

Issue: 9 01/12/2020

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Part of the OVOS team is also our Modern Apprentice Saarah.



Our 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 the OVOS Team and potentially join OVOS.

Being an OVOS Member opens up a world of amazing opportunities such as, Being on interview panels, Trips & Activities, Work Experience, Apprenticeships and much much more.

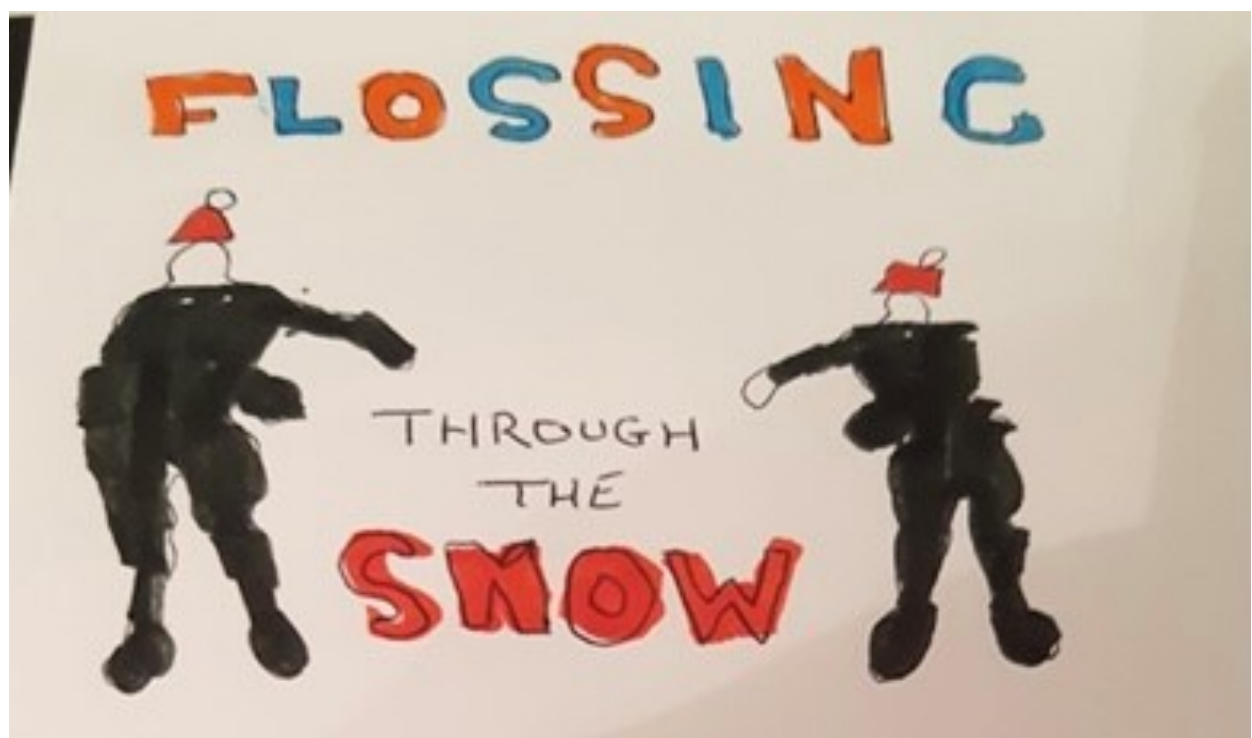
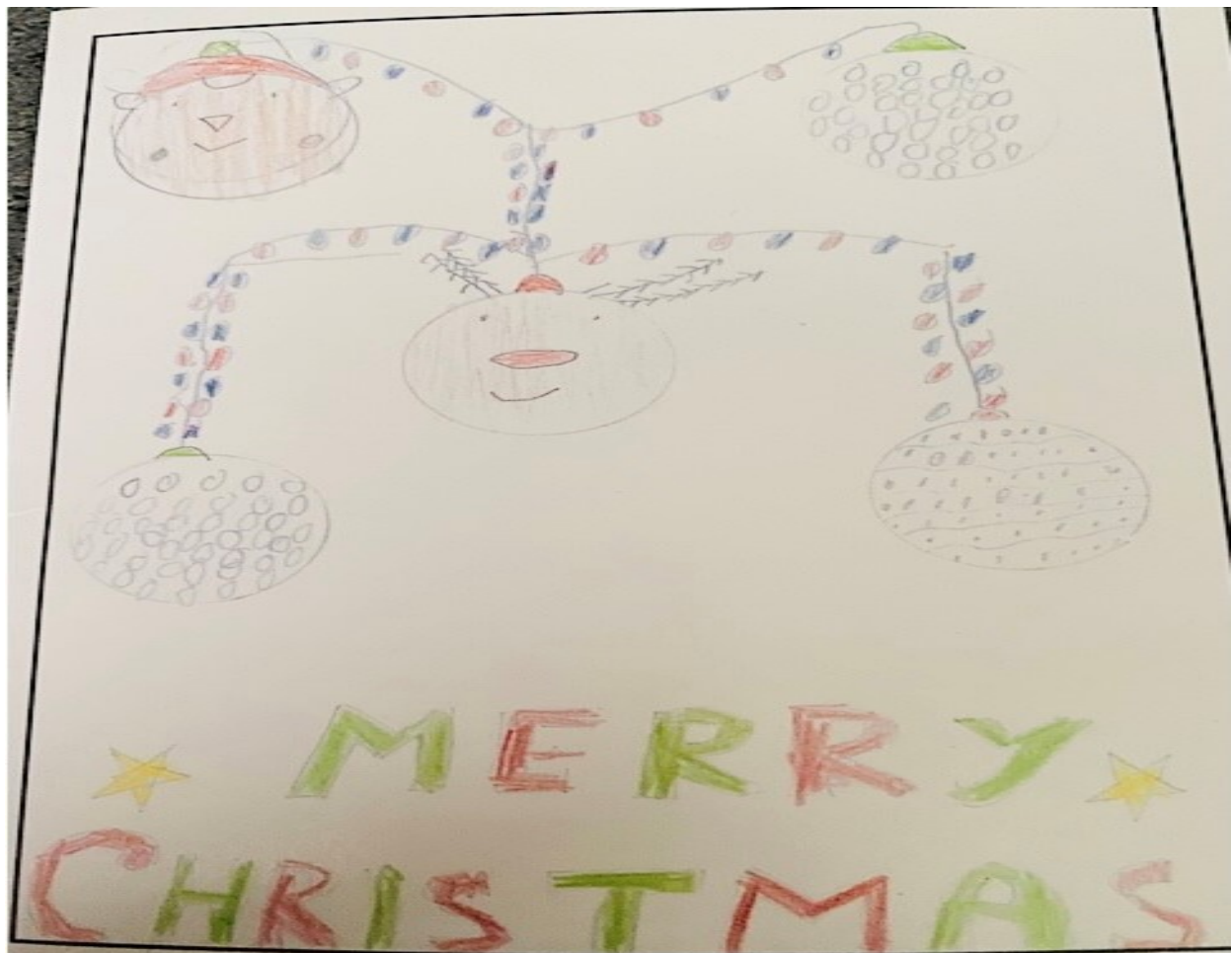
At the moment, we are communicating with our children and young people virtually, via WhatsApp and WebEx video calls.

