



Children in Care Council

WELCOME

by **Chairs, Deputies and Ambassadors**



All picture's of children and young people have been removed for confidentiality purposes

With support from James Collins
Participation Officer

What did we do in 2019?

Held Children in Care Council main meetings

Contributed to a 'Valuing Care' project

Interviewed people for top jobs

Done a workshop with Doctors on safeguarding

Attended a national 'Mind of my Own' Conference & Workshop

CiCC member joined VOXY (Voice of Oxfordshire Youth) steering group & Co-production Board

Creating a strong team of Ambassadors

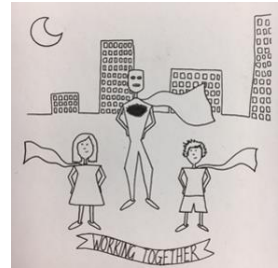
Recruited more Children onto CiCC

Decided on a new name for CPP (Corporate Parenting Panel) 'Guardians for US'

Held a workshop on 'Welcome Packs for children coming into care'

Attended Cllr Jean Fooks memorial service

Involved in the 'Peer Review' meeting, where other authorities said
'CiCC was an inspiration to other Authorities'



Cont...

Done a presentation to 'Providers of Services'

Our Deputy Chair of CiCC became an Ambassador on 'A National Voice'

Done a presentation to the conference 'Youth in Mind'

Done a presentation to IRO (Independent Reviewing Officers) team

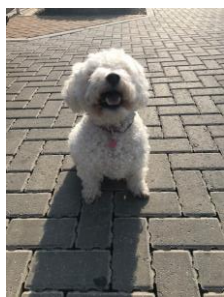
Our Ambassador for animals for children visited a children's home - with her dog!

Worked with the 'Office of Children's Commissioners' on Stability Index & made a video about stability shown to Dept of Education

Discussed health assessments....& what to do if people don't do them or don't want them

Started a 'Rights for Siblings' campaign

Planning interviewing and training for newly qualified Social Workers





Cont...

Helped design a new logo for OSCB (Oxfordshire Safeguarding Children's Board) and met with the OSCB Chair

Attended a foster induction morning and Fostering AGM

CiCC moved into the Virtual School

Attended a 'Guardians of Us' workshop on health and wellbeing includes mental health

Had feedback from psychology team on how to improve CiCC meetings

CiCC moved into the Virtual School

Met with the Orientation Programme and Asylum Welcome to encourage participation

Created Ambassadors for Health and Wellbeing, Disabilities and those out of county

