National Care Leavers’ Week Conference TOGETHER

Presented by Rees The Care Leavers Foundation

in association with the University of York

Chaired by Emeritus Professor Mike Stein (am) & Mark Riddell MBE (pm)
Welcome

Simon Wills
Director of Student Support & Admissions
Introduction

Emeritus Professor Mike Stein

School of Social Policy & Social Work
#NCLW17
Together

Richard Rollinson

Vice Chair of Rees, The Care Leavers Foundation
Perspective

Mark Riddell MBE
National Implementation Advisor for Care Leavers,
Department for Education

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Improving Outcomes

Robert Goodwill MP
Minister of State for Children & Families

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TIME FOR A BREAK

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Innovation Sessions

Emeritus Professor Mike Stein

School of Social Policy & Social Work

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NO WRONG DOOR PROJECT
North Yorkshire County Council

STAYING CLOSE
St Christopher’s Social Pedagogic Approach

STAYING CLOSE - PEOPLE BASED COMMISSIONING
North Tyneside Council

FROM LA PROJECT TO SOCIAL ENTERPRISE
The House Project
City of Stoke-on-Trent
No Wrong Door Project

North Yorkshire County Council

Maggie Allen, Group Manager Pathways (Leaving Care and Homeless Prevention)

Jonny Hoyle, Assistant Team Manager Opportunities Team, NYCC Leaving Care Service.

Luke Rodgers, Founder and Director of Foster Focus

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Always ‘progressing to permanence’ within a family or community
High ‘stickability’ of the key worker
‘Fewer referrals, less stigma’
Robust training strategy same/or similar to restorative practice and therapeutic support
No ‘heads on beds’ culture

‘No appointment’ assessments
A ‘core offer’ to all young people
Multi-agency intelligence led approach to reduce risk
Close partnership working
Young people’s aspirations drive practice
Resilience in individuals
- Secure attachments
- Good communication skills
- Sociability
- Problem Solving Skills
- Experiences of success and achievement
- Capacity to reflect

Resilience in families
- At least one supportive adult relationship
- Clear consistent boundaries
- Supportive Education
- Supportive long term relationships

Resilience in communities
- Wide support networks
- Good Housing
- High standard of living
- Opportunities for valued social roles
Staying Put Worker

Our Staying Put Worker works with prospective Staying Put Providers and young people who may want to stay put. Explaining the process and how the finances change and are made up. In certain circumstances will support the Staying Put provider if, for example, circumstances change or if there are additional support needs identified outside of the LCCW role.

Opportunity and Accommodation Manager
Works alongside large organisations to arrange opportunities and sponsorship for our young people. Also works alongside LCCW’s to resolve housing issues and identify accommodation opportunities.

Opportunity Brokers
Work alongside LCCW’s to find bespoke opportunities for individual young people relating to finding or enhancing education, training and employment. They also attempt to find experiences for young people.

Communication Support Workers
Speech and Language therapists who will work with LCCW’s and young people to identify communication needs and offer solutions to remedy these. Screen all new young people coming to the service from the LAC teams.

Life Coaches
Clinical Psychologists will work with LCCW’s and our young people to identify potential issues and work with staff and young people to remedy these. This may be directly or indirectly.

Family Group Conference Co-Ordinators/ Life Long Links
Whilst working to the FGC model the facilitators will focus more on identifying the support networks of our young people and help our young people get back in touch with people they have lost contact with.

Staying Put Worker
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Income, Routine, Self-Esteem, route to University, training courses, life long qualifications

More likely to have supportive friends, sustainable housing, partner, sociability, proud of possessions, career progression

Focus, secure feeling of self-esteem, good work ethic, receive support from “typical” social networks

Opportunity
It is not what we do for young people, but what we teach them to do for themselves that will make them successful human beings.
Staying Close

North Tyneside Council

Craig Nicholson, Commissioning Manager, People Based Commissioning Team

Susan Blake, Childrens Home Manager

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Elm House: Staying Close
North Tyneside

Craig Nicholson
Commissioning Manager

Susan Blake
Children's Home Manager
It's all about timing......

