

Youth Voice Network

Newsletter 1st ed.



Hello Everyone

What a crazy couple of weeks it's been!
But we won't let that stop us!

Things are going to be a bit different for a while, but that's okay as it is the best option to keep us all safe. Most of us will be at home for at least a few weeks but we want to stay in touch with you!

As you will not be able to meet with your own group, KIDS Participation Team have been thinking about other ways we can all stay connected.

The first way is to put out a newsletter every other month, and we want you guys to help with it.

We want to ensure you stay involved and have some fun along the way.



Voice Opportunities

We would still like to offer young people across the country opportunity to have their voices heard!

The easiest way for us to do this virtually is through this newsletter and also through Skype calls!

If you would like to receive this newsletter yourself or take part in our Skype calls please send us an email with the following information;
Your name / Date of Birth / Area you live

We will send out information about our next meeting, including a link to join it.

This is going to be a bit of learning curve but I am sure we will be able to work it out together!

How can you help with the newsletter?

Send jokes, suggest a poll, share pictures you have drawn or seen, share a topic for others to comment on, share the best thing about your week, give shout outs to each other, give top tips to each other, share what we could be watching or doing, share any worries, share what is annoying you, share games we can play, pretty much anything really. Just email it to us.

takepart@kids.org.uk



We are still here!

The team are still working, and we would love to hear from you. Let us know how your group or team are still communicating over this time.

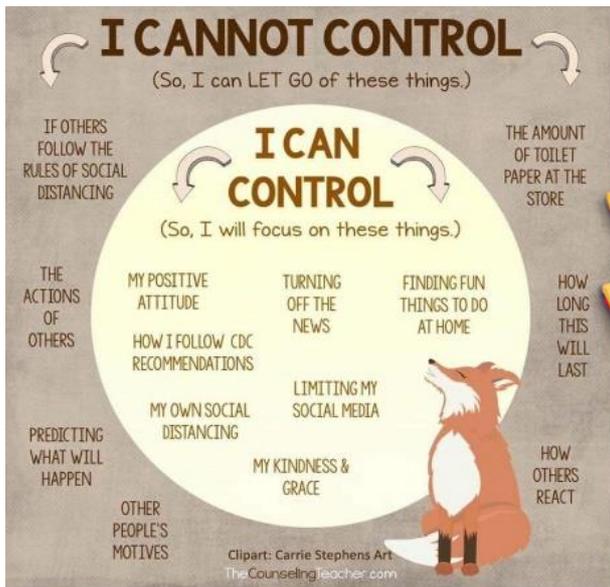
The Participation Team are working hard to make sure we stay connected. During this time are doing the following:

- Check in email every month to all the participation network members.
- We are setting up Skype calls
- We will send out a monthly newsletter



Giving
disabled children
a brighter future

Staying at home ideas, thoughts and feelings



Question Board (example)

Q – I'm getting bored at home and eating all the food out the cupboards, do you have any suggestions to keep me fitting in my jeans?
Aisia

A – Eating because you are bored or worried can be a real problem. You need to find other things to do to occupy your mind and time. You can try exercising, learning a new skill or taking up a hobby. Tabby

A – You could try doing some of your work! Paul

IT IS OKAY TO BE WORRIED!

This is a very odd time, please remember it is okay to feel worried or anxious. Just remember to talk to your parents, carers, friends or another trusted adult like a family member or someone from your local support network.



Weekly Challenge

This month we are setting a challenge! I want you to find the most interesting thing you have at home and send me a picture or information about it. We will share some of the most interesting things we are sent in the next newsletter. Please remember to send your name, date of birth + where you are from!

IDEAS BOARD TO KEEP BUSY!

- PE with Joe Wicks and the nation, every weekday at 9am or re-watch at any time on his youtube channel, just search Joe Wicks The Body Coach.
- Listen to David Walliams read one of his books for free over the next 30 days at 11am. www.worldofdavidwalliams.com
- Marwell Zoo animal cams – lots of zoo's are doing this.
- Try baking some cookies or a cake – send me a photo of your efforts
- Make a dance video (include all your family) and share them with family, friends (and me) to make them smile.
- Do some chores around the house.
- Take a virtual museum tour.



KIDS Participation Team Contact Details:

Participation Team Email

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