Took part in the Cowley Road Carnival and created banners to carry

Took part in the annual Lantern Parade and created lanterns to carry





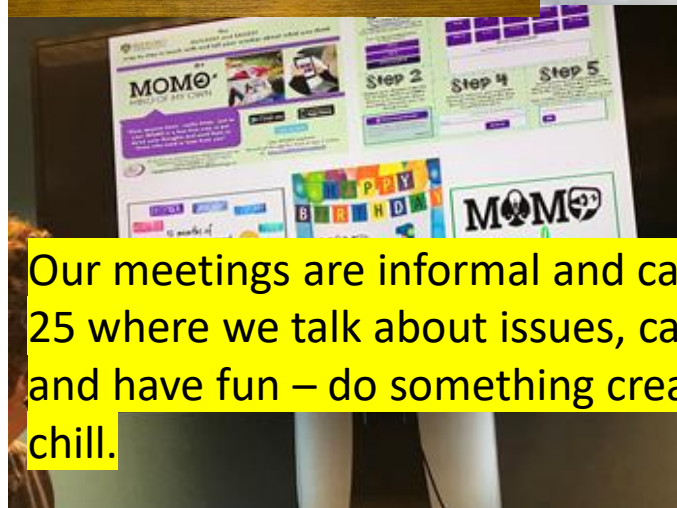
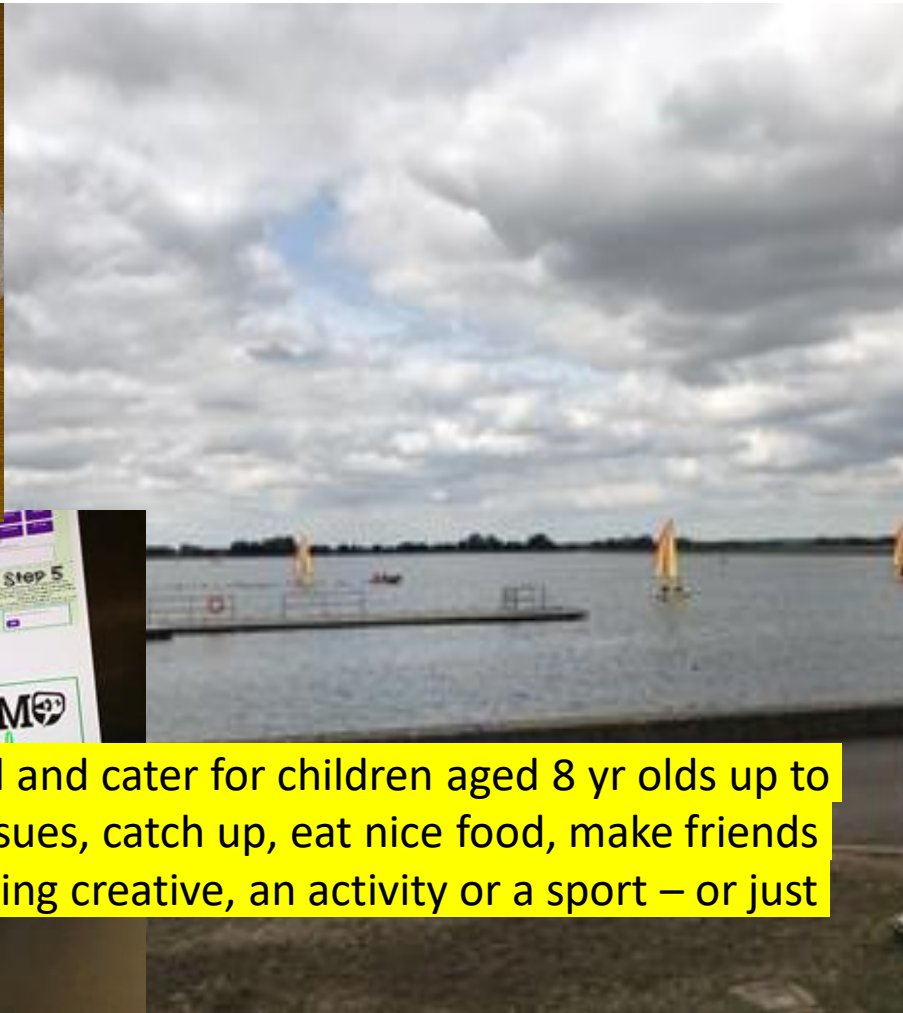
Corporate Parenting Panel new name created by CiCC members



Guardian's for Us 'here for you, here for us'

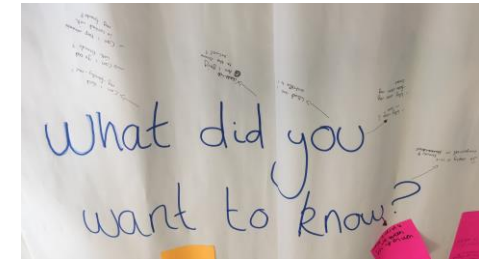
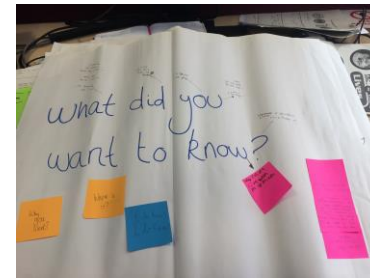
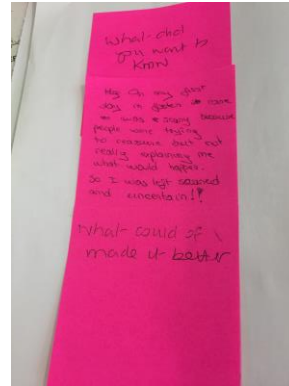
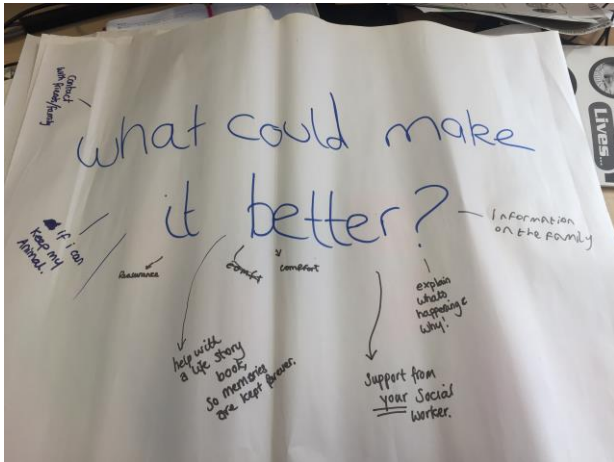
What is Guardians for Us? If a child or young person is cared for, or a care-leaver, Oxfordshire County Council is responsible for them, they are known as “Corporate Parent”. Corporate Parents are expected to do the very best they can in the child or young person best interests. Children in Care Council can challenge Corporate Parents if they don't do their best for them. Corporate Parents can be Directors, Councillors, Teachers, Housing Officers, Foster-Carers, Doctors, Health Visitors, Social Workers - all the people who play a part in caring for children and young people in care and leaving care.

