

# MAKE YOURSELF HEARD!

## EAST LoTHIAN CHAMPIONS BOARD NEWSLETTER



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## HELLO!

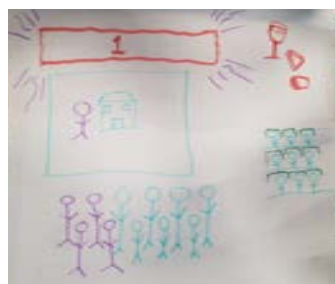
We are East Lothain Champions Board and this is our quarterly newsletter. Read on for a quick insite into what we have been doing in the first half of 2019. We have been VERY busy!

### SPECIAL SHOUTOUT TO:

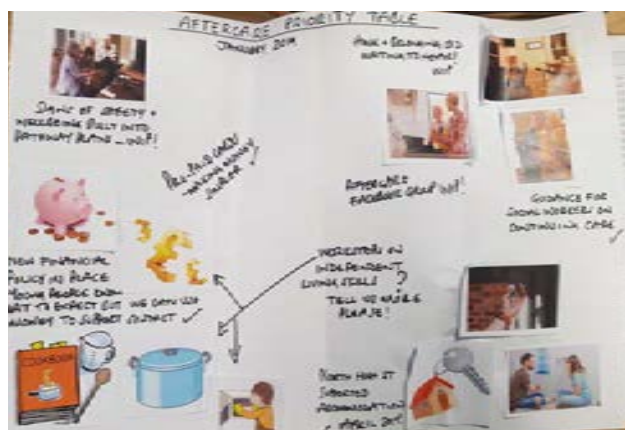
Graham Drysdale for his fantastic help in making our latest film on Mental Health, also a special shout out to our Ambassadors for their continued support. very well done to our Champions for being amazing as usual and to all the Columba Team for being brilliant.

## JANUARY PROGRESS UPDATE MEETING

Our progress update meeting went very well. We started the evening by playing the snowball ice breaker. This gave the champs and ambassadors time to build relationships. After the fun start to the evening, we broke in to groups of around 4. Ambassadors and young people were asked to draw their Champions Board highlight from 2018. They were also asked to come up with something they want to see happen or something they are excited about for 2019. Ambassadors were then asked to feed this back to the wider group without using the words, we were to guess what each thing was.



For the second half of the evening we heard from the guys at Columba 1400 who answered our questions about the upcoming residential week. Finally, to end the evening, we set up an ambassador world cafe. All ambassadors were asked to prepare a poster to showcase the progress they have made since the last session. This went down well and was an extremely visual way to present to the Champs. They seemed to enjoy this.





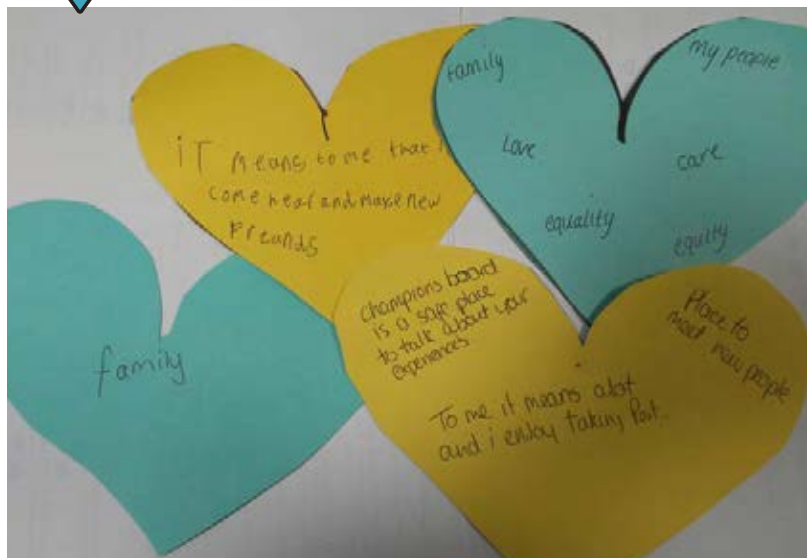
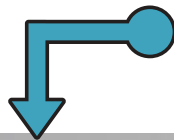
## Valentines Day Coffee Morning

The champions Board hosted a coffee morning. They invited young people who have been involved with the group, They also invited their carers and our Ambassadors.

