

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

# MCYPC

## Inside this issue:

### STAY IN TOUCH AND UP TO DATE



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- WHAT'S COMING UP?
- WANT TO GET INVOLVED?
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# hello



MCYPC squad here bringing you  
the latest news in the world of MCYPC!

Spring - a time for lambs, Easter eggs, nice weather but most importantly some amazing upcoming MCYPC updates and events...! Also - a blast from the past event is coming back... watch this space!

mcypc@ylf.org.uk

Hayleigh | Participation Apprentice



## GET INVOLVED WITH THE PROTECTED CHARACTERISTICS CONSULTATION

Are you interested in finding out how Medway Council  
are trying to protect your rights?

Find out more, and vote in our poll, using this link or scan the QR  
Code: <https://ylf.org.uk/mcypc/protected-characteristics/>





## MEDWAY CHILDREN & YOUNG PEOPLE COUNCIL



Nikki



Hayleigh

- MCYPC stands for Medway Children and Young People Council, and supports children and care leavers up to 25 years old. We are here to help you to have your voice heard, make positive changes, new friends and to socialise with other young people in care!
- Ways to get involved: Get involved however you feel comfortable! Anything from attending activity sessions, joining virtually, workshops or completing online surveys.
- How to become a MCYPC Change Maker Champion: We are a friendly group who meet every school holiday and do fun activities, make new friends and eat delicious food!
- Member rewards: If you attend 4 out of 6 meetings you will get...
  - a £30 gift voucher of your choice
  - priority places on activity days
  - an MCYPC hoodie and drinks bottle
  - be featured on our website and social media (if you want to be)
- Our MCYPC members have lots of great experiences including, football match at Priestfield Stadium, going to the Houses of Parliament, speaking directly to the Children's Commissioner and our Time To Shine Awards evening!
- Check out our blog for the latest news from the world of MCYPC: <https://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](mailto:mcypc@ylf.org.uk) or call: 07394 561094

## MEDWAY CHALLENGE CARDS

## WE WANT TO HEAR YOUR VOICE!

- Challenge Cards are a quick and easy way for young people to share views and experiences of being in care and let Medway's top managers know how they would like to see them improve support, services and the care system.
- If you are a Medway young person and have a Challenge for Medway Council or thoughts on how they can improve, from foster placements to social worker training, all you need to do is put it on a Medway Challenge Card and we will do the rest on your behalf!
- 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! Just scan the QR code or head to <https://ylf.org.uk/mcypc/challenge-cards/>





# WHAT HAVE WE BEEN UP TO?



## HALF TERM HAPPINESS...



In February half term MCYPC and legends teamed up and did lots of fun activities.

We went to ninja warrior uk where the young people challenged themselves by completing the famous course multiple times! MCYPC went ice skating where the young people definitely showed the adults up with their skating skills, it was full of fun and a few falls 🍷 moving onto the evening where we held our council meeting about 'what does staying active & healthy mean to you' where we had great conversation and ended with pizza and music!

## FEB HALF TERM ACTIVITY FUN!

Legends and MCYPC attended a tote bag making workshop in the holidays where they put their creativity to the test and designed their own unique pieces. We used laminating paper to hot-press on their bag. Some of us even had time to create our own t-shirts!

We also enjoyed a lovely lunch at the venue - everyone had a great day and can't wait to go back and do some more creative stuff at Beach Creative!



## EASTER TERM ACTIVITY FUN!



This Easter MCYPC headed to Laser tag for their activity! It was so much fun, we split into teams and the venue had cool lighting and music throughout which made the activity even more fun!

We then headed upstairs at the venue and had McDonald's where we gathered the views of young peoples 'aspirations in education and employment'. We also spoke about whether being 'care experienced should be a protected characteristic'. Overall a great day by all and can't wait to go back to laser tag!

# WHAT'S COMING UP?

## MCYPC COUNCIL MEETING



We have our next MCYPC Council meeting coming up on Friday 31st May.

This is when our Change Maker Champions get together and have your voices heard to make positive change to the care system.

We always start off with a fun activity beforehand and we'll also include food!

If you'd like to get involved please contact [mcypc@ylf.org.uk](mailto:mcypc@ylf.org.uk) or text/WhatsApp: 07394 561094

## PROTECTED CHARACTERISTICS WORKSHOPS

We are excited to be working with Medway Council to hold two consultation workshops to hear from you, your thoughts on enshrining care experience as a protected characteristic.

These workshops will take place on Wednesday 8th May  
1pm-3pm  
5pm -7pm

Taking place at the Elaine Centre.

