

OUR VOICE, OUR SERVICES

ISSUE 1
02/02/2021



OIOS!

SOLIHULL'S CHILDREN IN CARE COUNCIL

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About OVOS

OVOS is Solihull's Children in Care Council and stands for
'Our Voice, Our Services'.

OVOS supports all Looked after Children & Care Experienced
Young People to get their voices heard about their care or
their experience of care.

We offer monthly groups or all ages starting at 6 years going
through to age 25 years. These groups are split up into 3 to
cater for each age group.

At OVOS we give Children and Young People the opportunity
to take part in activities and trips that they ordinarily may
not have been able to do.

We offer opportunities for you get involved with the service,
via work experience which can sometimes lead to
apprenticeships (if available). You can also do work
experience in different council departments.

We offer training for young people, which includes 'Chairing
your own review' training and interview panel training so
that you can take part in the process of appointing workers
to the service. Its important that you feel they are right for
the job as the service is there for you.

We want to offer you all the opportunities as we can.

Meet the OVOS Team



ELISE ROSS (OVOS Support Worker)

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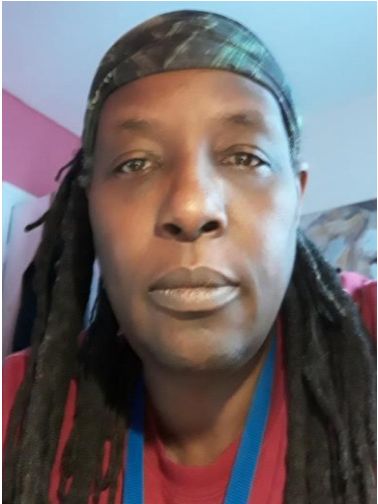
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OVOS TEAM: ovos@Solihull.gov.uk

OVOS WEBSITE: ovossolihull.co.uk

OVOS JUST GIVING PAGE:

<https://www.justgiving.com/crowdfunding/ovos-solihull>

OVOS GROUPS

Due to the current COVID-19 situation, our OVOS Groups can't meet as normal.

But we are doing everything we can to make sure we still keep in touch with as many of you as possible and would love for some more Children & Young People to contact us at the OVOS team and potentially join the OVOS family.

At the moment OVOS Groups are meeting virtually via WebEx, Microsoft Teams and WhatsApp video calls.

We understand that it can be difficult to open up on a video call about your feeling about care or leaving care or anything else you would normally want to share in the OVOS groups face to face. So if you have anything you want to share outside of the group meetings, please contact one of us.

The OVOS monthly groups will continue as normal virtually.

- **Under 10's Group – Every Half Term**
- **Under 16's Group – Last Wednesday of every month**
 - **16+ Group – Last Thursday of every month**

You will be contacted with details of the time and date that the group will be taking place.



BACK 2 SCHOOL @ HOME

At the moment a lot of Children & Young People are having to do their schooling and learning from home. We understand that this is different and concentrating on your school work while being at home is really hard. But we are here to help and here are some bits and bobs to try and help you too.

BBC BITESIZE

<https://www.bbc.co.uk/bitesize>

This website gives you the opportunity to do lessons online from Primary school through to ages 16+.

The lessons available all cater for every level of your learning needs and also cater for Northern Ireland, Scotland and Wales depending on where you live.

You can also access videos on IPlayer for ages 5 years to 14 years.

There is also support on the website for parents.



TOP TIPS

- Keep to a routine like you would at school.
- Plan what work you can do that day.
- Ask for help if you need it.
- Take breaks from different tasks and have a play time.
- Eat a healthy good breakfast. This will help you to concentrate during the day. (Porridge is great or Weetabix)
- Speak to your adult about a reward chart, so you feel that you have goals to work towards.
- Introduce a cooking lesson into the day, to create fun.

KIDS CORNER

Bird Seed Ornaments

What you Need:

Birdseed, 1 -2 packets of Unflavoured Gelatine, Corn Syrup, Water, Cookie Cutters, Drinking straws & Strong string.

What to do:

Step 1: First follow the instructions on the packets of the gelatine. Because your using 2 packets, add ½ cup of cold water into a bowl, then pour the packets of gelatine on top of the water.

Step 2: Next add ½ cup of boiling water to the mixture and stir it until it is all dissolved. (get your adult to help you with the hot water if needed)

Step 3: Once the gelatine has dissolved, add the corn syrup and stir in until it is dissolved too.

