

Issue: 7 10/09/2020



#### Our OVOS groups:

Due to the current COVID-19 situation our groups are not running, but please see the info below about how we are keeping in touch with our Children & Young People during this difficult time.

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

We are looking to start some video calls for quizzes and training with our children and young people to keep them involved in all that we do. Just because we can't meet together, doesn't mean that their voices shouldn't still be heard.

Our groups offer a great opportunity for you to get your voices heard about your care or your experience of care.

If you want to get involved with OVOS and the opportunities it opens up for you, then please contact any of us on our details at the top of this page.

#### Contact us:

**Email:** [ovos@solihull.gov.uk](mailto:ovos@solihull.gov.uk)

**Visit our website:** <https://getitsorted.me/>

(Our new website is currently being developed)

**Twitter:** [@SolihullYV](https://twitter.com/SolihullYV)

**Phone Clare:** 07500950929

[clare.butterworth@solihull.gov.uk](mailto:clare.butterworth@solihull.gov.uk)

**Phone Nav:** 07342053557

[npink@solihull.gov.uk](mailto:npink@solihull.gov.uk)

**Phone Elise:** 07503621664

[elise.ross@solihull.gov.uk](mailto:elise.ross@solihull.gov.uk)

#### Recipe of the month—

##### **Ginger Chicken & Green Bean Noodles**

##### What you need:



1/2 tbsp. vegetable oil, 2 skinless chicken breasts (sliced), 200g green beans (trimmed and halved crosswise), thumb-sized piece of ginger (peeled and cut into matchsticks), 2 Garlic cloves (sliced), 1 ball stem ginger (finely sliced, plus 1 tsp syrup from the jar), 1 tsp cornflour (mixed with 1 tbsp. water), 1 tsp. dark soy sauce (plus extra to serve, optional), 2 tsp rice vinegar & 200g cooked egg noodles

##### Method:

**Step 1:** Heat the oil in a wok over a high heat and stir-fry the chicken for 5 minutes. Add the green beans and stir-fry for 4-5 mins more until the green beans are just tender, and the chicken is just cooking through.

**Step 2:** Stir in the fresh ginger and garlic, and stir-fry for 2 mins, then add the stem ginger and syrup, the cornflour mix, soy sauce and vinegar. Stir-fry for 1 min, then toss in the noodles. Cook until everything is hot and the sauce coats the noodles. Drizzle with more soy, if you like, and serve.



# **Speech by a Care Experienced young person about growing up in care.**

I have been asked to do a talk on my time growing up in care. I hope you can all relate in some way and take away some inspiration to achieve your dreams.

So, to start off I was taken into care at age 10 and I was really scared as I knew I had to go and stay with complete strangers and live with them. I remember the first morning waking up really confused not knowing where I was. I froze and did not want to go downstairs so I stayed in my room questioning everything that happened the night before. Although I was worried about what was going to happen next the thing that I panicked about the most was that I could not remember my carers names. I went a couple of days not knowing their names and there was no way of me finding out because their daughter obviously called them mom and dad. I felt so frustrated at the situation but to try and block out everything else I was more focused on how to find out their names. Eventually I found out their names by asking them.

After I got over the name problem, I started to get frustrated and angry at myself and the whole situation so I started to act out and get detentions at school because I just didn't want to go back. It was hard for me as I knew my family only lived 10 minutes away and I just wanted to know if they cared or if they went on as usual. I ended up with a detention every night I knew it was a waste of time, but it was the only way I could feel close to my home. I knew I shouldn't want to because they wasn't good for me and I should try and make my placement work but at the time I was so confused with life and what ever happened to me wasn't going to bother me . I ended up making some bad friends and made bad decisions such as running away as it was the only time, I felt like I was in control of my life. The reason why was because meetings after meetings everyone but myself was making decisions for me. I made some bad decisions when I ran away and regret them to this day and got myself in some dangerous situations. The running away caused me to have to move from my first placement and my second placement. It was not clever and please never ever do it no matter how you feel. Try and talk to someone you trust and work through it.

Luckily, I was given a 2<sup>nd</sup> chance and I moved from Birmingham to Telford. I thought this was a good opportunity for me to try and make things right and work through my problems. I was living with my carer for 4 years. However, the last year of the placement was hard for me. I struggled with my mental health and was bottling things up until one day I exploded, and everything came out. my career and I decided I should get some counselling. It was hard at the begging but once I got to know my councillor, I felt safe talking about everything that happened to me in my past. I eventually got diagnosed with depression and anxiety. I struggled a lot, but I wanted to make something of my life and prove not only to my self but to the system and I wanted to prove to my parents that I was not nothing. it has not been easy but in the end trust me if you try your hardest everything you have all been through will be worth it you will come out stronger than ever.

