

NEWS

VOICES FROM
CARE CYMRU
(VFCC)

Challenge Wales Voyage

This year Voices From Care Cymru took a group of young people sailing in the Bristol Channel for the second time, this time on an overnight voyage.

More on page 5



Care Day 2018

Care Day is the world's biggest celebration of care experienced children and young people, and this year it took place on 16th February. VFCC joined our sister organisations from England, Scotland, Northern Ireland and the Republic of Ireland in holding events that flipped the stigma attached to being care experienced.



We kicked the day off with an early morning conference call with our New Zealand counterparts.

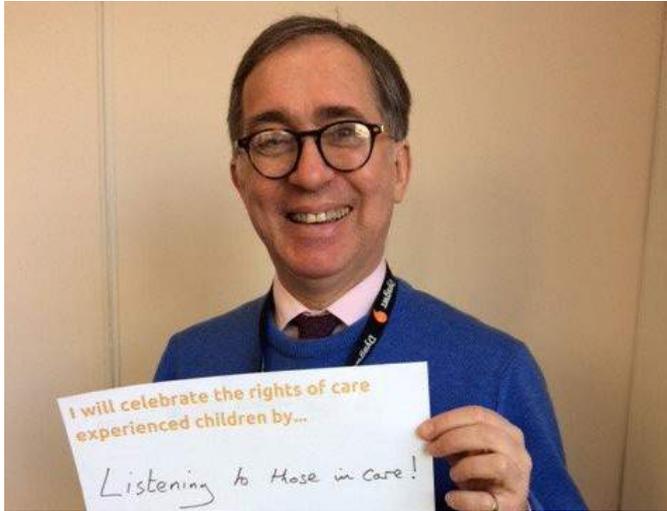
Then, two of our young people were live on BBC Radio Wales' Good Morning Wales programme talking about their own experiences.

This year we took Care Day to North Wales, where we premiered our "Questions Not to Ask" video to a group of young people before we went rock climbing.



Watch: <https://vimeo.com/255896314>

Care Day 2018



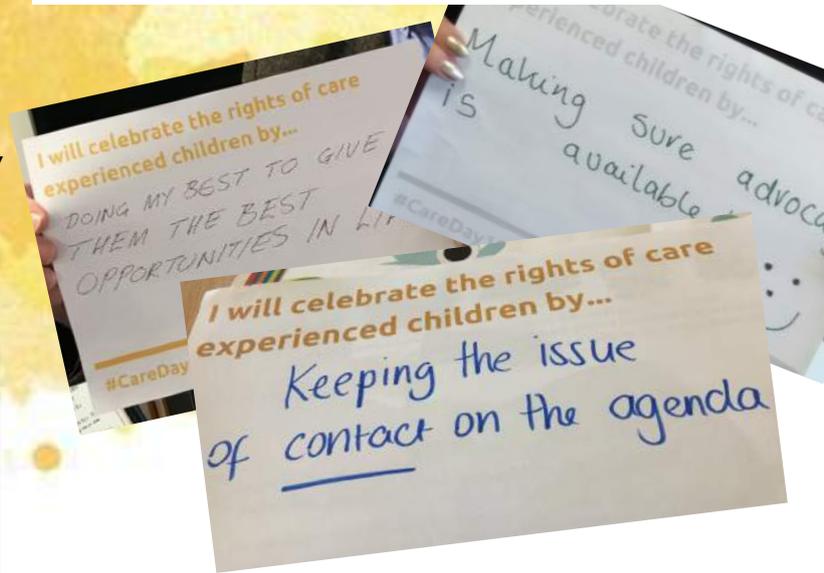
Back in Cardiff a group of young people had lunch with David Melding AM at the Welsh Assembly building, sharing their thoughts, stories and questions on being care experienced.



We rounded off the day by visiting Cardiff City Hall which was lit up green in recognition of VFCC and Care Day. The positivity doesn't end once Care Day finishes - search [#StillCaring](#) on social media to follow our celebration of care experience throughout the year.



