

SCLU'S LETTER

Sheffield Care Leavers' Union are a group of care leavers from diverse backgrounds with a shared objective...giving care leavers a better future.

Edition
4

On yer' Bike!

Hi my name is Corey and I've recently been involved with a new mountain biking club, set up by the Leaving Care Service. It is aimed at trying to get more care leavers active in the community.

In the first session we went up to Endcliffe Park to meet with students from Sheffield Hallam University who are helping out with the group. We had pizza and watched some biking related videos. I really enjoyed this as we got to talk about why we became interested in biking, for me it was watching trial bike videos on YouTube.

In the second session we borrowed bikes from the uni and went up to Endcliffe Park. We did a skill based session just to find everyone's ability, including slaloms and downhill practice. It was great fun watching everyone weave in and out of cones at quite some speed and learning new skills to become a more confident rider in general.

The sessions run every Tuesday and it doesn't matter if you haven't got much experience as we are all learning! If you want any more information or fancy getting involved, get in touch with either your PA or Tracey Ward in the Leaving Care Service on 0114 2039060.



Get involved!

Roll up, roll up. Come and get involved with the Sheffield Care Leavers' Union! Have your voice and opinions heard and be part of a group trying to improve the care system



Being part of SCLU isn't just about attending meetings, you will also get the opportunity to visit places and meet important decision makers!

To get involved please speak to your PA or you can call Tanya on: **07787 273741**.

HAVE YOUR SAY

SCLU are currently looking at care leavers' experiences of housing and independent living. We're currently at the point in our work where we need to ask you some questions about your thoughts on housing, rent arrears, and bills. This is going to help us figure out what to do next!

It would really help us if you can take part!

All you have to do is scan the code below with your phone and fill in a short survey! It should only take a few minutes!



Scan me

Thanks for your help!



On the 5th of April, the Leaving Care Service held the first ever Chocfest! Chocfest involved three different workshops all based around making different chocolate treats including chocolate covered strawberries and truffles. There was also the opportunity to have a go at filling in some chocolate balls! It was a really fun event, if you missed out on this one, don't worry! There's more events coming this year so keep your eyes and ears open!



Pictured left is Willy Wonka! (Dave Cohen Service Manager of the Leaving Care Service.)

Pictured right are some lovely chocolate covered strawberries, made fresh on the day!



Care Experienced Conference



SCLU in Liverpool

On 26th April four members of SCLU travelled to Liverpool to attend the first ever Care Experienced Conference. The event was organised by a group of care experienced people who want to raise the profile and voice of care leavers.

Throughout the day there were different workshops focussing on topics such as mental health and stigma. There was also an art exhibition which featured work from Sheffield care leavers including Rebecca, Celina and Elliot. At the end of the day professionals made pledges about what changes they would make in their practice or service to improve the lives of looked after children and care leavers. Also an MP called Emma Lewell-Buck who attended the conference spoke at parliament to the Children's Minister and asked for changes to be made to the current care system to make sure it prepares young people for adulthood. If you want any more information about the conference, or would like to be added to the mailing list for next year follow @careexpconf on Twitter.

bright spots

At the end of last year you were hopefully asked by your PA to complete a survey called Bright Spots, which asked you about your life and experiences. In total 105 care leavers completed the questionnaire, so thank you to those of you who took the time to answer the questions. This gives a really good insight into what is working really well and also what needs to get better for other young adults like you, who have been through the care system. Some of the issues raised within the survey were body image, accommodation and finances. On 16th May, care leavers, social workers, PAs, senior managers and councillors met up to talk about how to improve these areas and make things better. We will keep you updated on what decisions are made as it's really important that you know how your voice has influenced change within the Council and Care System.

Sheffield's Care Leaver Offer

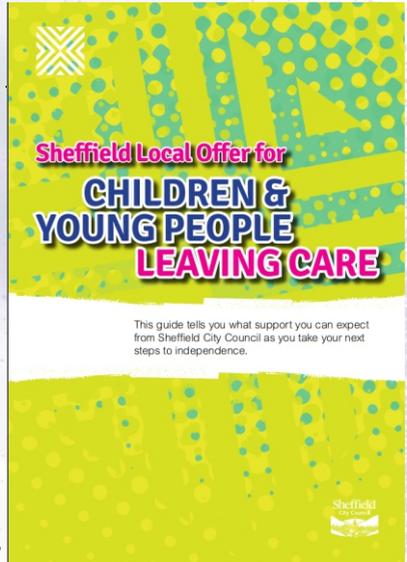
Recently the Leaving Care Service sent out the Sheffield Local Offer for Children and Young People Leaving Care to you, here are a few questions and answers about the offer

Q: What is the care leaver offer?

