

# SiCC & SLCC news

Somerset In-Care and Leaving Care Councils



## How are you finding the Lockdown?

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

- Getting exercise – walking, cycling, running
- Keeping in contact using social media
- Watching TV
- Missing family and friends, school and college and places such as beach, cinema, shops and bowling

## Recommendations from one S&S member:

1

**DO YOGA**

Find a You Tube tutorial

2

**MEDITATE**

Use the Calm app

3

**BE MINDFUL**

Try the Headspace app

## Delicious



### 'Sunshine Ripple' Mocktail

Mix together:

- Orange
- Mango juice
- Cranberry juice
- Pineapple juice and
- Grapefruit juice

## Photo of the month

### 'Bike Ride at 5AM'



Thank You to a S & S member for these!

## WHAT ARE SiCC & SLCC'S TIPS FOR SURVIVING LOCKDOWN?

1. Walk, exercise, do yoga – at least once a day
2. Relieve stress by baking – “beat it out!”
3. Play games with others on Zoom
4. Try something creative like googling easy drawing tutorials, colouring or doodle patterns and trying to copy them
5. Learn a new skill
6. Try out a new recipe or cook something from scratch
7. Do some DIY or upcycling
8. Use Pinterest to find little projects you can do at home
9. Plant some herbs or veggies
10. Relax!

“Do something you like doing, otherwise you’ll be grumpy!”

“If you have something you enjoy such as reading or writing, use your imagination to keep yourself busy”

### 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



**Route1 Advocacy team** hope you are all keeping safe and well.

The team continues to listen to children and young people and to support their views, wishes and feelings to be expressed during meetings. Our Independent Visitors have found many inventive ways of keeping in touch with their children and young people :)

**We would like to update you** that Route1 Advocacy is now able to offer advocacy for all care leavers up to the age of 25, even if you are closed to Leaving Care.

**Please contact:** [Route1Advocacy@somerset.gov.uk](mailto:Route1Advocacy@somerset.gov.uk) for advice and information or to make a referral for advocacy. Please talk to your Social Worker about a referral for an Independent Visitor.

### What have S&S done this month?

- Attended 2 S&S virtual meetings
- Given feedback on a new NHS survey for young people about mental health
- Done a survey on how to improve Homefinder, a service that helps care leavers find a home
- Contributed views to the Police and Crime Commissioner’s office about missing school and college
- Helped Children’s Social Care to design a survey to send to Children Looked After
- Created their own Lockdown survival hacks
- Had a meeting with the new Leaving Care apprentices
- Filled in a survey about levels of support during Covid 19

