

Children in Care Council NEWSLETTER

Kingston and Richmond



April/May 2021
Edition 6



Building Better Together

Special
bumper
edition



Easter Craft Activity

Mille and Dania from the Children in Care Council have teamed up with C4K's Gwen Ramsey.

Create a fun Easter marbling activity alongside them live and online.

We will provide the art materials and give you step-by-step instructions on the day.

Join them online on **Thursday 1 April, 4.15pm**

Contact: **Chris McPhee**

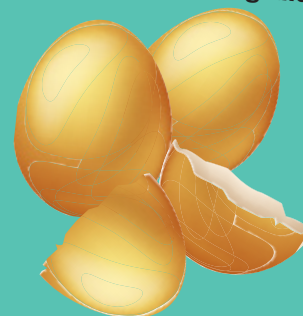
E: chris.mcphee@achievingforchildren.org.uk

to register and receive your one-off box in the post.

Brought to you by:



Building Better Together



My Mind UPDATE

The Children in Care Council are very passionate about mental health. In 2020, the CiCC concluded that the pandemic has impacted young people in care in so many different ways that emotional wellbeing was going to be even more important. Whether changes and problems were big or small, they believed that it would be good if there was a place to meet and talk over how they were feeling. Also, results from the 2020 annual survey proved that 55% of young people said they wanted something like this in place.

So, in February 2021 'My Mind' was launched and feedback has been great. If you are a young person aged between 15 and 21 years and you would like to come, then you can expect a warm welcome. We meet on the first Wednesday of each month and you just need to text or call Chris our participation officer on 07511 045265.

CARE LEAVERS AND LOOKED AFTER CHILDREN 2021

The CiCC is so excited to launch our annual survey for 2021. It is a great way to voice your opinion and give your views and ideas on how to improve the services you receive. The survey is also your way to influence the professionals that are making decisions on your behalf - they need to ensure that you are receiving a great service, now more than ever. Everyone involved with your care wants to do the best job, so please complete the survey and let them know what you think. Please use the relevant links below to start now.

Care leavers: <http://bit.ly/ciccsurveycareleavers> **Looked after children:** <http://bit.ly/ciccsurveycla>

Recognising, encouraging and
rewarding our achievements

AfC CELEBRATION OF ACHIEVEMENT AWARDS **2021**

SAVE THE DATE! FRIDAY 15 OCTOBER

The awards are all about championing young people and children in care. This year's awards are set to inspire us and bring fresh hope for the future. They will be the biggest, brightest and boldest awards party yet. We are busy creating new award categories and we will be putting all the details in our next newsletter.

Chris McPhee is supporting us with this event, so if you want to help out with your ideas please email him today on chris.mcphee@achievingforchildren.org.uk

CiCC ACTION PLAN 2021/22

CHILDREN IN CARE COUNCIL ANNUAL STRATEGIC PLANNING REPORT

We are pleased to present this year's CiCC action plan for April 2021 - March 2022. As always, the action plan has been developed by the Children in Care Council.

Our objectives include the following.

- Promote the work of CiCC and increase and amplify the views of the young people we represent.
- The CiCC to be supported to deliver events, build communities, strengthen networks and increase engagement.
- The CiCC to support the physical health and emotional wellbeing of care leavers.
- The CiCC to receive training on dealing with child sexual and criminal exploitation.
- The CiCC to be supported to develop training for new staff.
- The CiCC to be supported to develop workshops for children and looked after children.
- Children and young people to be involved at every level in the development of the services received by children and young people.

You can download a full copy of the action plan with all the details at kr.afcinfo.org.uk and visit the Children in Care Council page or email chris.mcphee@achievingforchildren.org.uk



KINGSTON AND RICHMOND AND YOUNG PEOPLE SPEAK PODCAST

CiCC are pleased to announce that our two podcasts are now LIVE. The young people of AfC have curated and produced podcasts that highlight their experiences in the borough of Kingston and Richmond. Available to listen on Spotify now - please search, 'Kingston and Richmond Youth Voice' and 'Young People Speak'.



TASH CONTINUES TO ATTEND SKILLS TO FOSTER™



The Skills to Foster™ pre-approval course is to prepare new potential carers for fostering.

The course focuses on the practical, day-to-day skills that all foster carers need. Tash, one of our care leavers from the Children in Care Council, always attends to give insight and views from a care experienced perspective. This part of the course is always the favorite and most popular, so the CiCC will continue to support by having members attend.

