

# Children in Care Council NEWSLETTER

Quarterly joint Kingston and Richmond



## MEET YOUR CiCC CHAIR

Hello my name is Belinda, I am Chair for the Children in Care Council (CiCC), Richmond. Welcome to our first issue. Myself and the CiCC members thought it would be a good idea to create a quarterly newsletter so you can all keep up-to-date with what the CiCC has been up to and what future events are on the horizon.



For those of you who haven't heard of us before, we are a group of children and young people in care and care leavers. We help shape and influence the services that affect your lives.

Look out for the next issue where we will feature one of our Kingston CiCC members.

Please don't hesitate to get in contact with myself if you have any ideas or questions.

## WHAT HAVE WE BEEN UP TO ?

At the end of last year, we were involved in the process of interviewing for the new position of Director of Children's Services, who is now Ian Dodds. At one of our meetings, we met up with Susan P from Emotional Wellbeing to talk about a self-care leaflet that we are in the process of developing to help young people deal with distress, as well as knowing what to do in a crisis.

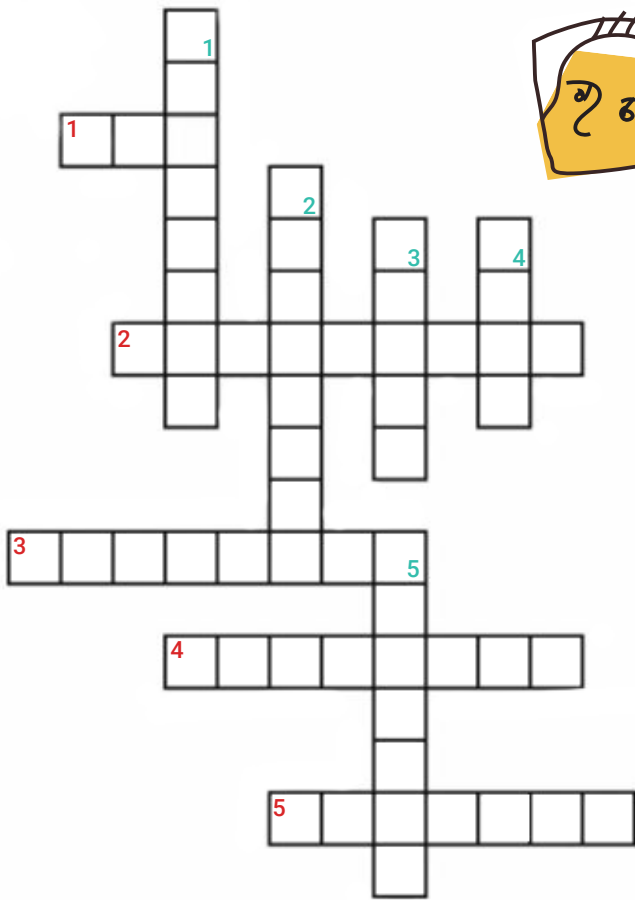
In February, Kingston CiCC member, Tara and Richmond Chair, Belinda attended one of the London PAN CiCC meetings which was held at Ernst and Young. We met with potential business employers, learnt public speaking skills and listened to talks by Ian Lewis from the NHS London mental health support branch and Shane Ryan, the manager of the National Community Lottery. We built up new connections for future events and overall it was a very successful day out.



Our local MP from Richmond joined us at one of our meetings so we could share our experiences of being in care and is raising any issues we highlighted in Parliament. We will also be meeting with the MP for Kingston later in the year.



# SOMETHING FUN



## ACROSS

- 1 A positive word
- 2 You never give up
- 3 Always believe in .....
- 4 The opposite of impossible
- 5 They start to go away when you think positively

## DOWN

- 1 We all make them
- 2 We should have .....thoughts
- 3 We should wear this everyday
- 4 Something everyone should be
- 5 We learn from.....

Answers at the back.

## Kingston and Richmond Youth Council Needs You



### Passionate about climate change? Kingston Council has just declared a climate change emergency

We are looking for passionate young people to work with us to plan a borough climate change youth summit and consultation to ensure young people's voices are heard on this important issue.

Be part of something exciting and learn new skills and knowledge.

If you are interested and what to hear more, please come along to our climate change planning meeting.

Places are limited, so if you are interested, please contact Michael Connors:

T: 07714839614

E: michael.connor@achievingforchildren.org.uk



## We are the voice of children in care!



**THURSDAY (FORTNIGHTLY) 5.15-6.45PM**

Always welcoming new people and all ages



TO JOIN, CONTACT CHRIS...

T: 07849 3034878

E: chris.mcphée@achievingforchildren.org.uk

# LOOKING AFTER YOURSELF

Did you know that there is a dedicated emotional wellbeing service for children and young people in care? It's called the Emotional Health Service for Permanency. It is a small team that offers:

- consultation to social workers and the network to help them understand and meet the needs of children and young people in care
- assessment of emotional wellbeing and mental health needs for children and young people in care up to the age of 25 years
- individual and family treatment (including art psychotherapy and trauma work)

If you would like to access this service, then please speak to your social worker who will ask for a consultation, and we will work together to see who is best placed to offer assessment and treatment.