We are still offering Interview Panel training and Chairing your own review training. So if you're interested in either or both of these training course, please get in touch with the OVOS team on our details at the top of this page.

We still want to make sure that we are hearing your voices of what you feel needs to improve or change with the services you are currently receiving. You can do this by getting in touch with us at OVOS.

All OVOS Team contact details are at the top of this page.

WINNERS OF THE 2020 CHRISTMAS CARD COMPETITION



CHRISTMAS RECIPES

Mince Pie Parcels

What you need:

Ready rolled Shortcrust Pastry, X2 Large Jars of Mince Meat, icing sugar, butter (for greasing), muffin tray & 1 whisked egg (for brushing)

Method:

Step 1: Grease your muffin tray with butter.

Step 2: Role out your pastry over the top of your tray and press down gently with your knuckles into the wholes. Then cut the pastry into squares so that each muffin whole has a square each.

Step 3: Spoon your Mince Meat into the middle of each square, then fold each corner into the middle and pinch to seal. If you prefer to cut shapes and place them on-top instead. Do smaller squares on your muffin tray and leave space on top for the shape you have cut out.

Step 4: Brush the top of the pastry with whisked egg and then place them on the middle shelf in the oven for 10 minutes or until lightly brown.

Step 5: Leave to cool and then sprinkle with icing sugar

Note: Store in an airtight container



Christmas Cookies

What you need:

Equipment: Rolling pin & Cookie cutters in Christmas shapes

1 Cup (227g) of butter, 1/2 Cup (100g) of caster sugar, 1 large egg, 1 tbsp. Vanilla extract or flavouring, 3 Cups (490g) of all purpose flour (plain flour is fine), 1/2 tsp. baking powder.

Icing: Red & Green food colouring, water and icing sugar. You can also buy blocks of already made icing from your local large supermarket. You will also need some assorted decorations, like hundreds and thousands or whatever you like.

Method:

Step 1: Preheat oven to 180/Gas 5. now in a large bowl, with a mixer or a spoon if that's all you have, on a low speed or slowly beat the butter and sugar together until blended. Increase speed to higher or faster and beat until light and creamy. At a low speed now beat in the egg and vanilla. Beat in the flour and baking powder until just blended. (I suggest sieving the flour in for a smoother mix).

Step 2: divide the dough into four equal pieces. Wrap each piece with cling for or a food bag if that's all you have and refrigerate until firm enough to roll. This will take about an hour.

Step 3: On a lightly floured surface, with a floured rolling pin, roll 1 piece of the dough 1/8 inch thick.

Step 4: Now using your cookie cutters cut out as many cookie shapes as you can. If you have any dough left over put it all together and wrap in cling film or in a food bag and refrigerate.

Step 5: Now pace your cookies on a ungreased cookie sheet or baking paper (you can grease the sheet if your worried about them sticking) and sprinkle with sugar if you wish and bake in the centre of the oven for 10—12 minutes or until lightly browned. Then transfer then onto a wire rack to cool.

Step 6: Now using whichever wish, if it's ready made, roll it out and cut shapes like you did for the cookies, if it's making it yourself, add food colouring after you have mixed it all together and drizzle over the cookie and then once set add your decorations.



CHRISTMAS CRAFTS

Christmas lantern

What you will need: A4 Coloured paper or cardboard, Scissors (with adult supervision) & a stapler (with adult supervision) or you can use glue if you don't have a stapler.

Step 1: Firstly, cut off a medium sized strip off the end of the cardboard or paper (making sure that the majority of the paper is left) and put the strip aside.

Step 2: Now fold the paper/cardboard in half portrait way and use your scissors to cut a line through both halves, cutting only just near the edge but not all the way through, cutting from the folded side not the open side.

Step 3: Now fold your paper/cardboard found s that it looks like a tube and you can see the slits that you have just cut. And now use your stapler or glue to stick the tube together.

Step 4: Now get the little strip you put aside and make a handle by sticking or stapling the strip in a loop on the top of your tube.

Note: You can leave it as it is or you can add a base by cutting out a circle of card to fit the base with a coupe of strips pointing up to secure it in place and add a battery powered tea light to the bottom.



Paper Plate Santa Claus

What you will need: Paper Plate, kid-friendly paint, (red, black & cream) cotton wool balls, white paper, PVA Glue, Glue stick, Scissors, Paint Brush and a Pencil (for curling)

Step 1: Using the kid-friendly cream paint, paint your paper plate a light cream colour for the skin, once this paint has dried then using the kid-friendly red paint, paint a hat shape at the top of your plate (this should almost come half way down the plate but not quite half way).

