

Issue: 9 06/11/2020



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: www.ovossolihull.co.uk

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

Part of the OVOS team is also our Modern Apprentice Saarah.

NEW OVOS WEBSITE

OVOS now has a brand new website.

It now has easy access to the information you need while you're in care or when you have left care and become a Care Experienced Young Person.

The website will show what has been done to support OVOS through the Local Authority and from other businesses in Solihull.

We will update this website frequently to make sure you all see the most up to date information.

You can subscribe to the website when and also email ovos@solihull.gov.uk for more information on how to get involved with Solihull's Children in Care Council.

www.ovossolihull.co.uk

*Today is a brand new day.
My past does not define me.
My future is mine to create.*

SPARKLE UP DAY

2020



ELISE

(OVOS Support Worker)



CELIA

(Directors Secretary)



AMANDA

(CA&16+ Team Admin Support)



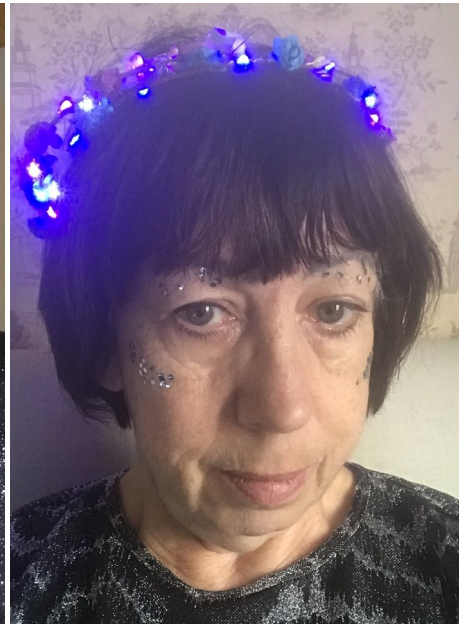
DARREN

(CA&16+ Team Manager)



DOM

**(Family Support Worker/
Children's Champion)**



LOUISE REES

(Director of Children's Services)



Recipe of the month

Ravioli Lasagne

What you need:

Oil (for frying), 6 sausages, X2 400g cans of chopped tomatoes with Garlic & Basil, 200g Baby Spinach, 500g Spinach & Ricotta Ravioli (or any flavour you like) and 75g mixture of grated Cheddar & Mozzarella



Method:

Step 1: Heat a drizzle of oil in a pan, Squeeze the sausage meat from the skins and fry until browned, using a wooden spoon to break it up. Add the tomatoes and half a can of water and season (Salt & Pepper). Simmer for 20 mins.

Step 2: Meanwhile, put the spinach in a colander. Pour over boiled water from the kettle to wilt. Leave to cool, then squeeze out as much of the excess water as you can.

Step 3: Heat the oven to 200C/180C fan/gas 6. Spoon a third of the sauce into a medium baking dish (about 18 x 20cm). Top with a third of the spinach and a third of the ravioli, then scatter over some of the cheese. Repeat the layers twice, making sure the final layer of ravioli is nestled into the sauce.

Step 4: Bake in the oven for 35-40 mins until bubbling and hot all the way through. Cover if the top starts to get too dark.

Note: You can keep it in the freezer for up to 2 months

CARE LEAVERS WEEK

This year in Care Leavers week we have supported our Care Experienced Young People to learn a new skill. We have provided a baking session. Where 6 of our young people took part and baked a chocolate fudge cake.

All the young people did amazingly, despite some oven issues. And all the cakes look amazing. Even the OVOS staff had a go.



Megan's Cake



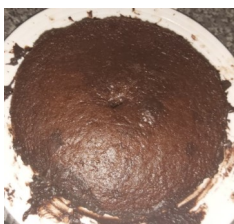
Declan's Cake



Elise's Cake



Clare's Cake



Olly's Cake



Demi's Cake



Nav's Cake

Care Leavers Local Offer Feedback Request

We are reviewing the Local Offer that was launched just over 2 years ago to update it and gain more offers from across the service and wider to offer more to young people.

Please complete the survey below to feedback on what you think of the Local Offer and how it can be improved for the next version in the new year.

<https://www.smartsurvey.co.uk/s/JT306G/>

The first 3 people to complete this survey will receive a £10 ASDA voucher each. But in order for us to know you have completed it, as this is an anonymous survey, you must email ovos@solihull.gov.uk and let us know that you have completed it.

If you have not seen or read the Local Offer please see it [here](#) or you can find the Local Offer on www.ovossolihull.co.uk



Activity of the month:

Create a Mini City out of toilet or kitchen roll tubes

What you need:

Various colours of paint, paint brushes, toilet or kitchen roll tubes, various coloured card, patterned paper, scissors, thick coloured felt pens, sellotape & glue.

Directions:

- 1.) Paint the cardboard tubes in what ever colours you wish.
- 2.) Cut a rectangle out of your coloured card and fold it in half. Draw a pattern of your choice on the roof—try zigzags or mini triangles.
- 3.) Draw a door on a piece of the coloured card, cut it out and glue it to the tube. Cut the tube so that the door opens. Use your coloured paper for the windows.
- 4.) Attach tape to the inside of the tube (sticky side out) and fix the roof on.

And now you have a mini city to play with.



During this difficult time we are all going through, things can get a little too much sometimes and we need some support to talk about issues we are facing.

It is important to remember that there is help out there for you about anything you need.

The support service this month is 'The Mix' - which is a support service for under 25's who provide short-term counselling to support you with your mental health and well-being.

This service can offer counselling via 1-2-1 live web/video calls, text services and phone call options.

Within the website, there is a number of resources and discussion board where you can contribute to and share your experiences with other and gain advice for your own support too.

For more information go to the 'The Mix' Website at— www.themix.org.uk, Call: 0808 808 4994 (free 7 days a week—4pm–11pm), Live Web Chat— (7 days a week, 4pm—11pm)

There is also a Crisis messenger system via Text: text: **THEMIX** to **85258** and this is 24/7 in the moment support.

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

Don't be afraid to reach out if you are worried or just unsure about something.

