

# Welcome to the webinar!

## New Belongings

Supporting care leavers' emotional  
health and well-being needs

30<sup>th</sup> November 2022  
12.00pm – 1.30pm

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New Belongings Programme Manager, Coram Voice

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Participation Manager, Coram Voice

# What is New Belongings?

# New Belongings: New home, new phase

- New Belongings (NB) started over 10 years ago.
- First ran from 2013 – 2016.
- 23 local authorities.
- These phases tested out and developed ideas which became national policy. For example:
  - **Personal Advisors to 25**
  - **Council Tax exemptions for care leavers**



The core message is simple:

**To deliver the best support and services to care leavers, you must work alongside them.**

- 2019 New Belongings found a new home at Coram Voice with funding from Esmee Fairbairn and Segelman Trust.
- The programme was reviewed based on the evaluation and learning from the previous phase and a new 3-year programme began: July 2019 - July 2022.

16 local authorities  
applied to join the  
New Belongings  
programme  
8 local authorities  
were selected to  
take part



# What was offered to local authorities in the New Belongings Programme?



- Support for 2 years – being a critical friend and involvement of care-experienced consultants (CECs).
- Baker-Dixon self-assessment tool.
- Your Life Beyond Care survey x2.
- 8 visits to help facilitate co-production.
- Peer support sessions.

# New Belongings tools

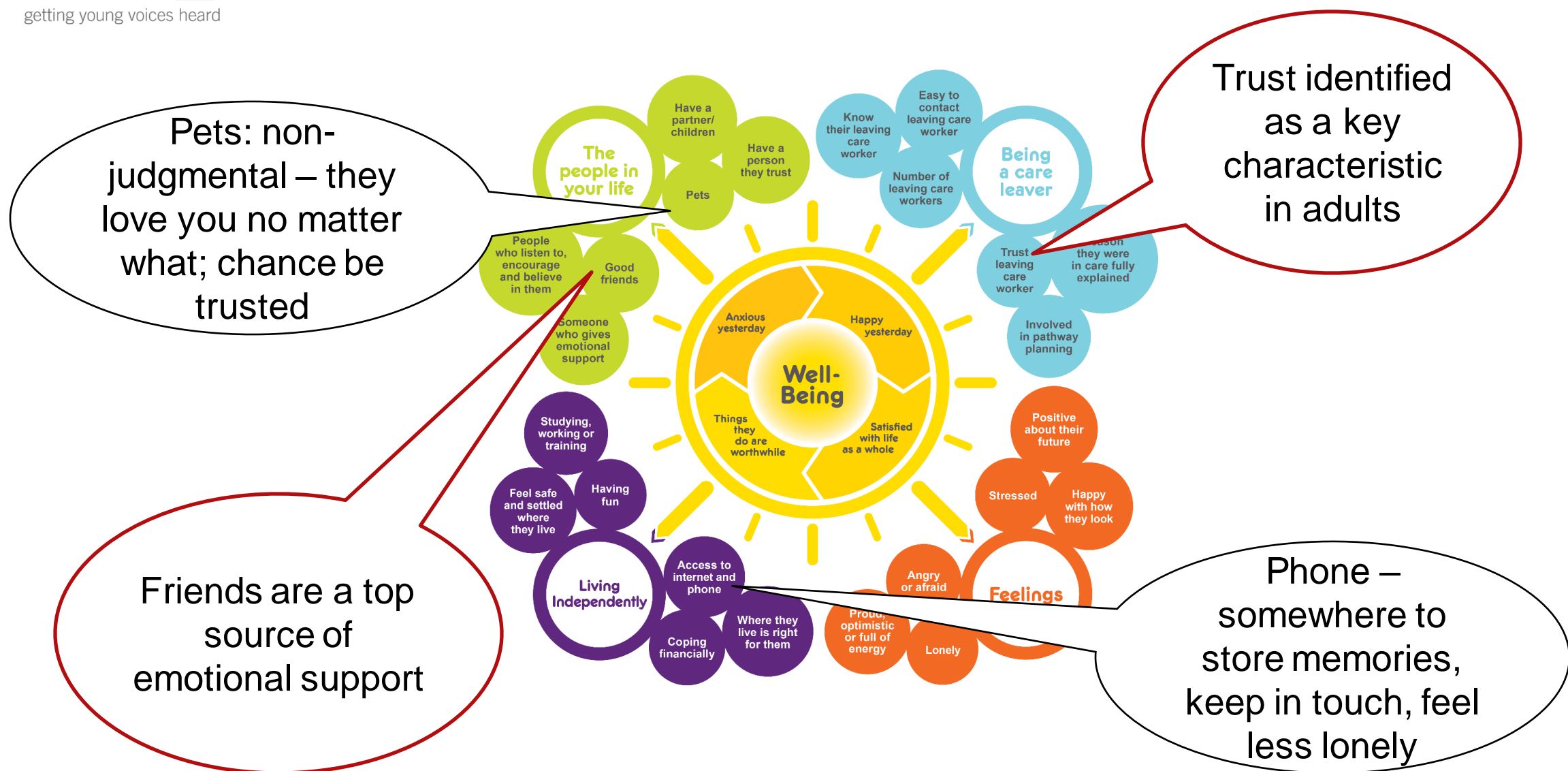
The **Your Life Beyond Care (YLBC)** survey, focuses on the thoughts, feelings and experiences of care leavers (*What makes life good?*). It was developed together with care leavers based on a review of research into young people's views and the issues that young people felt made their lives good.

