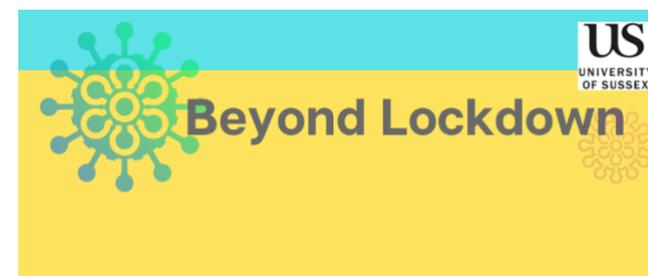


Care Leavers Wellbeing during and beyond Lockdown

Update on the Pledges from the first Community of Practice



NIHR | Applied Research Collaboration
Kent, Surrey and Sussex

<i>Pledge</i>	Organisation	Who has Pledged?	Role	February 2021 Update
<p><i>Run a buddy initiative where young people can be paired with other young people to encourage social networks (peer mentoring).</i></p> <p><i>Identify parent care leavers/pregnant care leavers to identify extra support.</i></p>	East Sussex County Council	Kate Lewis	Participation Worker	<p>East Sussex are progressing the idea of the Buddy Scheme into a mentoring programme across our Looked After Children and Care Leaver's population.</p> <p>We are beginning with a small pilot in both age groups to build evidence to support a funding bid that will see this project expand across the services. Our pilot will focus on Care Leavers with a shared experience (like moving to University, becoming a parent etc) that will be the focus of the mentoring relationship. Care Leaver's for the Mentoring pilot are currently being identified.</p>
<p><i>To continue face-to-face drop in for our care leavers.</i></p>	Brighton County Council	Bob Uden	Leaving Care Manager	<p>To continue face-to-face drop in for our care leavers – this continued until the new Covid variant hit the South East and we went from level 2 to level 4 and</p>

<p><i>To start a coffee morning for young parents.</i></p> <p><i>To have a face-to-face Christmas Lunch.</i></p> <p><i>To deliver Christmas meals to those having to isolate.</i></p>				<p>then full lockdown. This will re-start once current lockdown is over. In the meantime drop in will be done virtually.</p> <p>To start a coffee morning for young parents - this continued until the new Covid variant hit the South East and we went from level 2 to level 4 and then full lockdown. This will re-start once current lockdown is over.</p> <p>To have a face-to-face Christmas Lunch – this was cancelled due to the above reason however those due to attend were delivered three course Christmas lunch and presents on Christmas day.</p> <p>To deliver Christmas meals to those having to isolate – this was done as above to all care leavers who wanted it not just those having to isolate.</p>
<p><i>To be proactive with our young people about difficult conversations regarding loneliness and who is supporting them/who they want to support them over the holidays especially. I also want to discuss with managers how we will recognise co-production in our Local Offer, especially how we feedback to our young people.</i></p>	<p>West Sussex County Council</p>	<p>Shane Norman/Naomi Williams</p>	<p>Team Manager for the Leaving Care Service</p>	<p>WSSCC have just established a Care Leaver Advisory Group which will co-design/co-production work and support any meaningful projects the service proposes. Young people can come up with the channels of communication they think most appropriate and the Voice and Participation team will be available to support this communication and engagement. Social media platforms identified by young people will be key. It will also be part of their brief to co-produce and improve the Local Offer and work with Care Leaders to develop</p>

			<p>youth participation across Children's Services.</p> <p>https://www.thecareleaders.com/</p> <p>Regarding loneliness, PAs are being more proactive in starting difficult conversations and accessing services in the community. They explored plans for holiday periods with their young people to ensure they were going to see others on Christmas Day and promoted charities with activities where relevant (eg. UASC YP Christmas Day walk). All young people assessed as 'at risk' were seen face to face by their PA. Communities funding was obtained and all young people in independent accommodation were sent a store cupboard and fresh food hamper (or supermarket e-voucher if they lived out of area). Funding from a local building company enabled the service to send a £30 shopping voucher to all Care Leavers with children for them to buy a present for their child/children. All young people received a present and card from their PA and social media contact if they were not seen in person.</p>
--	--	--	--

<p><i>Virtual drop-ins via zoom starting end of November – then to offer across the county if successful.</i></p> <p><i>When able, re-introduce face to</i></p>	<p>Kent County Council</p>	<p>Rachel Calver</p>	<p>Service Manager for Transition (18+ Care Leavers Service)</p>	<p>Virtual drop in started in January, positive response so far. Have facility to use break-out room if any YP needs 1:1 support. Looking to develop Emotional Health and Wellbeing specific one.</p>
---	----------------------------	----------------------	--	---

face drop-in sessions across the county.

