

*We're all thinking of you...*

# **FROM YOUR CORPORATE PARENTS**

Take care and we will see you soon!



Hello everyone – I hope you've all been able to look after yourselves during the lockdown. I've been doing daily yoga via YouTube – why not have a go: <https://www.google.com/search?q=yogawithhadriene.com+youtube&ie=&oe> It's really good for mind and body 😊.  
Take care - from Lesley

The words we speak matter. They help to shape the world around us. That's why I believe we need to speak words of truth and hope not only to ourselves but to others as well. Here are 20 things we should say more often if we want to make the world more positive:

1. I love the things you do.
  2. I believe in you.
  3. You are worthy. You deserve it.
  4. The best is yet to come.
  5. Stay positive.
  6. I was wrong. I'm sorry.
  7. Please.
  8. How can I help?
  9. I'm here for you when you want to talk.
  10. You can do it.
  11. You got this.
  12. Please forgive me.
  13. I forgive you.
  14. I've got your back.
  15. I'm open to your feedback. Make me better.
  16. You're not alone.
  17. Even if we disagree, we can still be friends.
  18. You matter.
  19. Thank You.
  20. There is greatness inside you.
- Erroll

Hope you are all keeping well? It must be frustrating being unable to see your friends. Thinking of you all.  
Best wishes.  
Joyce Underhill

Hello all, I hope you have been staying safe. I have found sticking to a daily timetable really useful, this includes 10 minutes of meditation and Jo Wick's PE. Look after yourselves.  
Balwant

Hi everyone,  
I'm sure you have all had to do things very differently for the last few weeks. I'm sure you are missing your friends, but I hope you've found time to try some new things to do at home. Hopefully, schools will start reopening in the next few weeks so, in preparation, I've been talking with many of your headteachers. I know they all want you back in school as soon as it is safe. Schools aren't the same without you!

Chris Ward

Hello everyone,  
I hope you're all doing well and that you're finding ways to stay positive and happy. I've been making sure I schedule time to myself every evening where I don't use my phone and I turn Netflix off! It's really helped me to settle down and to focus on something aside from the difficult things that we're all going through at the moment. I'm really looking forward to being able to go back to the office and to see some of you – hopefully soon!

Take care,  
Charlotte Moriarty

Dear All  
The LAC Health Team are thinking of you all and hope you are all well. Stay encouraged and we look forward to the rainbows at the end of this difficult time.

Dr Indu

Hi all,  
Well it's week 8 of lock down and the Leaving care team PA's are trying to ensure that they continue to have contact in various forms to ensure that everyone is safe, well and have everything they need.

I'm overwhelmed by the continuous positive comments from PA's about the way so many of our young people have been managing during lock down and really adhered to the lockdown.

I've been taking time to do DIY and gardening that I've put off and I can finally sit out when the sun comes!!

Look forward to seeing you all soon face to face (2 meters apart)

Claire

Hi everyone,

Here's a message from Cllr Yvonne Davies, Leader of Sandwell Council:

<https://youtu.be/D0wq2wiPc4I>

Hi all, I am really missing face to face meetings and hope we will all be back to share our experiences soon... As police officers we are keeping busy, just with different things... Hope you are all enjoying the great weather... Here's my NHS rainbow which is now in my landing window and was painted by my gorgeous 7-year-old boy... What a great job the NHS are all doing 😊

Stay safe,  
Keeley Bevington

Lockdown hasn't meant that we've slowed down! Everyone at the Children's Trust has been working hard on the things that matter and you have been with us every step of the way. We might have had to change the way we do things, but we continue to meet with the Voice of Sandwell and Care Leaver groups, we continue to interview, induct and train staff with your help and we continue to use your experiences to shape the future.

Behind the scenes we are making progress on the priorities you identified at Corporate Parenting Board and we're looking forward to the day we can all get together again. Until then, we'll keep in touch using WhatsApp, Zoom, FaceTime and telephone!

Don't forget to shout if you need anything, we are all here for you.

From Jacqui, Frances and everyone at Sandwell Children's Trust

