

OUR VOICE, OUR SERVICES

ISSUE 2
02/03/2021

OLIOS!



SOLIHULL'S CHILDREN IN CARE COUNCIL

Content

Page 3 – Meet the team & Contact info

Page 4 – OVOS Groups info

Page 5 – OVOS Updates & Dates to remember

Page 6 & 7 – Keeping Healthy

Page 8 – Activities

Page 9 – Lets Get Cooking

Page 10 – Puzzle Page

Page 11 – Support Services

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.

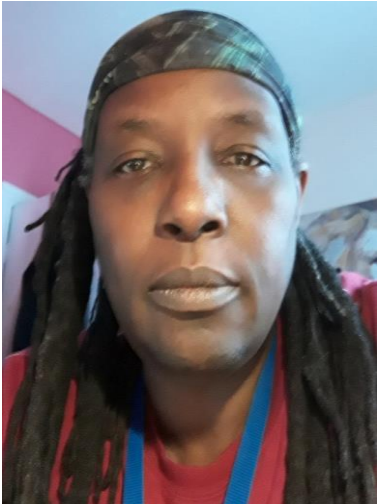
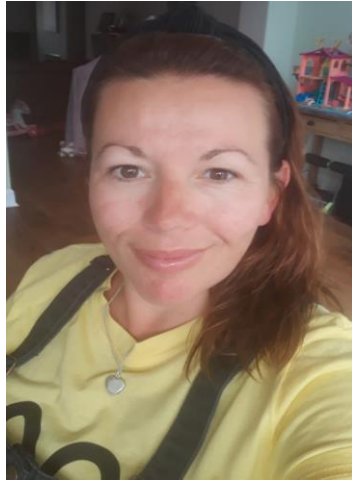
At OVOS we give Children and Young People the opportunity to take part in activities and trips that they ordinarily may not have been able to do.

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)

Email: elise.ross@Solihull.gov.uk

Phone: 07503621664

CLARE BUTTERWORTH (OVOS Support Worker)

Email: clare.butterworth@Solihull.gov.uk

Phone: 07500950929

NAV PINK (OVOS Support Worker)

Email: npink@Solihull.gov.uk

Phone: 07342053557

SAARAH SHAZAD (Modern Apprentice)

Email: saarah.shazad@Solihull.gov.uk

Phone: 07920702301

OVOS TEAM: ovos@Solihull.gov.uk

OVOS WEBSITE: www.ovossolihull.co.uk

OVOS CROWDFUNDING PAGE: General Fundraising page currently in progress

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 – Weekly Drop In's taking place on Thursdays.**

OVOS Members will be contacted with details of the time and date that the group will be taking place, if you are not an active member, please contact us at OVOS or speak with your PA or worker to get involved.



OVOS UPDATES

Coming Up:

Photography project (Date To be confirmed)

Grow your own at home (Date To be confirmed)

Easter activities for Under 16's
Wednesday 14th & 15th April, 2 – 4pm
– Easter Bonnet Competition, Virtual
Easter Egg Hunt and Design your own
Chocolate Easter Egg Competition.

Limited places so get in touch ASAP.

1st come 1st served. (Contact the
OVOS Team to get involved so we can
bring round all the resources you'll
need)

DATES TO REMEMBER

- 1st – 6th National Careers Week
- 3rd World Wildlife Day
- 4th World Book Day
- 5th – 14th British Science Week
- 8th International Women's Day
- 16th Young Carers Action Day
- 17th St Patricks Day
- 17th Global Recycling Day
- 19th Comic Relief/Red Nose Day
- 20th International Day of Happiness
- 21st World Poetry Day
- 26th Wear a Hat Day
- 29th – 4th April World Autism Awareness Week

KEEPING HEALTHY

During Lockdown we have all had our struggles with various things. But its important to keep safe and healthy as we would do in normal circumstances.

Immunisations/Vaccinations

We understand that there has been some FAKE news around the new COVID-19 Vaccines. People think that the vaccine will be implanting a tracking device into you or affecting fertility. We can guarantee you that this is NOT TRUE. #FAKENEWS.