- Time 1 (early lockdown) **1,258** from 8 LA = 50% (29% to 81%)
- Time 2 (Spring 2022) **1,233** from 8 LA = 45% (26% to 81%)

The **Leaving Care Service self-assessment** tool was developed by the researchers who conducted the 2016 evaluation of the New Belongings Programme (Dixon & Baker, 2016). The self-assessment tool draws on existing evidence and recognised frameworks setting out what makes a good leaving care service, including planning and Transitions guidance and the Ofsted Inspection framework.

The data from the survey and the self-assessment informed local authority action plans and provided a snapshot of the well-being of care leavers and state of existing services, which could be reviewed towards the end of the local authority's involvement in the programme, when both were re-done and a new action plan developed.

# Your Life Beyond Care well-being indicators

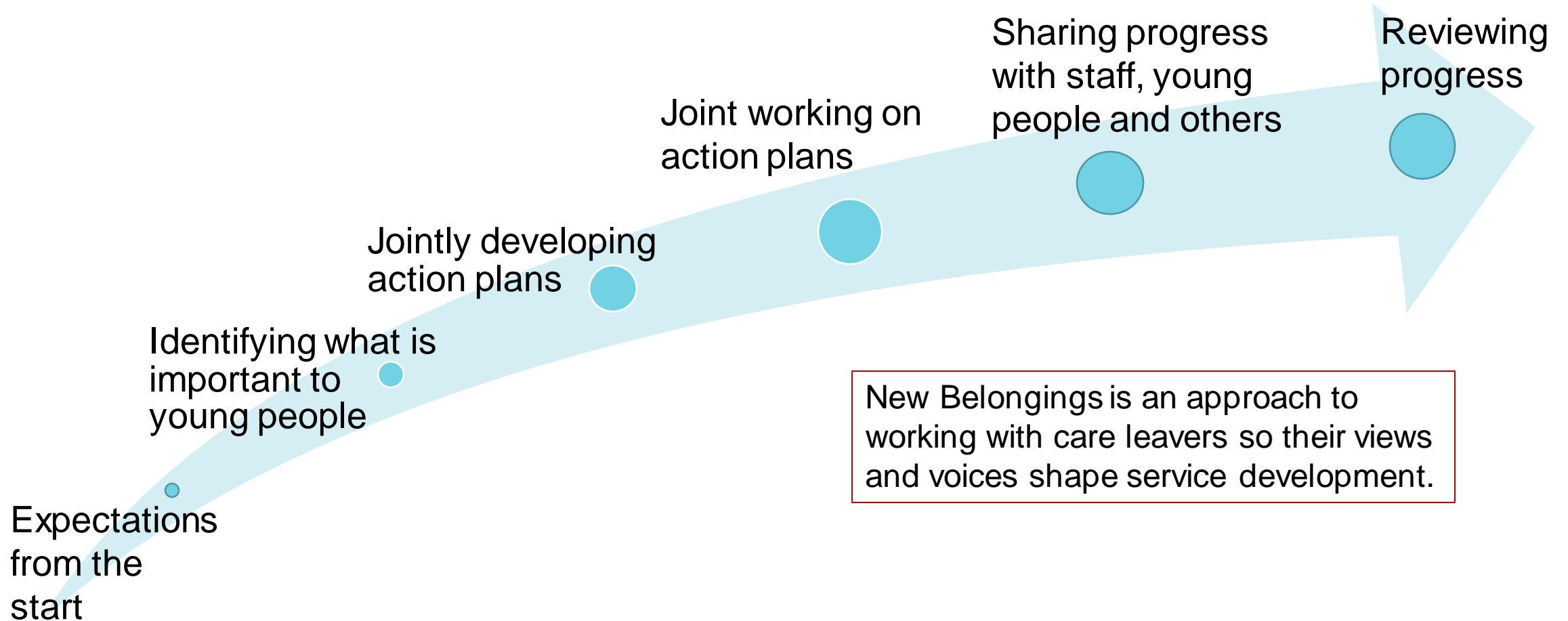


# What Makes Life Good?



<https://www.youtube.com/watch?v=HyW4epjul1M>

# Young people's participation in NB

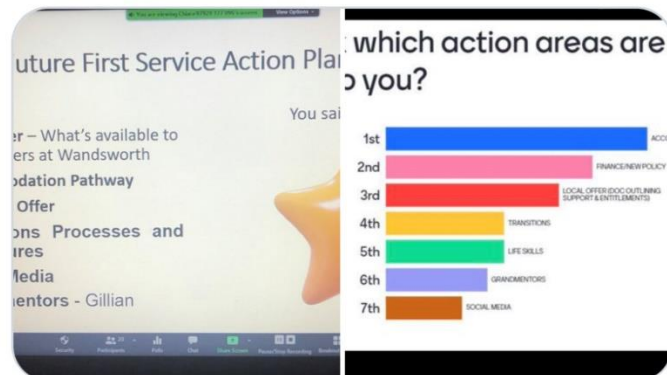


# Getting together online and in-person



• **CLIC...** @clickwands... · Oct 8, 2021 ...

An amazing [#newbelongings](#) deep dive last night on zoom with @CoramVoice with 17 care experienced young people. Lots of progress on the action plan 😊 Great feedback from the young people as always! Bring on the face to face deep dive next week! [#getclicked](#) [#youthvoice](#)



**Coram Vo...** @CoramV... · Jul 28, 2021 ...

Some of our Voice's Improving Care team are out in the real world today, meeting with care leavers in [@northyorksc](#) as part of our [#NewBelongings](#) program. Excited to be seeing people outside of a screen!



• **CLIC...** @clickwands... · Sep 9, 2021

Amazing Click Plus last night coming up with ideas for the [#newbelongings](#) deep dive and yof @WBCYouthCouncil big shout out to Alfie for helping out with the BBQ come rain or shine...[#youthvoice](#) [#getclicked](#) [#clickfam](#)





## In our words: What is New Belongings?



Coram Voice's Care Experienced Consultants (CEC) worked with young people from all the participating local authorities to define what New Belongings meant to them.

