



Little Hearts Matter Youth Council

Little Hearts Matter's Youth Council Response to COVID-19

As a youth council we understand that the current Covid-19 pandemic is very worrying. We know that this is a very difficult time for everyone and understand that at the moment we are faced with uncertainty. As a youth council we decided it would be a good idea to prepare a response to highlight that we understand what you are going through.

You are not alone. There are around 480 LHM youth members who are having to self-isolate due to COVID-19 and we are all in this together. During lockdown routine, exercise and ways to keep your mind busy are all very important. Walking around your garden or home made obstacle courses are great examples of what you can do from home.

Little Hearts Matter are helping the youth members however they can. Some of the ways that they are helping are through the use of technology and virtual platforms. Lexie is always around for a chat via private message if a member is worried or anxious about anything, and regular games and activities help members to escape from the outside world. These activities are conducted through our Facebook Messenger group chat, and youth chat forum. Safe, secure, and monitored places for youth members to chat. LHM are also sharing regular updates to ensure that youth members know what they need to about the current situation and their health, whilst keeping it simple and easily understandable.

Members of the youth council have found that painting during this time can be therapeutic. Another great way we pass time is reading a new book, or watching a new series. There are some great time consuming apps like tiktok, and pinterest. If you download these you might find yourself struggling to find time to do other things!

We have also been exercising as a way to keep healthy and have fun. Hula hooping in the garden. Though this takes practice eventually it becomes really enjoyable and you can challenge yourself to increase your time. Exercise is definitely a boredom buster and gets you outside in the sunshine.

Thanks for reading,

Thomas, Imaan, Noah, Colbie-Kate, Seb and Amber

Your Little Hearts Matter Youth Council