Nationally
• Innovation Fund (Revenue only)
• Staying Close agenda

Locally
• Elm House being handed back to Council
• Capital monies from Council
• Re-commissioning of Homelessness services for 16-24 year olds
The Offer

• 6 bed unit
• Staying Close provision
• Managed as extension of Sycamore House Children's Home
• Continuity of staff
• Next step towards journey to independence
• Ability to offer floating / outreach into community
• Linkages to wider youth homelessness offer
The Challenge.....

How can we better prepare our children for success.....

• Be in training or employment to give them financial stability
• Be confident
• Have the skills to manage living independently
• Be a good tenant and a good neighbour
• Enjoy the stability of having their own ‘home’
• Feel that they belong to their community
Change in Culture

• ENGAGEMENT – Young people at the heart of the design
• LEARNING from other Supported Accommodation providers
• SELF GOVERNANCE - Taking ownership, responsibility and managing ‘neighbour’ relationships
Staying Very Close!

Supported Accommodation

Children’s Home
Children’s Homes Pathways

• Opportunity to develop a clear pathway to independence for children living in children’s homes

• Provide children with a consistent approach to staffing with familiar staff moving with them through these transitions

• Provide outreach for children moving into their own homes up to the age of 25

• Recognition that individuals do not follow a ‘linear’ route through services

• Therefore this specific pathway fits within a myriad of pathways
Riverdale Children's Home
Provides placements for three children/young people aged between 10 and 17 years. Those with a looked after plan for permanence within a children's home until independence make the transition to Sycamore House our long term children's home.

Sycamore House Children's Home -
Provides placements for five children/young people aged 14-17 who have a looked after plan of permanence through to independence. Following a period of accommodation in Riverdale Children's Home.

This is the only route into a long term children's home.

Sycamore House does not accept referral's from any other route.

Children will progress from the home through to the supported accommodation Elm House and continue to be supported by support workers and familiar adults as they make the transition to adulthood and semi independence.

Elm House Supported Accommodation -
Proposed placements for five young people aged 17+-21 years who have lived in Sycamore House and Riverdale Children's Home's.

Young people will live in an unregulated setting supported by support workers and their named key workers who have supported them throughout their residential care journey to the point of living independently.

Independence -
Planned and supported transitions for young adults aged 18+ to independent living and their own tenancies within the community.

Outreach support continues from adults familiar with them up to 25.

Connections and relationships with adults having cared for them throughout their journey remain throughout their life.

Children’s Homes Pathways to Independence
### FOSTER CARE

**Internal**
- 182 in-house foster carers, 36 of which are connected persons (at 31/3/16)
- 3 Adolescent Specialist Foster Carers who can provide a “step-down” from residential care. The aim is to recruit an additional 7 Adolescent Specialist Foster Carers by March 2018.

**External**
- 25 Independent Fostering Agencies commissioned via the “NE7” sub-regional framework.

### RESIDENTIAL CARE

**Internal**
- **Sycamore House** – 5 bed medium to long term home for children aged 14-17 with social, emotional and behavioural difficulties.
- **Riverdale** – 5 bed short term home for children aged 10-17. Riverdale also provides “edge of care” support to families within their own home and support to foster carers to support placement stability.
- **Heatherfield Mews** – 4 bed home for children and young people with disabilities aged 7-17.
- **Short Breaks** – Heatherfield Mews and Addison Street also provide residential short breaks for children and young people with disabilities.

**External**
- 64 children’s homes commissioned via the “NE6” sub-regional approved provider list. All based within the North East region plus Cumbria, North Yorkshire and the Scottish Borders.
- Additional specialist providers commissioned on a spot purchase basis when a child’s needs cannot be met by internal or approved list homes e.g. specialist therapeutic homes.

### Internal Supported Accommodation – “Starting Point”
- Staffed supported accommodation – promoting education, employment and training; health and wellbeing; independent living skills and community involvement.
- Additional outreach provided to care leavers who are not in education, employment or training. Personal and Social Development training provided at drop-in centre.

### External Supported Accommodation
- A range of external supported accommodation provided by the private and voluntary sector which includes 24/7 staffed communal accommodation and individual accommodation with floating support.

### Semi-independent Living
- Progression to a trainer flat with outreach support from Starting Point Staff. 9 Trainer flats in place as at Feb 2017, to increase to 15.

### Independent Living
- Young person secures their own tenancy, which may include taking over the tenancy of their “trainer flat”.

