Children and Young People Service

CONNECT NEWSLETTER

Gwasanaeth Plant a Phobl Ifanc

6
Oct 2023

Hello!

Welcome to the Autumn 2023 issue of the CONNECT newsletter!

There has been lots going on over the summer & we wonder, did you go along to any of our events? Read about them below. Also with Winter coming we thought we would share some ideas for when you're indoors. Do you have any ideas too? #GetInTouch

Do you usually go to Connected in North Wales?

At the moment we have put our groups on hold BUT we are hoping to be back up and running asap. We will let you know when we are starting groups again.



Eton Mess!



18+s axe throwing



Welsh cakes



3 newts!



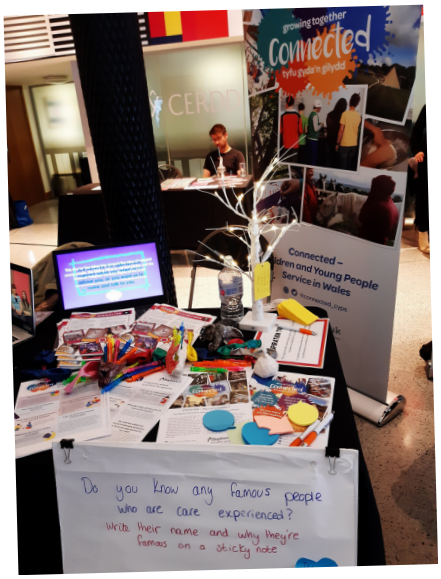
Indoor den building

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

Connected has been out and about **alot** this summer - We have been on trips, running activities at Adoption UK and regional adoption team's family days AND we attended events in National Youth Work week to tell other Youth Workers about Connected and adopted people like YOU!
Check out our social media to see some more pics!
Did you manage to spot any of our team out and about?



Are you 18+ ? Scan here to register for our 18-30 group



CONNECT Voices & Ambassadors

In January, CONNECT Ambassadors helped make a podcast about adoption and how it can feel to be adopted. In September the podcast brought home the silver in the British Podcast Awards!

Check out the podcast here, were in season 2, episode 6 'The Take Over': adoptcymru.com/podcast.

Here is what Ellie-Rose had to say about her time at the award ceremony: "The experience was fantastic. I was nervous but excited. I met LadBaby and Sam from Made in Chelsea - they were both so lovely! Everyone was so friendly, very approachable and it felt very welcoming ! Loved it!"

For more information on CONNECT Ambassadors and Voices, and how to get involved, scan the QR code!

Information and Guidance

We share information and guidance through this newsletter but also social media. We have two accounts: CONNECT and Connected, each with Facebook and Instagram accounts.

1️⃣ CONNECT: This is about the whole service, with four elements: Connected, Information and Guidance, Adoption Awareness, and CONNECT Voices. Find us on Facebook and Instagram under "CONNECT."