# Highlights on Insta

Transition boxes for everyone

Mentoring  
- care leavers  
supporting other young people

Mentoring  
- schools  
- puberty  
- sexuality questions  
- mental health  
- sexual health

## GRANDMENTORS

Helping care leavers when they're not working

FINIS

## TRANSITIONS

Helpful videos. Live streams if anything new

preparation for moves & transitions - checklist of important things

More help to access your files

Young People in flats designing & delivering sessions

Mother & baby units need more privacy/boundaries for young people eg: keys on food cupboards

## SOCIAL MEDIA

content to build relationships - intros to manaers & PA's

Better financial help  
eg: advise on budgeting

asking young people about their PA's or Services

## LIFE SKILLS

equal opportunities

Competition to re-name Life Skills programe

18+ needs fridges or freezer or cupboards/shelving in their own room

Council Tax exemption till age 2

Free fitness memberships

START

More than 1 supermarket voucher a month

## FINANCE

Bring back the emergency subsistence for care leavers in need

More help with job applications/ education opportunities

discount on replacement of white goods/house appliances

## ACCOMMODATION

Helping Care Leavers redecorate flats to make it new/fresh again

# Defining well-being

- Well-being is a term that means different things to different people.
- It's all about 'how we are doing' - how a person feels, thinks, and how they experience their life.
- It's more than just happiness. As well as feeling satisfied and happy, well-being means developing as a person, being fulfilled, and making a contribution to the community (Shah & Marks 2004).
- It's predominantly a positive concept.
- Experiencing a good life is more than the absence of negative indicators.
- Well-being is dynamic (it can change over time, in relation to circumstances)

<https://whatworkswellbeing.org/wp-content/uploads/2021/09/MCYPSW-Conceptual-framework-1.pdf>

- *Subjective wellbeing* is about people's own assessments of how their lives are going. This includes overall evaluations of the quality of life, and different aspects of life or 'domains', e.g. happiness with family relationships; psychological or eudemonic dimensions which refer to their internal world having meaning, and 'affect', feeling positive at a particular point in time.
- *Mental health difficulties* are assessed according to the presence of a defined set of symptoms. This is a professional judgement that may differ from a child's own subjective assessment of their situation (Alliance for children in care & care leavers 2016).
- In the *Bright Spots Programme* we use the term well-being to mean how children and care leavers feel (e.g. happiness, life satisfaction, life having meaning) and how they are functioning and flourishing (e.g. relationships, self-efficacy).
  - Our focus is on how care leavers self-report how they experience their lives.
  - Promotion of well-being should be a fundamental goal of government (LA) and society.

## What do we mean by ‘emotional well-being’ and ‘mental health’?

- ‘Well-being’ and ‘mental health’ are two different constructs – they are *not* either end of same construct.
- Evidence suggests that young people can have diagnosed mental health problems, but (with the right support) can have reasonable levels of well-being.
- It may be useful to think of emotional wellbeing and mental health as separate, but overlapping concepts.



Figure 1. *Step Change: mentally healthy universities*, by John de Pury with Amy Dicks (May, 2020), Universities UK

**There was a steep decline in well-being when young people left care.**

**“The amount of support drops off massively from being in care and it’s overwhelming.”**

**(Care leaver)**

We found that compared with children in care a higher percentage of care leavers felt unhappy, unsafe and unsettled where they lived.



## Care leavers did worse than the general population on a range of measures.

“Often we require more support and care than the general population because of our experiences though in reality we get much less... please fix that.”  
 (Care leaver)

For example, more care leavers had higher anxiety, lower life satisfaction, felt lonely and were less likely to have trusted supportive people in their lives.



## Comparing pre-Covid & mid-lockdown

- Life satisfaction, happiness, things you do in life worthwhile similar to before Covid.
- Same high level of anxiety as care leavers before the pandemic.

<https://coramvoice.org.uk/wp-content/uploads/2022/01/Pandemic-impact-on-wellbeing-of-care-leavers-FINAL-15.12.21-2.pdf>

	Care leavers (16 to 25 years)	General population (16 to 24 years)	Care leavers (16 to 25 years)	General population (all adults)
	Pre-pandemic (2017-2019)	Pre-pandemic (2019-20)	Pandemic (2020-21)	Pandemic (2020-21)
<b>Low life satisfaction</b>	26%	3%	27%	6%
<b>Low rating of how worthwhile things done in life are</b>	23%	4%	24%	4%
<b>Low happiness yesterday</b>	26%	8%	26%	9%
<b>High anxiety</b>	34%	23%	35%	24%

**Care leavers who reported that they had a disability or long-term health problem were particularly vulnerable.**

**“My rights are often ignored because I am very disabled I [am] expected to fit into a system that I can’t fit into.”**

**(Care leaver)**

**Care leavers are more likely to report that they have a disability or long-term health problem**



They had lower well-being and were lonelier and less likely to have goals and plans for the future. Compared with other care leavers, fewer felt safe and settled where they lived and more struggled financially.

