

Health inc Mental Health

- Being aware of diagnoses, communication preferences, health needs
- Timely, responsive, accessible and flexible mental health and support services

“More support for mental health and dealing with trauma not only from what happened at home but also being in care.”

“We need quick access to emotional support and counselling”

“[I would change] how quickly mental health support is available, there isn't enough readily available services for kids and young adults. We can't put a pause on a breakdown for weeks to wait for support.”

Relationship with workers

Accessible responsive, consistent workers
Trust, respect and hope for my future
Keep increased level of contact since lockdown

“My PA is amazing and is always keeping me updated with things and is a massive positive influence in my life.”

“Keep some of the calls and understand even after lockdown I'll still be locked in.”

“Keep promises”

“Someone that you could talk to when you need to chat about things that you can't discuss with your friends.”

“Important to be able to ring for help and get a quick answer”

Identity

Knowing history really important
Age-appropriate lifestory work
Supported access to files

“Children need to have an understanding of where they’ve come from”

“Drop the children in care - we are just CHILDREN - because it sounds like we're different or have a problem with is when you say 'in care’”

“I don’t know anything about my Dad - I don’t know if he is very nice or not. I feel nervous and scared.”

“Empower us to take charge of our own stories”

I think a camp where only care leavers and kids in care in necessary because I grew up not knowing any other children in my situation which made me feel like a black sheep in my friendship groups

Voice and Influence – co-production

Having choice
Knowing my rights
Feeling heard

“Most important thing is to be listened to and respected”

I would teach yp to be confident about whatever they really needed to talk about. I would teach them about all their rights especially racism or hate crime so they know who they can report if any of that happen to them. I wished somebody explained all my rights at that time so I would never stay quiet”

“Feeling included in social work decision making”

“Feeling involved in what’s going on”

“For things to be changed when you ask for it”

“I want to have choice in where I live”

Opportunities

Access same/better opportunities as peers (hobbies, work exp, driving)
Enjoy new and fun experiences (inc with other care-experienced cyp)

We want to do fun activities, play, learn to cook

“Play sport, do activities”

“Everyone have laptops”

“Have access to outdoors and nature”

“Access to funding for things like driving, counselling or education”

“Access to data and tech”

“More gatherings with children in care so everyone is able to make friends with whom have been in similar circumstances.”

Education

Help and support with education

More and better opportunities to learn English (cyp with asylum background)

“Listen more
when things go
wrong at school

“Language is a really
big barrier”

“Don’t take us out
of class for
meetings”

“Celebrate
achievements”

“Train and support teachers to understand what
it is like to be in care, to give us opportunities to
be trusted (such as taking the register or showing
visitors around), and to not single us out in the
classroom as children in care.”

Immigration

Quick access to education
Quick access to mental health support
Support with citizenship

“I can't see my future with out the state of England I need your help”

“Need a place to live where we feel safe and at home”

Home

Feeling loved
Feeling safe
Good matching
Having choice
Life skills and independence preparation

“Better supported housing - I was in the Foyer and some people were taking drugs and up all night/shouting - this was not good when I was trying to do good college work.”

“Just one important thing: foster carer!”

“Most important is nice kind family who works with my family”

“Some foster carers go away for summer sending their children to respite carers which isn't very nice for the children when your family is going on holiday.”

“I would change the process of testing foster carers as I have had many carers who lacked compassion which made it very hard for me to grow as a person and to also recover from trauma when more trauma was being inflicted.”

“Needs to feel like home”

Transitions

Help with lifeskills e.g. finances
Consistent support
Good preparation
Feeling connected

“I would make it that we have more support after care”

“we don't always budget well and sometimes we run out”

“Need financial guidance”

“Have meaningful activities”

“Important to have hope for the future”

“Feeling like life is getting better”

“They get all the support they need and if they want or need more they can ask and if it is possible they will give it to you”

Relationships and support networks

Quality family time
Good links between carers and birth family
Support to maintain friendships and connections with important people
Having positive role models

“Have a really good friend”

“We must be able to see our families otherwise we will miss them”

“Have a person who believes in you”

“We must be helped to find friends and have someone to talk to”

“Contact with mum and family is important”

“If we move, we need more help to stay in contact with friends from school”