

A newsletter for all young people in care in Medway brought to you by
Medway's Children & Young People Council



I AM, BECAUSE WE ARE
MCYPC

STAY IN TOUCH AND UP TO DATE



@mcy pc1



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mcy pc channel



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@mcy pc

hello



Hello everybody! It's the MCYPC Crew here bringing you
the latest news!

We have had a great start to 2022 and many more exciting
events, activities, meetings are being planned and most
importantly getting your voices heard this year!.. Keep
reading to find out how you can get involved :)

mcy pc@ylf.org.uk

Sophie | Participation Apprentice

Inside this issue:

- WHO ARE WE?
- HOW TO BECOME A MEMBER?
- WHAT HAVE WE BEEN UP TO?
- YOU SAID WE DID
- COMPETITION
- NEWS & UPDATES
- WORDSEARCH



Want to join or share a story?

If you want to be part of the MCYPC then drop us a line - it is a great
experience and you can join us in making a BIG difference!
Don't forget you can also get in contact with us to share your
stories...YOU could be featured in the next newsletter!



WHO ARE WE?



LEGENDS YOUTH PROGRAMME



LUCY

MEDWAY YOUTH GROUPS

- An engaging and vibrant activity programme for young people in care aged 7-17 years! Activities are chosen by our young people and range from cooking and money management to kayaking, climbing, theme parks and much more! We meet at various times and locations across Kent & Medway throughout the year.
- **Want to join us?** Contact us directly to get involved or anyone known to you can contact us on your behalf, including Carers, Professionals and Teachers.
- To get involved contact our Legends Team: legends@ylf.org.uk or the Legends Manager: **07841 014701**

MCYPC

MEDWAY CHILDREN & YOUNG PEOPLE COUNCIL (MCYPC)

● **What is the MCYPC?** MCYPC stands for Medway young people in care council and supports children and care leavers up to 25 years old. We are here to help you to have your voice heard and make positive change to the care system. Being a part of the MCYPC is also a chance to make friends, have fun and share issues with other young people in similar situations.

● There's lots of ways to get involved...you can pick and choose whatever works for you! Anything from completing online surveys, attending activity sessions and workshops or even meeting directly with the bosses of Medway Council!

● **Rewards!** We thank young people who take part in MCYPC with a reward system which includes hoodies, drinks bottles, vouchers and free activity trips and...we always make sure to have lots of yummy food when we meet!

● Our MCYPC members have lots of great experiences, including speaking to the Children's Commissioner, delivering training to Medway social workers, visiting the houses of Parliament and beating Medway professionals in a football match at Priestfield Stadium! Check out our blog for the latest news from the world of MCYPC: ylf.org.uk/category/mcypc/

● **Want to join us?** Contact us directly or ask someone to contact us on your behalf at: mcypc@ylf.org.uk or Ellie.Fiore@ylf.org.uk



ELLIE



SOPHIE

WHAT HAVE WE BEEN UP TO?

CHILDRENS MENTAL HEALTH WEEK



In February we recognised Children's Mental Health week! YLF, the MCYPC and the Legends programme all teamed up to raise awareness around this important issue. From funny props and outfits to the topic which was 'Growing with you' we had so much fun that week. We even teamed up with New Groove Creative for a dance challenge which you can duet and try on tiktok! @newgroovecreative

INTRODUCTION TO MUSIC WORKSHOP

Our Medway Legends groups and MCYPC members headed to a recording studio for an 'Introduction to music workshop'!
The Young people rated this a 5 star experience

What did they achieve?

Picked their own group name 'The Creed'

As a team picked the music to write to

As a team wrote a verse and a chorus

Stepped into the studio to record the vocals

All in the space of 2 hours thank you to Da Base Music Centre for the amazing session... we will definitely be back 😊



CHECK OUT THESE PICS FROM OUR RECENT EVENTS...



♥ INTRODUCING OUR THEMES

MCYPC UPDATE



MCYPC have raised the main themes young people told us they would like to discuss, review and improve in Medway. We hold surveys, youth groups and activities with young people to talk about each theme. We then share your views with the Corporate Parenting Board- this is where the people in charge of making improvements agree what actions they will take to help.

..... THE THEMES....



LISTENING TO YOU



SCHOOL, COLLEGE & WORK



FEELING SAFE AND CAREED FOR



HEALTH & SUPPORT



HOME & HOUSING



HOW YOU CAN FEEDBACK TO THE CPB

CHECK OUT OUR SOCIAL MEDIA PAGES!

MCYPC
07736 298549 | mcypc@yjf.org.uk | yjf.org.uk/mcypc

@mcypc1

If you would like to get involved and feedback on any of the above themes through the MCYPC...