# Baker-Dixon self-assessment framework for Leaving Care Services

- Provides local authorities with an opportunity to self assess their current service's **strengths and areas for development**.
- The tool draws on evidence and recognised frameworks for supporting care leavers. E.g:
  - Care Planning and Transition guidance;
  - Ofsted framework;
  - Local authority audit tools;
  - Range of research and practice evidence;
  - The tool was fully updated for this stage of New Belongings (and a draft was reviewed and checked by an advisory group inc. Ofsted & Department for Education colleagues).

*It made you think about where you are now...it highlighted work areas that needed more focus...sharing with partners for joint ownership...and what we needed to work on more together...*  
**Manager, LA**

# Baker-Dixon self-assessment framework

6. Gold Standard Area: Having good health and wellbeing						
Thinking about leaving care support <u>at present</u> , please indicate how far you agree with the following statements: please tick ✓ or X	Agree at present 4	Mostly agree 3	Mostly disagree 2	Disagree at present 1	How do we know this? Add evidence, examples and comments (e.g. policies, projects; any disagreements in rating; obstacles face)	Ideas for improvement / future actions
a. Care leavers transferring to adult services report a smooth transition in support						
b. Effective partnership agreements and joint working is established between health services and social services.						
c. Care leavers have access to services to help with substance misuse, sexual health and pregnancy.						
d. Links are established with CAMHS and community mental health services to ensure care leavers are given priority access to targeted services.						
e. Health professionals contribute to the Pathway Planning process (assessment, review and actions).						
f. Care leavers have access to, and are supported to understand, their full health history						
g. We actively help care leavers to recover and heal from past harm and to promote resilience and emotional wellbeing.						
h. Care leavers have access to a designated nurse (or equivalent).						
i. Our local offer details the <i>additional</i> (above statutory requirements) support available to care leavers to promote healthy lifestyles						
j. We regularly get feedback from care leavers to check that they are satisfied with the support they receive in relation to their health						

# Emotional health & well-being

- Responses from young people to the YLBC survey, revealed that **lots of care leavers reported having low well-being.**
- When completing the Baker-Dixon self-assessment **all authorities scored 'Having good health and wellbeing' as the lowest** of the 10 gold standard areas.
- Having good emotional well-being is pivotal to young people having a positive experience both in and after care.
- Positive emotional well-being underpins success in other areas of life.
- As a result, nearly all NB local authorities focused on **working with their young people to improve emotional well-being.**

Responses from young people:

*Have very little confidence in myself and my abilities...I'm always physically poorly due to anxiety.*

*I am good.*

*I have been feeling quite anxious and overwhelmed ... a bit emotional with things like university, but there are other times I feel happy and enjoy it.*

*I feel as if that nobody cares about me until they want something.*

# 8 stages in the EH&W framework

The stages are not always sequential, but they are inter-related.

They have been identified to help you think through the range of areas in which young people may need support with EH+W as they grow up and leave care.

