause a cleft lip and palate.

Sophie said: "Throughout my life I've attended many hospital appointments and, so far, have had four operations."

"I've struggled to find people to talk to who know what I'm going through and how to help."

Joining the CYPC

"Being part of the CYPC has been great for me, and I'll always be grateful for the experiences I've been able to be a part of."

Sophie helped to host an online event where they discussed bone graft surgery. She explained: "It helped inform younger people what [the surgery] is like and how to feel more comfortable with it.

"Throughout my time involved with CLAPA I've grown in confidence as I've been able to connect with people my age who understand me, and I have been able to help people with what they are going through, as I've gone through the same.

"CLAPA offers a range of support that has been crucial, not only in my journey, but also in the lives of loads of others affected by cleft conditions."

Adding the 'fun' to fundraising

During Cleft Lip and Palate Awareness Week in 2022, Sophie and her family took on a fundraising challenge walking from Winchester to Southampton, along the Itchen Way.

Taking a few wrong turns on their journey – adding an extra three miles onto the 12-mile target – Sophie recalled: "We got lost in the dark and almost walked into a sleeping herd of cows. It was like a mini safari adventure - we saw alpacas, and bats that started to fly around our heads."

Raising more than £1800, Sophie said: "We had so much fun, and it felt great to contribute to CLAPA.

"If you, or someone you know, has a cleft remember you're not alone. CLAPA is a friendly club where everyone understands and supports each other. It has been amazing for my confidence.

"I know that I can turn any challenge into something fun and rewarding.

"I can celebrate how pretty cool my condition is. I can speak to strangers about my cleft and my appearance with confidence and pride."

Thank you to Sophie for sharing your story with CLAPA.

THE variety the children's charity NORTH POLE BASH

Thirty lucky CLAPA families were invited by Variety, the Children's Charity to attend their annual North Pole Bash last November, at Gulliver's World Theme Parks across the UK.

Thanks to the generosity of one of CLAPA's top supporters, Michael Josephson, and Elf on the Shelf, our families were treated to a gift from the Father Christmas grotto experience; a goody bag; entry to Gulliver's Theme Park; thrilling rides; and festive entertainment throughout the day.

Did you attend? If you did we hope you enjoyed your day!

One parent who attended told us: **"Our daughter's favourite part was meeting a new friend the same age and they just clicked.**

"As parents, our hearts were full to know that, from one wonderful organised event, two girls were brought together from different parts of the country who will stay in contact for the future."

RUNNING THE EXTRA MILE

CLAPA is a charity, so our work is only possible thanks to people doing amazing things to raise money for everything from Camp CLAPA weekends to our mentoring service.

GREAT NORTH RUN

In 2024, we were lucky to have four brave runners take part in the Mini Great North Run to raise funds for CLAPA.

Our first two runners were siblings Anna and Leejay, who raced to the finish line and raised £150, with Leejay even bagging himself the silver prize!

Our third runner was Arthur, who was born with a unilateral cleft lip and palate. Arthur ran alongside his mum on the day for moral support.

Last, but certainly not least, was Isla.

Isla and her dad were both born with cleft palates, and Isla also a bilateral cleft lip. The pair took on the mini GNR, and also the main event, raising more than £800.

SUPER SIBLING CASEY'S RUN

Fundraiser Caleb completed the Worcester City Young Athletes Junior Race, to raise £650.

He chose to fundraise for CLAPA because we supported his parents and family when his big sister Seren was born with a cleft lip and gum notch.

Dad Paul said: “Despite their sibling disagreements he loves his big sister!”

CLAPA'S STAR BAKERS


[redacted]

Esmée displayed a delicious spread of cakes for a community bake sale raising £140 for CLAPA.

Esmée was born with a cleft lip and gum notch. She said: “I was inspired to fundraise while I was at the CLAPA residential trip in Swindon this year. I thought about what I could do to raise money and spoke to my parents when I got home.

“It was fun to bake cakes with my parents. I met lots of new people on the day of my bake sale. I was able to share my experience...with all the people I met that day.”

> “I met an older lady who was also born with a cleft. It was interesting to learn how the care of children has changed over the years.”

Six-year-old Niamh took on a medley of challenges from baking, singing, and creating loom bands, to raise funds for CLAPA.

Niamh’s little brother was born with a cleft. Mum Stacey told us: “We are so proud of her! It’s so sweet how she has wanted to get involved to help others like her little brother.”