Enough of the past now let me tell you about what I do now and what I plan to do in the future.

So first, I will be getting my GCSE results on august 20<sup>th</sup> and then going to college to study sociology psychology and business whilst carrying on with my job as caring for the elderly. My current carers helped me a lot since I moved from my placement in Telford they helped me realise everything was going to be okay and I had it in me to beat the system and make something of my self . After college I plan to go to university to study law in hope of becoming a lawyer.

I hope I didn't bore you and I guess the whole point of this talk was to tell you guys that no matter what happened or happens in your life that there is always someone you can talk too and you will make something of your lives.



# SPARKLE UP DAY

## 2020

## Wednesday 14th October



OVOS (Our Voice, Our Services), Solihull's Children in Care Council, invite you to 'Sparkle Up' for our Children in Care and Care Experienced Young People.

This year we will NOT be raising money, due to the worldwide pandemic. But we still want to raise awareness for our children and young people and how important it is that we keep them at the centre of all we do.

We would love it if you could have a bit of fun with this years 'Sparkle Up Day' and try some of the silly Tik Tok dances that are trending at the moment, and do these in your sparkly outfits for extra fun.

We would love to see your pictures and videos, so please send them to [ovos@solihull.gov.uk](mailto:ovos@solihull.gov.uk)—and if you are happy for us to do so we might use some of them for promotional/OVOS events material. So please let us know when you send your pictures or videos if you are happy for us to use them.

We look forward to seeing you all sparkled up and look forward to the pictures and videos you send. This year will be fun for all and helpful to cheer all children, young people, families and even workers up during this difficult time we are all going through.

If you would like any further information on 'Sparkle Up Day' then please don't hesitate to contact [elise.ross@solihull.gov.uk](mailto:elise.ross@solihull.gov.uk)

## Activity of the month:

### Make your own Time Capsule

#### What you need:

A suitable box or container for storage, Lots of bit and bobs that you are happy to bury (this can be pictures, books, clothing or video's), Tape or string to seal the box or container, Bin bag to water proof the box or container, An attic, secret cupboard or bury area for hiding the time capsule and Lots of patience. Note: don't place anything in the capsule that could attract animals, nothing with a strong smell.

#### Directions:

1. Collect the items you want to put into the capsule
2. Place everything safely in the box or container
3. Secure the box or container with tape or string
4. Place the box or container in a plastic bin bag with no holes to waterproof it
5. Place the box or container in the area in which you want to hide it
6. Wait 10 years or do this when you are moving out of your home, for someone else to find and then if your still living there open the capsule or you can leave clues when you move house for the new owners to find it.



#### Ideas for items:

A local paper with COVID-19 headlines, front cover of newspaper with major headlines on, a 2020 dated coin, family photo, a note from yourself or your family, a packet of seeds for whoever opens the capsule to grow, pressed flowers, costume jewelry, Pin Badges, a toy or stuffed animal, a letter to your future self, a family tree, a love letter, or your bucket list.

Through lockdown, we have had a lot more time together as partners and couples. This has been really good for some relationships and not so good for others.

Everyone needs a bit of support sometimes to think through relationships and it is important if anything is worrying you or doesn't feel right that you talk about it to someone you trust.

Some young people have put off getting advice on sexual health, contraception and mental health because of lock down or may be because they are worried about asking for advice. **But its your right to get the information you need to help you make safe choices about relationships, practising safe sex and how you are feeling.....** The numbers below may be helpful if you need them. Please remember these services are there to help you when you need a little support! They are confidential ( they wont share your information unless they think you are at risk of harm) and they are experts in what they do :)

Life is busy and its easy to put things off but your health and safety is more important then that isn't it?

**Web:** <https://umbrellahealth.co.uk/#> **Tel:** 0121 237 5700 **Email:** Via a contact form on the web-site

**Web:** <https://www.victimsupport.org.uk/> **Tel:** 0808 1689 111 **Email:** Via contact form on website. This service also has a live chat service

**Web:** <https://camhs.elft.nhs.uk/> - <https://www.bsmhft.nhs.uk/our-services/solar-youth-services/> - <https://www.forwardthinkingbirmingham.org.uk/>

**Web:** <https://www.sias-solihull.org.uk/home/>

**Web:** <https://www.nhs.uk/> - **Tel:** 111 (non-emergency) 999 (Emergency)