## GETTING TO KNOW WHO CARES FOR US

### Hazel Gorden, Associate Director

As you probably all know, I am the Associate Director for Permanency and this means I am responsible for all of the children who are looked after, the care leavers, the supervised contact service and the adoption service.

I have been a social worker for almost 30 years. I worked initially in residential mental health and then moved into children's and families' social care. I have been lucky enough to work right across children's services from preventative and early help, through to safeguarding children looked after and care leavers.

My heart really is in caring for children who are looked after and care leavers, as I enjoy building long term relationships with our young people and encouraging them to reach for the stars and reach their full potential. My passion is to enable our young people to have a strong voice and to tell us what they think works well and what we need to improve. This is so important. The service we provide is their service and we need to get it right.

I am a Londoner born and bred. My family originates from Ireland and my grandparents came over and settled in the East End. My paternal grandfather was a porter in Smithfields meat market and my maternal grandfather was an amateur boxer. My maternal grandmother worked for the women's land army. I try to keep fit and healthy and enjoy fun cardio classes that involve jumping up and down with glow sticks or lifting free weights and pumping ropes in strength training. It all helps to keep me alert for my busy role.



YOL is a group of young people 13 to 17 working with Healthwatch Kingston and Richmond to improve health and care services.

To become a YOL member visit: [yolweb.info](http://yolweb.info)

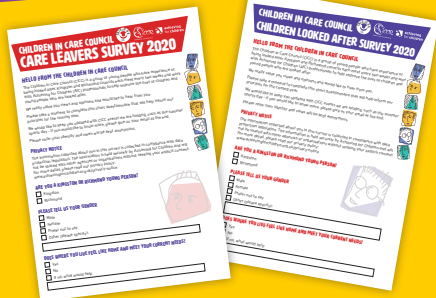
## A LITTLE UPLIFT...

'Optimism is the faith that leads to achievement'

'The secret of getting ahead is getting started'

Mehak, CiCC member

## LOOK OUT FOR OUR ANNUAL SURVEY



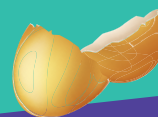
The Children in Care Council works closely with the most senior corporate parents, the elected member (councillor) leading on children in care and the Director of Children's Services.

It is our responsibility to engage a cross section of children and young people. It is vital to gather the opinions and comments of those who live further afield, those who may not want to attend our meetings, and those who dip in and out of the community as they desire. We do this by having an annual survey.

Each year in April, we create our agenda for the year and to ensure this represents the views of as many children and young people as possible we have launched our annual survey. You should have received one in the post or by email, but if not please email [chris.mcphee@achievingforchildren.org.uk](mailto:chris.mcphee@achievingforchildren.org.uk) or ask your social worker or personal adviser.

We will share the results in our next newsletter and let you know how we plan to support you.

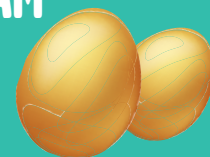
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for children



## Easter Egg Hunt and meet the Children in Care Council

THURSDAY 9 APRIL, 12 TO 2PM  
HEATHAM HOUSE, TWICKENHAM

### Join the Easter Egg Hunt



- Come find the hidden Easter Eggs
- Find a Gold Egg to win an extra Easter surprise
- Learn more about the Children in Care Council and share your ideas

### Book now:

Bookings must be made on eventbrite:  
[afc-easter.eventbrite.co.uk](https://afc-easter.eventbrite.co.uk)

Or book via email: [chris.mcphee@achievingforchildren.org.uk](mailto:chris.mcphee@achievingforchildren.org.uk)

Open to foster children and foster families\*



Children in Care Council Richmond

## WE WANT TO HEAR FROM YOU

At the Children in Care Council, we never settle. We are constantly looking at how we can make things better for you. If you have any ideas, thoughts or want to let us know about something please contact us by email [info@rkcc.org.uk](mailto:info@rkcc.org.uk)

## WHAT'S COMING UP

### C4K CULTURE FOR KEEPS

#### CREATIVES IN CARE

Heatham House Youth Centre  
Friday drop in: 3.30 to 5.30pm  
Take part in an art activity or work on your own projects

#### DRAMA CLUB

Exchange, Twickenham in partnership with the Orange Tree Theatre  
Tuesdays from 10 March, 4.00 to 5.00pm

#### HAMPTON COURT PALACE EASTER TRIP

Sunday 5 April, 10.30am to 2.30pm

#### Two separate activities:

**Under-12s:** Lindt trail, creative workshop, time in magic garden and family workshop

**Over-13s:** Photography tour, textiles workshop and free time

Free access to the palace for rest of the day with wristbands

To book, email: [gwen.ramsay@achievingforchildren.org.uk](mailto:gwen.ramsay@achievingforchildren.org.uk)

#### ANSWERS TO THE QUIZ

**ACROSS:** 1 Yes, 2 Resilient, 3 Yourself, 4 Possible, 5 Worries **DOWN:** 1 Mistakes, 2 Positive, 3 Smile, 4 Kind, 5 Failure