1. **Promoting positive well-being for children in care (ensuring the factors that influence well-being are in place e.g. hobbies, stability, relationships)**
2. **Addressing concerns for children in care (engagement with specialist support e.g. CAMHS & early referrals to adult services)**
3. **Promoting positive well-being for care leavers (ensuring the factors that influence well-being are in place e.g. relationships)**
4. **Statutory health support for care leavers (as described in the local offer e.g. health passport; free prescriptions; support to attend health appointments)**
5. **Support to leaving care workers (e.g. mental health first aid training; capacity to do activities with young people)**
6. **Additional support via the leaving care service (e.g. access to designated nurse, mental health worker based in team)**
7. **Support from adult services for care leavers (e.g. referral pathways, joint protocol & meetings, co-located worker)**
8. **Out of hours support available/ On-going post 25 support (e.g. Always Here scheme)**

## How well do you support care leavers' emotional health and well-being needs?



Scan the QR code,  
or go to: [www.menti.com](https://www.menti.com)

Enter code: **7645 2630**

# The weight of the world



[https://www.youtube.com/watch?v=fc2bXG\\_P6OY&t=94s](https://www.youtube.com/watch?v=fc2bXG_P6OY&t=94s)



**Tracey Taylor-Waite**

After Care Team Manager, Oldham Council

# OLDHAM

## Building care leavers' trust in their workers

**Practice  
example**

### Why?

To ensure their care leavers feel supported Oldham have given leaving care workers the skills and opportunities to develop relationships with young people.

### What difference is it making?

90% of Oldham care leavers trust their workers *all or most of the time*. This is higher than the 78% reported by care leavers nationally

### What?

#### Increasing support for leaving care workers:

- Leaving care workers support 22 young people allowing them to provide time and attention to their young people to ensure their needs are met.
- Following a recent tragic incident specific training was provided on suicide intervention strategies. This has meant that staff are more confident in their work with young people.
- Leaving care workers have presented their work on establishing permanency and emotional well being to children service social work forum. This has helped colleagues recognize the work and impact the leaving care team has.

#### Increasing support for young people:

- Tea-time chat have been set up where young people where young people can 'drop into' an online group for a catch up and chat
- A worker has set up a Thai boxing group which 19 young people have attended
- A joint venture with the Youth Involvement Project and Personal Advisors has worked with some harder to engage young people with 19 young people attend a Thai boxing group, 12 young women going on a spa day and a group walking up Snowdon, raising over £1,300 to support other activities.
- These sessions have given young people a real sense of achievement and helped workers to build stronger relationships with their young people.

*Feels like we're part of something normal.. and it's the social time I don't get otherwise.*  
**Young person**



*Young people are waiting all week for the sessions, and on the day my phone does not stop ringing to make sure I can take them.*  
**Leaving care worker**

# OLDHAM

## Adoption support group

Practice  
example

### Why?

Oldham's leaving care service are currently working with 13 care leavers who have either had children placed for adoption or are in legal proceedings with the likely outcome of an adoption plan.

### What difference is it making?

The feedback was very positive – young people felt they understood the whole process better, that they had been treated with respect and that they had hope for the future.

### What did they do?

- Following discussion with the Regional Adoption Agency, an eight-week pilot programme was set up to support this group of young parents.
- It was staffed jointly by workers from the leaving care service and the RAA.
- It was hoped that 8 young people would join the closed group, although the take up was lower.
- The length of the sessions were increased to allow time for the proper discussion as well as the planned activities.
- Links were made with a similar scheme run by a nearby authority as well as a local post adoption support group.
- Each of the sessions had a specific focus:
  - Introductory session to set the ground rules
  - What is home? What is a family?
  - Letterbox contact – writing letters to your children
  - Family trees – understanding our own life stories
  - Health and wellbeing
  - Loss and bereavement
  - Memory box
  - Reflections and feedback

### Quotes from care leavers:

*I've never  
spoken about  
this before.*

*The letterbox session  
helped me [to]  
understand how to  
write a letter.*

*Trees [was the] best  
week [to] look to the  
future and positive [to  
see] how far I've come.*

Any questions?



