

Cumbria CiCC

Members of the Cumbria CiCC have participated in 3 animation film workshops run in July and August by Prism arts. The aim of the workshop was to create a short film about listening to the voice of children and young people and highlighting Cumbria's Promise. This has been done through the medium of animation and other film techniques allowing the participants to develop new skills and perhaps some new ambitions in film development. Watch out for film release coming soon!!!!

Next Meeting: Wednesday 25 October 2017

Allerdale and Copeland YPCC (CiCC)

The Allerdale and Copeland YPCC held focus group sessions in March and April 2017 to gain views of children and young people who are unable to attend their monthly meetings. One of the focus groups looked at VOICE - Why listening is important, What does listening look like? What difference does it make to children and young people? The YPCC looked at the focus group results and decided to develop and run a workshop to explore how young people can and want to have their voice heard. The workshop Get Your Voice Heard took place on 5th July and over 25 people attended this including young people, foster carers, CLA team manager/leaving care support worker/family worker/ fostering social worker/principle social worker/ children's rights worker/ and emotional health and wellbeing practitioner. The young people who attended took their results to the Cumbria CiCC animation film days in July and August and they will also develop an action plan in their meeting on 13th September to develop:

1. Social workers have facebook, so they can message better
2. Communication with social workers
3. No bullying in school or anywhere in the world

**Next meeting: Wednesday 13 September
6pm-8pm Workington Fire Station**

Barrow and South Lakeland CiCC

The CiCC have been meeting monthly and dividing these meetings between Barrow and Kendal.

Their active members have moved on to become part of the Care Leavers Forum, so recruiting new members has become one of the priorities. This is going well and lots of young people in this area are now hearing about the CiCC and what they are doing.

We have been working on learning about the child's voice. This is building confidence and understanding in the young people on why their views and opinions are so important and the positive ways they can express these. We are moving this forward to that their views and opinions are sought on issues that are important to them shaping their care and services they receive.

We have also looked at Cumbria's Promise and what is working well for the young people and what could be done better.

Our next meeting is on Monday 18th September at Greengate Children's Centre, when we will be having a pizza supper while we plan our year ahead and the issues we want to take forward. We will also be planning the fun activities that we want to do as well as a Forum, where we can engage more young people.

Carlisle and Eden CiCC

Members of the CiCC would like to look at changing how people think about children in care. There was a feeling that often members of the public have the view that CLA are 'naughty' 'challenging' or 'live in giant children's homes like on the telly'. We are working together with the communications team to make sure that the right message gets across in the fostering and adoption recruitment campaigns about how wonderful children in care are!!!

The CiCC are also keen to promote opportunities for CLA such as apprenticeships, Pupil Premium , activities etc and we are looking to work with the Care Leavers Forum and Children Looked After teams to make sure we promote such opportunities well.

Young people continue to be involved in interviewing staff and are fantastic at doing it, it is always good to get their point of view as it is important we have staff that children and young people feel comfortable working with.

Over the summer holidays a number of children from Carlisle and Eden have been involved in making a film about being listened to and have done a fabulous job, once the film is ready we will make sure everyone knows the link so you can take a look yourself.

We are always look for new members to join the CiCC so please do get in touch with Liz Wright, we would love to see you.

RESPECT Assessment

So once again children and young people have been involved in the RESPECT assessment which is a young people's inspection of services that are used by Children who are living in care from Cumbria. The assessment involves looking at 7 standards which are about lots of different areas of living in care . Every child and young person over the age of 8 who is looked after by Cumbria was given the opportunity to complete a questionnaire either in paper form or online as well as getting information from foster carers, county councillors and staff. Each area can be given anything from 1 star to 5 stars, this time Cumbria Children's Services scored 4 stars in every single area which is absolutely fantastic. Young people were especially pleased to see that the 'Happy and safe place to stay' standard had shifted from 3 stars to 4 stars, the response from children and young people about their placements was overwhelmingly positive.



Cumbria Care Leavers Forum

The Cumbria Care Leavers Forum focus has been the development and delivery of the workshop Head Space: Mental Health and Young People. The idea originated at the Cumbria Care Leavers forum in February 2017 and developed into a County Wide Workshop taking place on 11th August 2017. The aim of the workshop was to raise awareness of mental health and how it affects young people, focusing on support there is for Care Leavers in Cumbria. The workshop was split into 2 sections the 1st section was delivered by Care Leavers and looked at lived experience, challenging stereotypes and signs and symptoms whilst the 2nd section focused on the support available for care leavers in Cumbria, online and from providers. Care leavers who attended also received a mindfulness pack to take away with them to help support them when they're at home.

The workshop received some fantastic feedback that included asking for the creation of more tailored workshops aimed at supporting care leavers and the suggestion to use the information from services supporting the workshop into an introductory pack for care leavers when they meet their care leavers advisor.

**Next meeting: Saturday 17 February 2018
12-3:30pm**

Junior CiCC

Junior CiCC events are held across the County to give children under 10 a place to have fun, make friends and start to have their say about different issues. Activities have included trips to Robin Wood, Hawse End, Super Hero's, Trampolining, Clip and Climb, Maryport Aquarium and much more but without a doubt one of the most popular sessions that has been available in all areas of the county has been the Build a Bear sessions which have encouraged children to look at the Promise and how we could have a more 'simplified' version of the Promise available for those who would like that better.

Suggestions from children included:

- I Promise to play with you and let you play
- I Promise to look after you for ever and ever
- I Promise to keep you safe from bad people
- To be cared for no matter how much we go through
- I Promise to hug you
- It needs a help box to tell you who you can go to if you need help

All the ideas from across the county are currently being put together and will be available soon.

Contact details for your local Children and Young People's Rights Officer

Rebecca Barnes (Allerdale and Copeland) 07770 938 021

Liz Wright (Carlisle and Eden) 07825 340 475

Joanne Gawne (Barrow and South Lakeland) 07967 469 996

Service User Feedback for Children Looked After and Young People

Between December 2016 and January 2017 Cumbria County Council Children's Services sent out a form to all children in care aged 8 years and over to complete. We wanted to know about the support you get, what works well and what needs to change – you could tell us about a social worker, IRO or anyone else that supports you. We have now looked at all the responses (22% of you replied) and this is what you have told us.

What Do We Do Well?

Between 71% and 81% of you thought have a positive relationship with your support worker, that your support worker listens to you and that they agree a date and time that is best to meet with you.

Some of the comments you made were: “I can tell my social worker my worries”, “She gives advice and support”, “She is always there for us”, “She is a good worker and is there to help me and make me feel safe”.

What Could We Do Better?

Only 41% of you said that you were given a copy of the things that you or your support worker agreed to do. We need to get better at doing this. Also, only 63 % of you said you knew how to contact your social worker which needs to be improved.

What Next?

We know that some of you are really happy with the support you receive –one person said “I think I have the best social worker in the world”– but we want to make sure that all children and young people get the best support possible. Children's Services will look at how we can make your care even better and look at the areas that you said we most need to improve.

When they received your comments on the questionnaires, the managers decided to relaunch the Respect Campaign Pack which will be recirculated to all social workers in all teams across the Directorate. This pack includes the Social Worker Action Plan and the Care Planning Action Plan. These 2 documents record discussions with Social Workers and IROS and the children and young people they meet, so this should help you get a copy of what has been agreed.

Social workers will also be reminded to make sure they give out their mobile phone numbers to children and young people and always respond to messages left on their phones.

To make sure we keep improving by listening and learning from you, we will be sending the same form out again in the autumn. It is important that you complete the questions and return them to us.

Your views are important and together we can make a difference!