Step 4: Finally add the birdseed to the mixture and stir until mixed.

Note: If it's a little watery at first just pop it into the fridge for about 10 minutes or until it firm enough so that the liquid wont leak out.

Step 5: Put your cookie cutters onto a baking sheet and fill each shape with the mixture to the top.

Then press down to help fill the shape.

Step 6: Next you need to take your straws and press a straw into the birdseed (before it sets) so the you have a nice neat hole for the string t go through.

Steep 7: Now put them in the fridge overnight and the next morning, remove the straws and gently push them out the shapes and tie your string through the hole. And hang then up outside.



LET'S GET COOKING

BLUEBERRY & LEMON WEETABIX MUFFINS

Prep: 8 mins, Cook: 22 mins Makes: 9

Ingredients:

3 Weetabix biscuits, 150g wholemeal flour, 1 tsp Baking Powder, 75g Coconut Oil, 1 Medium egg, 100ml Milk, 75g Honey, 100g Blueberries (fresh or frozen) & Zest of 1 Lemon

Method:

Step1: Heat the oven to 180c fan and line a muffin tin with 9 paper cake cases

Step 2: Add the Weetabix to a large mixing bowl and crush up with your hands. Add the flour and baking power and mix well.

Step 3: Add the coconut oil to a large jug and melt in the microwave. If it's very hot allow to cool a bit before adding in the eggs, milk and honey. Mix well.

Step 4: Add the wet ingredients to the dry ingredients and then add in the blueberries and lemon zest.

Step 5: Divide the mixture between the muffin cases and bake in the oven for 20-25 minutes until browned on top and cooked through.

Note: Allow to cool a little before serving.

Link to recipe:

<https://www.myfussyeater.com/blueberry-lemon-weetabix-muffins/>

EASY BROWNIES

Prep: 10-15 mins, Cook: 40-45 mins, Makes: 16 -24

Ingredients:

375g Dark Chocolate, 375g Butter (cut into pieces), 500g Caster sugar, 6 Medium eggs & 225g Plain flour. Optional: Icing sugar for dusting

Method:

Step 1: Butter and line a 30cmx21cm tin with baking paper. Preheat the oven to 180c/160 fan/Gas 4. Break up the chocolate with the butter and melt in the microwave on medium for about 5 mins, stirring half way through.

Step 2: Beat the sugar and eggs in a bowl. Stir in the melted chocolate, add the flour and beat well.

Step 3: Pour into the tin and bake for 40 – 45 minutes or until the top looks papery and feels slightly wobbly.

Note: Leave to cool in the tin. If you don't do this, it will fall apart.

Link to recipe:

<https://www.bbcgoodfood.com/recipes/easy-brownies>



R L E S V G N L L O N O G Q U O M Q
 K D F V Z R B V Z W R K B U H V T V
 I F A U I U M C E E C X R D N P J I
 N T R M H L N Y I C W L W A C J D L
 S W I D A L M G C O T M C M Y O U L
 U A O I N R O I J W K O U R X S W I
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 S E X L U C Y L N M O B I A G A Z C
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 M I S S H A T T I E I M S A V B H S
 Z J A A C K F U C M L H B B U M P P



AGNES
 BANANA
 BOB
 BOOGIE ROBOTS
 CARL
 DAVE
 DR. NEFARIO

FART GUN
 GRU
 KEVIN
 KYLE
 LUCY
 MARGO
 MINIONS

MR. PERKINS
 PHIL
 SHRINK RAY
 STUART
 TIM
 UNICORN
 VECTOR



THERE ARE 8 DIFFERENCES TO BE
 FOUND

If you dream it, you can do it.

Support services are available for you, for a range of different issues. Remember YOU ARE NOT ALONE!!!



www.mind.org.uk
020 8519 2122
info@mind.org.uk



www.nhs.uk
111 (non-emergency)
– 999 (Emergency Services)



www.kooth.com
Online counselling
service up to the
age of 25 years



Essential support for under 25s

www.themix.org.uk
08088084994
(Offers a range of
support on various
subjects)



www.umbrellahealth.co.uk
0121 237 5700



www.forwardthinkingbirmingham.org.uk
0300 300 0099

KEEP SAFE



KEEP HAPPY