



BIG Heart Matters...



Issue 1

1st December 2008

SPECIAL CHRISTMAS
ISSUE!

Merry Christmas Everybody

This issue is a special, one off issue, which is nice and short.

Starting in January, every month I'll be posting you a bigger newsletter, and its only for our members who are older than 10.

Each one will deal with a big lifestyle topic, like smoking or drugs.

There will also be puzzle pages, a joke page, and lots of regular articles.

Plus loads of opportunities for you to get involved, with prizes for contributions!



SHUGBOROUGH FUN RUN 2008

NEWSFLASH!

What happened @ LHM last month...

Well October and November were mad months! Got loads of cool stuff done though, like:

- ◊ Had our Fun Run at Shugborough. A massive congratulations to Carys Allen, who ran the 5k marathon!
- ◊ We had the teenage programme at the open day too. It was ace wasn't it? Great to see so many people! Don't worry if you didn't make it, there'll be plenty more stuff to get involved in soon!
- ◊ I had to speak to the trustees about some of the services for you guys like the website, and they can't wait!

Well, this morning I opened up my advent calendar (any excuse for daily chocolate), and had my first choccy, which means that it's officially Christmas time!

I'm sure that you all know who I am by now, but just in case you've escaped one of my letters or the section in the LHM newsletter, my name's Jon Brunskill, and I'm your Youth Project Development Officer at LHM. I don't know what

you prefer to be called. I like it when people call me JB or Jonny.

I hope everybody's wrapping up nice and warm because its bloomin' freezing outside. I'm sure you're all starting to think of things to do inside in the evenings. Well I hope that I can help with that a bit.

First off, there's this newsletter! Look on the other side for things you can do and prizes you can win.

Secondly, you can check out the zipper zone website and tell us what's awesome about it and what's rubbish. Then we'll change it!

I want lots of photos and pictures and stories and reviews for this newsletter to make it more exciting. I'll reward all contributions with **prizes!**

I'll be speaking to you soon, but in the meantime, have an awesome Chrimbo hols and a happy new year!

JB

ZIPPER ZONE WEBSITE IS NEARLY HERE!

Exciting news! The youth website is really nearly ready, and it looks awesome.

We want your help to make sure its absolutely perfect when we officially launch it next month though.

So if you would like to be a tester for our website, email me at the usual address: jon@lhm.org.uk

Win stuff section

Your Page

Send stuff to:
JB or Jonny
11 Greenfield Crescent
Edgbaston
Birmingham
B15 3AU

Phone: 0121 455 8982
Fax: 0121 455 8983
email: jon@lhm.org.uk



This section is going to be filled with stuff from you!
SO... send me something like :

- ◆ Stories of your achievements
- ◆ Stories of starting a new school etc
- ◆ Photos of yourselves doing something interesting
- ◆ Pictures or graffiti art expressing yourself, how you're feeling etc...

So go ahead and send me something, by email or post. And I'll send you a **prize** in return!

Send me a joke, or write me a review and I'll send you vouchers so that you can buy more stuff and review that too. Go on, it'll be like a little job!

With the long dark winter nights coming up, there's nothing better than getting into a really good book. I recommend this one:

Jokes...

What did the fish say when he swam into the wall...

...Dam

There was an old man sitting on his porch watching the rain fall. Pretty soon the water was coming over the porch and into the house.

The old man was still sitting there when a rescue boat came and the people on board said, "You can't stay here you have to come with us."

The old man replied, "No, God will save me." So the boat left.

A little while later the water was up to the second floor, and another rescue boat came, and again told the old man he had to come with them. The old man again replied, "God will save me." So the boat left him again.

An hour later the water was up to the roof and a third rescue boat approached the old man, and tried to get him to come with them.

Again the old man refused to leave stating that, "God will save him." So the boat left him again.

Soon after, the man drowns. When he gets to heaven, he asks God: "Why didn't you save me?"

God replied, "You idiot, I tried. I sent **three** boats after you!!"

Think you can do better? Send in your best joke to jon@lhm.org.uk

DVD Review

Well let's keep in the festive season, here are what I think are the top 5 Christmas movies. Some of them are pretty old, so if you haven't seen them I'd try and watch one over the hols. These are guaranteed to get me in the Xmas mood.

Home Alone (1990)

An 8 year old is accidentally left at home when his family fly to France for Xmas. When burglars try to break in, he defends his home with fantastic booby traps! Classic.

The Muppet's Christmas Carol (1992)

All of the muppets help to tell this classic tale. Very funny slapstick comedy in a film with a very important message.

Nightmare Before Christmas (1993)

Jack Skellington, the prince of a world where it's always Halloween, stumbles upon Christmas land, and decides to have a go at being Santa. Brilliant songs and very funny for all ages, including adults.

Shrek (2001)

An ogre has to find a princess for the king of Make-Believe-Land in order to get his swamp back. Extremely funny + heart warming film!

Jingle All The Way (1996)

Arnold Schwarzenegger promises to get his son a Turbo Man toy for Xmas. When he forgets to pick one up, he has to go on a mad quest to find one on Xmas eve, with hilarious consequences.

And the Best of the Rest:

Grinch, White Christmas, National Lampoon's Christmas Vacation, Miracle on 34th Street, Bad Santa, Santa Clause, Love Actually...

Book Review

When The Snow Fell

by Henning Mankell

Joel is growing up. He makes 3 New Years resolutions: to see a lady naked, to toughen up, and to see the sea. It's hard though, Joel doesn't have a mum and his dad turns to drink because of his sadness.

But when Joel saves old Simon from a frozen death in the woods, he becomes a local hero, and everything starts to change.

It's suitable for anyone aged 11 or over. I have a copy of this book. You can borrow it if you like, just email me your address and I'll post it to you.

Game Review

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Star Wars: The Force Unleashed

Platforms: 360, PS2, PS3, Wii, PSP, DS

Age rating: 16+

The designers said this game was going to simply be "kicking ass with the force", and they weren't lying.

Use a combination of elaborate light saber combos and force powers to destroy all of your enemies as you guide Darth Vader's apprentice through his dangerous and complicated journey.

With upgrades, secrets, loads of different light sabers and costumes, this game will keep you well occupied through the winter months.

Simply the best game since Call of Duty 4.

Patron

Baroness Howarth of Breckland OBE

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