You can email sophie.wilson@yjf.org.uk or MCYPC@yjf.org.uk

Or call us on 01622 693459 / 07736 298549

Your feedback will then be used anonymously in the Corporate Parenting Board meeting where we discuss the themes and we will update you on the progress.



YOU SAID... WE DID

SCHOOL COLLEGE & WORK... DEC-JAN



Thank you to everyone who took the time to participate in our recent survey, consultations and group discussions around the theme of 'School, College and work' we raised the key areas that came out of your feedback and the Corporate Parenting Board agreed the actions below:

- Good practice guide for PEPs
- Improving transport
- Raising the profile of bursaries and where to find the information

You can watch Cllr Opara from the Corporate Parenting Board talking through the feedback on our youtube channel.

FEELING SAFE & CARED FOR...

“

I FEEL CARED FOR WHEN I AM BEING NOTICED FOR GOOD THINGS I DO, FOR EXAMPLE: HELPING OUT

”

“

I HAVE BEEN IN MY PLACEMENT FOR SOME TIME NOW AND STAFF KNOW ME AND SUPPORT ME IN MOVING, I ALSO GET ON WITH MY SOCIAL WORKER WHICH IS NICE

”

“

BEING LISTENED TO, BEING SUPPORTED WITH THE DECISIONS IN WHICH I MAKE (APART FROM THE ONES THAT AREN'T GOOD FOR ME), BEING ACCEPTED FOR ME AND SHOWING ME LOVE AND RESPECT

”

At our latest MCYPC formal meeting we had Donna Marriott Assistant Director of Children's Social Care and Becky Cooper from Head of Safeguarding and Quality Assurance in attendance.

We discussed the main theme of 'feeling safe at home' during this meeting and we also have been gathering feedback around 'feeling cared for' for all Medway young people.

MCYPC have agreed to take the following actions to the Corporate Parenting Board meeting which will have been the end of March.

Actions agreed:

1. Feeling safe at home was a common issue raised. MCYPC recommend the CPB carry out a piece of work to review the accommodation options available to young people particularly in relation to their 'safety' to understand what is on offer to young people and what improvements could be made. Young people could support this by compiling a safety checklist of things that are important to them.
2. Care Leavers, particularly those aged 21- 25 who have been 'signed off ' would benefit from the option of attending a support group so they continue to feel cared for.
3. Time with workers, recognising special occasions and feeling respected were all ways young people said they feel cared for. These important areas could be imbedded as a priority in the recruitment process, supervision and training of workers so everyone has a shared understanding of the importance of this in their everyday work with young people.



COMPETITION TIME

WHAT IS IT?



GET CREATIVE...

Our next theme to feedback to the Corporate Parenting Board is around **'Health & Support'**

We would like to challenge you to...

Think of the worker that makes you feel the most supported within your health & wellbeing.. take a picture with them or a drawing along with a little bit of text describing why you chose them...

HOW TO ENTER

We would like you to get as creative and colourful as possible with your ideas and then send us a photo of your final piece.

For your chance to be entered into our prize draw, all we need you to do is simply send us your photo via email to:
mcypc@ylf.org.uk

We can't wait to see all of your entries!



THE PRIZE



Once you have submitted your ideas to us, you will then be entered into our prize draw!

We will then choose a lucky winner at random to win a MCYPC bundle which includes an amazon voucher, MCYPC pen, wristband, stress ball and some sweet treats.

Could this be YOU? get involved and share your creativity with us and have your voice heard!

NEWS & UPDATES

MCYPC OPEN DAY



We recently held our Egg-travaganza MCYPC open day over April half term. We had loads of activities which will be going onto our social media! Did you get an invite? Were you there? Be sure to tag us and send us all your pictures, we have had an amazing time with party food karaoke and inflatables! We loved meeting you all, please see the contact details on the last page for feedback or how to get in touch.

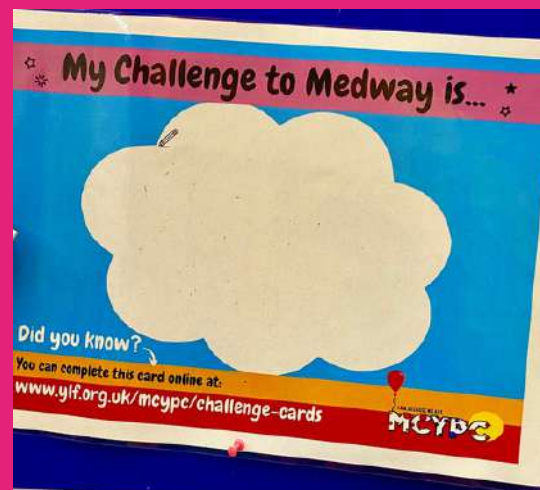
CHALLENGE CARDS

If you are a Medway young person in care or a Medway care leaver aged up to 24, wherever you live, you can submit a Medway Challenge Card to us!
www.ylf.org.uk/mcypc/challenge-cards

Completed Challenge Cards are shared anonymously at our MCYPC meetings. The top managers in Medway who have responsibility for decisions made about Children's Services will be at these meetings. They will be able to listen and take on board the points or challenge raised.