We hold CiCC main meetings

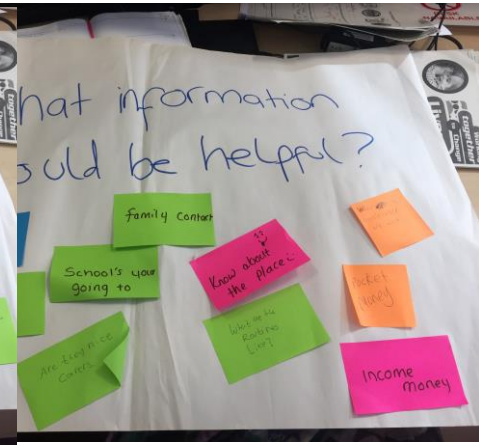
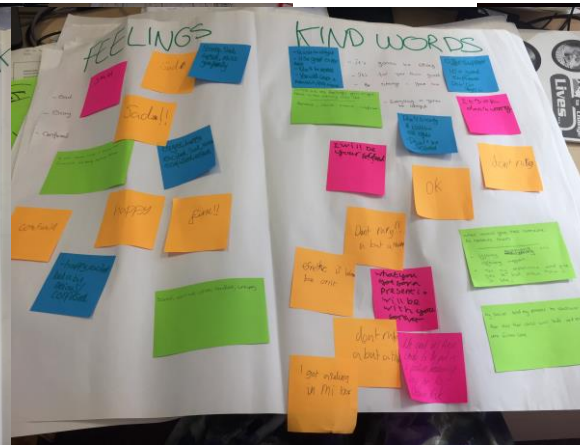
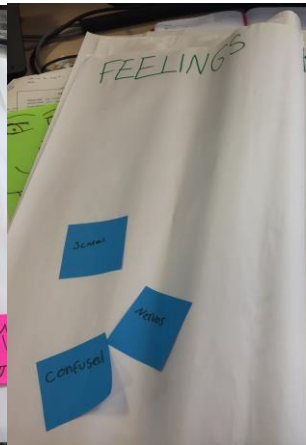
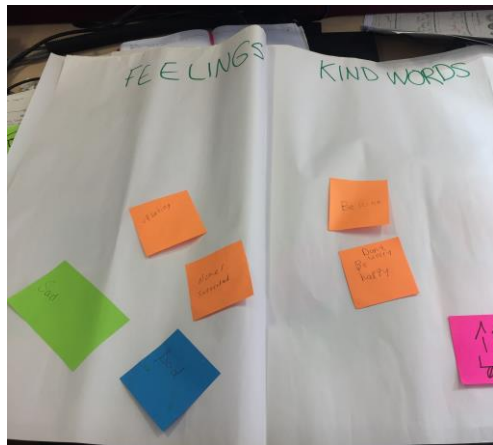


Our meetings are informal and cater for children aged 8 yr olds up to 25 where we talk about issues, catch up, eat nice food, make friends and have fun – do something creative, an activity or a sport – or just chill.

Were designing new Welcome Packs for children coming into care



“on my first day in care it was scary because people were trying to reassure me but were not explaining to me what would happen so I was scared and uncertain.”



ciCC deals with issues which came out of the survey of children we care for - aged 4 to 18 yrs. old

Bright Spots Champion
'Sarah'



Sarah has given permission to use this photo.



We're listening to children in care – give us your thoughts



The 'Your Life, Your Care' survey asks looked after children aged 4-18 questions about their lives and how they feel they are doing.

We will use the information that young children give us to make life better for all children in care.