The coffee morning was for everyone to make friendships and to bring everyone together. improving relationships.

The young people shared a bit about what champs means to them and why it is important to them.

## What the Champions Board means to me



## Care Day Celebrations

One Young People attended a Care Day event.

The first minister and the chair of the Care Review, Fiona Duncan was there to listen to care experienced people's experiences of stigma and answer questions from the audience.



## Carelidh 2019



To celebrate Care Day a group of us jumped on a bus and made our way to Glasgow for Who Cares? Scotland's Annual Carelidh. It was a great evening filled with fun and laughter.



Care Day 2019 marked 5 years since the Scottish Parliament listened to care experienced young people and introduced the Children and Young Peoples Act 2014, which raised the leaving care age to 21 years old.

**A massive welcome to Chloe and  
Congratulations on becoming the newest  
member of the team, our New Participation  
Assistant.**

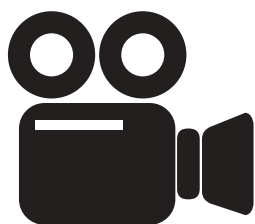


# CONGRATULATIONS





## Filming for our Mental Health Film



A massive well done and thanks to Graham Drysdale, for all his help and support while we produced our new mental health film



Well done to all our champions that helped make the film by either being in it or helping behind the scenes.

Everyone will be excited to hear that the film is now finished and live on YouTube under East Lothian Champions Board

Here is the link to our film - <https://www.youtube.com/watch?v=GK14jxhnjAM>  
or search on Youtube - East Lothian Champions Board and it will come up.

## At Champs we celebrated International Woman's Day 2019



At the champions board we celebrated international woman's day 2019 with a visit from a care experienced person who is now a fully qualified educational psychologist. She shared her story with us and some interesting things about her personal life like how she was a professional wrestler and has won awards through this. We were also joined by some of our Ambassadors as we felt they are inspirational independent woman. We then went round the room and shared who the inspirational woman in our life's were, we had answers like Malala Yousafzai and Michelle Obama.

## Chancellor talk with JJ Chambers

The Champs got invited along to a talk from The Chancellor of Napier University and JJ Chambers, an ex soldier. He shared his story about his life and being in the army and how that went for him, he continued to tell us about an incident in which he nearly lost his life. He was injured while he was deployed. He then shared about his life now. Afterword's we managed to have a chat with him.



## 1000 Voices

We had the people from the 1000 voices team along to speak with the champs and make sure their views were gathered. They done this in a fun way by getting the champs to draw around one another and one of the 1000 voices team asked questions about their experiences and the answers were written on the outline of the drawing. We then made paper aeroplanes and wrote inspirational messages on the inside. We all then gathered on the wall outside and had a race to see who's went the furthest ( Aaron Won the race) They brought out a colourful parachute and all the champs got very excited to play with it as most of them hadn't seen one since primary school. The aim was to keep the ball on top of the parachute while waving it up and down. It was way harder that what we thought. At the end they gave the champs 1 in 1000 voices badges.





# Individual Grants



Over the last three years, 61 care experienced young people applied for and received an individual grant from the East Lothian Champions Board. Most young people received a grant of £500

The grants were used to support young people progress an aspiration in their lives and help them progress education and employment opportunities. Young people used the grant to fund a range of activities with the most popular being driving lessons. Some young people used it to pay for courses and equipment to help them with their work

## One young person applied for the money to buy a Laptop and to decorate her house after it was flooded.

How this helped in their own words - The individual grants help me massively, it helped with mine and my sons living conditions. It also helped with my mental health. It has made me, and my son feel so settled and relaxed it is now a calm welcoming place to live. It has helped with my confidence I am no longer embarrassed to invite family and friends over and my son can now have friends in to play. It is a more peaceful environment. I was feeling depressed with the condition of my house after it was flooded with sewage water and if it wasn't for this grant I wouldn't have been able to improve this. I am very great full for this.