### New Beginnings
- Supported accommodation managed by North Tyneside Homes for pregnant women and young parents aged 16-25.

### External Supported Accommodation
- Proposal and Innovation Fund Bid to develop Staying Close accommodation for young people aged up to 21 moving on from in-house residential.
Where are we up to?

- Funding bid approved
- Project management / governance established
- On-going engagement with current children and former tenants
- Physical works have begun to convert Elm from business to residential
- First tenant before Christmas 2017….
What's our USP.....?

• Youth engagement is what we excel at
• Geography
• Learning from homelessness
Closing comments

• Service isn't live yet!

• Learning on the job!

• Happy to share our learning (and mistakes!)
Any questions?
Staying Close

St Christopher’s Social Pedagogic Approach

Amaka Williams, Project Coordinator
Brendan Mooney, Service Manager
Vikki Shakeshaft, Service Manager
Maleekah Burden-Kaizra, Student and Care Leaver

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From LA Project to Social Enterprise

City of Stoke-on-Trent

Rob Vernon, Project Manager, Learning Services & Children’s Social Care, Children, Adult and Family Services, with colleagues

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Approaches to Personal Development from Care Leavers

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TOPE Today

Shalyce Lawrence

Founder & CEO, TOPE Project

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GLUE

Louise Wallwein

Playwright, Poet, Collaborator & Storyteller

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http://www.crowdfunder.co.uk/the-christmas-dinner-2017

http://www.poetrybusiness.co.uk/shop/954/glue
Create, Communicate, Collaborate

5 workshops
Workshops

Community Radio
Jemma Tranwell

Authorship & Public Office
Mark Riddell

Film & Video
Alison Wilkinson, Courtney Titley, Tracey Cusack, Marley La Rose, Mica Ferrol

Public Speaking, Consulting & Training
Luke Rodgers

Spoken Word, Drama & Performance
Louise Wallwein
GLUE

Louise Wallwein

Playwright, Poet, Collaborator & Storyteller

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Time for a BREAK

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The Good Life

Linda Briheim-Crookall
Head of Policy & Practice Development, Coram Voice

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What makes life good?
Care leavers views and developing a new well-being measure

LINDA BRIHEIM-CROOKALL
HEAD OF POLICY & PRACTICE DEVELOPMENT
Recognise diversity & individual need

• Extremely resilient and achieve a range of goals
• More likely to have difficulties than other young people
• State responds differently
  – 40% LAs good or outstanding
  – 15 LAs inadequate
About Bright Spots

• **Bright Spots Well-Being Indicators**
  – put children’s experience and voices at the heart of how we measure well-being.

• Measured by *Your Life, Your Care Survey*, developed from:
  – literature reviews
  – Roundtable with professionals
  – Focus groups and individual interviews with 140 children & young people

• Identify where children feel things are going well and where things could be improved
  – informs service improvements, preparation for Ofsted etc.

Partnership between the **University of Bristol** and **Coram Voice**, funded by Hadley Trust and Coram through DfE Social Care Innovation Fund
Bright Spots well-being indicators

**WELL-BEING**
Satisfied with life. Feel lives are worthwhile. Happy in the present and positive about the future.

**RELATIONSHIPS**
Contact with birth parents, siblings and pets, trusting relationships with social workers, carers, and friends, stability of placements and social workers.

**RESILIENCE BUILDING**
Having a key trusted adult, opportunities to play, have activities/hobbies and access to the natural world, getting second chances, enjoying school, support for learning, learning life skills.

**RIGHTS**
Feeling safe and free from bullying, knowing and being able to contact your social worker and the right to speak in private. Feeling included in social work decision-making, not being made to feel different because of being looked after.

**RECOVERY**
Feeling settled, liking bedroom, having sensitive carers, being trusted, parity with peers, access to computers/tablets, support with difficulties, happiness with appearance, feeling that life is getting better, reason for care explained.
What makes the programme unique?

**CHILDREN’S RIGHTS PERSPECTIVE**
- Focus on children’s agency - as individuals who have important valid views on their lives
- Rights to have their voices heard (UNCRC)
- ‘Experts’ in their experiences of the care system

**ACTION RESEARCH**
- Unique insight into the **subjective well-being** & care experience of looked after children
- Comparable to existing national data (ONS, Children’s Society), Local Authorities (LAs) participating in the survey and your LA’s data over time.