If we are able to take forward the challenge, we will work to a deadline to ensure that it is completed (if it can't be completed we find out why and let you know).

Once actioned, it will be formally signed off by MCYPC and Medway's Corporate Parenting Board and the MCYPC will share the outcome on our social media platforms and website.



THE HYGIENE HUB COLLABORATION...



MCYPC are pleased to announce a recent collaboration with The Hygiene Hub, Medway! They supplied our members with self-care packs, cleaning products and we know our members have absolutely loved them!
"This pack made me excited to have a little pamper and meant I could save the money I would normally spend on products this month - thank you!"

INTRODUCTIONS..

GOODBYE FROM PAUL STARTUP



"Some of you might be aware but I am leaving Medway after a little over two years in my role as Head of Corporate Parenting. My wife and I are moving up to the North West of England to be closer to family. As I write this, I have not got another job but I hope I will have one lined up soon. I have enjoyed my time in Medway, even though so much of it was during the lockdown period where we could not always see other people. When you do any job like the one I have had, you hope you make a difference. I think, with your help, we are now hearing the voice of our children and young people more loudly in Medway. This is really important. I really do think Medway has a positive future ahead, my one real regret was not getting the chance to meet more children and young people myself. Sadly, the Covid Pandemic stopped some of the opportunities for all of us to mix and see one another. So thank you very much for your support over the last two years and I wish you all well."



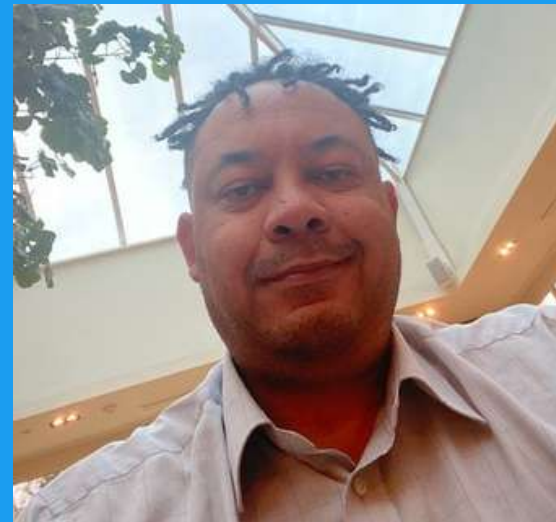
INTRODUCING NICK CRICK

"Hi, my name is Nick, I am the new interim Head of Service for Children in Care and Care Leavers.

I am an experienced social worker and senior manager, having worked with children in care and young people leaving care for many years, in different Local Authorities and Councils across the Country. I am passionate about achieving better outcomes for our children in care and care leavers.

I enjoy sports, my favourite football team is Tottenham Hotspur, but I love Formula 1 - I am a Lewis Hamilton Fan!

I am really pleased to be working in Medway and I look forward to meeting as many children and young people as I can to help learn more about Medway and how we can make a difference in their lives and support them to achieve their ambitions!"



COUNCILLOR OPARA



As you may have seen in our most recent YouTube video this is Councillor Opara! Her ward of council is Princess Park but more importantly she is one of your corporate parents! On social media we are doing introductions to professionals where you might see Cllr Opara soon!

SUPPORT FOR CARE LEAVERS

WHAT TO DO IF YOU ARE UNHAPPY OR NEED HELP



If you are feeling unhappy about anything while in care or you need help, you can speak to your Foster Carer, Social Worker, Personal Adviser, or Independent Reviewing Officer who will be able to offer you support and advice.

If you feel that you can't speak to these people directly, or that you have tried and you have not received the help you need, you can contact an Advocate from the Young Lives Foundation.

All young people who are in care and care leavers have the right to speak to an Advocate if they want to. An Advocate is someone who is completely independent from all other professionals and social services and will support you to make sure your voice, wishes and feelings are heard.

