



## BCYC Newsletter May 2020

### Message from our chair

Hello all, this is an unprecedented time. We're not sure when we'll be out of this, or when life will return to normal. A group that has been particularly impacted are the young people of Bristol. Exams cancelled, schools closed and plans put on hold. Many of us are struggling, but it's important to remember that we aren't alone, and together we can get through this. In this newsletter, you'll find stories from the Youth Council about what we're doing to keep ourselves occupied. You'll find things that you as young people can do to keep occupied whilst keeping safe, as well as updates regarding the work we as the Youth Council are doing to make sure the young people of Bristol continue to be represented.

Enjoy,  
Oliver Bouchier, Chair of the BCYC

### Where to go if you need support

If you feel comfortable you could talk to parents, carers, teachers etc. But if not, these sites are all here to offer you support:

- <https://www.kooth.com/>
- <https://www.childline.org.uk/>

If you feel you're in danger in terms of mental health or domestic abuse Text 'Shout' to 85258

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

### 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>

### 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](#)

Other Activities:

- Journaling
- Scrapbooking
- Gaming
- Learn a new hobby
- Gardening
- Dog walking

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



(Photos from Kajol and Mya)

'Stuff like online museum tours/exhibits. That's what I've been doing.'- **Nathaniel**

'I've been stretching every night in quarantine and I can now do the left and right front splits! It's really fun cause you can stretch and listen to music or a podcast at the same time.'- **Rosa**

'I've been making the most of the warm weather by spending lots of time in the garden on the warmer days. I've also been going for a daily walk with my mum and my dog which is a nice bit of mother-daughter time.'- **Rebecca**

'During lockdown I've been keeping busy by reading the twilight Saga and watching the movies' - **Neisha**

### Youth Voice

### Equal Bristol

As the Youth Voice campaign group our main goal is to value and represent the voices of young people across Bristol. We had planned to go into youth groups and organisations, however due to the circumstances, we have been unable to do this.

Currently, we are planning ways to reach out to you during this difficult time and to make sure your voices are still heard.

**These are some of the ideas we've come up with:**

- Instagram DMs and Polls
- Group Chats/Forums
- Questionnaires
- Google Classrooms
- Discord
- Debates on Zoom

We will continue to work on setting these platforms up and consider new or different ways to reach out to you all. In the meantime, check out some of the lockdown activities we've suggested, and don't forget to keep yourself updated on Covid-19 using our links to official advice.

Currently we are updating our campaign so that we can continue to work on it.

We are reshaping our ideas and have had many amazing new ones to help us keep working throughout this difficult time, so hopefully look out for plenty of work by us in the coming weeks.

We also understand this time can be really tough for young people and we really would recommend taking advantage of all of the online resources (e.g virtual museums and plays – See below ) but more than this, taking time and making sure that you are looking after your mental health and wellbeing, as a first priority.

We look forward to engaging with all the young people of Bristol in the coming weeks and I hope that we can all move forward in our new normal.

[Top 10 Virtual Museum and Art Gallery Tours](#)

[Free National Theatre Plays](#)

### Supported Mental Wellbeing

### Environment and Transport

Here's some key advice and information from the supported mental wellbeing campaign group:

**Internet Safety:**

<https://www.thinkuknow.co.uk/>

Check out this website and consider the affect school closures may have on young people's lives online. You could mind map or write down some positive or negative impacts. The site also offers advice around sex, relationships and the internet.

As a group we thought about some advice for everyone during lockdown. The first idea we came up with is that you should try gardening or even just having plants on your windowsill. Now is a great time to enjoy nature, this could be on walks or just sitting in your own garden.

We also think it would be good for everybody to be more 'food waste conscious' for example when your in the shop to not buy more than is necessary. This can help to reduce food waste as well as plastic or packaging waste.

**Top tips:**

- 1) Be careful about what you read and believe around Covid-19 on the internet (We've listed some official sites above)
- 2) If you can, make sure you use your daily exercise and go for a walk or get some fresh air.
- 3) Remember to talk to people about how you are feeling at the moment (Have a look at our 'Where to go for support' section)

**Myth Busting:**

- [WHO - Myth Busting](#)

Keep yourself updated around Covid-19 and make sure you know the difference between the myths and the facts.

**Things to do:**

- [Virtual Bristol River Cruise](#)
- [NASA Live Videos](#)
- [BBC Ten Pieces](#)

**Tip:** Washing dishes manually rather than with a dishwasher can save water

Next we thought that on small shopping trips (Just to a corner shop for example) cycling is best. Being in our homes all day provides little exercise, so going on your bike could be your daily exercise whilst also reducing your carbon emissions.

Lastly, make sure that your turning off plug sockets and electronic devices when you're not using them, to save electricity.