A link to the survey will be sent to a trusted adult of the child or young person between the 13th and 30th November 2017



Bright Spots Champion

This information is also available in other languages and formats



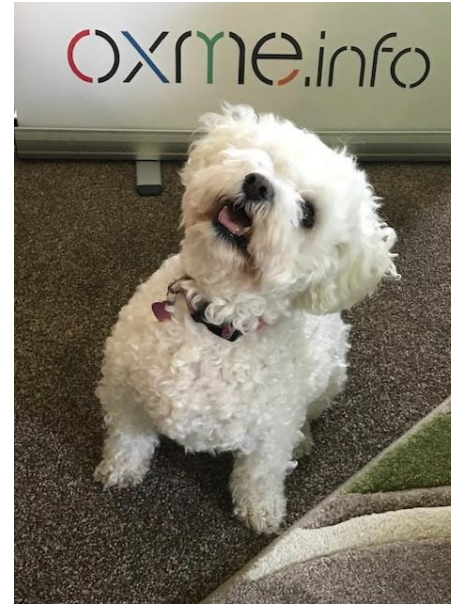
Tackling a 'children we care for' survey issue



“I don’t get the opportunity to explore the outdoors”

So we go outside and do fun and creative activities

Tackling a 'children we care for' survey issue



“I want a pet and cant have one”

So we took a dog into a children's home to see what they thought about having a pet or being able to visit animals



A CiCC member done a presentation with the Director of Childrens Services about mental health to a Youth in Mind Conference





**A poem by a CiCC
member/care leaver**

I moved today

I moved today.

A suitcase and boxes sat in the car, organised full of my belongings
Pictures of my family and friends laid safe
Today I moved away.

I moved today.

Binbags bloated with my belongings rested scrunched up in the car
Creased possessions bursting the frail plastic
Today I moved away.

Driving down the familiar stretches and bends
I see my school overwhelmed by the shining of the sun
My smile was the ocean; wide and pure
I am so joyful that I get to remain seeing my family and friends

Driving down the unaccustomed stretches and bends
Many buildings blurred in my eyes due to the falling raindrops cascading my view
I felt water tumbling down my pale cheeks; the weather is me.
The heartbreak inside and out of being so far away from my family and friends

This is my place, this is where I belong
I can feel the beams of happiness deep within with a hint of nervousness
We strolled passed the playground, the shops and the leisure centre
A change in home may not be so wrong



Cont....

This place isn't what I know, this isn't where I belong
Butterflies occupied my stomach and continued to fly round in every direction
We passed many children with cheerful expressions on their face
Why am I not smiling? Why does this feel wrong?

Back to school on Monday and I cannot wait
My uniform and my books are all stacked up in one of the boxes, ready
I am so glad I am staying at my school, I love it.
This is my new chapter, I wonder what life I will create

I don't know when I will be going to school, but I don't want to wait
I want my new uniform, I want to know what I will be learning, I want to make friends
I wish I could've stayed where I was, I loved everything about it
This is my new chapter, one I don't want to create

I moved a year today
Boxes are unpacked and stored away
Many sleepovers have taken place with my friends and sister
A year today I moved away.

I moved again today
Discoloured, ripped binbags struggled to hold my things
My favourite jumper and pictures of my mum have been lost
When am I next going to move away?

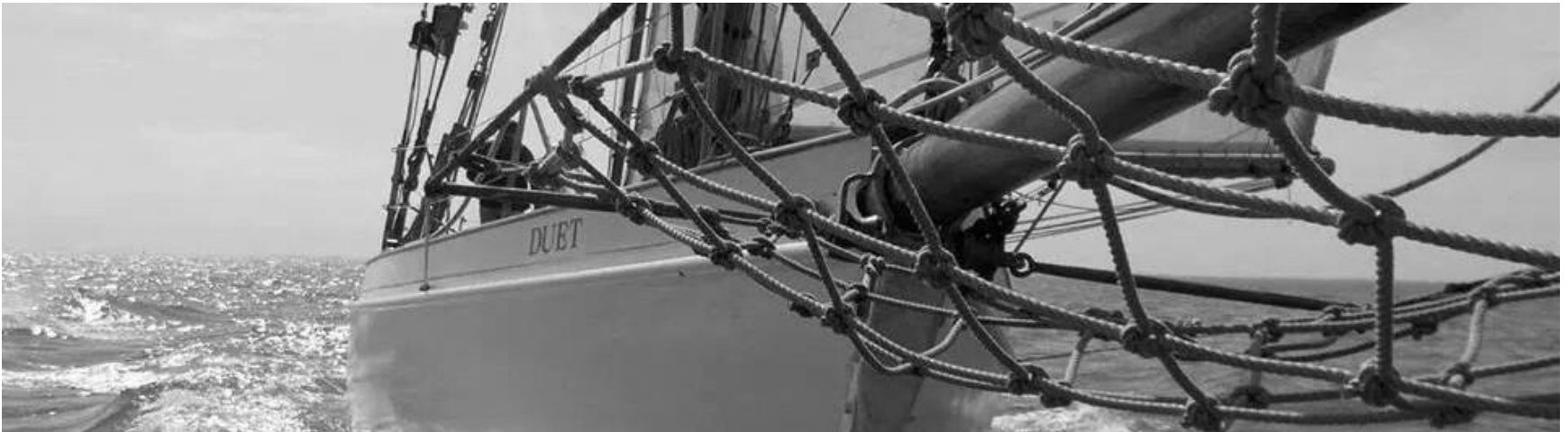
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Chairs, Deputies & Ambassadors

