

Give yourself a voice



SiLSiP newsletter

Say it Loud Say it Proud

Seventh
Issue

Hi, we are SiLSiP, welcome to our newsletter which tells you a bit about what we've been up to.

SiLSiP is a group of young people that are looked after. We come together once a month to discuss issues that are important to us. We try to make as many improvements within social services and we have achieved a lot over the years.

What do
members say?

We always want to hear your views. So if you want to get involved and come to a meeting or if you've got a burning issue you want to tell us about, then get in touch.

"I wanted to come and meet new people in foster care."

"Everyone knows and gets you as being in care".

"SiLSiP has really helped me with my social skills, listening and communication and doing my part in the group."

"I like SiLSiP because it helps when you are feeling a bit different. It makes you feel part of a community."

SiLSiP said when their social worker changes they would like to know a bit more about them.

What SiLSiP have said?
So, what's changed?

SiLSiP said that it's difficult when a social worker leaves and it's important to be told.

So...

Managers agreed and said that if your social worker does leave, where possible you should get a "Goodbye Visit". If your social worker can't visit to tell you, then you should get a card. SiLSiP helped to create some "Goodbye" cards. Here is one of them..... In the next few months we will be phoning young people who's social worker has left to see how this is working out.

So...


They've created "About me" to help get the conversation started. We hope this helps.

Name: _____
Address: _____
Date: _____

Hello.....
I wanted to tell you that your social worker.....
left their job on.....and you have therefore been given a new
social worker, whose name is.....They will contact you soon to
arrange a visit but if you want to know anything in the meantime please call me
.....on.....and I will do whatever I can to assist you.

If I am not available you can contact our Duty Officer on 01344 352020 and they will be happy
to help you too. Alternatively you could speak to your Carer.

Best wishes



Hello, this is me your Social Worker
My name is _____

My favourite TV programme is.....
My favourite music is.....
I love worked.....
My favourite activities are.....
I will try to.....

My favourite colour is.....
I wanted to be a Social Worker.....
My favourite animal is.....
My favourite food is.....



All ideas from members of SiLSiP (Say it Loud Say it Proud),
Bracknell Forest Children in Care Council.



Out and About Summer 2015

Young people 8-18 years were invited to take part in activities. Over the summer 19 of you attended an activity or one of our residential trips.

In the summer holidays we did some activities. The first thing we did was Horseshoe Lake which was amazing, it helps your water abilities and skills. We built rafts, did paddle boarding and canoeing.

Horseshoe Lake



"My favourite activity was paddle boarding! Because it was tricky because we had to stand up, but in the end I enjoyed it and was actually quite good at it."

Art workshop

The art workshop was extremely good, we got to paint a totem pole. I was really proud when I finished it. I even took it home and displayed it."



"Inspiring and good to learn new skills"

"It was something different"
"Loved it, it was really good"

World day

We also did World Day, it was cool because we got to do capoeira. We also did dancing and drumming.

"I learned how to play the African drums".

"I also loved the curry! Nom, nom, nom"

"It was brilliant I really liked it."

"I loved the bhangra dancing it was very energetic! I loved it xx"

"I learned how to play an African drum and triangle, I loved it."



More activities on the way for 2016 – look out for information

Summer Residential to Runways End 2015

We did two trips over the summer, a junior 11-13 and senior 14+

"I wrote down a list for shopping and went around Tesco's to get the ingredients. This made me feel independent because when you get older you will need to know this for living, but it was also fun."

"We went to Runways End activity centre for two and half days whilst we were there we loved it. Mountain biking was my favourite because we went off road and there was a lot of hills and bumps. Also the seniors did rifle shooting and we thought it was great. For some of us it was our first time doing it. I also like the nightline, because I realised I can trust everyone around me."

"I did kayaking even though I was scared. It made me feel proud that I did it. I learned I can push myself to the limit and try something I wouldn't get to do before"

"I liked learning how to make dough for our pizza base for dinner."