When able, set up 'walking groups' across the county.

Implementation of the Notice to Vacate process.

Care Leaver delivery of training – focusing on key topics (e.g. supporting Care Leavers in Higher Education, with accommodation, Pathway Plans, Care Leaver Voice).

Use of Peer Champion project.

Development of the 'Education, training and employment' workbook.

			<p>Not yet able to re-introduce face-to-face sessions.</p> <p>Not yet able to set up 'walking groups.'</p> <p>Process has been started with a 6-month notice period for YP in our shared accommodation. YP offered Personal Housing Plan session with accommodation team to support with onward plans (e.g. Private Rented sector).</p> <p>18+ Apprentice delivered training to Foster Carers around supporting UASC arrivals, will have follow on activity once all sessions complete. Plans in place to include YP voice in workshops around accommodation and transition workshops.</p> <p>Use of Peer Champion project to be developed, challenges re the staffing oversight of this. Have started discussions with a partner university to offer a Uni or Industry mentor scheme for L3 learners initially.</p> <p>Development of the 'Education, training and employment workbook' in draft, to be reviewed and shared with YP for</p>
--	--	--	--

<p><i>Challenges with internet access in shared accommodation.</i></p> <p><i>Virtual Christmas support – Christmas Donation Appeal for all Care Leavers to receive a gift. Exploring a ‘virtual’ Christmas lunch following the success of last year.</i></p>				<p>comments before sharing, aim to use it for virtual drop-ins, for PAs to give to YP, YP can use it on their own or with a member of staff.</p> <p>Confirmed with Kent and Medway colleges and universities that they have been supporting with wi-fi and laptops. Recently agreed for wi-fi to be hardwired into shared accommodation. All Government Dongles and Laptops given through COVID have been allocated to YP, but not enough given to meet demand.</p> <p>All CL were given a Christmas gift that was delivered to them. In addition to this, we secured ‘toiletry packs’ for CL from Boots and the Hygiene Bank, are in the process of giving those out as and when needed. Service also received donations of handmade quilted throws for CL which again are being given out as and when needed.</p>
<p><i>Surrey and Kent Leaving Care Teams to share local practice.</i></p>	<p>Surrey County Council/Kent County Council</p>	<p>Jamie-Leigh Clark</p>	<p>Assistant Manager – User Voice and Participation</p>	<p>We met with Kent in December 2020 to share good practice and ideas.</p>
<p><i>Follow up findings from research with care leavers studying at University of Kent.</i></p>	<p>University of Kent</p>	<p>Rachel Levy</p>	<p>Mental Health Adviser, Designated Member of Staff for Care Experienced students</p>	<p>Since the last meeting have emailed all the care experienced students at the University and I am establishing a Facebook group for peer-to-peer contact and support.</p>

<i>To continue to champion the needs for care leavers in her role as Apprentice for Voice and Participation Team and ARC KSS Children's Mental Health Public Advisor.</i>	ARC KSS	Sherie-Louise Barnett	ARC KSS Public Advisor/Apprentice Voice and Participation User Team, SCC	Made a recording for Surrey Hills Radio to talk about the team and what mental health support is available for young people and what parents can do to help their children – this included care leavers.
<i>To explore setting up a Peer Advocacy project for Care leavers in Kent and Medway.</i>	The Young Lives Foundation Advocacy Service, Kent	Sarah Murison	Advocacy Co-ordinator	I presented the idea to our Senior Managers at YLF and to The Virtual School Kent. This project will be embedded in our Service Plan for the coming year.
<i>CYP Mental Health Team to ask all ICS/STP Adult Leads about how care leavers will be better supported/assisted in ICS/STP Community Mental Health Transformation proposals.</i>	NHS England/Improvement	Andrea King	NHS Local Authority Specialist Advisor	Presented Care Leavers Wellbeing research and pledges to all Senior Responsible Officers/Directors of Children's Social Care in Dec 2020 to ask for their help prioritising Care Leavers in Community Transformation planning – there was a good response.
<i>Take back emerging findings from research and outcome of community of practice to central government.</i>	Department for Education	Mark Riddell MBE	National Implementation Adviser for Care Leavers	Fed back and continue to feedback this work as good practice to Ministers, Ministerial Boards and DfE. Will be feeding this into the National Care Review and will share the resource pack with Local Authorities across UK through Care Leaving Benchmarking Forum and through local authority visits.
<i>Continue to push for the extension of the IV role for all matched young people up to 25</i>	Brighton County Council	Georgina Collins	Independent Visitor Coordinator – Brighton & Hove Youth Participation Team	I am continuing to push for the extension of the Independent Visitor (IV) role for all matched young people up to the age of 25 if they want it, through liaison with the National IV Service (who are

