

Children in Our Care and Leaving Care Summer Involvement Report 2021

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Summary:

Altogether we had 30 unique CYP attend the sessions, whether that was through zoom or face to face.

From the consultation, there were some varied answers however some similarities that came from CYP sharing how they have their voice heard were, speaking to workers came up the most and young people felt confident to do so, additionally through participation groups and the use of the mind of my own app.

The main outcome from what the CYP would like to get out of group sessions was advice, meeting other young people in care or care experienced, having your own voice and learning new life skills.

CYP were confident to tell us that they would have their say and get involved by speaking up, whether that's to social workers, in a professional meeting or taking part in a group.

A point that was raised several times was around support and payment for bus travel to attend groups, projects, meetings. This mainly came from care leavers.

Through discussions, to run the event next year, participation will be embedded across the service, network and relationship building will continue throughout the year. It has been suggested to combine the day for all ages to make transporting more effective, then we will have the age range groups throughout the activities creating a 'rota' style timetable.

Uptake and Planning



Designed flyer that was Distributed to staff and young people

The Lancashire County Council Participation Team were tasked to recruit and consult with care experienced children and young people over the summer period. A flyer was created which was then distributed amongst CIOC & LC teams, care homes across Lancashire, TYS team & NYAS to gain engagement and share details of the planned activities.

Uptake was not as predicted at first, but this slowly started to build. We gained some feedback from staff regarding the timeline for the events as notice was short for the first dates and getting this information to the young people as social workers at this point had booked leave throughout the summer period.

The plan for the summer event was to meet the CYP on a zoom session and a face to face activity session. We were flexible and accommodating to the CYP needs if there was a date that suited them best so they could attend a session.

Below is the information taken from both zoom and face to face sessions, we used a number of methods to get to know the CYP, deliver the CYP consultation, share our offer and gather feedback.

Zoom

Altogether we had 20 attendees at the zoom sessions.

We began the session with icebreakers to share names and allow the young people to settle into the session and begin to feel comfortable.

The consultation questions were delivered through discussion and talking points were noted down by staff members. These are the questions asked below:

Q1 How do you get involved in services for you? How do you have your say?

Take part in extra opportunities that are given such as young inspectors, Barnardo's, train social workers, Corporate Parenting Board. Meeting CYP face to face. Take part in meetings, groups.

Q1.2 What can we do to help you?

To support CYP with transport/ free bus passes/ reimburse fares. To have both online & face to face to allow for if CYP cannot not get there.

Q2 What would you like to get out of group sessions?

Campaigns, pack for new cyp in care- advice, support, groups, information etc.

To tackle the issues, CYP are passionate about. Build on confidence, meet new people, make new friends, not feel so lonely.

Passionate about: mental health, LGBTQ+, community in care, Care file for yp- write with more consideration, experience of not getting the yp's opinions and views across correctly –has this now changed. Considering what is helpful for the YP in placement, Social workers seeing the 'real' side to carers, Not sharing all the story if it's not necessary, More support for LGBTQ+ yp and staff training, change of name/ use of preferred names etc. change on systems/ paperwork/ legalities.

BBC Involvement: On two of the sessions representatives from the BBC came and delivered an hour's session centred around Fake News. The focus of the session was to raise awareness to CYP about real news articles and spotting the fake ones. The BBC representatives also shared employment and competition opportunities for young people. Young people engaged well in this activity and it sparked detailed conversations about news real or fake, social media, incites and future careers.

Evaluation: The young people engaged and took part in every activity during these online sessions. Some young people found talking over zoom difficult due to low confidence. We approached this during the face to face sessions.

Borwick

Numbers of CYP: 15+ = 7



The young people were offered choices on which activities they would like to do, the group were keen to try their skills at Archery, once they found their rhythm, they used the points to determine a place of travel and holiday destination, career and salary and pizza creation, all for fun of course!

Young people worked in small groups to answer questions on flip charts, the flipcharts were then passed around to each table for all to answer and work on, staff were available for additional support.

How do you have your say/Voice Heard?

- Speak Up
- Listen to Others
- Role model to talk too who are mature
- leaders and Representatives
- Target Audience- Make sure it applies to the
- Worded in a certain way because of how certain people interpret things.
- Speak to workers
- Being open to people
- Meetings/feedback
- Planning Project
- Online APP that people can install /forms.

How can we help/ support you into having your say?

- Getting involved
- 1-1 Support
- Different activities to choose from
- Different people comfortable in different situations
- Being able to talk to people
- Social workers being open
- Online Platforms
- Reliable and continuous Platforms
- People to be available
- Good stable set of friends to help you
- Regular Meetings
- Structure of information
- Speaking to care leavers about experience in care
- Active listening

What would you like to get out of group sessions?