BEL MEETS MAYOR



CiCC member, Bel, represented all children and young people in care across Richmond and Kingston at a round table meeting with Sadiq Khan, the Mayor of London.

They talked about mental health and the impact that Covid-19 has had on young Londoners.

We will be meeting him again later this year, so drop us an email if you have any thoughts you'd like to share - Sadiq wants to hear them.



MEET THE CiCC WITH CRAFTY LITTLE BAKERS

Dania, one of our care leavers from the Children in Care Council, teamed up with Crafty Little Bakers in March, which saw children in foster placements bake mooncakes live and online with Dania.

All the materials and dry ingredients for this fun baking session were posted out to our bakers in preparation. It was a great way to learn some independent kitchen skills during lockdown while giving young children a chance to socialise with the CiCC.



PRISON PACKS

A small number of our care leavers are in prison and this is a very difficult time for them.

Recently, our participation officer, Chris, and leaving care team manager, Jenny, met with two such care leavers and talked about the physical necessities they'd like more of.

Top of the charts were towels, socks, underwear, sheets and duvets. So we have created a prison pack brimming full of these essentials.



WHAT'S COMING UP?

Skills for success workshop - Employability skills workshop for young people aged 16 to 25. Recognise and promote your skills successfully to find a job you love.

Thursday 8 April, 11.00am to 3.30pm

To register: email michael.guard@achievingforchildren.org.uk or speak to your social worker or personal advisor.

MyBnk - How to make money work for you.

Packed full of tips and tricks on spending and saving.

Thursday 15 and Friday 16 April

To register: email michael.guard@achievingforchildren.org.uk or speak to your social worker or personal advisor.

UPDATES ON CHAMPIONS

Some of our champions representing all our main areas caught up with some heads of service. Below you can read about those meetings, updates, and our actions.

LEAVING CARE CHAMPION

It's Tash here, the Leaving Care Champion. At the end of January, myself and participation officer, Chris McPhee, met up with Shaira Makorie, Head of Leaving Care. We talked about how we can improve the support received by young people within the service who are in prison. This included sending packs to any young person who goes to prison which includes a tracksuit, sheets and other essentials.

Shaira is also working with Kingston and Richmond housing to ensure young people have accommodation when they leave prison. Alongside this, the CiCC are going to create a new champion within the youth justice and adolescent safeguarding teams to grow our presentation across all areas of AfC. Also, we agreed to work on updating the care leaver financial policy for care leavers and to work together when updating it.

The Leaving Care Team have been awarded a Covid winter grant which has been used to ensure any care leaver in need has received food vouchers and heating payments.

Finally, there is going to be a new team leader position opening within the Leaving Care Team and the CiCC will be involved in the interviewing.

FOSTERING CHAMPION

Fostering champion, Bel, and participation officer, Chris, met with Natalie Bugeja from the Fostering Team. Ideas from our meeting included a more active role in recruiting new foster carers, increased offer to support skills to foster training, and a task force to ensure supervising social workers are capturing the voice of children in foster placements.

LEAVING CARE PROJECTS

1) SUITCASE PROJECT

In February 2021, Shaira Makorie, Head of Leaving Care, worked alongside Lynn Lock, Team Leader of the Children with Disabilities Team, to get suitcases donated for all looked after children and care leavers. A local Facebook group has donated approximately 100 suitcases and more are due to be delivered to the office. A big thank you also to Caroline Lowe, Depot Manager of SEN transport, and Jenny Burton, Team Leader of the Leaving Care Team, for arranging transportation of the suitcases.

If you would like a suitcase, please speak to your social worker or personal advisor as it is very important for all children and young people to have a set! If you would like to donate a suitcase please contact Shaira Makorie.



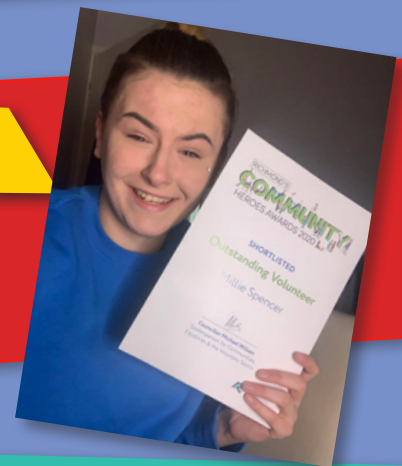
2) THE LINUS PROJECT

In October 2020, Shaira Makorie, Head of Leaving Care, was contacted by Councillor Penelope Frost about donations of local homemade blankets and quilts for looked after children and care leavers. Jacquie Cranfield, the Project Linus Coordinator, has delivered over 70 quilts in different sizes and colours...with more to come soon. To find out details about Project Linus UK, please visit this website www.projectlinusuk.org.uk. If you would like a blanket or quilt, please speak to your social worker or personal advisor. If you would like to take part in the project, please contact Shaira Makorie.