Once you are offered the opportunity to have the vaccine, we would strongly suggest you go for it. It is better to be protected.

Having the COVID-19 vaccine is just like having your Flu Jab, the Booster Jabs, Jabs you have when your born to protect you against Meningitis, Polio, Measles and Jabs that you have to have when you go to certain countries. They are all just as important as each other.

If you are concerned when you go to the hospital, medical centre, hall or GP to receive your vaccination, if you are still concerned about what it is that is being put into your arm, you can ask to see the vial so that you know exactly what it is.

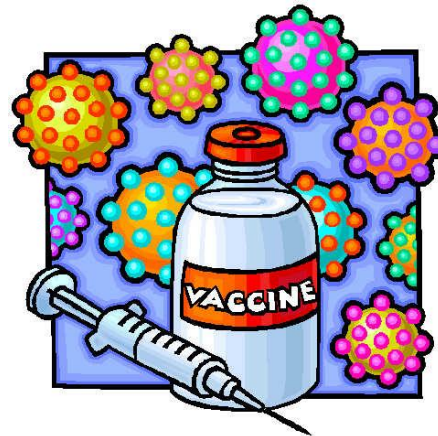
All the staff will want to do is keep you safe and calm during this process.

But remember when you've had the vaccine, this doesn't 100% protect you, there is still the risk of contracting the virus, but the vaccine, like flue jab helps to fight it off.

Here is a link to the NHS website in relation to the Covid-19 Vaccine: <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine/>

So always remember, **HANDS, FACE & SPACE.**

Note: All workers when they visit will be in full PPE (Mask, Gloves, Face Shield & Apron if required)



KEEPING HEALTHY

GOING 2 THE DENTIST

Its important to remember to keep getting your Teeth checked during lockdown. And to remember to keep brushing your teeth.

We know that this might be more difficult than normal at the moment due to COVID-19 but its still important.

Some Dentists at the moment are not taking on new NHS patients and this can make it difficult to get an appointment unless your in pain with your teeth or gums.

This means its all the more important to make sure that you are registered with a Dentists.

All Dentists are taking precautions in relation to COVID-19 and if you do have to go you will be the only patient in the building for your and their protection. If you suffer with a medical condition that means you can't attend the appointment by yourself, you can be accompanied by an adult to support you.

If you cant get into a Dentists and it is urgent, you can always ring 111 or visit the NHS website for more help. (Web link on P11)

GETTING YOUR EYES CHECKED

It is important to remember to keep your eyes in check.

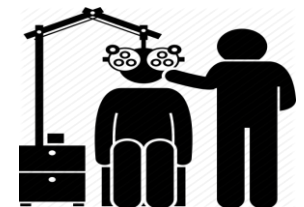
During lockdown we have all be looking at screens more than we normally would, so we can start to get eye strain from this, which can make our eyes hurt and feel sore.

If you are struggling with your vision, please make sure that you book in an eye test to get checked. Opticians are open as essential businesses so you can ring and book a test. They will ask you to wear a mask at your appointment. (unless you are exempt)

If you struggle financially to pay for these kind of appointments, there is help out there. If you are on Universal Credit, this will entitle you to a free eye test.

For support with cost of if you need glasses, if you are not on Universal Credit and are supported by the Local Authority, speak to your PA (Personal Advisor) about what you are entitled to claim.

You can also get support through the NHS Low Income Scheme. www.nhsbsa.nhs.uk/nhs-low-income-scheme



ACTIVITIES

EASY SENSORY BOTTLE

What you Need:

A clean, empty plastic water bottle with the label removed. Superglue, Warm Water, Glitter, Food Colouring, A funnel & Corn Syrup/Oil (if preferred)
Optional: Glitter Stars etc.

What to do:

Step 1: First squeeze the corn syrup into an empty water bottle, use enough to fill one-third of the bottle with the syrup/oil.