- Build confidence
- Build social skills
- Meeting people our age or older
- Opportunity to expand on our CV
- Build on our knowledge
- Learning about the opportunities you have in life
- Ability to learn new things
- Learning life skills
- Better Training for care workers
- Better support for care workers
- More housing opportunities
- Choices for care leavers
- Interview training
- More activity choices
- Happiness
- Increase of confidence in a group environment
- Therapy

How do you get involved in services for you?

- Internet/Online
- Newspaper
- Friends
- Carers
- Magazines
- Social media
- Youth Clubs
- Actively Search
- Step out of comfort zone
- Ask PA- Find out what's available
- School/College and notice boards

Evaluation:

Young people expressed that less writing would be better however they enjoyed the activities that were put on for the session. It was suggested to have more interactive consultation. Young people worked well in their groups for the activities and consultation. There were some young people who began the sessions reserved and nervous, however by the end of the sessions we observed they had opened up more and felt comfortable to engage with other young people in social conversation.

Hothersall

Again, the staff at Hothersall were accommodating and allowed for us to ask the CYP what they would like to do for their activities. The younger group were excited about being physical and active, and the rain did not stop them working together on the Low Ropes and Orienteering. The older group shown us their skills and strengths with Archery and Low Rope challenges.

From the feedback we had from the previous session, we pushed to create a Mentimeter account for the team to use going forward. We were able to achieve this and then created the presentations ready to use for the consultation and evaluation elements of the sessions. However, the building we were situated in had no WIFI, so we reverted to delivering the consultation again on flipchart in small groups.

During the sessions we had additional inputs from Future U and NYAS. Future U delivered a session focusing on Positive Mindset, where the young people engaged in looking at statements and how they approached marshmallow and spaghetti tower building task. NYAS shared their offer for example Independent Visitor and had resources available for young people to take away.

Numbers of CYP: 12-14= 4 / 15+ 4

Consultation group 1: 12-14's

Young people worked in small groups to answer questions on flip charts, the flipcharts were then passed around to each table for all to answer and work on, staff were available for additional support.

How do you get involved in services for you?

- Ask workers
- Ask youth workers
- Independent visitor
- Get information from family/carers
- Internet
- Social media

How do you have your say?

- Tell an adult/ say at meeting
- Youth zones
- Tell social worker
- Join a youth council
- Mind of my own app
- Make a poster

- Raise awareness on things that matter to us

How could we help you/more CYP?

- Make a pack for young people with information i.e. mind of my own app, services, support.
- Website for young people
- Sharing information

What would you like to get from group sessions?

- Advice
- New people to talk to
- Have your own voice/opinion
- Young inspectors
- Making change
- LINX Listen, involve, negotiate, xpress
- Advertising/ spreading the word
- Having a pack – when you are new in care

Consultation group 2: 15+

How do you get involved in services for you?

- Website
- Social media
- Complaints
- Services going into school/college
- Ask social worker
- Attend group sessions
- Leaving care worker
- Leaflets
- Booklets
- Through supported accommodation

What would you like to get from group sessions?

- Food
- Trips
- Fun
- Feeling of achievement
- Activities
- money
- Teamwork
- Art/graffiti
- Life skills

How can we help/support you?

- Free food
- Incentives
- Trips
- Show what we achieve
- Pay for travel
- Resources
- Organise travel

How do you have your say?

- By speaking up
- Talk to different professionals – different language methods, sign language
- Emails
- Surveys
- Post on the internet

Evaluation group 1: 12-14s

Each young person was given two post-it notes to give some short feedback. They were asked what you enjoyed and what are you taking away from the session.

What did you enjoy?

- Meeting new people, not being on my own all day, number chase game, dinner, low ropes activity
- Being outdoors, number chase game
- Activities, number chase game, running outdoors for orienteering
- Meeting other foster kids

What are you taking away from today?

- Balancing skills on the climbing activity
- Orienteering skills, teamwork, creativity, memories
- Interacting with new people, learning new skills
- Teamwork, free fruit

Evaluation group 2: 15+

Each young person was given two post-it notes to give some short feedback. They were asked what you enjoyed and what are you taking away from the session.

What did you enjoy?

- All of it
- All of it
- Food

What are you taking away from today?

- Problem solving, free pen
- Architecture skills
- What a fixed and growth mind set is



Anderton Centre

At this centre the CYP were again given choices on which activities they would like to do. The younger group climbed to the challenge with Low Ropes and faced the heights with Crate Stacking. The older group took on the survival skills with Archery and Bush Craft.



