

SiCC & SLCC news

Somerset In-Care and Leaving Care Councils

<https://www.somersetincarecouncils.org.uk>



Describe your perfect day...

Hanging out with mates

Watching movies or TV

Eating ice-cream or chocolate

Making a cake

Walking dogs

Fishing

Photo of the Month

'DUCKLINGS'

French Weir,
Taunton



Delicious



Rocky Road

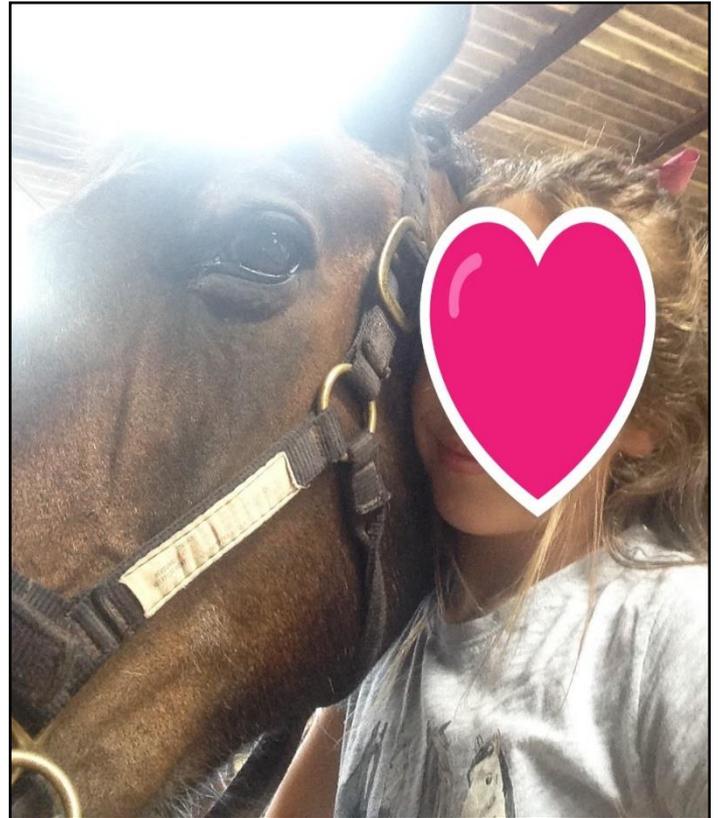
125g unsalted butter
150g dark chocolate
150g milk chocolate
3 tbsp golden syrup
100g each of biscuits, mini marshmallows and brazil nuts
100g white choc for drizzling

1. Heat butter, choc and syrup in a pan, low heat until melted.
2. Stir in crushed biscuits, chopped nuts and marshmallows.
3. Tip into a tin and smooth with a wet knife.
4. Melt white chocolate and drizzle over the top.
5. Chill for 2 hours in the fridge until firm enough to cut.

Thank you to S & S members for all their contributions !

'MY HORSE'

"My horse is a big softie but when you buckle him up to go riding, he sometimes gets in a bad mood. He's amazing though around other horses and he loves it when I go up to visit him twice a week. I've been riding since I was 4. We do 'lunging' which is when you walk round an arena. My instructor gets me to do exercises on my horse like lifting one arm while trotting then lifting the other arm to show that I am balanced".



Having a mental health crisis?
Text YM to 85258
YOUNGMINDS Crisis Messenger powered by shout
CRISIS TEXT LINE

What have S&S done this month?

- Attended 2 S&S virtual meetings
- Worked on a mission statement for a project for Childrens Commissioning
- Done a survey about the Route 1 service – whether members have experience of having an advocate or independent visitor
- Had a representative doing a presentation to health and education professionals on behalf of the SSCB Youth Forum

WHO ARE SICC & SLCC?

If you are a Child Looked After or Care Leaver in Somerset, you are automatically a member of SiCC & SLCC. The group consists of young people aged 10-20 and exists to ensure that care-experienced young people have an outlet for their voice. Whether it's doing a survey, creating a film, interviewing new staff, attending virtual meetings or being connected through email or social media, you can be involved and help to improve the way services are shaped in the future.

If you would like to take part, text Alison on 07585983356 or email apennells@somerset.gov.uk