EDITION 3 JUNE 2020

# SiCC & SLCC news

**Somerset In-Care and Leaving Care Councils** 

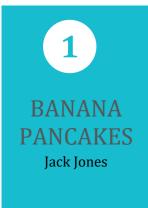


## Since some Lockdown restrictions have been lifted what have you been able to do?

These were some SiCC & SLCC members' responses:

- Go shopping
- Watch football
- Go back to work
- Eat food from Subway
- · Go fishing

Fave feel-good songs chosen by some S&S members:







### **Get Creative**



### Feel-good Art

Buy a magazine and use it to create a collage on paper about, "Something you care about or who you are".

You need a glue stick and scissors and if you wish you can make a whole book of collages using the pictures and words to express your feelings.

# Photo of the month 'Sunny Days'



THANK YOU to S & S members for these!

#### **JUNE 2020**

## WHAT ARE SOME OF SICC & **SLCC MEMBERS' HOPES FOR** THE FUTURE?

- > To be healthy
- > To make a difference
- > To be heard
- > To be happy
- > To go on holiday

This technique was recommended by one of our members who suggests saving it on your phone to use whenever you're feeling overwhelmed, anxious or stressed:



### Fancy a chat? Text/ talk to a Youth Worker or Well-being Practitioner

Also...Young Somerset run well-being hubs for young people on Mon and Fri @4pm Instagram - @yswellbeing



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

- Attended 2 S&S virtual meetings
- Given feedback on changes to school transport
- Held a vote on the Annual Achievement **Awards**
- Had a representative at the new Youth Forum and the One Somerset Unitary Consultation
- Been involved in the launch of the Corporate Parent Board film