if they want it.

Support Christmas effort for care leavers in Brighton.

				<p>campaigning about this amongst other things) and on a case-by-case basis within our service – which already supports all matches up to the age of 21 and up to the age of 25 for young people with disabilities and additional vulnerabilities.</p> <p>I contacted the Leaving Care Team to offer my support for the Christmas effort for care leavers in Brighton but was not offered a role this year but I will be asking again next year when hopefully there will be more opportunities to get involved.</p>
--	--	--	--	--

To find out what buildings we have in Buckinghamshire that can be safely converted used by our care leavers so they have somewhere they can identify as their space.

Buckinghamshire County Council	Nathaniel Plange	Team Manager Leaving Care Services		<p>The original pledge was discussed with colleagues and Participation Team in Bucks, however, the impact of the lockdown has severely restricted progress and activities for care leavers in the community. We decided to delay until lockdown is relaxed. We are now looking into virtual options for care leavers to get involved in a programme of movement and dance on-line with a company called 4 Motions.</p>
--------------------------------	------------------	------------------------------------	--	--

To do our best to reach care leavers with key messages from the Beyond Lockdown research

To do our best to build on the good contacts we've made in this project to facilitate work with

Beyond Lockdown Research Team	Helen Drew/ Valerie Dunn	Researchers		<p>Collated the key messages into a document and circulated to care leavers who took part in the research. Care leavers recorded some short audio clips of their messages which can be used to 'speak' to their peers and paired with artwork (commissioned from a young artist with an interest in working for</p>
-------------------------------	-----------------------------	-------------	--	---

<p><i>some more marginalised care leavers. E.G homeless and UASC.</i></p>				<p>social change). Care leavers in two participating LAs are planning their own regional dissemination strategies using the audio and visuals and adding information on regional support.</p> <p>Initial discussions are underway and we are exploring sources of funding to undertake further work for other care leavers groups.</p>
<p><i>To keep pushing for better connection and a more co-ordinated response for those up to 25 especially through Local Mental Health Transformation Plans which offers funding and new ways of working.</i></p>	<p>ARC KSS</p>	<p>Samantha Fraser</p>	<p>ARC KSS Primary and Community Care Implementation Lead</p>	<p>Engaging with ICS/Community Transformation agenda and discussions with commissioners has ensured that care leavers wellbeing is discussed/prioritised.</p>
<p><i>To disseminate the final research findings, slides from the community of practice and pledges.</i></p> <p><i>To arrange another community of practice in Feb/March to measure how the pledges have been implemented and invite current audience to return.</i></p>	<p>ARC KSS</p>	<p>Becca Randell</p>	<p>ARC KSS CYP Mental Health Implementation Lead</p>	<p>Currently developing a care leavers wellbeing resource pack to include research findings, messages for care leavers and stakeholders and audio clips which can be shared within teams, to care leavers and colleagues through communication channels.</p> <p>Follow up CoP arranged for 23 February 2021.</p>
<p><i>To speak to Robert Uden at Brighton and Hove Council Leaving Care Team to explore</i></p>	<p>University of Sussex</p>	<p>Janet Boddy</p>	<p>Professor of Education</p>	<p>I did email Robert Uden after the event, and haven't heard back from him – I also haven't had a chance to follow up.</p>

how to support parents who are care leavers as she has just finished research into this area.

<i>how to support parents who are care leavers as she has just finished research into this area.</i>				
<i>To share some pointers with key Royal College of Nursing members and suggesting coverage in one of our broader Royal College of Nursing bulletins.</i>	Royal College of Nursing	Fiona Smith	Professional Lead for Children and Young people's Nursing	RCN has raised this work within national CYP forum and are currently in discussion about focusing on care leavers wellbeing within a future RCN publication.