



Its the Voice and Influence Team here! We listened to what you wanted us to include in the weekly newsletter and have added more information that might help you through these times. If you have any ideas on what to include in a future newsletter, email [yourvoiceyourmiddlesbrough@middlesbrough.gov.uk](mailto:yourvoiceyourmiddlesbrough@middlesbrough.gov.uk)

## GOOD NEWS STORIES



Miracle Recovery

Mal Martin's family were told to expect the worst after he was taken to hospital by ambulance with coronavirus.

Three months on and after making what nurses described as a "miracle recovery", he made an emotional return to his home in south Wales

[Click the picture to watch the video!](#)



Reunited at last!

A self-isolating nurse has finally hugged her two-year-old son after 11 "heartbreaking" lockdown weeks apart.

[Click the picture to read more!](#)

## COVID-19 ADVICE & GUIDANCE

Middlesbrough's Psychology Service have found some great resources for young people to help them through COVID-19.

It includes information about coronavirus, tips for looking after your mental health and well-being, help with school work and more! You can find the document by clicking on this link:

[https://search3.openobjects.com/mediamanager/middlesbrough/fsd/files/coronavirus\\_advice\\_for\\_young\\_people\\_aged\\_11-18\\_2\\_\\_1.pdf](https://search3.openobjects.com/mediamanager/middlesbrough/fsd/files/coronavirus_advice_for_young_people_aged_11-18_2__1.pdf)



## JOKES OF THE WEEK!



Q. How many tickles does it take to make an octopus laugh?  
A. Ten (tickles).

Q. What's a foot long and slippery?  
A. A slipper.

## RECIPE OF THE WEEK

You cant go wrong with a homemade scone!

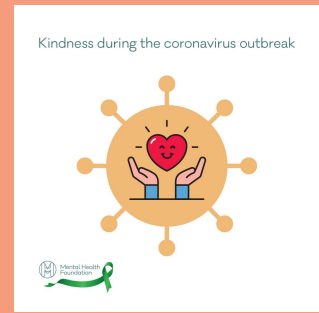


Click the photo to find the recipe

## RANDOM ACTS OF KINDNESS

Theres a lot of people are feeling worried and upset about the current pandemic. Try and think of something you can do to raise someones spirits!

The Mental Health Foundation have came up with some ideas you can try. Click the image to find out more!



## ACTIVITY OF THE WEEK

### Make a memory scrapbook

Scrap booking is a really nice way to celebrate life's big milestones and fun events. It helps you reflect on all the positive things you have done and can make you feel happy and nostalgic.

Why not start now? Collect all of your favorite photos, a scrap book, some colourful pens, stickers and paper and include anything you like! You can be as creative as you want! You could include photos from your favourite holiday, your favourite day, your pet, your family

Make sure to get a scrapbook with lots of pages so you can add to it as you go along!



## BORED IN THE HOUSE?

Have you ran out of things to do during lockdown? Click the image to find 75 ideas of new things to do!



## KEEP UPDATED

Don't forget to keep up to date with everything Middlesbrough council are ding to support young people. Follow us on social media or visit the Get Involved Website for regular updates!



@youthvoicembro

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[Click this link to see the Get Involved page!](#)

