

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:

1

BANANA PANCAKES
Jack Jones

2

CHA CHA SLIDE
DJ Caspar

3

GRENADE
Bruno Mars

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!

WHAT ARE SOME OF SICCC & 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:

5 4 3 2 1

SLOW DOWN & CALM DOWN

FIRST- TAKE 3 SLOW BELLY BREATHS!

5 List 5 things you can SEE

4 List 4 things you can FEEL

3 List 3 things you can HEAR

2 List 2 things you can SMELL

1 List something you like to TASTE







FINISHED? - TAKE ANOTHER 3 SLOW BELLY BREATHS

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](#)



Fancy a CHAT?

If you're aged 10-18 (or a parent/guardian of a young person) and you'd like to have a chat, our youth workers and wellbeing practitioners are happy to talk to you.



Call or text:

DAY & TIME	YOUTH WORKER	WELLBEING PRACTITIONER
MONDAY 15:00-17:00	SARAH - 07890 270561	GEORGIE - 07483 057601
	WEDNESDAY 17:00-19:00	JAMES B - 079374 575603
FRIDAY 15:00-17:00	CHRIS - 07966 991446	SAM - 07483 040657

(EXCLUDING BANK HOLIDAYS)

01278 722100

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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