For more information on this topic please read our Blog:  
<https://ylf.org.uk/mcypc/protected-characteristics/>



## MAY HALF TERM ACTIVITIES IN COLLAB WITH 16+ SERVICE

### Housing and Independence Support

Wednesday 29th May - 1pm -3pm  
Taking place at the Elaine Centre

Get support with:  
Learning how to do laundry  
Practice your cooking  
Budgeting  
Housing Support





# NEWS & UPDATES

## GOODBYE FOR NOW FROM ELLIE



We say goodbye for now to Ellie our Participation Coordinator and MCYPC facilitator as she heads off to start her new journey of motherhood. We wish her all the best for this new adventure.

Ellie says:

“Thank you all for all of the well wishes, I am very excited and nervous for my next part of this journey! I look forward to catching up with everyone after my maternity leave and don't worry you are in safe hands with Nikki!

All the best!”

## INTRODUCTION TO NIKKI

Nikki has been an advocate for young people and their rights throughout her career, having worked with UK Youth Parliament, Maidstone Mind and Carers First to raise the voices of young people.

Nikki is excited to be able to amplify the voices of young people further through this role.



## INTRODUCTION TO HAYLEIGH



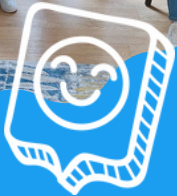
Hayleigh has been involved with YLF since she was 10 years old, now moving into an apprentice role here, she's looking forward to making sure children and young people's voices are heard.

Hayleigh has experience of being a Change Maker herself, and wants to give back the support that she was given to young people.



# WANT TO GET INVOLVED?

## BECOME A CHANGE MAKER CHAMPION



The MCYPC have exciting new opportunities for young people to become 'MCYPC Change Maker Champions'!

We are looking for 13 young people to join us and help make positive changes for Medway care experienced young people.

To be an MCYPC Change Maker Champion you must be:

- ~ Aged between 7-24 years ~
- ~ A Medway Looked after young person or Care Leaver ~
- ~ Willing to come along (in person or virtually) to a minimum of 4 of our Change Maker activity sessions in 2023 (dates to be confirmed) ~

All of our Change Maker Champions will be supported by Hayleigh, a care experienced young person who leads the MCYPC with the support of Nikki, our Participation Coordinator at YLF.

Together with Hayleigh and Nikki, MCYPC Change Maker Champions will decide what activities you would like to do in 2024, how you would like to share your wishes and views about issues affecting you and others in care, and help plan events like the Time to Shine Awards and Summer BBQs.



## REWARDS!!

All of our Change Maker Champions will receive:

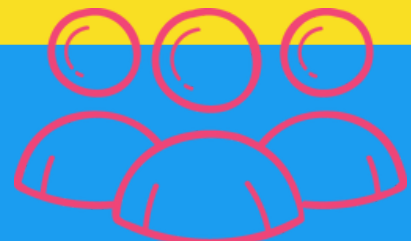
- Priority place on all YLF Legends activities (theatre trips/ice skating/summer residential/meals out etc)
- MCYPC Hoodie and Drinks Bottle
- A £30 gift voucher of your choice (when you have attended 4 sessions)
- Free food and drinks supplied at activity sessions
- Certificate of recognition
- Reference for future employers
- Featured on our website and socials as a Change Maker Champion for MCYPC! (only if you want to be)

“ I have found my voice and now know about self advocacy ”

“ 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 ”



“ Being a change maker champion has made me feel apart of something and meet people like me. We make change for the better. ”





# EMOTIONS

## WORD SEARCH



Find the words listed below and mark them.

D	E	A	E	X	C	I	T	E	D	A	S
C	O	N	F	U	S	E	D	Y	E	D	U
A	B	G	O	T	U	V	S	Z	N	F	R
U	F	R	U	S	T	R	A	T	E	D	P
P	G	Y	H	C	I	J	D	I	R	H	R
S	K	O	L	A	S	U	V	R	V	A	I
E	P	M	U	R	A	T	I	E	O	P	S
T	N	Q	R	E	W	O	Y	D	U	P	E
B	O	R	E	D	U	Z	E	D	S	Y	D

- HAPPY
- SAD
- CONFUSED
- FRUSTRATED
- BORED
- NERVOUS
- SURPRISED
- UPSET
- SCARED
- ANGRY
- EXCITED
- TIRED





# Join Us!



# MCYPC



## MEDWAY CHILDREN & YOUNG PEOPLE COUNCIL



Trips & Activities



Surveys

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



Prizes



Arts Awards



ASDAN Awards



Social Media



Formal Council Meetings



Youth Groups

## CONTACT US



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