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Student Wellbeing Resource

Children in Care & Care Leavers

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Children in Care & Care Leavers

Overview

As a whole city council Sheffield has corporate parenting responsibility for children in care and care leavers. This includes elected members and council officers in education, housing, health and social care being responsible for the wellbeing of children in care, children who are care experienced and children who are care leavers and understanding the complex needs and experiences for these children and young people. Children in care and care leavers have different experiences but all have in common the loss of their birth family. This can lead to complex issues regarding loss and trauma and can result with multiple vulnerabilities for them to manage. Around 60% of children in care have emotional and mental health problems and a high proportion experience poor educational, health and social outcomes after leaving care.

Interventions for children in care and care leavers that focus on increasing the ability to have meaningful relationships, attachment figures and a sense of belonging will reduce risks. The NICE/SCIE guidance (2010) and the quality standard for the health and well-being of looked-after children (2013) emphasise the need for warm and nurturing care in order to achieve long-term physical, mental and emotional well-being.

Stable education built on high aspirations is also essential to promoting the quality of life for Children in care and care leavers whose transition to adulthood can often be traumatic. Without access to services to support this transition young people can end up unemployed, homeless or in custody, experiencing a downward spiral of rejection.

A disproportionate number of children in care and care leavers are from black and minority ethnic backgrounds and have particular needs. There are also other groups of Children in care and care leavers, such as unaccompanied asylum seekers or those who are LGBT+, who have particular needs. Services should be sufficiently diverse and sensitive to meet the needs of these groups.

Staff should have training and support to identify and respond to needs and risks for children in care and care leavers and services should be available to children in and leaving the care system with key priorities:

- Commissioning of services up to the age of 25 that support young people's transition leaving care.
- Providing access to a range of health and practical support for independent living.
- Developing opportunities for care leavers to engage in education, training and employment.

Key Facts

One-third of children and young people in contact with the criminal justice system have been looked after ('Children looked after in England, including adoption' National Institute for Health and Care Excellence (NICE) 2014).

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✓ Best Practice

NICE Guidance states that health and social care services include dedicated services to promote the mental health and emotional well-being of looked-after children and young people, and to support young people in the transition to independence. Services should be designed to help children and young people with particular needs, including those from black and minority ethnic backgrounds, unaccompanied asylum seekers and those with disabilities.

The NICE pathway contains recommendations about providing flexible and accessible mental health services and support for looked-after children and young people (including those from BAME groups and unaccompanied children and young people who may be seeking asylum).

📍 Local Offers and Provider

Provider	What they offer	Cost	Contact details
Chilypep	Happy Group – A group for separated and unaccompanied asylum-seeking children and young people aged 11-25 to come together, meet other young people, explore language and culture, take part in creative activities, such as cooking, crafting and art and have fun! The group meet every Tuesdays 5-7pm in a City Centre location and is part of the RUBIC (Respect & Understanding; Building Inclusive Communities) project.	Free	Ellie.munday@chilypep.org.uk 0114 234 8846
Kooth	Online counselling support for 11-18 year olds in Sheffield.	Free	Register online: www.kooth.com
Door 43 (Youth Information Advice and Counselling Service)	Direct access to a range of emotional wellbeing and practical support for young people age 13-25 with a counselling offer and wellbeing café with activities and support open 5-7pm on Tuesdays	Free	(0114) 201 2774 Door43@sheffieldfutures.org.uk 43 Division Street open Monday – Friday 9am - 5pm and Saturday 9.30am - 12.30pm

📖 Resources

<https://www.nice.org.uk/guidance/ph28>

This guideline covers how organisations, professionals and carers can work together to deliver high quality care, stable placements and nurturing relationships.

<https://www.nice.org.uk/guidance/qs31>

This quality standard covers the health and wellbeing of looked-after children and young people (from birth to 18 years) and care leavers.

www.scie.org.uk/publications/guides/guide40/

This is NICE and SCIE's formal guidance on improving the physical and emotional health and wellbeing of looked-after children and young people.

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Local Offers and Provider (cont)

Provider	What they offer	Cost	Contact details
Sheffield Virtual School	<p>Every Child Looked After (from 2years to 18 years of age) will have a member of the Virtual school (VS) allocated to them, who will be responsible for ensuring the high attainment engagement and participation in education, employment or training. The VS advocate will work with education settings, social workers and carer providers to ensure the Child in Care has a Personal Education Plan (PEP) which is reviewed termly (3 times a year) and ensure that the Pupil Premium (PP+) funding for Children in Care is used appropriately and effectively, to raise educational standards and aspirations. The Virtual School will quality assure PEP's to ensure that they are of high quality and meet the needs of individual.</p> <p>The VS provides support and training to Designated Teachers, Social workers, and carers to empower and enable them to effectively undertake their roles as education champions for Children in Care.</p> <p>The Virtual school will work with other professionals to ensure that barriers to learning and engagement are eliminated.</p> <p>The Virtual School also commissions specific projects and initiatives which will raise educational engagement, attainment and progress. For further details please contact the Virtual School.</p> <p>This is a universal offer which is free to all Children in Care.</p>	Free	Contact Sheffield Virtual school on 0114 273 5584
Golddigger Trust	<p>Golddigger Trust is a Sheffield based Charity, offering a variety of wellbeing projects, both within the school environment, and extra-curricular activities within the community, for young people aged 11-19.</p> <p>Services include:</p> <p>1:1 Mentoring – Bespoke, flexible programmes of mentoring for students addressing specific needs identified. Minimum 6 sessions (usual course approx. 8-14 sessions).</p> <p>Students accessing Golddigger Trust services via school can also access additional free services outside of school hours, including drop in youth clubs, sexual health clinic, sports and music sessions and online support.</p>	<p>Cost varies based on service and available charitable funding, contact for most up to date costings.</p> <p>Community based services are free, accessed by community referral (MAST, CAMHS, Self-referral etc). There is no charge to young people.</p>	<p>0114 327 1191</p> <p>Golddigger Trust Centre For Young People, 10 Psalter Lane, Sheffield, S11 8YN</p> <p>info@golddiggertrust.co.uk</p> <p>www.golddiggertrust.co.uk</p>