The Welsh Government is committed to listening to & protecting the rights of children and young people in care - we're proud to celebrate #CareDay18



Lots of other organisations across the 5 Nations got involved, posting pictures of their Care Day placards and using the hashtag [#CareDay18](#).



VoicesFromCareCymru



@VoicesFromCare



Voices From Care

Proud to Be Me 2018



Huw Irranca-Davies @wgmin_csc · Feb 23
I'm really pleased to support the #ProudToBeMe event in Cardiff today, which allows children and young people to tell us about their experiences of being in care.

I want to do all I can to improve the lives of children and young people in care.
@VoicesFromCare #CareDay18

This was the second year that we hosted our Proud to Be Me event, which brings young people and professionals together to celebrate the achievements of the care experienced community.

This year the event was held at the Swalec Stadium in Cardiff and featured a variety of workshops including poetry writing, Q & A sessions, round table discussions and the chance to hold a whole host of exotic animals!



I'm proud to say I'm from a council estate.
I've achieved so much because it gives you an opportunity for an early view of life, the struggles I've had and the mistakes I've made were also the experiences I've had and lessons learnt.



Our young people did a fantastic job of hosting and one of our members from North Wales gave an inspirational speech on her experiences and all the things she is proud of.



Ruthie Bowden
25 February · 11
Soppy status alert! On Friday we went to an event organised by Voices and it was called Proud to be me. It was a day focusing on all the reasons why we should be proud of young people who have gone through the care system. It made me stop and think of all the young people I have worked with over the years and how proud I am to have known you and to have had the privilege of working with you all!



Challenge Wales

For the second time VFCC took seven young people sailing with Challenge Wales. This time on an overnight sailing trip.

"Walking across the pontoon on the misty morning in Penarth Marina you could see the excitement and nervousness in the young people's faces. We were set to work straight away. The first task was to get everyone's stuff down into the bowels of the ship. Once inside we all quickly scrambled to throw our belongings into our hammocks. We all sat down around a communal eating area listening to the instructors, feeling keen to begin this adventure..."

To read the full blog visit vfcc.org.uk/challenge-wales-overnight-voyage/



Read about our October voyage in the next newsletter!



Regional Groups

ARE YOU CARE EXPERIENCED?



VOICES FROM CARE CYMRU NEEDS **YOU!**

BECOME A REP FOR CARE EXPERIENCED PEOPLE

AGES
12 - 21



CONTACT AIDEN AT aiden@vfcc.co.uk
OR CALL 02920451431

Using all the feedback young people gave us enabled us to put together an application form for young people to apply.

Any care experienced young people aged 12-21 from across Wales can become young a representative. This is to ensure that we have a diverse group of people.

Applications are open now.

Passport Campaign

Feedback from the campaign so far

Last time we told you about our campaign to get all young people leaving care with a valid passport.

We held events around the country to raise awareness of the issue.



Here is a selection of some of the feedback we have received from other organisations and professionals:



I always took my passport for granted. This opened my eyes...



Lee Waters AM @Amanwy



Meeting with young people with experience of care system in #Llanelli this afternoon at @VoicesFromCare event to inform @SeneddPAC inquiry



Wendy Collins @wendyjcoll1ns
Replying to @CICADAServices

We had one couldn't get it something to do with a grandparent was out of the country and wouldn't confirm a detail.

Have you had difficulty getting a passport? Tweet @VoicesFromCare or drop us an email to tell us about your experience.

Young Champions

Angel's Story



Over the past six months Voices From Care Cymru have been up to all sorts, the first of these events was the Proud to Be Me event in the SWALEC stadium in Cardiff. I really enjoyed myself there, I met loads of new people from all across the UK as well as the Republic of Ireland.

I have really enjoyed going along to my local participation group called BluePrint which is in Rhondda Cynon Taff. I love going along to BluePrint because it gives me a chance to meet other care experienced young people in the area as well as discuss issues affecting us and influencing change in our area.