WALK THIS WAY

HARRISON'S 100KM TREK

Eight-year-old Harrison pledged to walk 100km with his mum, dad and sister Jessica.

He said: “I will be going on an adventure residential weekend with CLAPA and cannot wait to meet other children who are just like me. The trip is all paid for by the charity through fundraising.

“So I asked if I could do some fundraising to pay for more children to go on the weekends in the future.”

SOPHIA'S SNOWDON STOMP

Sophia’s brother Charlie was born with a unilateral cleft lip and palate. Their dad said: “CLAPA has helped us massively in providing the information and support we needed to ensure Charlie had the best possible start in his life.”

Armed with her dad, Sophia took on the heights of Snowdon. The hikers raised more than £700 in donations to support CLAPA. Chris said: “It has been very rewarding to see the people we know taking the extra time to understand cleft lip and palate, who CLAPA are, and how they have helped us directly.”

THE 700 CHALLENGE

A page-turning fundraiser

Elsie, who was born with a cleft, decided to take on the challenge by reading 700 book pages, with her brother Edward helping out when he could. The siblings even had to take a trip to the library after running out of books to read!

Swimming the distance for CLAPA

Delilah and her mum, Helena, chose to dive into their 700 Challenge by swimming 700 lengths (totalling 17,500 meters or 10.8 miles in 21 days.)

Helena said: “Delilah was born with a unilateral cleft lip. She sets herself yearly CLAPA challenges and raises money."

Generous Gymnastics

Poppy, who was born with a soft cleft palate, challenged her team of tumblers to complete 700 handstands.

Mum Sara spoke to CLAPA: “We are so grateful for the support we had from CLAPA, and Poppy wanted to raise money to help other families in the same situation we were in.

“She started her gymnastics journey when she was three and still enjoys it to this day. That’s why she wanted gymnastics to be part of her 700 Challenge, and her teammates were more than happy to help her along the way.”

Lights, Camera, Action!

Growing up with a cleft may impact your confidence and self-image. We spoke to two young models about learning to embrace their cleft and becoming representing the cleft community.

Mason's Story

Mason's mum told us: "Recently, Mason would question why he has a cleft. He felt unsettled and quite isolated as he hasn't seen, and doesn't know, any other children with a cleft.

"To change this he likes to look at the CLAPA pages, and we are looking at joining an online event for young people.

"Mason is now being represented by a London children's modelling agency. I think it's really positive to be represented by an agency so that children can relate to seeing others with a cleft, as Mason sought out."

Lilah's Story

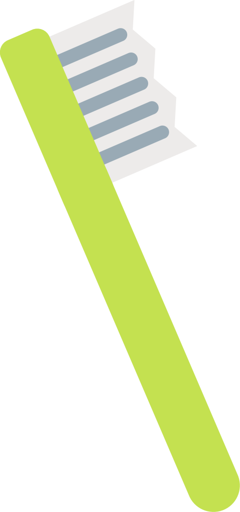
Lilah's mum told us: "Lilah had been self-conscious because of her cleft and didn't see how beautiful she was and is.

"She now has so much confidence! She's been taken on by one of the leading children's model agencies in the UK and she's ready to show her face to the world!"

ALL ABOUT BRACES

Tips from CLAPA's Children and Young People's Council

Make sure you wear your retainer as it helps to keep your teeth straight and to avoid needing braces again when you're older.



Braces are a lot more common now. It's not just people with a cleft who might have to get them. It's good to remember that.

If your braces are irritating you, always speak to your cleft team or orthodontist as they will be able to help.

You should make sure you are brushing your teeth for three to four minutes when you have a brace. It makes sure nothing gets stuck!

If food is sticky or hard, you are more likely to break your brace, so try and avoid these foods if you can.

ALL ABOUT BRACES

Tips from CLAPA's Children and Young People's Council

People might ask questions about your braces, but generally they are just curious and it doesn't always mean it comes from a bad place. It can help to explain and educate why you have them.

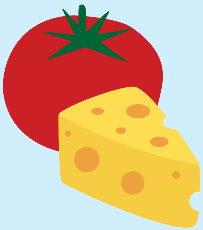
It can take a while to get used to your braces, because it's a big change, but then sometimes you end up forgetting you even have braces in.

Make sure you're brushing your teeth a minimum of twice a day, but if you notice any food stuck after meals, brush them again then.

Sometimes you can sound different initially when you get a brace, but after a few days you get used to it and people do understand you.

