

SiCC & SLCC news

Somerset In-Care and Leaving Care Councils



How are you coping with Lockdown?

We held a virtual SiCC & SLCC meeting and these were some responses:

- Managing to go out for a walk every day /going for dog-walks
- Helping an elderly relative by doing their shopping
- Keeping in regular contact with family or friends
- Doing cleaning, tidying

Lockdown plan:

1

STAY CONNECTED

Talk on the phone, message, video call

2

KEEP ACTIVE

Do some physical activity every day

3

SELF-CARE

Eat well and take time each day to do things that make you happy

Delicious



Pitta Bread Pizzas

Cover pitta with tomato puree, toppings, cheese (our member used vegan cheese on one and mozzarella on the other) and bake for 8-10 minutes in the oven.

Photo of the week

Sunrise on the Farm



Thank You to S & S members for these!

WHAT ARE SOME OF THE CHALLENGES IN LOCKDOWN?

From our SiCC and SLCC meeting:

- ❖ Working through coursework at home
- ❖ Getting a bit bored
- ❖ Finding it difficult to get hold of utilities companies like internet provider, long time waiting to get through on the phone

One of our members wanted to talk about leaving care and living independently...

Some important issues raised around moving into independence especially around setting up a home for yourself and organising utilities.

Council tax was a particularly difficult thing because exemption for care-leavers, although universally provided, varies depending on where you live. One member found himself getting letters saying he owed money which was very stressful and difficult to sort out. He thinks there should be a specific form for

WHATSAPP GROUP

We have a SiCC & SLCC WhatsApp group so that we can stay in contact during Lockdown. It's a place to chat, support each other, post pics or share ideas to beat boredom. We might be isolating but we don't need to be isolated.

Contact Alison if you would like to join

07585983356



COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share.

1. Make a plan to help you keep calm and stay in contact
2. Enjoy washing your hands. Remember all they do for you!
3. Write down ten things you feel grateful for in life and why
4. Stay hydrated, eat healthy food and boost your immune system
5. Get active. Even if you're stuck indoors, move & stretch
6. Contact a neighbour or friend and offer to help them
7. Share what you are feeling and be willing to ask for help
8. Take five minutes to sit still and breathe. Repeat regularly
9. Call a loved one to catch up and really listen to them
10. Get good sleep. No screens before bed or when waking up
11. Notice five things that are beautiful in the world around you
12. Immerse yourself in a new book, TV show or podcast
13. Respond positively to everyone you interact with
14. Play a game that you enjoyed when you were younger
15. Make some progress on a project that matters to you
16. Rediscover your favourite music that really lifts your spirits
17. Learn something new or do something creative
18. Find a fun way to do an extra 15 minutes of physical activity
19. Do three acts of kindness to help others, however small
20. Make time for self-care. Do something kind for yourself
21. Send a letter or message to someone you can't be with
22. Find positive stories in the news and share these with others
23. Have a tech-free day. Stop scrolling and turn off the news
24. Put your worries into perspective and try to let them go
25. Look for the good in others and notice their strengths
26. Take a small step towards an important goal
27. Think three people you're grateful to and tell them why
28. Make a plan to meet up with others again later in the year
29. Connect with nature. Breathe and notice life continuing
30. Remember that all feelings and situations pass in time

“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl

ACTION FOR HAPPINESS

www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

The Coping Calendar has 30 suggested actions to look after ourselves and others. Open it or download it to use and to share with others

care leavers because the form you fill in is very complicated, long and not relevant. He also talked about the importance of knowing your NI number (keeping it in a safe place when you receive it) and about the minefield that is setting up accounts with utilities and finding the right one for you (i.e. pay as you go is best for him, more manageable) As a group, we could make this an ongoing project –

- What care leavers need to know - where to get support to help through transition and what skills would be useful to have
- Create a care-leavers' group? It was felt to be a good idea because it would be about, "our issues" . And would a mentoring scheme be helpful – young people who have been through the transition helping others to prepare.
- Try to get the application process changed to make it easier. Find out who to contact.

BECOME.

THE CHARITY FOR CHILDREN IN CARE AND YOUNG CARE LEAVERS

coram
Voice 
getting young voices heard



SOMERSET
County Council