**Maggie Allen**

Team Manager Leaving Care, North Yorkshire County Council

**Joanne Wood**

Opportunity Manager, North Yorkshire County Council



**North Yorkshire County Council**

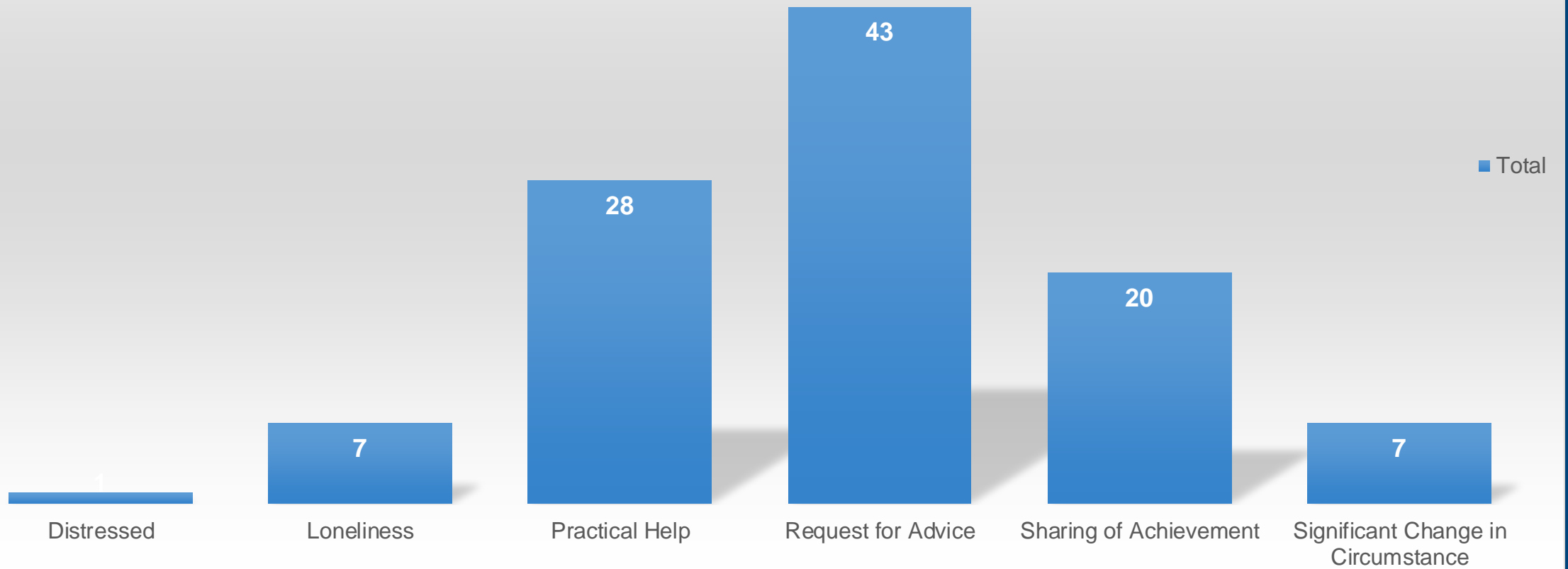
- Your Life Beyond Care.
- Relationships: Always Here.
- More support with learning new skills.
- More chance to meet as care experienced young people informally.

# Always Here



- No more age limit.
- You can always come to us for Information, advice and guidance. We'll help if we can.
- It will feel different – no more pathway plans (but we can help you plan).
- We won't chase you but we will be here if you need us.
- We love hearing how you're getting on so call us with good news too!!

## Care Leavers - Reason for Contact and Number of Contacts



## Role of an Opportunity Broker

- To create opportunities for young people.
- Support with employment, training and education.
- Source funding.
- Tailored support.
- Identify providers.
- Group work.
- Raise aspirations.
- Create experiences.
- Improve overall health and wellbeing of young people.

# Street Sessions

## Aim of the Project (phase 2)

Anglo American wanted to continue as a business partner based on the success of Phase 1.

### Aims Phase 2:

- Build the confidence and skills of care leavers, giving them strategies to manage their emotions more effectively, and prepare them for the work place.
- Reduce isolation and increase self-esteem and self-worth, enabling them to move forward in a positive direction.

## Content and Delivery

- Continued to be delivered in the centre of town, with space and facilities to deliver the required sessions.
- Term time only for 10 weeks:
  - Mindfulness and confidence running for 6 weeks.
  - Two sessions on preparing for work.
  - A walk and talk activity.
  - A celebration meal.

