

Virtual Time Capsule

A time capsule is usually a box, filled with items that describe the time you are living in, which is then buried in the ground or locked away until it can be opened in the future.

We want to create a 'virtual' time capsule, which tells people what lockdown has been like for young people with SEND, in Devon.

This time capsule won't be locked away like normal time capsules. Instead, it will be collated by the Champions for Change team and used to help improve the lives of young people in Devon as we come out of lockdown.

We want to hear about your experience of lockdown. You can do this by sending in pictures, artwork, videos, letters, music – anything you like! We've included a few activity sheets you can use if you like.

We'd like to hear what have been the best bits, the worst bits, the people and things that have helped you, and the changes you want to see happen when lockdown is over.

Send your thoughts to us at:

participation@devon.gov.uk



Things to do

Some days it's great not to be in school, other days it's tough being at home and not seeing our friends. If you're looking for something to do, try some of these suggestions...

1. **Make a window display** – give passers by a reason to smile!
2. **Rock painting** – hide your rocks to be found by others!
3. **Movie night** – try a themed movie night!
4. **Craft project** – get creative and make something to be proud of!
5. **Letters to friends** – a letter can be so much more personal than a text!
6. **Family tree** – how far back can you trace your family?

We'd love to see your work! Send examples to:

participation@devon.gov.uk

Ask a parent/carer or teacher for help if needed.

Champions for Change



What is Champions for Change?

Champions for Change is a network for anyone who believes young people with SEND should be listened to, heard and understood. Our network includes schools, groups and individuals.

What do we do?

Normally we meet in person to play games and take part in activities that help talk about our experience as young people with SEND. The Champions for Change team take our view and opinions and share these with decisions makers to help improve the services we use.

We're looking forward to a time when we can meet together in person, but for the time being we're exploring lots of different ways in which can help give young people a voice.

For more information, contact us at:

participation@devon.gov.uk

Support

Lockdown has been hard on us all and at times it can feel like there is no one out there to help us. Here are a few places you can go for information and support.

DIAS (Devon Information Advice and Support) help to support children and young people to make their own decisions about their future.

➤ devonias.org.uk

Pinpoint Devon is the place to find thousands of services and community groups across Devon.

➤ pinpointdevon.co.uk

Contact provides a wide range of information, advice and support to families of children with disabilities.

➤ contact.org.uk

Care Direct offers information, advice and support about the adult social care system in Devon for young people aged 18+.

➤ devon.gov.uk/care-and-health

SignpostPlus has information about services for children with special needs. They also have a Facebook page.

➤ childrenandfamilyhealthdevon.nhs.uk/signpostplus/

The Council for Disabled Children provide a collective voice that champions the rights of children, young people and their families and challenges barriers to inclusion.

➤ councilfordisabledchildren.org.uk

Childline is a counselling service for children and young people up to their 19th birthday. They deal with any issues which cause distress or concern.

➤ childline.org.uk

Stay Connected

We want to build the Champions for Change Network and have more young people than ever involved, despite lockdown.

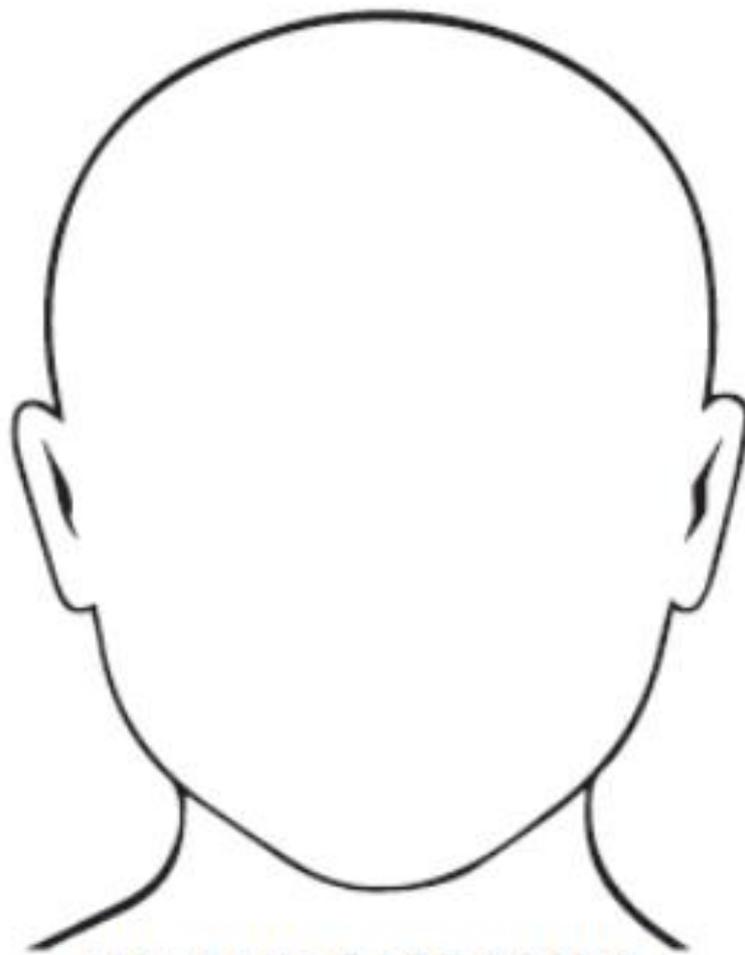
You can stay connected with us if you have social media by following us on:

- ✓ Instagram
- ✓ Twitter
- ✓ Facebook
- ✓ YouTube

You can also sign up to become a Champion for Change member. Being a member of Champions for Change means you will be among the first to be invited to meetings and opportunities where you can share your experiences and help improve SEND services in Devon. If you think you might like to become a member, or would like to find out more, contact us via social media or email.

participation@devon.gov.uk





HOW MY FACE LOOKS



THE 3 THINGS I AM MOST EXCITED TO DO WHEN THIS IS OVER:

1

2

3



What are you doing to stay connected to the world outside your home?

HELPING HANDS



TRACE YOUR HANDS AND THE HANDS OF PEOPLE LIVING
IN YOUR HOME. INSIDE EACH HAND WRITE THE NAME OF ONE
PERSON WHO HAS HELPED YOU GET THROUGH COVID-19.



Family Time Capsule Checklist

- A photograph of the family (list names and ages on the back of the photo)
- Screenshots of video chats with family members who lived away
- Handprints from each member and pawprints from your pets
- Your favorite memories together
- Print out or cut up some newspaper clippings
- Craft project or works of art
- Copies of schoolwork with names, dates and ages
- Pictures of your family in masks and gloves
- An empty roll of toilet paper with an explanation



The best bits

My lockdown
Memories

Worst bits

People and
things that
helped me

Things I will keep
doing even after
lockdown

STAY SAFE