Advocates can support you at meetings, talk to professionals about things you ask them to, and help you understand what you are entitled to. If you would like to speak to an Advocate you can call our freephone number **0808 164 0096** send us an email to advocacy@ylf.org.uk or fill in a short form on our website ylf.org.uk

HEALTH, SUPPORT, WELLBEING AND MENTAL HEALTH

Your Personal Adviser (PA) can support you with some of the following:

- Information on healthy living
- Information on getting help to pay for prescriptions
- Registering with a GP and dentist
- Transitioning from CAMHS to adult services
- Accessing other mental health support in your area, if you are not eligible for a service from adult services
- Information about counselling services that are available locally
- Information about health drop-in centres; sexual health clinics, or other testing/screening facilities

Remember that you can speak to your PA about how you are feeling or anything you need help with. They are there for you and want to support you. If you are receiving benefits, you are entitled to free dental and optician care. They are also free if you are under 18 or are in full-time education.

If you are awaiting asylum / ARE we can support you to complete a HC2 certificate for help with health costs:

<https://www.nhsbsa.nhs.uk/nhs-low-income-scheme/hc2-certificates-full-help-health-costs>



MEDWAY CARE LEAVERS GROUP



On a Wednesday Helen King runs a group for care leavers ages 16-25 at the hub!

In this group for there are sessions such as cooking, budgeting, skills for becoming independent, discussion times and how to help make a change in the care system.

If this is something you are interested in please contact the Chaz Dickens Facebook page, the duty number - 03000 419 191, your PA or Helen King - Helen.King@Medway.gov.uk

Don't forget YLF also offer a Legends Programme with lots of activities to help build confidence and resilience! See page 2 for further info on this.

DID YOU KNOW?

SOME OF THE SUPPORT AVAILABLE FROM THE MEDWAY LOCAL OFFER FOR CARE LEAVERS INCLUDES...



Did you know that you can get a range of services and financial support up to the age of 21, and sometimes up to 25, if you meet the following criteria:

- You are at least 16 years old
- You have been in the care of Medway Council for at least three months past your 14th birthday, and at least one day past your 16th birthday.

It's very important that all children and young people have the best start in life and are happy and successful. Medway have designed their Local Offer to:

- Give you practical information
- Tell you about the help and support you can expect
- Explain the different options available to you.

(Subject to eligibility please see local offer or speak to your PA for more info)

Some of this support includes:

- A provisional driving licence
- Up to 10 hours of driving lessons (if agreed with the service manager, additional lessons could be funded)
- The theory test fee (and one retake if needed)
- The driving test fee (and one retake if needed)
- A full licence once you have passed the test

16 to 19 Bursary for children in care and care leavers:

If you are studying a fully recognised qualification at either a school, college or training provider and you're aged between 16 and 19, you may be entitled to the 16 to 19 bursary of £1,200 from the education provider.

If you have a learning difficulty, health problems or a disability, you may be able to apply for the Disabled Students Allowance to help with the cost during your studies.



Subject to eligibility (please see local offer or speak to your PA for more info)

Once you turn 18 you'll be responsible for paying for things through working, claiming benefits or your student loan. This includes bills, living costs, food and travel.

You're entitled to setting up a home allowance of £2,000. This should be spent on furniture or electrical equipment like a fridge or sofa. We may be able to help you with other costs. These could include:

- Rent and bills
- Education costs (books, fees, travel)
- Getting work (interviews, travel)
- Training or skills development (IT course, driving lessons)
- Cultural or religious needs
- Special needs (disabilities, pregnancy, parenthood)
- Personal documentation (passport, Citizenship).

Speak to your PA if you need support with any of these things. They can work with you to look at your finances and make changes to your pathway plan if necessary.



To find out more about your rights you can view the local offer for care leavers on www.medway.gov.uk/localoffercareleavers

EASTER

WORD SEARCH

Circle words in the puzzle below



B	U	N	N	Y	F	U	R	T
A	S	H	O	P	N	E	I	D
S	C	U	U	W	T	L	S	F
K	A	N	E	S	E	H	P	L
E	N	T	A	R	T	F	R	O
T	D	E	G	G	S	U	I	W
C	A	N	D	Y	A	N	N	E
K	U	T	U	L	I	P	G	R
C	H	O	C	O	L	A	T	E

basket

easter

hop

chocolate

candy

bunny

flower

tulip

eggs

spring

fun

hunt



Join Us!



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MEDWAY CHILDREN & YOUNG PEOPLE COUNCIL



JOIN US TO HELP
MAKE POSITIVE
CHANGES FOR ALL
MEDWAY CHILDREN IN
CARE & CARE LEAVERS



CONTACT US



01622 693459



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