A: The Government has asked all councils across the country to publish an "offer" for care leavers. This offer outlines what care leavers can expect from their council.

Q: Well, what can I expect?

A: The offer is broken down into sections, such as: health, well-being and staying safe; education, employment and training; money and getting your voice heard. All of these sections go into detail about what you can expect from Sheffield City Council, including what services and support you can access and how to do this.



Q: Wait, I've not seen this offer, how do I get one?

A: The offer has been made into booklet like the one above and you should have received one in the post. If you've not seen one, you can ask your PA or a duty worker from the Leaving Care Service. We also have it on our website at www.sclu.life/theoffer

Q: Why does this offer even exist?

A: The government recently updated some legislation (the rules people have to follow) called the Children and Social Work Act. The government want care leavers to know what they're entitled to!

Q: If I'm not getting the things the offer says I should get, what can I do?

A: Firstly, you can contact your PA, and they will help. If you feel like that didn't help, you can ask for an advocate on 0114 228 8553.



Don't forget to check out our website...

www.sclu.life



The Khalil Express

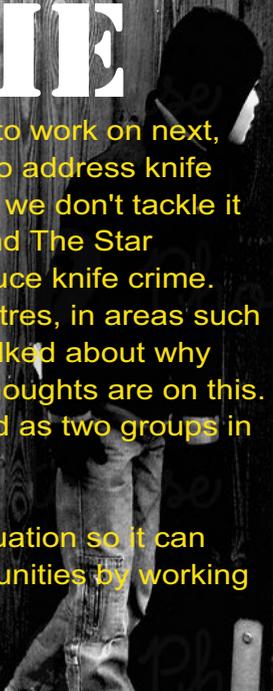


Hi, my name is Khalil and I am part of SCLU and also a representative for children in care and care leavers in the Youth Cabinet. Youth Cabinet is a group who meet to try and give young people a voice and to influence decisions which have an impact on young people's lives. To decide what issues to discuss we firstly talk to young people in the community and figure out the top three issues. The current top 3 issues are mental health, knife crime and equal pay. We have shared our top three issues with the Yorkshire and Humber Youth Cabinet. From there the region's top ten issues will be taken to the national Youth Parliament. If you're aged 11-18 and you are in the Youth Cabinet, you can be elected to sit on the Youth Parliament, which gives you a chance to have a real debate in The House of Commons once a year. After all of this, we take appropriate actions to work on issues in our community to make it a better place.

KNIFE CRIME

In Youth Cabinet we had a vote on what we wanted to work on next, and knife crime topped the list. I think it's important to address knife crime in the city because it might get out of control if we don't tackle it now. We are working with communities, the police and The Star newspaper to try and think of ideas and ways to reduce knife crime. We have already met people in local community centres, in areas such as Shiregreen, Woodthorpe and Tinsley and have talked about why knife crime is happening and what young people's thoughts are on this. We gathered their thoughts and opinions and worked as two groups in the cabinet to address the issues.

We will still continue working hard to address the situation so it can be stamped out and bring confidence back to communities by working with The Police and Crime Commissioner.



Coram Voice is a national group for care leavers who talk about the care system and how to improve it. We meet once a month in London and we discuss our issues with the system. At the moment we are working on 3 different topics, they are: training new social workers; a national manifesto and then a big event to launch the manifesto. We also talk



about the results of the annual Bright Spots survey and the issues that the survey highlighted, and discuss in groups how we can improve the system. The survey found that only 6% of care leavers in the UK attended higher education and we discussed how we can make that number increase. I really enjoy attending the meetings at Coram Voice and it has made me think about how I can fulfil my role as a National Care Leavers' Ambassador. I can't wait for the next one and I'll keep representing people

as much as I can!

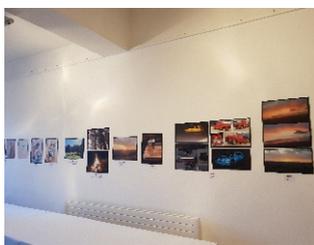
**Got an idea for an article that you would like Khalil to write about?
Get in touch on the numbers and email below**



CLASS

Celebrating the talents and work of Sheffield care leavers

At the end of last year we held the first Care Leavers Art Show! The event showcased art from Sheffield care leavers and there were some fantastic performances on the night! The feedback for the event was absolutely fantastic and CLASS will be taking place again in January 2020...



Email: sheffieldcareleaversunion@sheffield.gov.uk

Get in touch!

Tanya: 07787 273741

Max: 07971 312457