For the CYP consultation we were able to use the Mentimeter as the activity to gather the information. Staff supported the CYP with devices and being able to share their thoughts by giving additional 1:1 support. Images below show feedback from CYP using Mentimeter. An additional question was answered on flipchart as a group this is also typed below.



NYAS shared their offer for example Independent Visitor and had resources available for young people to take away.

Numbers of CYP: 8-11 = 5 / 15+ = 8

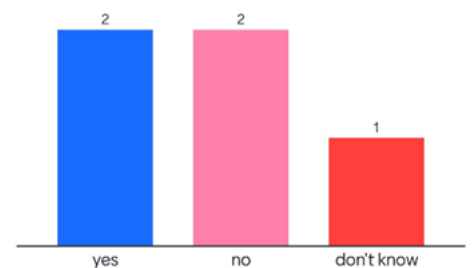
Mentimeter consultation:

Group 1: 8-11's

what does being care experienced mean to you?



Have you made any choices in your life which effects your day to day living?



What have you made your own choice with?

Mentimeter

I decide what breakfast I want and what I wear as long as it matches and it is appropriate

I was asked by my foster carer if I wanted any changes. I said no. I get to choose my clothes. I just get to play on my tab when its bed time.

decided to come to day decided what I have for my breakfast decided to do roller skating

I get to decide what to wear.

I make a choice that I pick my own clothes and that I brush my own hair and I do my own hair and I choose my own breakfast but I can't have a lot and I can only choose my own clothes if it matches

What would you like to get out of group sessions?

Mentimeter

have fun meet new people build new confidence want to be a police man	Making new any best friends. Having a say in who you live with. Finding out about new groups.	Making new friends in school
Meeting new people getting new friends getting kind advice for me to be calm and make new friends learning to look at the computer not the keyboard and tyoe like that	More foster caring and helping building skills and couragei want to learn online saftey, and i want to make more friends	

Have you heard of the Children in Care Council or Care Leaver Forum? And how could we promote these groups?

Mentimeter

no. contact hayley or jnny when hess not at work.	No. Find out more about foster care	No. Through social workers, schools
No. Social worker	No.if someone had no forser carer they might want one so bad then we could help them get one And always be kind	

Group 2

what does being care experienced mean to you?



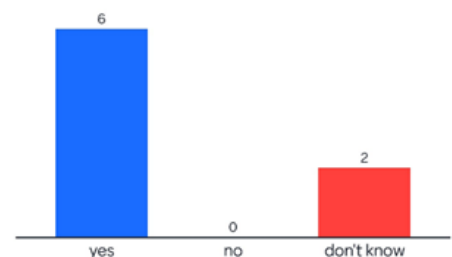
Have you/Do you know how to access any of your services?



