

Issue: 8 01/10/2020



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

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

Phone Nav: 07342053557

npink@solihull.gov.uk

Phone Elise: 07503621664

elise.ross@solihull.gov.uk

Recipe of the month *Healthier flapjacks*



What you need:

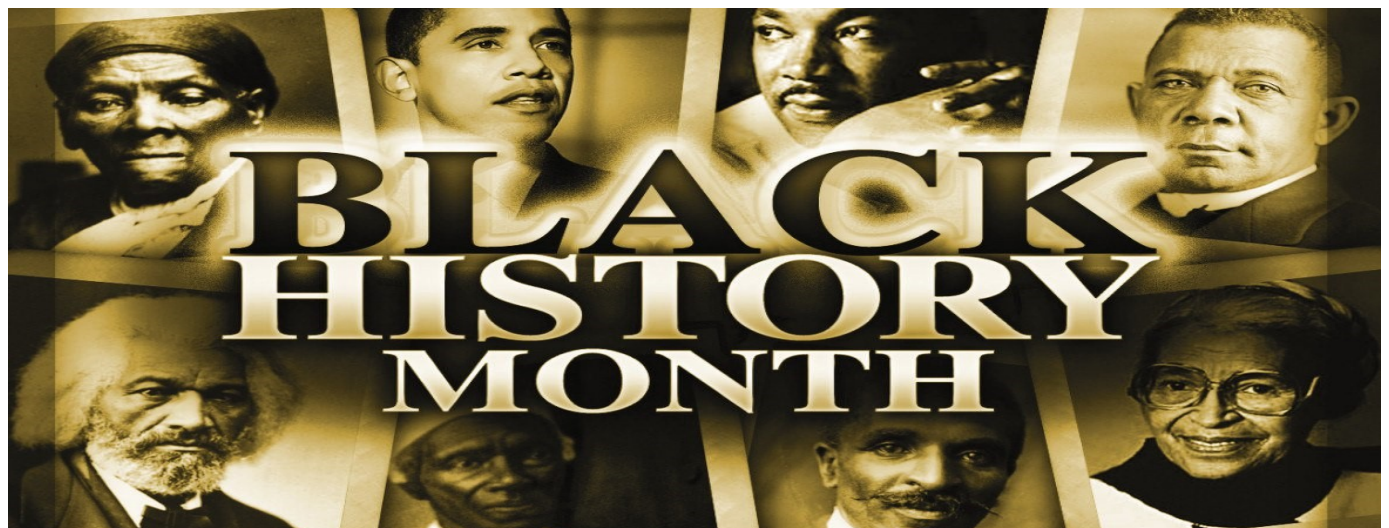
150g ready to eat stoned dates, 100g low fat spread, 3 generous tbsp. syrup, 50g ready to eat stoned dried apricots (finely chopped), 50g chopped toasted hazelnuts, 3 tbsp. seeds, 50g raisins, 150g porridge oats

Method:

Step 1: Heat the oven to 190C/170C fan/gas 5. Line an 18cm square tin with baking parchment. Put the dates into a food processor and blitz until they are finely chopped and sticking together in clumps.

Step 2: put the low-fat spread, syrup and dates into a saucepan and heat gently. Stir until low-fat spread has melted and the dates are blended in. add all the remaining ingredients to the pan and stir until well mixed. Spoon the mixture into the tin and spread level.

Step 3: bake in the oven for 15-20 mins until golden brown. Remove and cut into 12 pieces. Leave in the tin until cold. Store in an airtight container.



What is Black History Month and why do we celebrate it?

October marks Black History Month, the annual celebration of the history, achievements and contributions of black people in the UK and around the world.

Black History Month was first launched in 1987 where the aim for the awareness was to challenge racism and educate each-other about the history of black people.

During this month, we celebrate black people through history who have made positive changes to the way the world works today.

Some of these people are:

Martin Luther King - Martin Luther King was a key in the non-violence civil rights movement. During the 1950s and 1960s, he set out to improve race relations and overturn discrimination in American society. He is remembered for his powerful speeches, one of which you will be familiar with as 'I have a dream!' which brought a united society. Martin Luther Kings speeches gave people hope that changes can happen.

Rosa Parks - Rosa supported the effects of racial barriers within society. Such as segregated spaces on buses in 1955, when she refused to give up her seat to a white person. Due to this she was arrested and her case was taken to American Government which then brought about the change in history of segregated bus seats being scrapped as a rule. This might be like a little thing, but it made massive changes throughout history of how we treat people of colour. She made a stand for equality.

Katherine Johnson - Some of you may have seen the film Hidden Figures. This film accurately represents how women of colour were treated in work. Separate toilets for coloured women, and less acknowledgment for their work. Nor any trust in their work. This changed when Katherine Johnson joined NASA's Space Task Group and with her mathematical expertise she calculated the flight path for the spacecraft that sent the first US astronaut to space in 1961. This was NASA's first successful crewed flight to space.

Black History Month, may spark your interest in finding out about your culture, background or family. You never know you might be related to someone who made massive changes in history.

It is important to celebrate this month and the people it represents as there are a lot of black people through history who have laid foundations for what we have today. It is a chance to reflect on how we perceived people of colour and to look back at what has come from their contributions to society throughout the years. Knowing that we can all make changes no matter what colour we are or where we come from.

Christmas Card Design Competition

We are looking for a Christmas card design for our annual Christmas card that is sent out to all Children in Care and Care Experienced Young People.

You can design the card on a computer or by hand and then send it over to us at OVOS.

The winner of the competition will receive a £20 voucher and their design will be used for all the Children's Services Christmas cards for 2020.

The latest date to send in your design is:

Friday 6th November 2020

Please send your designs to: ovos@solihull.gov.uk

(Please take a clear picture and send it in if you have made a card by hand)



CARE LEAVERS WEEK

Don't forget to get in touch with us at OVOS to find out what we are doing to celebrate our Care Experienced Young People this year for Care Leavers week.

We have a launch event on Tuesday 27th, an evening activity on Wednesday 28th and an Active OVOS Members ONLY evening activity on Thursday 29th.

So get in touch to take part. Don't miss out.

All OVOS Support Worker details are on the front page of this Newsletter.



Activity of the month:

After school activity bucket

What you need:

A bucket, jar or tall container (whatever you have), some large lolly pop sticks 31 approx., and some thick multi coloured pens

Directions:

Decorate your bucket however you'd like.

Then write an activity on each stick for the months in a different colour on each stick.

Give them a mix up and put 5 sticks in the bucket for one week and then the following week pick 5 more until you have done them all.

This could be activities such as: baking, colouring time, time at the park, family game night, movie night etc. You can do this as a family or individually.



During the Covid -19 pandemic we have all had more time at home and have been exploring the internet and meeting people virtually more than ever before.

It is important to remember to keep safe online. As there are still risks involved with virtual meetings and online platforms.

You need to make sure that you are being aware of who you are talking to and make sure you never give your personal information out that could put you, your family or someone else in danger.

It is also important to remember that if you feel unsafe online or that someone else is being unsafe online that there are organisations out there that can support you or the person your worried about. Where you can get advice from to understand how to make being online safer for you and others.

The support service 'Thinkuknow' gives advice for all ages and also gives you services and ways off reporting unsafe online use.

For more information go to the 'Thinkuknow' website: <https://www.thinkuknow.co.uk/>

But also remember that you can also talk to your support worker or a family member about any concerns you may have.