I was recently awarded a sports achievement award at the CLA Awards in Rhondda Cynon Taff for running the Cardiff Half Marathon with Alfie's Army in October last year. I was so grateful of the recognition of the achievement.

I recently went sailing with Challenge Wales and Voices From Care Cymru. We sailed in the Bristol Channel over two days, whilst staying on the boat in the night, this was an incredible experience, I met new friends and I really enjoyed climbing on the Spincan Pole.

To be featured as a Young Champion in our next newsletter contact Aiden@vfcc.org.uk

Cardiff Half Marathon

Voices run the Cardiff Half for a second time



Voices From Care Cymru have been training to take another small group of young people to run the Cardiff Half Marathon; they have taken part in a number of group runs. Young people have also been training on their own.

Last year some of our members were lucky enough to be involved in the Alfie's Army Cardiff Half Marathon with Gareth Thomas and Amber from VFCC. As well as organising training events with young people, she also took part in running the half Marathon. Young people really enjoyed being involved. They all said they couldn't wait to be involved again in the future.

Guide on Contact

Following our Question Time event in January 2017, children and young people as a key feature in their emotional health and well-being raised contact.

Children In Wales in partnership with VFCC have developed a guide around contact that was launched on Care Day 2018.



Some quotes from young people about contact:

"Ask me if I want to have contact; don't just tell me what's going to happen. Let me have a say!"

"I have an understanding of where I came from and my family story."

"I like the chance to be a role model for my younger brothers and sisters."

"It was important to keep that family bond, I think in the long term it's important as I won't always be in care."

"I just wanted to feel part of my family and know what's going on, how people are doing and tell them how I'm doing."

To access this guide visit:

<http://www.childreninwales.org.uk/resources/looked-after-children/>



Children in Wales
Plant yng Nghymru

Peer Advocacy

What is a peer advocate?

A young person who supports other young people to explore issues they want changed. As a peer advocate you will have a good understanding of the experiences of those in care and issues that affect all young people. With support and training from NYAS you will be able to be there for a young person when they most need it.

What will I achieve as a peer advocate?

Young people often prefer to turn to someone who is close to them in age. You will be an ear to listen to other young people and will help them to have their voice heard.

There will also be an opportunity to have a placement in a setting where you can provide advocacy and support. You will receive accredited training - OCN Level 2 in Peer Advocacy.

What do I need to do to get involved?

- To be aged between 16-25
- To have been in care or to have received an advocacy service
- To apply for a DBS check and to provide references
- Willingness to regularly attend an agreed placement and meetings

To find out more information please contact: Emma Downes
Peer Advocacy Development Worker via
Email: emma.downes@nyas.net Mobile: 07435967408



gwasanaeth eiriolaeth
ieuenctid cenedlaethol
national youth
advocacy service

Cheap Meals

Coconut Rice, Spinach and Paprika Chicken

Ingredients:

- 1 Tin of Coconut milk
- 1 cup of water
- Half a cup of rice
- Handful of fresh spinach
- Chicken breast
- Paprika Powder
- Table spoon of oil

Tip in the coconut milk, water and rice into a saucepan. Bring to a gentle simmer, keep stirring, then cover. Lower the heat to the lowest setting and cook for 10-15 minutes, scraping the bottom regularly with a wooden spoon to stop it sticking. Check the rice. It should be sticky and creamy but not watery, move the saucepan off the heat and place a plate or saucepan lid over the top of the pan and leave to stand for 10-15 minutes.

Place 3 to 4 whole chicken breasts in the oven. Cook at around 220°C for around 20 minutes until cooked through. Slice into strips and place into a frying pan with tablespoon of oil heated at its highest setting (this can all be done whilst the rice is resting). Pour generous amounts of paprika powder over the chicken as it is frying.

Place the spinach in a saucepan of cold water and bring to boil. Once wilted and thoroughly cooked drain and place on the plate. Place the rice on top of the spinach (the heat from the rice will cook the spinach through). Then place the chicken strips beside the rice or on top as you desire.