Join one of our next Chat and Chill events at CLAPA.com/Events

RECIPE:
PIZZA WHIRLS



By Thomas

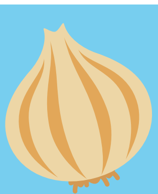
“This is a recipe that I did a while back for school. It was really fun!”

Ingredients

1 packet puff pastry
4 tbsp tomato puree
150g cheese (grated)
Optional extras
2 spring onions
4 slices ham
Pepperoni
½ pepper (any colour)

- Turn on oven to 220ºC/ Gas mark 7 then, using a rolling pin, roll out pastry to approximately 0.5cm thick, remembering to flour the surface.
- Spread tomato puree evenly over pastry and sprinkle on grated cheese. Chop any extra ingredients into small pieces and sprinkle onto pastry.
- Roll up the pastry into a Swiss roll shape. Slice into pieces, 2cm thick. Place on baking tray with swirl facing up and flatten gently.
- Bake for 15 to 20 minutes until pastry is golden brown. Place on cooling rack to cool.

RECIPE:
LAZY ROAST DINNER



By Zach

This recipe is for chicken and stuffing balls...a tasty ‘roast’ without all the prep!

Ingredients

170g packet stuffing mix
(Sage and Onion works well)
500g chicken mince
Salt and pepper
Oil

- Add boiling water to the stuffing mix in a large mixing bowl and leave to cool completely.
- Add the chicken mince to the stuffing and season with salt and pepper. Use your hands to mix together until thoroughly blended.
- Divide the mixture into 25 equal sized balls (roughly the size of a standard meatball). Pour oil on your hands and roll each ball firmly in your palms, until coated in a thin layer of oil.
- Place evenly on a non-stick baking tray and bake in the oven for 30 minutes on 200ºC, until golden brown and cooked through.
- Turn them over once or twice during cooking, so they don't stick.
- We love to serve ours with Yorkshire puddings, tenderstem broccoli and lots of gravy!

RECIPE: THE 'PERFECT' BISCUITS

By Charlotte

"They go down really well when I make a batch!"

Ingredients

300g plain flour
100g butter (cubed)
100g light brown sugar
Pinch of salt
2 medium eggs
1 tsp baking powder
1 tsp cinnamon
60g golden syrup
Biscuit cutters (any shape you want!)

To decorate

300g icing sugar
3 tbsp boiling water
Sprinkles
Writing icing

- Seive the flour, baking powder, cinnamon and salt into a bowl. Rub the butter in until the mixture resembles fine breadcrumbs, then stir in the sugar.
- With a fork, stir one egg into the golden syrup and add to the dry ingredients, mixing well.
- Beat the second egg and gradually add this to the mixture.
- When the mixture has formed a smooth dough, divide into two and place one half in the fridge, tightly wrapped in cling film.
- Flour the second half of the dough, the rolling pin and the surface you will be working on.
- Preheat the oven to 160/gas mark 3. Roll out the first half of the dough until it's about 5mm thick, then cut out your biscuits. Reroll and keep cutting until the dough is all used up.

