**“Hear me” children in Care Campaign 2019**

**Overarching ambition**

To work with a more vulnerable population of YP who are known to be looked after in its widest context i.e. foster, children’s home and adoption, kinship care, and also those on the edge of care.

**Aims of Campaign**

1. To provide opportunities directly with YP to gain skills that enhances their self-worth and empowers them to achieve their potential, and increase self-confidence which in turn will improve their emotional and mental health.
2. To train, support and advise the systemic network that supports these YP in order to enhance their work with YP in their care and ensure its effectiveness.
3. To provide young people across Hampshire with the chance to contribute and feedback to wider conversations about pertinent issues relating to young people’s health and wellbeing.

**The Projects and Plans**

**Project Launch**- January 29th 2019 -Rum in the gravy boat

An autobiographical play about being brought up by an alcoholic parent and the related challenges and experiences this brought with it. After this 1 hour free play at the Vyne School Basingstoke, CAMHS staff will be available to answer questions, offer advice and signposting.

Potentially this play will be made available in other parts of the county, to benefit other areas.

**ABC (Advanced Better Care) Training**

These 4 free training days are intended to be available at local accessible venues, across Hampshire in 2019.

**What it is:** Targeted practical workshops focussing on key issues and giving top tips, and skills to work with Children in Care (CIC)

**Target audience:** Social workers and professionals in CIC/CIN teams, children’s homes, PRUs, adoptive parents, foster carers, kinship carers, SENCO and ELSA/ pastoral staff.

**Programme:**

Managing Challenging behaviour

Managing Anxiety

Managing Crisis

CARE skills (Coping and Resilience Education Skills)

Trauma (identifying what it looks like and how to support/ help)

**Information Stands:**-, yellow door, No limits, Simon says, Hants offer, Catch 22 (or another service), DV service

**Children in care Focus Groups** In collaboration with Hampshire County council CIC participation lead, and other relevant organisations to run a variety of CYP focus groups to gather the views on a variety of pertinent issues such as Mental health, support services. The intention is to hear what CIC think and their views. It would also be the intention to translate views into something practical as an outcome.

The outcome of these forums would be included in the “Look & Listen” exhibition (outlined below).

**TITLE…**

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The outcome of these forums would be included in the “Look & Listen” exhibition (outlined below).

**#Hear Me**- A project to capture the voices of YP

This would be a Hampshire wide inclusive participation project to capture the views of YP on some key questions.

Hampshire CAMHS will send a brief to schools and youth orgs around hearing what YP have to say, by being asked to select 1 or 2 of the following questions;

1. Does thinking about the future and making life choices feel overwhelming? How do you manage this?

2. How can adults take young people and their worries seriously?

3. What kind of support/ services do young people need and want in relation to emotional & mental health.

4. If you could say just one thing what would it be?

Hampshire CAMHS will invite responses back that capture the main themes and ideas, and what has happened as a result, in a format that the school or organisation choose. The school will also be encouraged to create the words of the title #HearMe in a visual and creative way, photograph it and send it in along with the feedback from the questions. There will be an added incentive to participate by making it a competition for the best and most creative entries, the winners will receive resources for their schools that support YP mental and emotional health and wellbeing.

The hope is that the responses may be included in the “Look & Listen” exhibition (outlined below) and potentially part of the “connected” installation.

**“Look and Listen”** Sound installation and CIC exhibition

**Project aims;**

* To raise awareness of the history of looking after children in care and outlining the situation as it is today.
* To inspire young people that from a start of being in care what can be achieved, and the absolute potential for success, functioning and happiness.
* The opportunity and platform for people to be given a voice and share the views of YP gathered through this campaign.

**The Exhibition**

The exhibition will be in 3 parts, the venue as yet TBC

1. **Sound installation** The recordings of adults/CYP who have experienced some form of care talking about their experience. This would be edited carefully and sensitively, and would focus on the theme, “who has been a significant person in their life/has made an impact or difference”. This audio exhibition can then be heard by those visiting the exhibition. There would be the opportunity for people to leave their comment about a significant person in their lives on cards that will form part of the exhibition.
2. **The history of children in care**, an exhibition and timeline of how children have been looked after. This will include a focus on where we are at today and the future for those looked after.
3. **The Voice of the YP** A visual representation that incorporates the outcomes of the CIC focus groups and other work that has involved hearing from young people across Hampshire.

**Inspire Create Exchange (ICE) Project**

This ongoing ARTS Programme, which is in collaboration with Hampshire cultural trust and match funded from the Arts council, will continue to include groups from a CIC population. This will start with a 10 week drama course for those in foster care, led by Fluid Motion Theatre Company. It is hope and expected that other similar projects will happen through 2019.

**Website Self-Help**

Working with young people in care to develop a self-help page for the Hampshire CAMHS website (one for young people, one for parents/ carers and one for professionals); information, top tips and signposting resources.

**Connected**

An installation by CIC/ YP that reflects how we are all connected. If we took the time to speak to anyone we would find that there would be something we had in common, whether it is a hobby, favourite food or musical tastes. So many YP report feeling alone, and disconnected and as if they don’t fit in. This project aims to dispel that myth and encourage YP to feel included, heard and a part of society. The installation would be constructed in a format that reflects the theme “HearMe” and the theme of being connected. The details still to be finalised but would involve an art installation made up of puzzle pieces/Dots/cogs/bricks (to reflect things that connect). Incorporated into these individual pieces would be the voices of CIC/ YP across Hampshire, with the question “what is the one thing you want to say”

**December 2018**