Children and Young People Service

CONNECT NEWSLETTER

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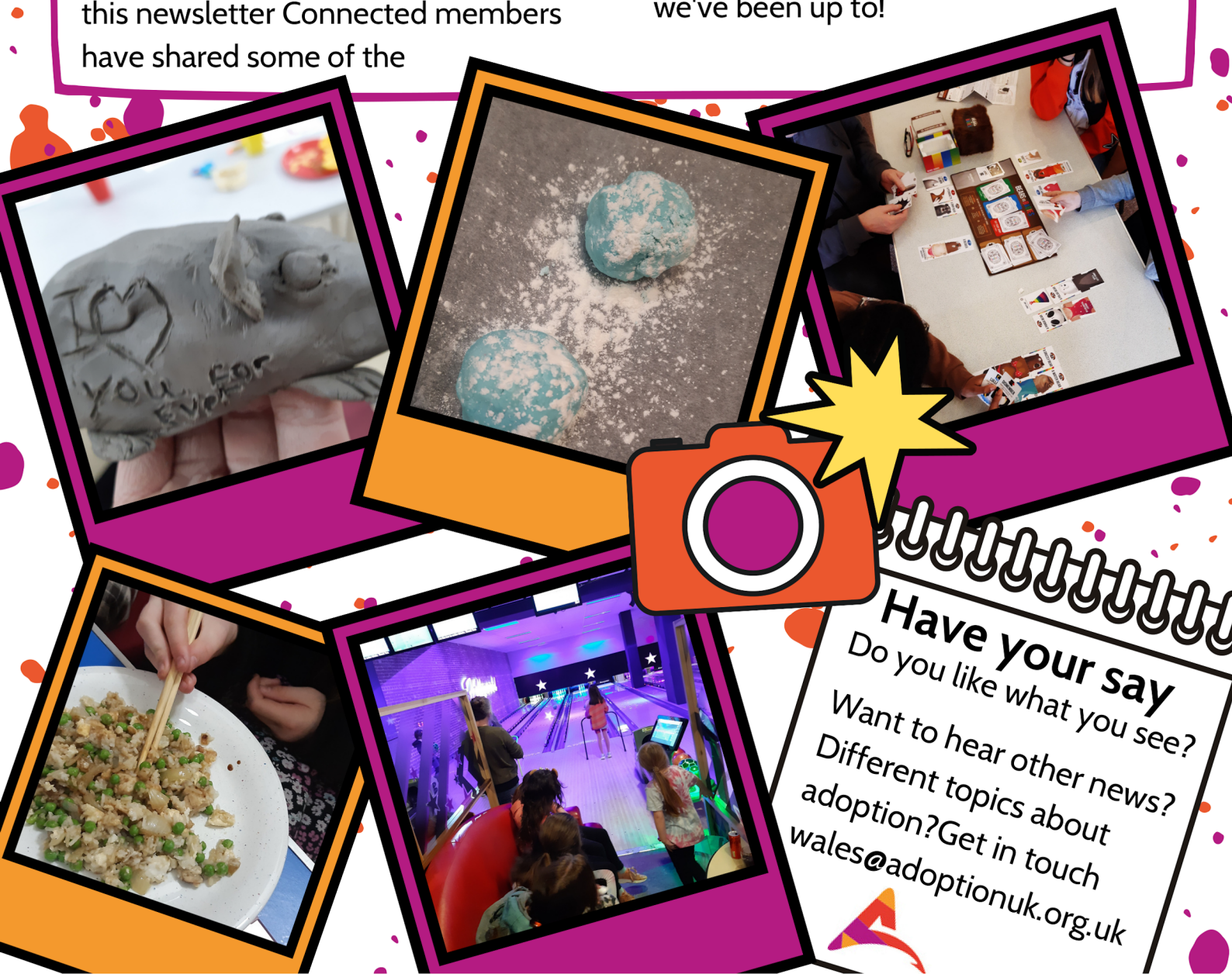
June 2023

Hello!

We hope you are well and are enjoying the lovely weather! Have you been to the beach in half-term? We hope you have had fun and enjoyed whatever you did.

The summer holidays are coming and we know some young people can struggle without a routine so in this newsletter Connected members have shared some of the things they like to do to keep themselves busy. We hope you like their ideas.

Also the CONNECT Service has been busy doing lots of different things to ensure the voices of adopted young people are heard. Check out what we've been up to!