### Structure :

1:00 pm to 1:45pm Mindfulness with Amy

2.00 pm to 2:45pm Confidence session with Remi

2:45 pm to 3.15 pm One to one sessions (pre-booked) with Jo

3:15 pm to 5:15pm Cooking

# Outcomes

Outcome	Number of Young People
Moved into Paid Employment	1
Moved into education	5 (including UASC's)
Mapped out 5 year plan	6
Improved conversational English skills	5
Improved cooking skills	10

## Unexpected outcomes

- Different languages - cooking activities helped interaction, with recipe translation and interaction.
- Bond as a group formed.
- Gave the group and staff the opportunity to find out about each others interests, dreams and aspirations. With football being a common theme amongst the unaccompanied young people....the next idea was born!
- Partnership with Scarborough Football Club on a 5-week football programme.

**“Helping one person might not change the whole world.  
But it might change the world for one person.”**

Any questions?



**Nora Dudley**

Service Manager, Future First, Wandsworth Council Leaving Care Service

<https://youtu.be/vPMlhro4q3c>

Any questions?

# Sharing the learning from New Belongings

- **Evaluation report on New Belongings**

<https://www.coram.org.uk/resource/new-belongings-programme-final-evaluation-report-2022>

- **Bright Spots – Your Life Beyond Care survey**

<https://coramvoice.org.uk/for-professionals/bright-spots/bright-spots-programme/>

- **Baker – Dixon self –assessment**

<https://www.coram.org.uk/resource/baker-dixon-leaving-care-services-self-assessment-framework>

- **Resource Hub**

<https://coramvoice.org.uk/for-professionals/bright-spots/resource-bank/>

# Tools and resources



- **Practice examples** from New Belongings and wider Bright Spots work with children in care and care leavers.
- **Reports** including the Evaluation Report on New Belongings and the Story of New Belongings Report (released end of November).
- <https://coramvoice.org.uk/for-professionals/bright-spots/resource-bank/>

# WANDSWORTH

## Meeting the emotional health needs of care leavers

Practice  
example

### Why?

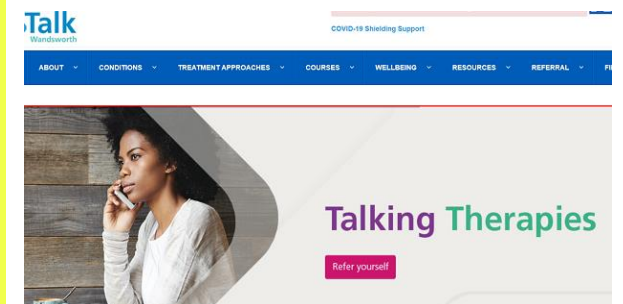
24% of Wandsworth care leavers (about 85 young people) felt they had a long-term health issue and there were concerns existing services were not meeting their needs.

### What difference is it making?

Offering this range of services gives the leaving care service oversight of the support being offered, avoids drift and delays and ensures young people's needs are met in a way they feel is supportive.

### What did they do?

- Wandsworth recognized a range of services were needed to support their care leavers who had additional mental health/ emotional health needs. A team manager co-ordinates these different services.
- When a young person is referred to the leaving care service a decision about how best to meet their needs through the range of services available.
  - **Transition social worker**- They will be allocated to work alongside the PA to complete the Care Act assessment and support the young person to access services – (See case study)
  - **Specialist Personal Advisor**- They have a background in mental health and bring a therapeutic approach to their work with up to 15 young people who are experiencing acute difficulties – (See case study)
  - **Commissioned counselling services**. Two 0.5 fte counsellors support care leavers. One offers a more traditional style of counselling. The other offers an 'outreach' style – working with young people in custody or those involved in gang related activity.
  - **Talk Wandsworth** – Part of the NHS- Improving Access to Psychological Therapies (IAPT) and used by a number of young people who value the confidential nature of the service.



Thank you for attending  
the webinar!