



BCYC Newsletter June/July 2020

Message from The Media Reps

Hello all,

We just wanted to introduce ourselves, as the creators of this newsletter. Our names are Grace and Neisha and we are the media reps for the Bristol City Youth Council. Our main goal is for these newsletters to inform you on what the BCYC is currently working on, as well as offering you advice, support and activity ideas throughout lockdown and beyond. We hope you enjoy reading them and feel free to share them with friends, family or colleagues.

Also, we just have a few questions for you as readers, regarding what future newsletters will look like. Firstly, is there anything you would like us to include in future newsletters? This could be anything from links to websites or resources you've discovered, important issues you would like us to cover, or even further questions about the Youth Council's work. And secondly, what do you like or dislike about the first two newsletters?

If you want to respond to our questions, (we're open to any feedback or queries you may have) then please drop an email to either gracethorn@virginmedia.com or huss.neish@gmail.com

Thank you and enjoy!

Mental Health support

If you need access to mental health support or advice, then Kooth is available for young people age 11 to 18:

- [Kooth's Website](#)
- [Kooth's Instagram](#)

You can sign up for free to access:

- Discussion Boards
- Kooth Magazine & Help Articles
- Free Counselling
- Journal & Self-Help Tools

Other services:

- <https://www.brook.org.uk/>
- <https://www.otrbristol.org.uk/>
- <https://www.themix.org.uk/>

Lockdown activities

Learning a new language - [Duolingo](#)
 Cooking/Baking - [Skills Share - Cookery](#)
 FaceTime friends - [Top 5 Video Chat Apps](#)
 Yoga - [YouTube - Yoga with Adriene](#)
 Reading - [Books on Amazon.co.uk](#)
 Writing - [How Be Creative in Lockdown](#)
 Movies - [IMDB Top 250 Movies](#)
 Board Games - [Best Board Games](#)
 Indoor Exercise - [Exercise at Home](#)
 Origami - [Origami Diagrams](#)
 Meditate - [Head Space - How to meditate](#)
 Listen to music - [Spotify.com](#)
 Drawing - [Things to draw when out of ideas](#)

Other Activities:

- Journaling

Official advice

For advice and updates around Covid-19:

- <https://www.gov.uk/coronavirus>
- <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- <https://www.bbc.co.uk/news/coronavirus>
- <https://www.bristol.gov.uk/crime-emergencies/help-people-affected-by-coronavirus-covid-19>



- Scrapbooking
- Gaming
- Learn a new hobby
- Gardening
- Dog walking
- Dancing
- Outdoor sports with your family (e.g. cricket, football, rugby, rounders)

These are just a few ideas of ours. There are many more out there to enjoy! And don't forget it's also perfectly fine to just relax or take some 'me' time.

From Our Members

'Any time not spent at my desk is given to reading novels, watching TV or gardening. Since we are well on our way to summer the seedlings my dad and I have planted are growing significantly and we already have some strawberries ripe enough to eat. In regards to books, I have been keeping a record of everything I've read since the start of quarantine and I'm currently at around a dozen with more books arriving soon. My favourite read so far has been 'The Secret History' by Donna Tartt which has become a bit of a classic.'

-Nathaniel

'I've been keeping busy in Lockdown with lots of work from my Sixth Form, before I start year 12 in September. I find that trying to stay productive and keeping a routine has helped me keep a sense of normality throughout these strange times. When I'm not doing A-Level work I've been doing lots of reading, baking and I also try to do some exercise each day such as yoga, walks, workouts etc. I've learned that at the moment it's really important to make time for your well-being and to relax.' – **Grace T**

Black Lives Matter Movement

As most people are aware, there have been recent protests in Bristol, and across the world, as a part of the Black Lives Matter Movement. This movement is all about not discriminating people for the colour of their skin, striving for racial justice and also recognising the struggles black people face every day, because of their skin colour. Protestors have shown their support and care towards the movement, and as you may also know, the statue of the slave trader Edward Colston, was torn down.

In Bristol we have Unity Youth Forum. Unity is a forum for BAME young people (aged between 11 and 18 years) to campaign on issues which affect them. We are currently recruiting for young people to become members of Unity. If you would like to get involved, please contact claire.corrigan@bristol.gov.uk.

Youth Mayors

'2020 just keeps finding new ways to surprise us all. When I first heard about the Colston statue's removal I felt sort of shocked, in reflection probably due to the fact that change was actually happening. Yet as I thought more about the issue I began to see it for the powerful and necessary act that it was, and this stance is by no means mine alone. Already we've seen many cities across the UK begin to re-evaluate how we should interact with our past and the undeniably cruel actions that helped to build our country into what it is today. When I see Bristol at the forefront of these important social movements, it truly makes me proud to live in this pioneering city.

In other, less political news, my level of schoolwork only continues to increase, having launched into year 13 maths work as well as English literature coursework in the past month. Hopefully, everything will turn out okay in the end.' **-John**

'During lockdown it can be really hard to find normalcy so I am so grateful for the organisations that have worked hard to put themselves online. And to that end I am still really busy, if you looked at my diary then

you wouldn't believe that we are all stuck in our houses! I have youth mayor commitments, commitments to other campaigns, work with my new 6th form , and it's all really exciting. And all of that has really helped my mental health. Although lockdown fatigue is a big problem, we must keep it up with the lockdown so we can return to normalcy sooner.

Due to the current political situation and with all of this free time that we have, I really hope that everyone is using this to actively engage with making change. As well as making change within ourselves about our world view and making sure that we are all actively anti racist. What is happening at the moment is not right and I have every faith that our generation is going to grow up to be one that changes society for the better.' -**Alice**

UK Youth Parliament

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