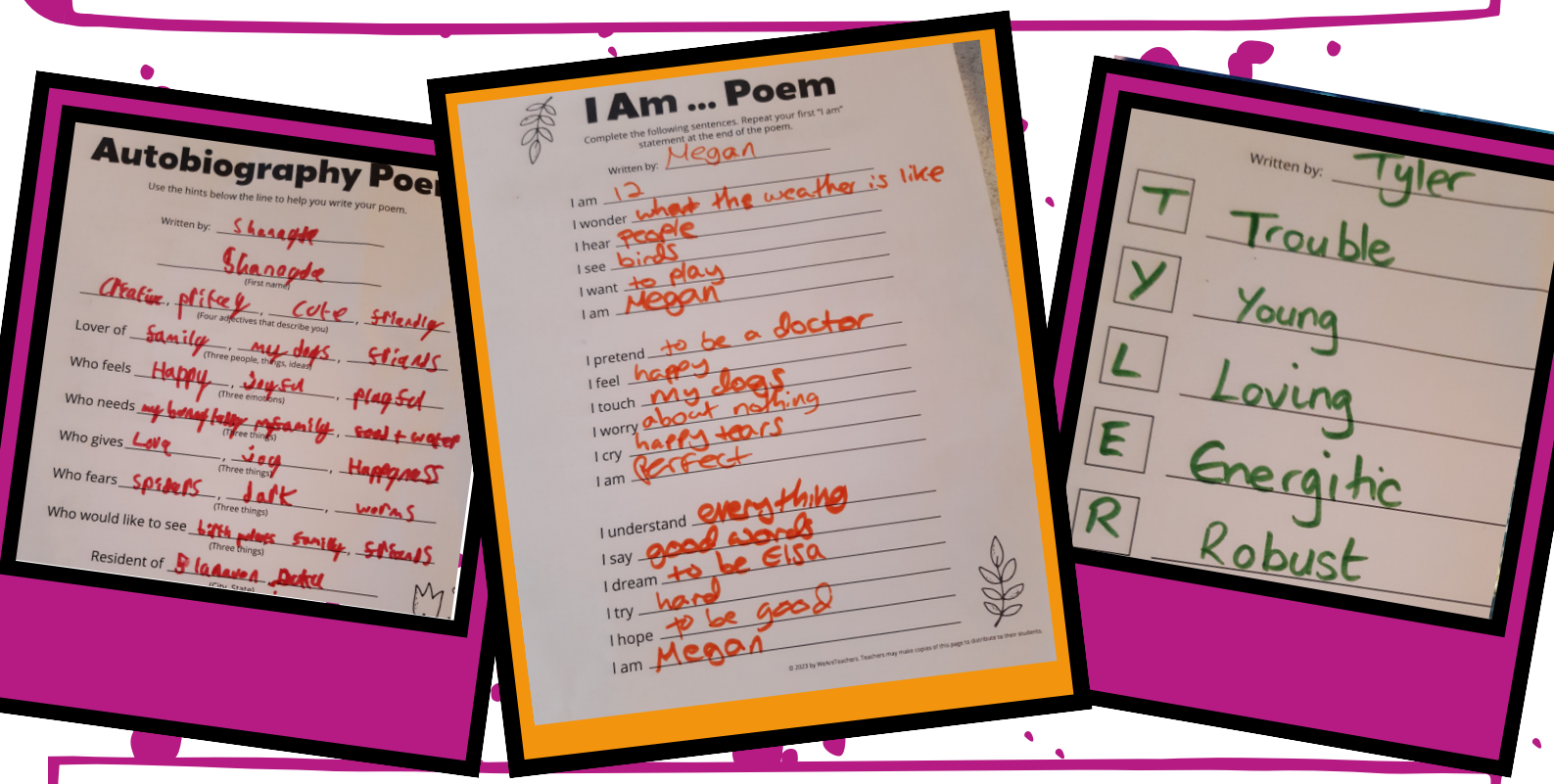
2️⃣ Connected: Connected tells you all about our activity sessions, what other young people like you having being enjoying and learning at Connected like cooking, climbing, arts & crafts etc.

Whether you follow "CONNECT" or "Connected" on Facebook and Instagram, you're part of our vibrant community. Explore both accounts to get a good look at everything we share! Let's stay connected and keep building our incredible community together! 💪

#CONNECTCommunity #ConnectedCommunity #StayConnected

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Awareness and Upskilling

Throughout September we've been asking members about what do adopted people look like?

It may seem like a silly question to some, but to others they have never met an adopted person knowingly and this can lead them to ask some awkward questions which young people like you have told us you don't often like.

We've been creating poems and pictures to share to raise awareness about adopted young people. Some are pictured above. Check out our socials during adoption awareness week starting October 19th to see what's been created. What would your poem say? If you would like to submit your own poem to be added to the website you can do this by emailing it to wales@adoptionuk.org.uk

Things to do over the autumn & winter

As the days get shorter over the winter some people really enjoy the change of seasons. They like the colours of the autumn leaves, conker collecting or tucking up with a hot chocolate and a blanket to watch favourite films. Some people love the cold days, stamping on ice, crunching on the frozen ground and even go swimming in the sea!!! Some can feel a little sad at this time of year as we don't see as many people or can't enjoy the outdoors as much. However whatever you like (or dislike) it is important to do things you enjoy to try and keep positive. Check our suggestions below!

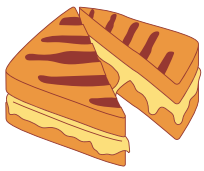
Make a scrap book! You could make this about your favourite things, or collect bits & pieces from outside like leaves, sticks and seeds.

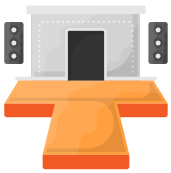


Build a snowman! If you don't get any snow you could build a person out of things you can find around the house or garden!



Have comfort food! How about a cheese/cheeze toastie using any type of cheese you love and dip into some delicious tomato soup.





Explore your wardrobe! Try out some new combos, and put together new outfits for upcoming events or for a home fashion show. (Don't forget to put it all back again!)



Make an indoor obstacle course! Use pillows, toys, or other objects to burn off some energy and have fun. See if everyone in your house can do it too!

Your thoughts

Do you have something you like to do in the autumn or winter?

Why not let us know how you are staying busy by tagging us on social media @connect.cyps