"When we went rock climbing I helped someone else by encouraging them to go higher and helped guide her. I felt very proud of her and happy with myself. I learned how to help and encourage people."



"I overcame my fears by the rock climbing. It made me feel more confident and proud."

"I did mountain biking which was fun. I struggled getting up hills but I did it in the end."



"I overcame my fear of climbing the wall with help from my friends supporting and believing in me."

Art Exhibition 2015

In May the Virtual School organised their first Art Exhibition for looked after children and young people. The art was exhibited at South Hill Park Arts Centre and again at the Achievements Awards in September.

Well done to all those who entered a piece of art, they were all amazing. Here is a picture by Chloe. There will be another CALL for the ART Exhibition 2016 in the new year so look out for information.



By Chloe

“You could be getting out and about”... Thomas tells us about his Independent Visitor

I've known Maxine for about a year now, we get to meet up about once a month, usually on a weekend. We go out, have fun and do things that I want to do. We get a budget, about £30 for each visit. We've been to the race hut, a car simulator game, I won every time. We did the same thing a few times, then Maxine gave me some ideas for days out and I would pick for the next time. We've been to Wembley stadium on a tour, London Dungeons it was a bit scary with people jumping out but fun, cinema, HMS Belfast, ice skating, the war museum in Basingstoke. We went dog walking too and walked a 2 year old Rottweiler and a Staffie. We went to watch Sky sports programme being filmed too and I got my photo taken with Thierry Henry and Jamie Redknapp. I'm going to a Reading football match at Madjeski next time.

When I first met Maxine, it was a bit scary going out with someone new, but she's not to do with social services, we don't have to talk about stuff, it's like a day out with a friend. She's funny and good to be around. We went out on my birthday to pizza express. I think we've got 2 more visits left. I've really enjoyed meeting Maxine, I've learned how to make choices and I think she's learned some football rules too. I'd recommend having an Independent Visitor you could be getting out and about too, otherwise you will be at home bored.

By Thomas



**Think this might be for you?
Call Louise MacLennan
01344 351 546**



New website...www.kooth.com

For 11- 18 years

FREE anonymous counselling, advice and support.



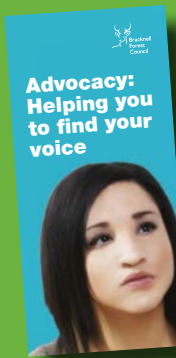
New Care Advice

Want advice on your rights, education, health, contact with family or how the care system works?



Talk to the Who Care's? Trust in confidence.

You can call on 020 7017 8901 between 10:30am and 3pm, Monday to Friday, visit the website www.thewhocarestrust.org.uk or email advice@thewhocarestrust.org.uk



Remember you can also ask for an Independent Advocate

This is someone who doesn't work for children's social care, they can help sort out a problem, or help you have your say. Talk to your social worker or foster carer or call Louise MacLennan who can help you get one 01344 351 546.

If you've got anything you want to tell us, places you've visited, activities you like, then send it in and we can put it in the newsletter.

Calling new members - if you ...

- want to meet other children in care
- are enthusiastic about sharing your ideas
- and want to make a difference

Then come along and try it. We meet at the Zone Youth Centre

Wednesday 16 December, 5pm - 7pm

Wednesday 27 January, 5pm - 7pm

Wednesday 24 February, 5pm - 7pm

Wednesday 23 March, 5pm - 7pm

Wednesday 27 April, 5pm - 7pm

Wednesday 11 May, 5pm - 7pm



Useful websites

Want to find out about your rights or got questions about being in care visit www.info4carekids.org.uk

Want to find out about local activities or need advice visit www.xpresionz.co.uk

Get in touch, we are here to help

If you have any questions, comments, articles or reviews you would like us to include in the next edition of your newsletter please email us at silsip@bracknell-forest.gov.uk

To ask about SiLSiP, Independent Advocacy or Independent Visitors please call Louise MacLennan
Child Participation Development Officer
Phone 01344 351 546
Text 07825 682 524 or
email louise.maclennan@bracknell-forest.gov.uk