3) RICHMOND COMMUNITY HEROES AWARD 2020

Young person Millie was shortlisted for this event as an **OUTSTANDING VOLUNTEER**. Well done Millie!



4. STAFF RECOGNITION

On 9 December 2020, Florina Baku, Senior Personal Advisor in the Kingston and Richmond Leaving Care Team, was a finalist for the Personal Advisor of the Year Award. Florina was in the top four out of 33 nominees for this National Leaving Care Benchmarking Forum Award.

On 11 December 2020, at the Social Work Teaching Partnerships Social Worker Awards, Jenny Burton, Kingston and Richmond Leaving Care Team Leader, won Team Leader of the Year. Louise Drammeh, also from Leaving Care, scooped the Social Worker of the Year Award.

Easter Egg Decorating Competition



HOW IT WORKS

- Be creative and imaginative
- Come up with a design to be in with a chance of winning a prize!
- You can use paint, paper and anything you can find, the more creative the better
- All designs will be shared in the CiCC Easter display
- Prizes for 1st, 2nd and 3rd
- Closing date Friday 9 April

AGE CATEGORIES

12 years and under . 13 years and above

HOW TO ENTER

Take a photo of your creation and send to:

Frank: E: juniorfrank.ssuna@achievingforchildren.org.uk
M: 07849 303522

Chris: E: chris.mcphree@achievingforchildren.org.uk
M: 07511 045265

 achieving
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 THIS IS US
Kingston

 CiCC
Children in Care Council Richmond
Building Better Together



A POEM

One of our care leavers wrote a brilliant poem about their lockdown experience.

LOCKDOWN 3.0

November 19 the world changed,
lives changed.
A virus called COVID-19 had spread through
our nations,
Disrupting our daily lives and routines,
And causing havoc through our streets.

March 20 we hear of a lockdown for our safety,
But the young people suffering from depression
are only hearing vulnerability.
The loneliness grows as we're stopped from seeing
friends and family,
Only making the thoughts we have louder inside.

Birthday celebrations cancelled,
To quarantine birthdays becoming the new thing.
Summer holiday plans scrapped,
To the garden now being the next best thing.

Months go by the restrictions are lifted.
Life's seeming to get that little bit easier,
And interactions with humans never felt so good.
We started to feel okay again.

Oh, but not for long as we're told on the 31 October
we have to go into lockdown again.
The struggles deepen and start to reappear
for us young people again.

By ER

CICC PRESENTS



Building Better Together
For Kingston and Richmond

GET CONNECTED

WHERE YOUNG PEOPLE ARE #1

Ages 12 to 18 years
and 18 to 24 years
can attend as a
volunteer or support
person

ARTS

TRIPS

SPORTS

DANCE
CLASSES

DJ
LESSONS

MUSIC

COOKING

FOR CHILDREN IN CARE
AND CARE LEAVERS

AROMATHERAPY

CHILL
AND
CHAT

WHEN?

**LAUNCHES LIVE AND ONLINE VIA
ZOOM ON THURSDAY 1 APRIL,
6 TO 9PM**

**EVERYONE IS WELCOME: MEET NEW PEOPLE,
BE PART OF A VARIETY OF FUN ACTIVITIES**

For login details and
more information contact

Chris T: 07511 045265

Frank T: 07849 303522



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We are the voice of children in care!



Building Better Together

Always welcoming new people

THURSDAYS, 5.00-6.00PM

The Children in Care Council is a group of children and young people who are all cared for by either Kingston or Richmond Council. We give children and young people the chance to shape and influence the services that affect their lives and the lives of others in care.

- Make positive change
- Make new friends
- £10 voucher per meeting attended for your first two months*
- Go on trips
- Represent views of other young people
- Gain new skills
- Discuss matters important to you
- Get an AQA accreditation
- Travel reimbursed
- Snacks and drinks every week
- Takeaway once a month

**ALWAYS WELCOMING
ALWAYS LISTENING**

YOUR VOICE MATTERS

**To join contact Chris McPhee
T: 07511 045265
Or, Junior Frank Ssuna
T: 07849 303522**

*A £10 All4one shopping voucher is given as a thank you for each meeting attended in your first two months.



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