Children and Young People Service

CONNECT NEWSLETTER

Gwasanaeth Plant a Phobl Ifanc

4

Nov 2022

Hello!

We hope you're well and looking forward to Winter (& hopefully some snow!). We're celebrating the CONNECT newsletter's 1st birthday by making some changes as some young people said it wasn't always easy to read.

We'll still bring you all the latest updates from CONNECT but in a more accessible way, so that everyone can enjoy it!

If there are things you would like to see here in the future, don't forget to #getintouch and #haveyoursay!



What have we been up to?

It's been a busy few months for Connected, the Ambassadors & the Voices Youth Council groups. Read on to hear all about it, and to find out how you can get involved.



Have your say

Do you like what you see?

Want to hear other news?

Different topics about adoption?Get in touch wales@adoptionuk.org.uk

growing together

Connected

tyfu gyda'n gilydd

We've crammed so much fun into the last few months and we're just getting started! With everything from freestyle flying, to pumpkin carving, to exploring light and learning about Diwali, we've barely had time to sit down for a cup of tea.
Check out the pictures of our Autumn adventures below.

Did you know?

We are now running 15 Connected groups across Wales including a national 18-30 group too! There are now over 200 of you involved with Connected.

If you would like to get involved, scan the QR code belo ur website and learn more.



CONNECT Voices & Ambassadors

CONNECT Voices is the name of the Youth Councils for adopted people. There are two councils for different age groups 14+ and 18+. Voices is THE place to be if you want to talk about adoption, have your voice heard & teach others about adoption.

CONNECT Ambassadors have recently "Met the Ministers". Young people from all over Wales met with Julie Morgan MS (Deputy Minister for Social Services) and Jeremy Miles MS (Minister for Education and Welsh Language). They talked about their experiences at school as adopted young people, discussed the needs of adopted people & presented the Ministers with their Adoption Charter. For more information on CONNECT Ambassadors and Voices, and how you can get involved, email wales@adoptionuk.org.uk or scan the QR code to fill in the application form.

Information and Guidance

Taking care of ourselves can be hard sometimes and sometimes we might not know how or why we feel the way we do. Here are some things that can help when we need to give ourselves a little more care:

Focus on something different like:

- Reading
- Watching Netflix
- Hugging my pet
- Listening to music
- Playing with a stress toy
- Cleaning and tidying

Move that body!

- Yoga or gently movement
- Host a home disco. Play the family's favourite dance songs and have a boogie for ten minutes.
- Ball up your socks and throw them at the wall
- Exercise!
- Punch a pillow or punchbag
- Find some space to scream and shout

Talking to...

- Someone you can trust
- Friends and family
- Worker from your Adoption Service
- Connected- Somewhere you can go to meet other adopted people



Awareness and Upskilling

Many people don't always understand adoption. CONNECT feels it is really important to understand the difference adoption can bring, so CONNECT is providing training for everyone who supports adopted children and/or young people so they understand YOU and your needs.

So far CONNECT has been talking to youth workers, social workers & teachers.

Who else do you think needs to understand YOU?

Let us know by emailing wales@adoptionuk.org.uk

Which way to the library?

From picture books to comic books to novels, there's nothing nicer than curling up with a good book. Did you know that you can visit your local library to borrow books for free? And now you can even access your library online and borrow digital books. For more information on how to access your local library visit https://libraries.wales/

Reading Well

To celebrate World Mental Health Day, all libraries in Wales and England now offer books to help us understand our mental health better. There are booklists for people aged from 7+ that you can view online before borrowing from your local library. For more information visit https://reading-well.org.uk/ or visit your library and ask for help.

Here are a few books you could try...



Book reviews

Do you have a favourite book about adoption?

Perhaps a book that really helped you understand what adoption means to you? Why not write a book review for us to feature in this newsletter and on our website? Send the title of the book and why you like it, or even a drawing of your favourite character to wales@adoptionuk.org.uk