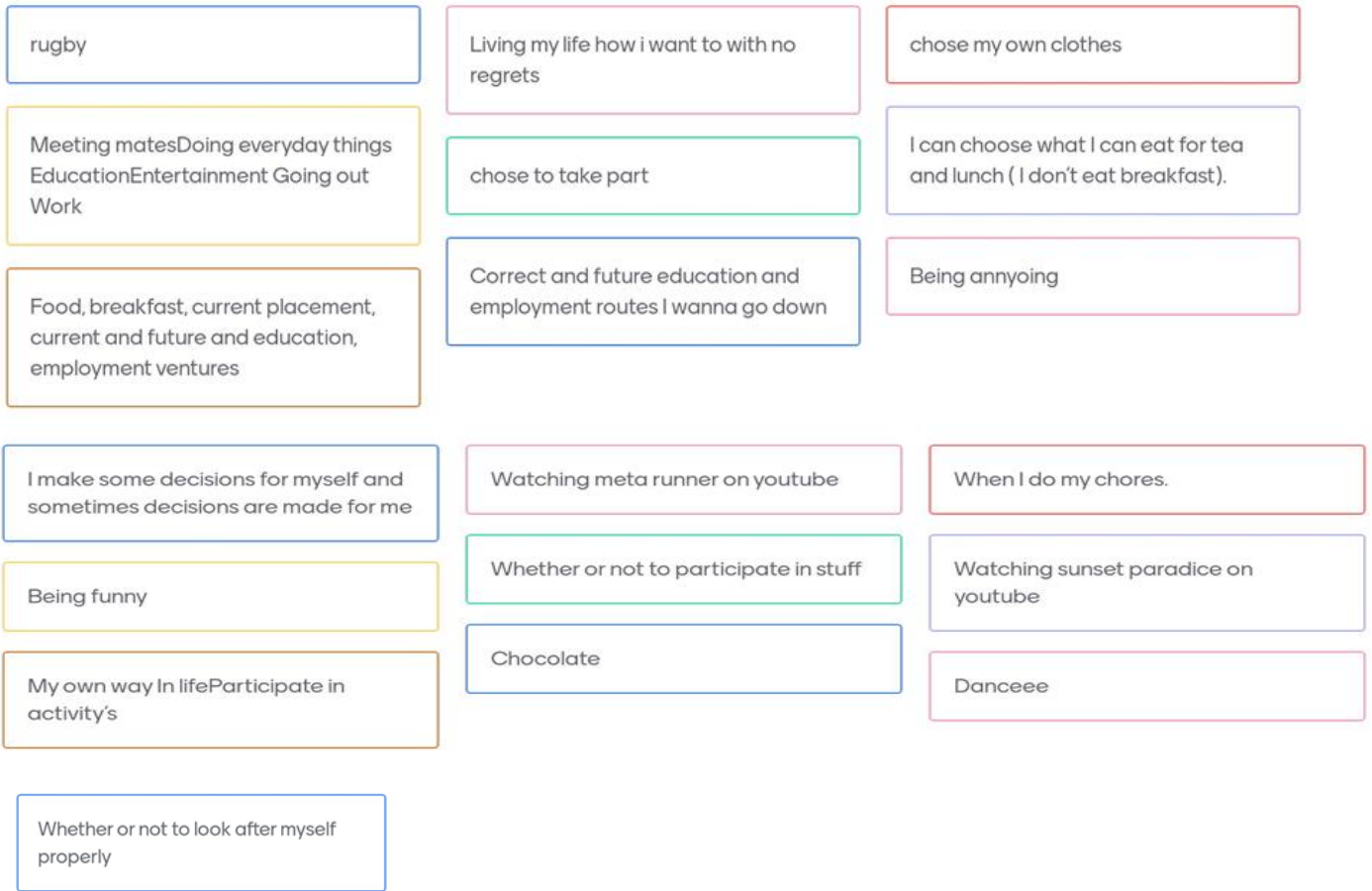
what services do you access? And how would you have your say?



Have you made any choices in your life which effects your day to day living?



What have you made your own choice with?



What would you like to get out of group sessions?



Have you heard of the Children in Care Council or Care Leaver Forum? And how could we promote these groups?

No until now 😞	T shirts	No. Not sure
😞😞😞😞	Banners on planes	Social MEDIAAAAAA
Yes. Speak to social workers and PAs and utilise social media	People who talk to you	Social media
Go into schools 🏫.	Newspaper adds	Fun dayyyy 🎉🎉🎉🎉🎉
Leaflets.	School visits	
No. Phone the house, Tell the schools	No. Tv adverts , social media, radio and magazines.	
🎉🎉🎉🎉🎉🎉	Yes. We can promote these through social media and thought things like flyers and information like with your pa's who can inform you with the information	
Adverts	Movies with action	

How would you have your say?

- Contact social worker
- Contact PA
- Speak to adults directly
- Talk to NYAS
- Speak to youth workers
- Speak to IRO's
- Mind of my own app
- Participation groups ie CICC

Evaluation group 1: 8-11s

- Climbing
- Feeling happy
- Was brave
- Enjoyed crate stacking
- Feel positive



- Less nervous
- Meeting new people
- Getting help from others
- Making new friends



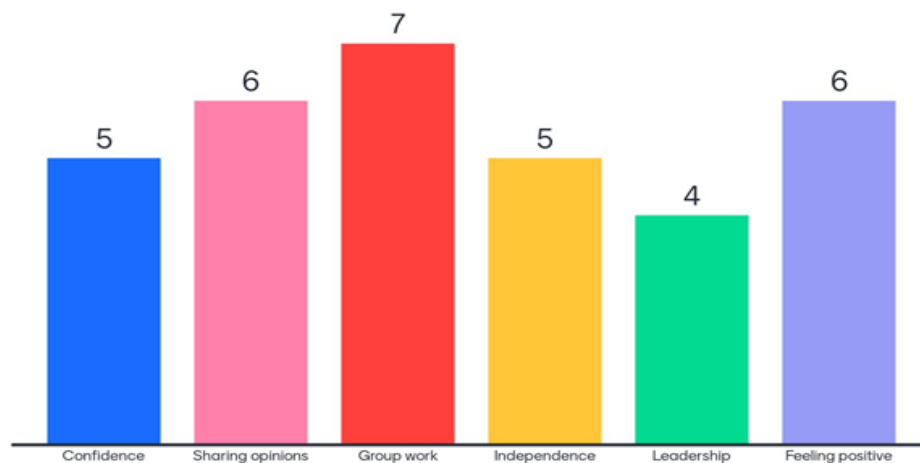
Evaluation group 2

Summer involvement session - what have you enjoyed about today?