Sailing

Team Building Adventure



5 CiCC members went on a sailing trip from Poole to Ipswich in an adventure of a lifetime.



Positives from the adventure

- All gained the Royal Yachting Competent Sailing Accreditation
- All took part in the 36-hour overnight sail and did their 'watch'
- One has been selected to be part of the National Volunteer Programme
- One CiCC member said, despite being extremely seasick, 'I am so proud I have actually done this, I hated it, but I did it!! I will tell younger children what an achievement this is and how terrifying the experience was, and I did it!'
- All YPs shared how much they had got out of this experience and reflected on what they had had learnt, 'a need to trust each other', 'conquering fear', 'knowing how to cope in a terrifying experience' and all said 'I feel proud of myself and each other'

CiCC Forward Plan...



- Develop the team of Chairs, Deputies and Ambassador
- Post out the survey of looked after children, and our action plan, to children in care aged 4 to 18 yrs. old, include tips for low self-esteem.
- Tackle the actions from the looked after survey
- Have 4 main CiCC meetings and sub meetings to discuss specific issues
- Refresh the 'Good Communication Guidance' and re-launch
- Do new publicity for CiCC - info card, notice boards in children's homes.
- Set up a children's CiCC group
- Devise new welcome packs for children coming into care
- Consider a leaving care survey
- Ensure the voices of all children in care are heard and aware of CiCC
- Strengthen links with OCLA & VOXY
- Celebrate successes of children in care and those leaving care
- Any other business, interviews, attend conferences, etc

CiCC oxme.info OXFORDSHIRE COUNTY COUNCIL
Children in Care Support

Good Communication Guidance for Professionals who work with Children and Young People in Care and Those Leaving Care

Children in Care Council have consistently raised that good communication with their key workers, parents and carers is one of the most important ways to improve their care experience. Our recent surveys showed that poor communication was a big issue for them, alongside not feeling listened to, planning happening for too late, information not being given to a format they can easily understand and feeling nervous about what support they will receive once they cease to be looked after in their care.

Top Tips from Children and Young People are:

- Ask the child or young person their preferred method of communication when you first meet them.
- Don't allow a young person to disappear off the radar, make courtesy calls often to check out how they are doing.
- Always call a child or young person back promptly when they call you. Respond, even if you say 'I can't talk now and will call later'.
- Create messages and any requests, are passed on to the relevant people quickly and follow up so they are answered.
- If you are off sick or on leave, let your child or young person know and give them a contact name and number to contact whilst you are off.

'Need to feel like I'm not alone'

- Spend more quality time on visits, show an interest and inspire them to achieve their goals, hobbies and ambitions.
- Do special things other than 'leave', give them birthday cards, well done cards, praise them for small steps.
- Encourage children and young people know how to make a complaint or a complaint, encourage them to do so and make sure they are aware of VINK (Voluntary Independent Visiting and Advocacy).
- Make sure your child or young person knows who to contact if they don't feel safe, healthy or happy at home, in school/college, work or in their community.
- Make sure young people are aware of leaving care issues at an early age, so they are prepared, less anxious and confident once they are ready to leave care.

'Feel because I am doing well in life does not mean I am always okay'

- Remind children and young people of appointments, especially important ones, keep reminding them.
- Don't presume that a child or young person finds everyday tasks easy, such as making a phone call or booking an appointment. Make sure they are confident to do so, give them an offer of an advocate when they feel things challenging.
- Introduce children and young people to designated teachers and key workers.
- Share views and thoughts with all people involved in the child or young person's life, with their permission.
- Make as written information available in an easy to read format and ensure the young person understands it.
- Encourage them to 'speak out' confidently, tell them about their rights and responsibilities and about the Children in Care Council, a place where they can air their views and opinions, be listened to and taken seriously.

'Keep things home give up and please don't make false promises'

Thank you from the Children in Care Council - 2016/17
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Were here for you



oxme.info

Any Questions for us?