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

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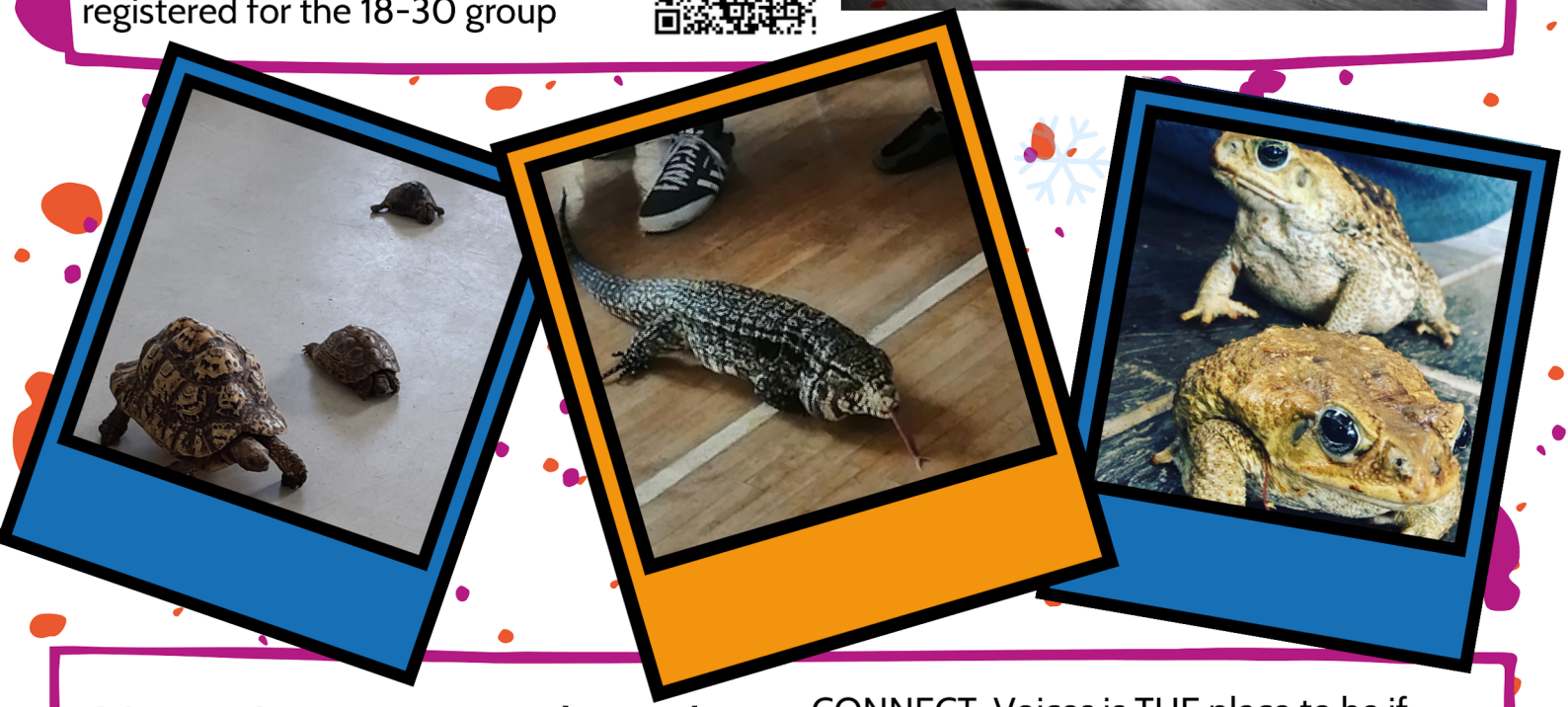
We are only half way through 2023 yet Connected groups have been busy with so many different activities like cooking, self care and how to love ourselves more, exploring nature & playing games.



Connected have also been meeting lots of animals including creepy crawlies! Check out the photos below!

The 18-30s tried something new! They learned how to fly and hang upside down!

If you're 18+ scan here to registered for the 18-30 group



CONNECT Voices & Ambassadors

Do you know your rights as an adopted person? Did you know there is a Adoption charter for you?

Members of CONNECT Voices worked together on a charter setting out the rights of adopted children and young people all over Wales. Remember these are YOUR rights.

Check it out by visiting www.connectcymru.com/adoption-charter/

CONNECT Voices is THE place to be if you want to talk about what is important to YOU as an adoptee, have your voice heard & help others understand your needs.

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

Fran (Lead Youth Worker, South Wales) attended Voices from Care's 'Proud to be me' event in February. We feel it is important for us to be part of the 'Care Experienced Young People Network' to make sure adoptees voices are included too. If this is something you'd like to come along to next year let your youth worker know.



At this event, as well as talking about what CONNECT does. We were exploring famous people we know who are care experienced. The picture to the left is some of the ones we came up with. Can you think of any others?



Awareness and Upskilling

Many people don't always understand adoption. CONNECT feels it is really important to understand the difference adoption can bring.

CONNECT Voices 18+ have made some videos to help you with some of the awkward questions you may get asked.

Check out the videos here www.connectcymru.com/awareness/awkward-questions/

What else would you like us to be talking about?

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

Things to do over the summer holiday

We have spoke to some Connected members and they sometimes worry about what to do over the summer holidays. Here are some of their thoughts about what you could do over the summer.

Focus on something

Reading - how many books can you read?

TV - how many new shows can you start and finish?





Pets - create an assault course and try to teach your pet!

Music - Create a playlist of all your favourite songs.





Toys - Build the biggest thing you can out of building blocks or lego

Move that body!

Do a scavenger hunt - how many different types of birds and flowers can you find?

Host a home disco. Play the family's favourite dance songs and have a boogie for ten minutes.

Find a ball or ball up your socks and throw them at the wall. Or learn how to juggle!





Go for a walk - do you like to walk in the woods, on the beach or around the shops?

Build a den - Either in the house or outside. How many different things can you use to make it?



Talking to...

Someone you can trust

Friends and family

Worker from your Adoption Service

Connected- Somewhere you can go to meet other adopted people



Your thoughts

Do you have something you like to do in the school holiday?

Why not let us know how you are staying busy by tagging us on social media