



Stockport Youth Council can be found on
Facebook, Instagram and Twitter.

Search for
@stockportyouth



Stockport Youth Council has been nominated in the 'Community Organisation' category of the 'National Diversity Awards'. Two of the young people have also been nominated for awards. Please visit these links to vote. For nominees to get further in the awards the numbers of votes received is taken into account and the young people will appreciate your votes.

The link for Stockport Youth Council

<https://nationaldiversityawards.co.uk/nominate/29821/>

The link for Alex

<https://nationaldiversityawards.co.uk/nominate/29519/>

The link for Faith

<https://nationaldiversityawards.co.uk/nominate/29346/>



Stockport Children in Care Council is looking for new members. Please contact Steve Davies for details.

- Tel: 07800 618 706
- Email: steve.davies@stockport.gov.uk

#ANationalVoice

Wednesday 13th May
4 - 6pm

Join us on Twitter @CoramVoice
with the hashtag
#ANationalVoice
to talk all things **stigma** and help
shape our new campaign.

coram
Voice
getting young voices heard

The charity Coram Voice is relaunching 'A National Voice', which is a group for young people who have experienced being a part of the care system. For the time being this will be an online campaign and the information about how to get involved is in the image above.



ACTION CALENDAR: MEANINGFUL MAY 2020



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

"Start Where You Are. Use What You Have.
Do What You Can" ~ Arthur Ashe



4 Focus on what you can do rather than what you can't do

5 Send friends a photo of a time you all enjoyed together

6 Take a step towards one of your life goals, however small

7 Let someone you love know how much they mean to you

1 Take a minute to remember what really matters to you and why

2 Do something meaningful for someone you really care about

3 Reconnect with nature today, even if you're stuck indoors

11 What are your most important values? Use them today

12 Be grateful for the little things, even in difficult times

13 Today do something to care for the natural world

14 Show your gratitude to people who are helping to make things better

8 Set yourself a kindness mission. Give your time to help others

9 Look out for positive news and reasons to be cheerful today

10 Tell someone about why your favourite music means a lot to you

18 Hand-write a note to someone you love and send them a photo of it

19 Find a way to craft what you are doing to give it more meaning

20 Reflect on what makes you feel really valued and appreciated

21 Share photos of 3 things you find meaningful or memorable

15 Find out about the values and traditions of another culture

16 Look around you and notice five things you find meaningful

17 Take a positive action to help in your local community

25 Give your time to help a project or charity you care about

26 Recall three things you've done that you are really proud of

27 Today link your decisions and choices to your purpose in life

28 Tell someone about an event in your life that was really meaningful

22 Ask a loved one or colleague what matters most to them and why

23 Share an inspiring quote with others to give them a boost

24 Do something special today and revisit it in your memory tonight

ACTION FOR HAPPINESS



www.actionforhappiness.org

31 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

kooth

Need to talk?

Free, safe and anonymous online support for children and young people 365 days a year

- Friendly counsellors
- Self-help materials
- Community support

Kooth.com – online counselling service is now available for free in Stockport.



As part of the Vital Voters project, the People's History Museum (P.H.M) is putting together a collection of campaign films made by young people about issues that matter to them. The best films will go on the P.H.M website.

For further information go to:

www.phm.org.uk/vital-voters/make-your-own-campaign-film/



If you are interested in the issue of 'Votes for 16 year olds' please have a look at this website.



‘Wild Inside’ Writing Competition

The John Muir Trust is inviting budding writers and poets to write up to 30 lines of poetry or up to 500 words of prose on the theme of ‘Wild Inside’.

The age categories are:

- Under 18 – poetry
- Under 18 – prose
- Over 18 – poetry
- Over 18 – prose

The deadline is 12 Noon on Monday 18th May

To enter send submissions with your age category in the subject line (e.g. ‘John Muir, Over 18 poetry’) to wildinside@johnmuirtrust.org

The links below have loads of links to other sites that have information, support and activities that children and young people will find useful.

- <https://youthworksupport.co.uk/young-people/>
- <https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

And finally....these pictures show you how you can spot five of the planets in our solar system this month (although you will need to get up early for three of them).