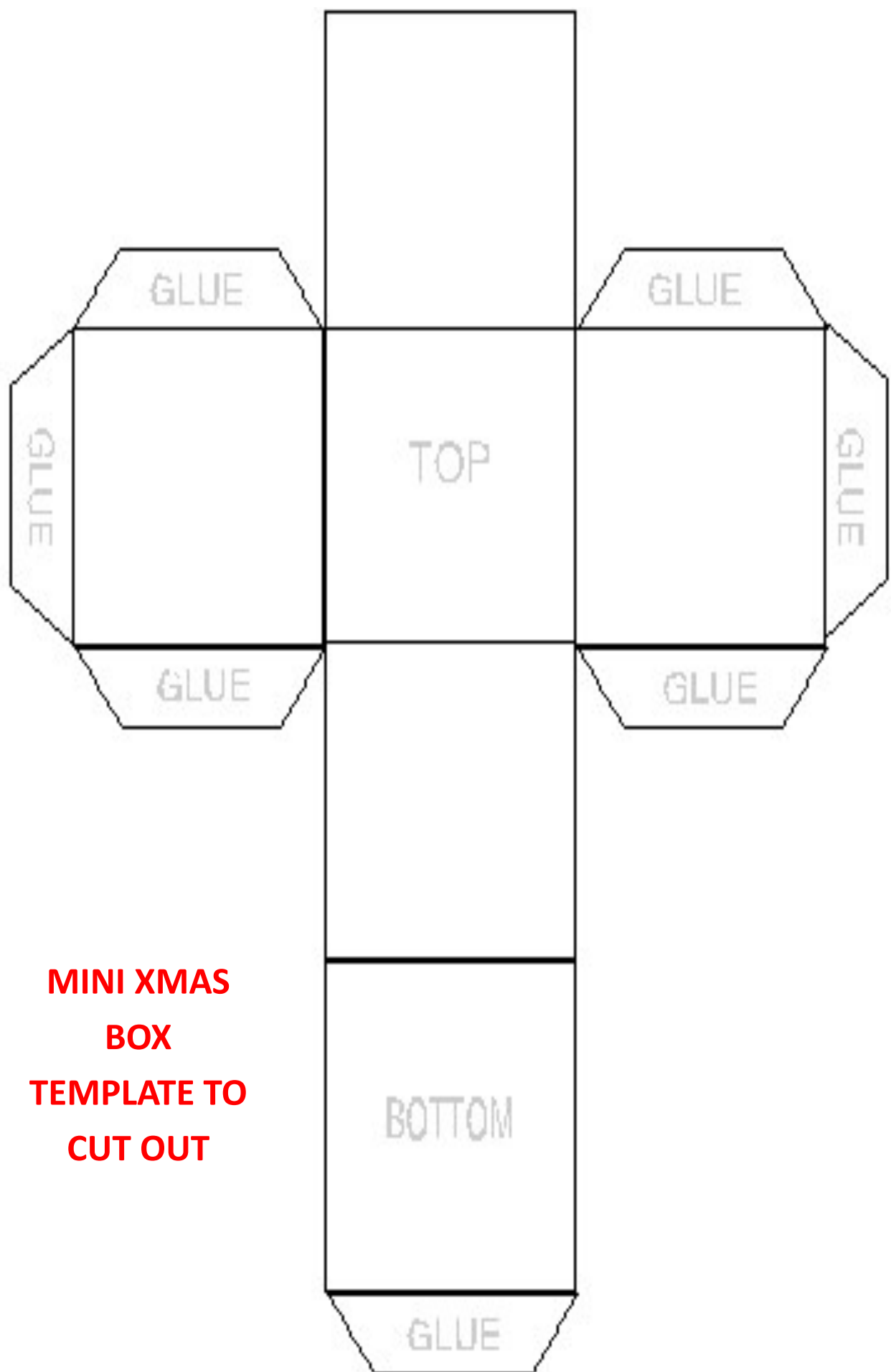
Step 2: Now while the paper plate is drying, cut a piece of A4 white paper into fine strips (approx. 1cm width).

Step 3: Curl the paper by wrapping it around the pencil and then drag the pencil out in a downward motion to create a ringlet. Alternatively, simply slide the pencil out of the paper without dragging. This will create a bouncy curl.

Step 4: Stick the paper curls along the rim of the paper plate and then add a second layer of curls above the rim.

Step 5: Stick your cotton wool balls along the bottom of your red hat shape and stick a single one ot the edge of the plate where the hat has the dangly corner.





**MINI XMAS
BOX
TEMPLATE TO
CUT OUT**

**Support Services you can access during the
Festive period.**

Remember you are not alone!!!

Samaritans

Web: www.samaritans.org

Phone: 116 123 (Day or night)

Email: jo@samaritans.org (Response time: 24 hours)

MIND

Web: www.mind.org.uk

Phone: 0300 123 3393 or Text: 86463

Email: info@mind.org.uk

Shelter (Homelessness service)

Web: www.shelter.org.uk

Phone: 0800 800 4444

Email: info@shelter.org.uk

Online chat service: https://england.shelter.org.uk/get_help/webchat

British Red Cross

Web: www.redcross.org.uk

Phone: 0808 196 3651 (for help during the coronavirus pandemic) - 0344 871 1111 (for everything else)

Email: contactus@redcross.org.uk