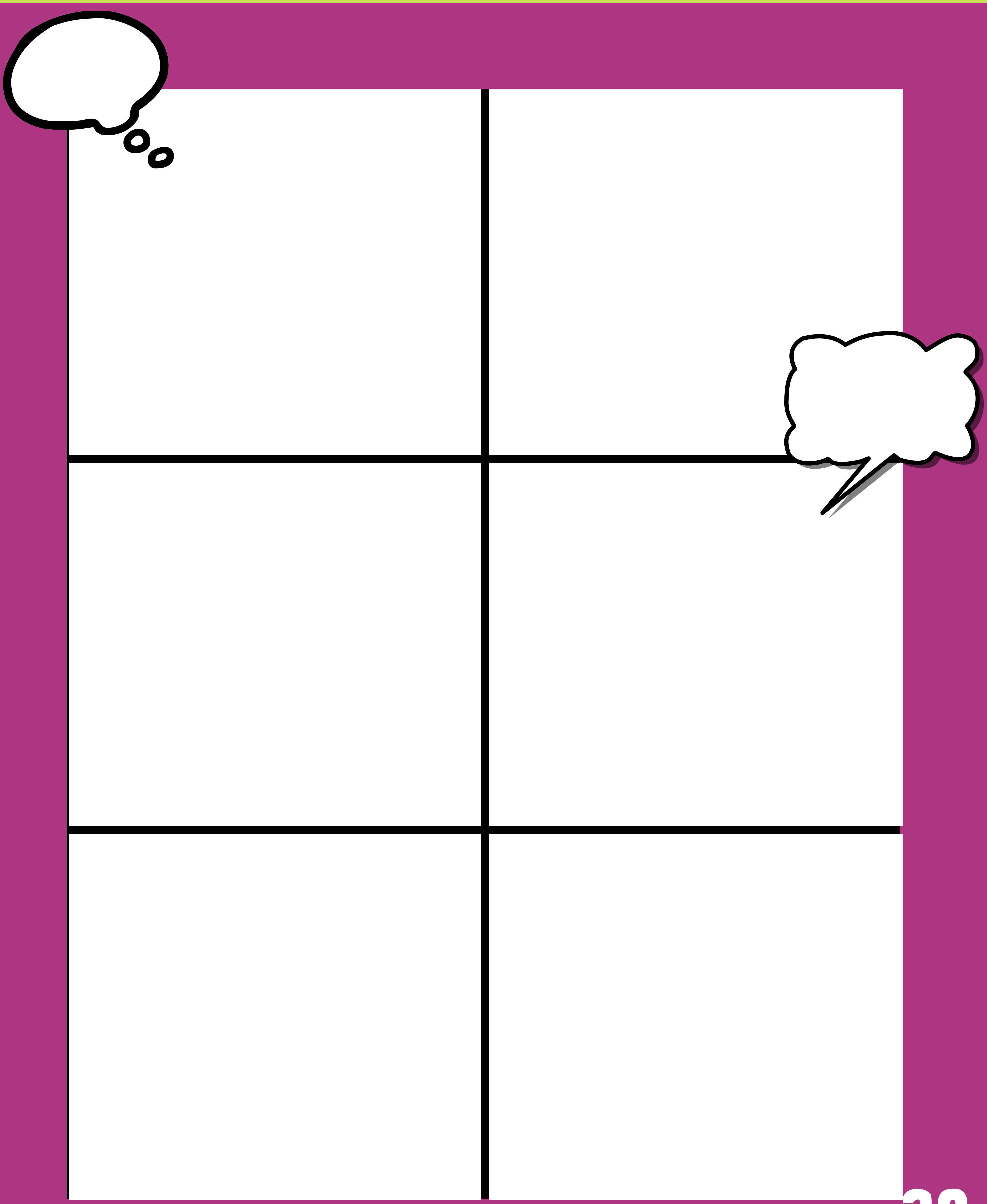
- Bake in the oven for 16-20 minutes or until they are solid, but not completely rigid (they will harden as they cool)
- Remove the biscuits from the oven and allow them to cool on a wire rack.
- If you want to decorate, mix the boiling water and icing sugar together, you could also add food colouring at this stage.

Show off your bakes!

Did you get creative in the kitchen and make one of our recipes provided by our young people?

Send your photos to youngpeople@clapa.com or tag us in your photos on social media @clapacommunity

CREATE YOUR OWN CARTOON



WORD SEARCH

W	F	L	P	O	J	K	C	L	F
F	U	J	A	G	Q	B	O	T	U
P	P	Z	L	U	S	T	N	S	N
C	O	Q	A	M	G	Y	F	M	S
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CONFIDENT
STRONG
POWERFUL
CLEFT
FUN
LIP
HAPPY
LAUGH
PALATE
SMILE

COLOUR ME IN

FIND SUPPORT

CLAPA
Cleft Lip & Palate Association

If you have any questions about our Children and Young People's services, please contact youngpeople@clapa.com or visit www.clapa.com/young-people.

For a full list of support services, visit CLAPA.com/CYP

childline

Counselling service for young people under 19 online, on the phone, anytime.
www.childline.org.uk
0800 1111

CHANGING FACES

Free and confidential online 1-1 support for young people.
www.changingfaces.org.uk
0300 012 0275

YOUNGMINDS

Mental health crisis support fro young people.
www.youngminds.org.uk
Crisis Messenger (text YM to 85258)

THE MIX

Essential support for under 25 year olds.
www.themix.org.uk
24/7 live chat feature

kidscape
Help With Bullying

Support for young people impacted by bulling.
www.kidscape.org.uk

Edition 03

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 Editor, Joseph (with help from Lily).

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

CLAPA
Cleft Lip & Palate Association

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