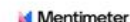
Mentimeter



Have you developed any of these statements?



Summer involvement session - what are you taking away from today?



My life	Counting upto 30	No idea
Learning about the groups and archery skills	Artrey	Learnt new skills
My older self	Starting fires	The experience and the people

Impact and Staff Feedback

From this event, we saw a change in the young people's body language and attitudes. These days have facilitated young people to open up, communicate to new people, share their ideas and opinions and be listened to. The young people expressed on several occasions that they felt more confident, more positive and enjoyed sharing their opinions.

Case Study: YP1

YP1 is 9 years old, they first joined one of the zoom sessions with their carer but did not feel confident enough to put their camera on. They then attended one of the outdoor sessions too, they came to the session with a comfort item and was very quiet and shy. After introducing ourselves and Adam opening conversation about games and other common interests, they were happy for their carer to leave them for the session. YP1 sat at the back of the room with Adam and was quiet during the first half of the session as the other children were loud and chatting. As the session went on and we began the outdoor activities, YP1 began to get involved in the low rope activity and began to slowly talk to the other children to help complete the tasks set.

YP1 throughout the sessions began to talk to the other children and staff more confidently. They then talked more to another child in the session, and they talked about common interests. By the end of the session YP1 was playing games with the other participants and was interested in keeping in touch with some of the children who they had met.

Case Study: YP2

YP2 is 17 and first joined on a zoom session with some older young people. They were quiet and shy and used the session to listen to what the other young people had to say. YP2 then joined us at an outdoor session where they met new young people. Again, they began the session quite reserved and low in confidence then as

the session went on they felt confident to talk to some of the other young people and staff who were there. They took part in activities that took them out of their comfort zone and began to make friends with another young person there.

After the sessions YP2 shown interest in continuing to be involved in further sessions and to join the Children in Care Council. YP2 was invited to a BBC workshop session and the next CICC meeting and has been attending since. They are building on their confidence and communication with others through participating in interview panels, training courses and group work sessions.

Each young person has had a different impact and has taken away something different from their time during the activities. Some young people would like to get involved in more outdoor activity type sessions and some expressed interest in our youth offer and this has resulted in an increase of CYP attending the CICC and CLF.

Feedback from carers:

Dear April

Just to say a huge thank you for inviting KAuden and Lottie to the outdoor event today. They have raved about it all the way home. They really enjoyed the rope course and the crate stacking and high on the list of great things done them was the food!!

They have had a wonderful time and have made a few friends in the process so please thank all those involved. They loved it.

Thanks again

"Hi they loved it cant wait for the next one" text message received from a foster carer in reply to giving the CYP information about the next CICC meeting.



Feedback from Staff involved & Recommendations for future events:

Lead up to event and Planning:

It was a short turn around to begin with for the first week off dates. Knowing the staff structures and networks surrounding the event increased awareness of our offer but there were still some barriers.

What went well: the offer of the different platforms such as virtual & face to face. The venue locations that were offered spread across Lancashire. We were able to be flexible with the venue/date to accommodate needs of individual young people to enable inclusivity.

Recommendations for future events:

Participation being embedded in services will give a greater understanding to staff, PA's of our Participation offer moving forward. Our next steps to achieve this is to deliver presentations/training to staff across Lancashire districts to share our local offer.

Combining the day:

A recommendation is to have all age groups come for the same time, for example 10-4pm and have the sessions timetabled on a rotational basis and the CYP work in their age groups to attend each session throughout the day. Feedback from staff/carers about having young people in different age groups who wanted to attend which meant staff had to bring at different times, we were able to accommodate these instances on case by case. Feedback from the late sessions were that by around 8pm-8.30pm the young people were getting tired and they still had to have their journey home.

Different locations:

Feedback from some of the more rural locations as some carers/staff got lost on the way to the outdoor venues. Possibly utilise the Youth Zones and hire out equipment/games. Lancashire Boys and Girls Club association have equipment like archery, paintball, gladiator inflatables etc.

Additionally, having clear outcomes and focus for the consultation from the start. To determine what the focus of the events are. Would next year have a different focus for the consultation, feedback and or recruitment?