Step 2: Add warm water until it's about three-quarters full.

Step 3: Next, add a few drops of food colouring and sprinkle in some glitter.

Step 4: Put the lid on the water bottle and shake to mix the ingredients.

Step 5: Once you're satisfied with how it looks, fill the bottle to the top with water. Put the lid back on and secure with superglue or a hot glue gun around the edges. If you don't want to use glue that's fine tape will do.



HOMEMADE LAVA LAMP

What you Need:

A tall glass, Jar or a water bottle, Vegetable oil, water, food colouring (primary colours or neon) & Original Alka Seltzer tablets (Ask your adult to get these)

What to do:

Step 1: To start fill a glass or your bottle about $\frac{3}{4}$ full with the vegetable oil.

Step 2: Now add $\frac{1}{2}$ cup of water to the vegetable oil.

Step 3: Now add the food colouring, about 6-8 drops, depending on how you want it to look. The food colouring should drop to the bottom or your glass or bottle.

Finally: Add the Alka tablet and watch the magic happen.



LET'S GET COOKING

CHICKEN PASTA BAKE

Prep: 10 mins, Cook: 35 mins Serves: 4 - 5

Ingredients:

Pasta, Pasta Sauce (of your choice), Chicken (Diced), Cheese (grated for the top of the bake), Vegetables (Pepper, Onion, Mushrooms, Courgette, Carrots, Celery & Sliced fresh Tomatoes to top the bake) – you can slice or dice your veg. You will also need an ovenproof Dish

Method:

Step 1: Put the kettle on and pour the hot water over the pasta in a large saucepan and turn on the hob to cook your pasta. Also put heat up your oven to 180C.

Step 2: While your pasta is cooking chop up all your Vegetables and Chicken. (You can do this beforehand)

Step 3: When your pasta is close to being fully cooked, put all your veg **except** the mushrooms and tomatoes into a frying pan with a small amount of oil and fry until soft. Add the mushrooms when the veg is nearly cooked as they go soft quickly and you don't want mushy mushrooms.

Step 4: Now using the plate you prepped the veg on, remove the veg from the frying pan and place back onto the plate.

Step 5: Add the chicken to the frying pan with another small amount of oil and fry until cooked. (Make sure there are no pink bits)

Step 6: While your Chicken starts to cook, drain your pasta, once drained add it back to the saucepan and add your pasta sauce. Let this head through with the pasta and then once everything is cooked add it to the past and mix through.

Note: You can mix it through in your dish as there might be more space.

Step 7: Once in your dish and mixed, add the sliced tomatoes to the top and top with grated cheese. Put the dish in the oven for about 15 minutes or until the Cheese is nicely melted. You can serve this with Garlic bread .

EASY GARLIC BREAD

Prep: 5 mins, Cook: 5 mins, Serves: 2 - 4

Ingredients:

X1 Small French Baguette (cut in half length ways and then in half again to make 4 pieces), 4 Teaspoons of butter (softened), ¼ Teaspoon Garlic Powder, Grated Cheese & Parsley to top the bread (optional)

Method:

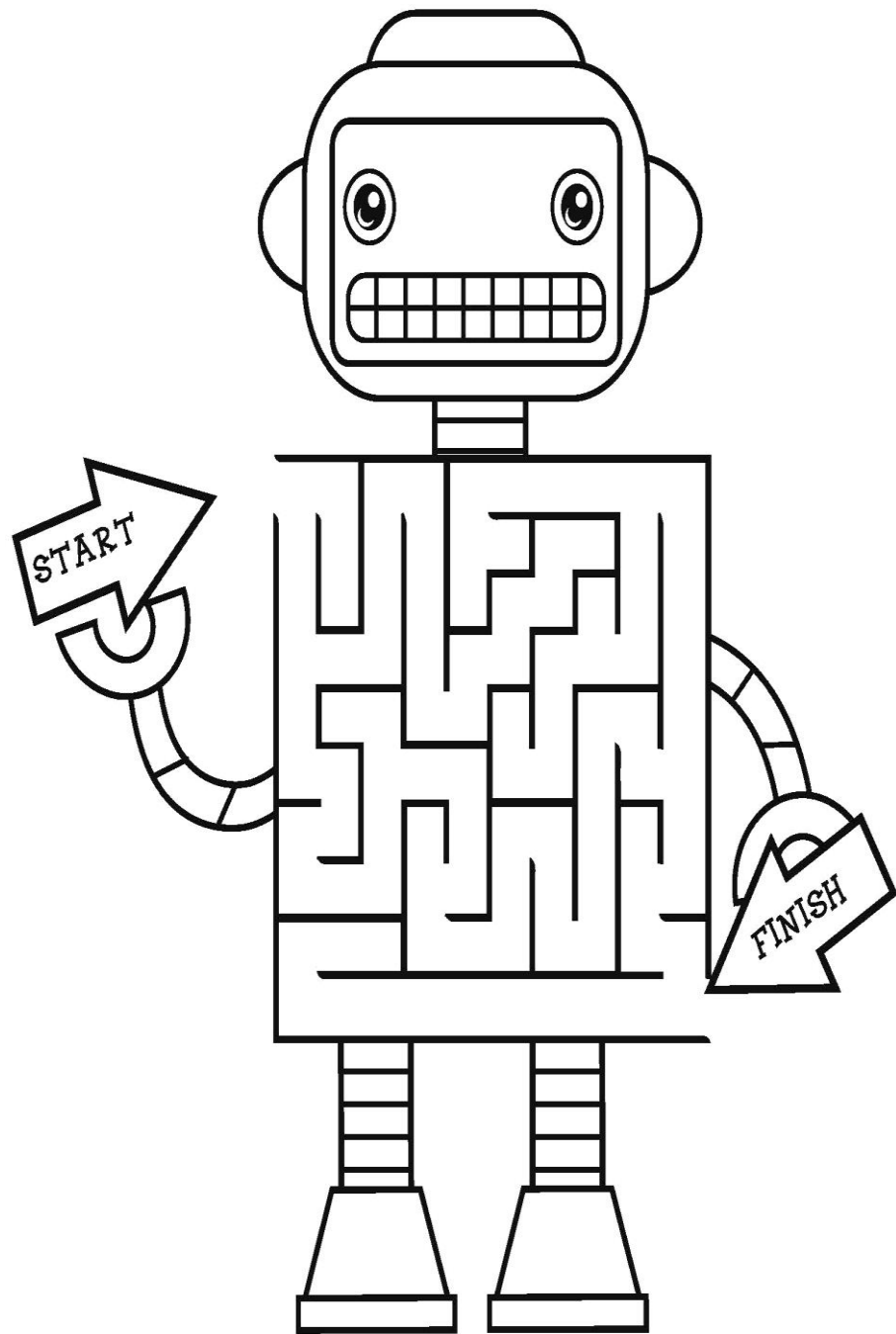
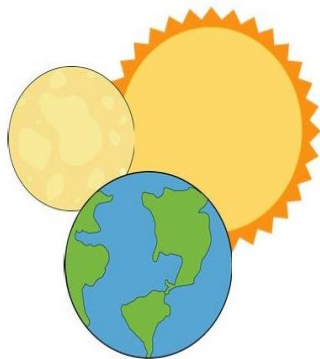
Step 1: Spread the cut sides of the bread with the butter and then sprinkle with garlic powder and cheese.

Step 2: Bake under the grill for 4 – 5 mins or until toasted. Do not over cook.



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

PLANET	MARS	SATURN
SUN	MERCURY	URNANUS
MOON	VENUS	ORBIT
STAR	JUPITER	ROTATE
EARTH	NEPTUNE	AXIS



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



www.blgbt.org
0121 643 0821
hello@blgbt.org



www.victimsupport.org.uk
0808 1689 111



www.beateatingdisorders.org.uk
0808 801 0677

KEEP SAFE



KEEP HAPPY