

Care Leavers Group 29.01.2019

Attendees: Luke, Jade, Caitlin, Kelly, Sarah D, Oscar, George, Arun, Ellen Reeves, Jo M, Mark H, Nancy B.

Apologies: Shannon; Preston; Ellie L

Minutes

	Topic/Discussion	Action
1	Joint CHICCs Everyone filled in a survey about these meetings and we discussed our views. One young person described the joint meetings with senior managers as essential. Another young person said they go off topic. Some people thought there should be just 1 a year but other people thought it should stay at 4. Suggestions for improving joint CHICCs included coming up with rules to manage the time, eg having a time limit for answers, giving managers the questions in advance so that we can get through business more quickly. Meetings don't always have to be about actions – it is about the relationships, so could be doing something fun together or experiential.	Nancy to consult with senior managers too. Young people to take more active role in agreeing content of joint CHICCs
2	Feeling Good Week Jo M explained we had successfully bid and got 500 for making up the boxes! Jo showed a sample box and content. The boxes will be for care leavers whom workers identify as struggling with mental health issues and awaiting a service. There is enough funding to make 50 boxes. The boxes are about self-help. Everyone liked the boxes and the content so far and came up with the following additional ideas: <ul style="list-style-type: none">• Word searches• Fidget spinner• Calming CD• Scented candle• Aromatherapy oils• Lavender bag or spray• Hand warmer Then all young people contributed a positive quote. Young people thought the quotes should be put into a little booklet of quotes and should say they are from Hertfordshire care leavers. We also thought there should be an evaluation form so young people can let us know if the box was helpful. Jo said she wanted to put a crisis plan in too, so that young people can work out what they would do before they are actually in a crisis situation. It would be good to get some sponsorship to make the boxes ongoing. Everyone was interested in helping to pack the boxes	Jo M and Mark to finish buying items for the boxes. Jo M to set a date for packing the boxes and let everyone know

3	Workplan 2019 Nancy explained we are now having proper joint plans with all the services and asked young people what they thought about the draft plan that had been worked on with George Shipman (leaving care service) . Everyone liked the plan and said they would like to work on transitions first.	
4	Offer from Herts University They had been in touch to ask for input from yp on the new teaching partnership for SWs, which aims to bring about the best SWs possible. They would like a care leaver to attend one of their monthly workstream meetings at the university. Kelly said she could do this (as long as it wasn't a day that clashed with her other commitments. They also have lots of opportunities for young people to go in and help with recruiting candidates and also with training. Everyone present was interested in doing this.	Nancy to liaise with the contact at Herts Uni
5	New 21 – 25 service Ellen introduced herself and explained what the service was. Ellen is looking forward to young people being involved with recruitment of a P.A on 18 February and for this to become regular practice. Ellen will work with us when we come to look at her service and how well it is meeting young people's needs.	
6	Next meeting Next meeting is Tuesday 26 February	