

Your Voice You are not alone



Hello from us to you!

Summer 2018

Hi and welcome to Your Voice newsletter, brought to you by the Wiltshire Children in Care Council – CiCC!

We are a group of young people who meet up to have some fun and talk about what it's like living in care. This helps adults to make services better for us.

We want to tell you what we've been doing and we **want to hear from you.**



We're all ears!

CiCC is for all children living in care, or care leavers, who are aged 11 or older, so if you want to find out more and get involved, let us know.

voiceandinfluenceteam@wiltshire.gov.uk

07900 759830



Ha Ha Ha!

Because we all need a good laugh sometimes!

Q. What did the left eye say to the right eye?

A. Between us, something smells

Did you know that golfers always wear two pairs of pants ... in case they get a hole in one?!

Knock! Knock!

Who's there?

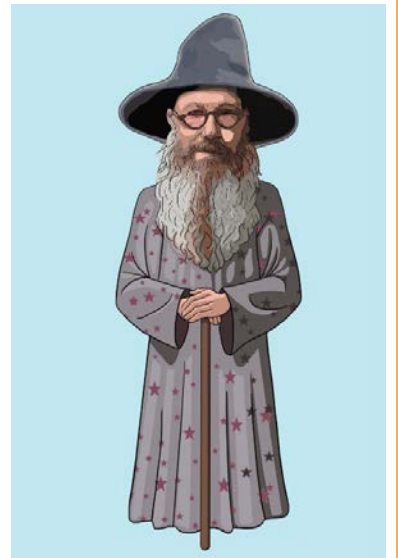
Honeybee

Honeybee who?

Honeybee a dear and open the door, please

Corporate Parenting Corner

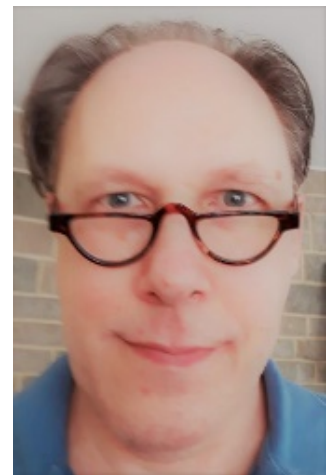
Anyone who works at the council, or who is an elected councillor, is known as a corporate parent. This means that they have a duty to look after (and look out for) you and other children living in care or leaving care. Eight councillors are members of the Corporate Parenting Panel and they each have a different job to do for you. In this edition of the newsletter meet Councillor **Stewart Palmen**.



Hello. I am Councillor Stewart Palmen. I represent the people of the Trowbridge Central Ward. On “The Corporate Parenting Panel” I have the “lead” for **Mental Health Support**. My main aim or drive is to “Ensure that looked after children and care leavers have timely and easy

I used to have a long beard and long hair – but just got a new haircut!

access to mental health services”. Put simply, it means I need to help you get the mental health support you may need quickly, and importantly, easily! The Council is going through changes in the way it provides mental health support under it’s ‘Local Transformation Plan’. This is designed to help make it easier to get help.



As someone who has not been involved in this for a long time, I can help by a having fresh viewpoint. I hope to guide, and be a critical partner, in the changes that are going on.



For my own mental health support, I spend time listening to live music and helping support local musicians with their guitars and amplifiers. Music is a great healer.

Never stop creating!

Prize



Hi. I've drawn this rabbit for you to copy and colour in. I'd love to see what you create so please take a photo of your artwork and email it to us by August. Or, give it to your social worker. judy.edwards@wiltshire.gov.uk

All pictures will be shown in the next newsletter and the best 3 pictures, judged by CiCC, will receive a

£10 voucher. How can you resist?

Anna

KONRAD'S WORDSEARCH

In CiCC, we love a good WORDSEARCH. Have a go as this one about friends and family, brought to you Konrad

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

HOME
FORGIVENESS
NEVER
BROTHER
FRIENDSHIP
HOMEWORK

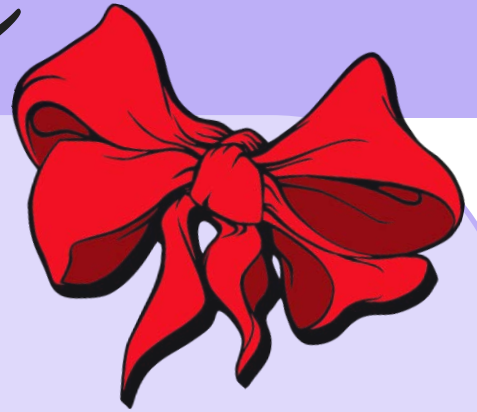
HOLIDAYS
FUTURE
SISTER
PETS
LOVE
SCHOOL

FAMILY
BASE
COURAGE
LOVE
SMILE
LAUGHTER

If you have found all the words... you are a master



Meet a CiCC member ... this is Mercedes



How old are you?

I am 10 years old

What do you like to do in your free time?

I love cheerleading and swimming

Tell us something great about you

I am really flexible (bendy)

What's your biggest achievement?

The thing I'm proud of is performing for the first time in the carnival

Which animal would you be?

I'd be a giraffe because I'd be tall!

What do you like about CiCC?

I've been a CiCC member for about 8 months and it's helped me a lot.

Mind of My Own (MOMO) is the online tool that can help you to get your voice heard. Ask your social worker or

What do you know-know about MOMO?

MOMO

I love MOMO and I use it when I want to tell my social worker or IRO what I'm thinking and how I'm feeling before and after meetings and reviews. I find it is an easy way for all your professionals to hear your voice if you can't be at a meeting. I'm a CiCC member and I recommend MOMO to lots of people when I meet them. If you haven't tried it already then sign up – your carer or social worker should be able to tell you how.

If you still feel as if people aren't listening to you, and you can't get your voice heard, you can get help by asking for an advocate. Advocates do not work for the council – they work for you. They listen and can explain your views in difficult meetings. If you'd like to know more or want help from an advocate you can email or call CCP, or ask your social worker.

Lorna



0300 3658 300

WiltsCYPAdvocacy@ccprojects.org.uk



Jodie's Gooney Toffee Stuffed Chocolate Chip Cookies

CREATIVE
COOKERY

How to make

1. Preheat oven to 170°C
2. Make dough by beating all the ingredients together, apart from the chewy toffee sweets
3. Cut cookies out or shape into round balls
4. Place a toffee in the middle and make sure the toffee is covered with dough
5. Put in oven at 170°C
6. Bake for 13-15 minutes

INGREDIENTS

100g lightly salted butter
100g soft light brown sugar
125g granulated sugar
1 medium egg
1 teaspoon vanilla bean paste
½ teaspoon of bicarbonate of soda
100g milk chocolate chunks
12-16 chewy toffee sweets

Health warning. These cookies will make you seriously smile but – only eat one at a time!

CiCC invites you to its Healthy Fun Day

Saturday 8 September

Time and venue to be confirmed

Your chance to meet us, meet the Corporate Parents and have a say

Email or text judy.edwards@wiltshire.gov.uk 07900 759830

More information to be sent out soon!