**DRIVER FOR CHANGE**
- Participating local authorities using survey to influence the services they deliver
- Filling a gap in existing performance data (SDQ, Care Monitor, Local surveys)
- Link to national frameworks (Ofsted, DFE, Children’s Commissioner, NICE)
Understanding well-being, influencing change

Locally driven

• LAs understand experience of their children & young people (CYP)
• Develop local responses & feedback to CYP

National picture

• National understanding of Well-being from CYP perspective
• Benchmarking
• Bright Spots
• Our Lives, Our Care - overview
Rapid review

Care leavers’ views on their transition to adulthood:
A RAPID REVIEW OF THE EVIDENCE

Dr Claire Baker
October 2017
Preparation for independent living

• Sense of control over the timing and decision to leave care varied
  • Positive next step or ‘too soon’
• Practical skills vs emotional preparation

I know how to live independent like surviving; I don’t know how to live independent as in like being happy and living. (1)
Freedoms and pressures of adulthood

• Financial worries
• Anxiety about the future
• Loneliness & social isolation
• Gap between reality and expectations

"I think I do quite well and everybody's quite proud of me ... just being really mature and sensible. I get a wage... and I don't blow it. I'm saving up for a car and learning to drive ... I am better at cleaning and tidying ... I think probably the worst things is just having to make sure I do everything right, I'm very aware of it all the time; not wanting to make any mistakes." (6)
Relationships

• Key person who you trust
• Relationships with family and friends
• Relationships with former carers
• Professional support
• Wider support networks

I think the thing most folk need is trust. If you can see that somebody trusts you it makes you feel happier, it makes you feel as though you want to get it right in your life. It makes you want to get your life sorted out and basically get on with it. (11)

I live very far from my friends, I feel very isolated and lonely. I don’t like living by myself. (10)
Who you are / what others think about you

- Identity and personal history
- Experiencing stigma

The sort of prejudice people have towards care leavers is ridiculous... When you move out of care ... whether it’s getting a job, whether it’s going to find a house, if you tell them you’re a care leaver they’re thinking negatively unless they’ve been through it themselves... (20)

It’s important to know your first words, your birth weight, what time you were born ... many a time I’ve thought ‘what time was I born?’. When you don’t know it’s hard. I could wake up at that time and think ‘I was born at that time’. (18)
Life as a young adult

• Establishing a home
• Goals & aspirations
• Enjoying free time
• Being healthy

This is the only flat which has been decorated to look homely and I have no infestations in this flat, no holes in walls etc. which I have previously experienced in old flats and nothing was done. (24)

I was on a mission ... for a better life. I’ve been taken out from a situation that was really bad and I’m here... but I thought you know what I’m going to give my best in education and I’m going to try and make something good out of myself. (26)
Focus groups and peer researchers

WHAT MAKES LIFE GOOD?

- security housing
  - comfortable
  - being safe

- Life skills
  - ability to manage money
  - budgeting
  - social skills

- well-being
  - feeling safe
  - being active
  - positive attitude
  - feel supported
  - mental stability

- support
  - trust
  - communication
  - treat fairly

- our voice
  - inclusion of opinions
  - listening + does
  - spending time other care leavers

- relationships
  - family
  - support worker
  - being a parent
  - college tutor
  - past carers
  - pets
  - friends

- achievements
  - college

- rights
  - for yourself as a person
  - being self (not discriminated)
  - rights as a care leaver

- entertainment
  - holidays
  - fun with friends
Piloting and cognitive interviews

Care Leavers survey MASTER2

1. Welcome

On the next few pages you'll find 40 questions that ask about your experiences of being a care leaver. Your answers will be used to improve the support services for care leavers.

All your answers are anonymous, so we won't know your name, only which county area of the country you're in.

All the questions are optional, so you can leave them blank and move to the next one if you want.

Thanks so much for your help - we really appreciate it.

Next Page
Your Life Beyond Care

- Currently piloting in 2 LAs
- Finalised early 2018
- Now inviting new Bright Spots partners to deliver the survey next year, along with the ‘Your Life, Your Care’ survey for children in care.

To find out more visit www.coramvoice.org.uk/brightspots or email brightspots@coramvoice.org.uk.
Come Together

Louise Wallwein
Mark Riddell

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