

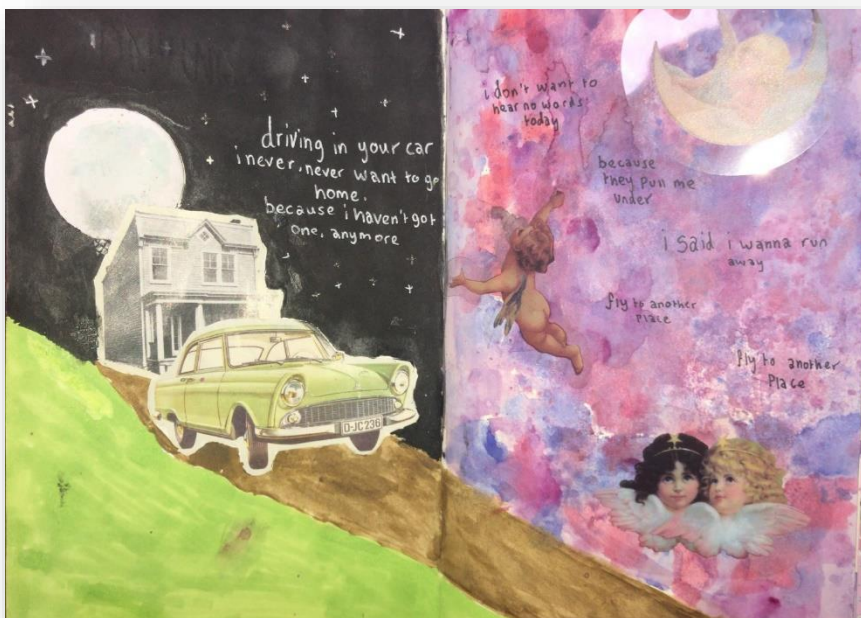
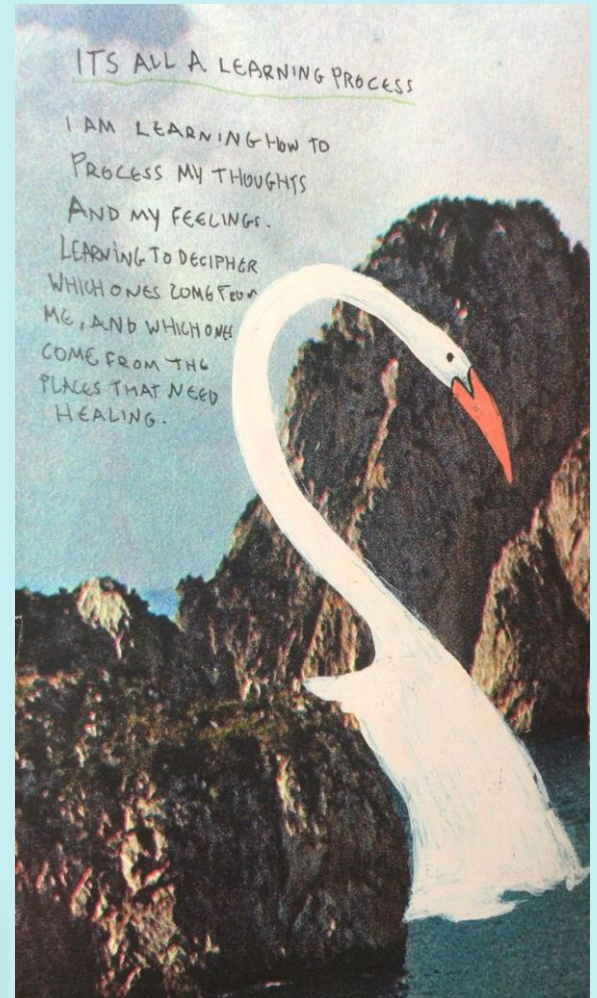
SiCC & SLCC news

Somerset In-Care and Leaving Care Councils
<https://www.somersetincarecouncils.org.uk>



Art Journal

How one young person uses art to support their mental health



“I use the book as a diary -but using pictures from magazines or cut-outs I’ve printed off and when I am struggling, sometimes I make a page which I wouldn’t show anyone, it’s just for me but it helps me process why I am struggling”

EXTRAORDINARY AND INSPIRING

Positive Activities and why they are so important #2 - DANCE

What got you into dance in the first place and how old were you?

My cousins went, then I went too and I was 12 years old.

What type of dance do you do?

I do tap and street dance.

What do you like about it?

How the music wakes me up and I love performing shows.

What about fitness/ confidence?

Oh yes them as well.

How do the other students and the teacher(s) help?

If I get it wrong, they go through it again till I can get it right or they might slow it down.

Are they supportive too? Have you made good friends?

Yeah, I have loads.



What have S&S been doing recently?

- Attending bi-monthly virtual meetings
- Planning a film for Route 1 to promote the IV service
- Reviewing the processes of the 16+ accommodation panel
- Working on our priorities
- Starting to talk about the Annual Achievement Awards
- Thinking about how transitions are managed and what makes a difference – using our experiences to create case studies
- Inspired by Dr Seuss and to celebrate **our** uniqueness, we wrote a group poem for World Poetry Day

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.

We have a [short film](#)

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



Today you are
You,
that is truer
than true.
there is no one alive
who is **Youer**
than You.
-Dr. Seuss