## One young person applied for Driving Lessons and money to book their Theory Test.

How this helped in their own words - Passing my driving test, a year ago with the help of the individual grants award has massively improved my life. I have gained a new freedom; the ability to travel to wherever I want whenever I want, without having to rely on other people or public transport. It has meant I have been able to commute long distances to sustain work - it made moving to a new city so much easier and has played a huge part in strengthening my relationships, as we now have the option to travel further to activities and outings. My confidence has grown and my full drivers licence makes my CV look more attractive to employers.

## Some of the other things that young people applied for are

Clothing  
Driving Lessons  
Musical instrumints  
Gym memberships  
Cameras  
A bike  
Books for Learning  
Courses to improve their skills  
Phones and credit  
Laptops

## Progress update meeting May 2019

Our progress update meeting was a very positive one. Beth and Toby found a report from a "Looked after Children" conference in East Lothian from 2008. At the back was a list of Pledges -

These seemed really familiar to us.....

So Toby spoke about how after 10 years only a few had changed. Toby said that we needed to do better with these new changed priority's so that we're not in the same situation in 10 years to come.



Well done to Toby, We are all very proud of you for the way you got up in front of everyone and took centre stage, you were so confident and handled yourself amazingly.



**We also celebrated Cery's 16th Birthday**



# Columba 1400

So after months of planning and a 7 hour coach journey we finally arrived on the Isle of Skye.

Our time away was very rewarding but we were also faced with lots of challenges and mixed emotions at times. But every challenge was over come with everyone's kindness and everyone supporting each other.

It was a pleasure to see everyone growing and developing in front of our eyes. Everyone was very open and honest with each other and this helped them grow closer as a group.

During our time away we all learnt a lot about our selves and each other, The time we spent away was great and everyone found it rewarding in their own ways. It was an amazing journey to go on together.



## What Columba meant to us.

Our journey on the way to Skye i slept most of the way, but i seen some great sights and had a good laugh, I realised i needed a break from my house and just life in general. Having that time away was very hard but amazing! I wouldn't change it for the world. Our overall trip to Columba was absolutely amazing it was a once in a lifetime experience. I'm glad i had the courage to go and do things i wouldn't normally do. It brought us closer as a group! I realised what i want in life and the steps i need to take to get the end result. Most of all don't let anyone dictate your life make your own decisions. Not everyone is going to appreciate you and love you but concentrate on who and what matters to you. I cant thank everyone enough for changing my life for the better and making me realise how important some people are in my life not taking them granted. Most of all believe in yourself don't doubt yourself! Don't give up!

**"IF YOU WANT SOMETHING YOU'VE NEVER HAD, YOU'VE GOT TO DO SOMETHING YOU'VE NEVER DONE"**

**By Amy**

I gained more confidence

Getting so close with everyone.



# CONGRATULATIONS LEAH

Massive congratulations to our participation assistant Leah on her young achiever of the year award. Leah was nominated for this award from Deborah Piner after all her incredible work with the housing department in East Lothian Council. Leah is an inspiration to young people and she is very loved by the whole of East Lothian Champions board. Leah continues to give her life to bettering the lives of care experienced young people and we are so glad to have her in East Lothian.



## 2019 YOUNG ACHIEVER OF THE YEAR



## We went to the cinema to watch Instant Family's

When Pete (Mark Wahlberg) and Ellie (Rose Byrne) decide to start a family, they stumble into the world of foster care adoption. They hope to take in one small child but when they meet three siblings, including a rebellious 15 year old girl (Isabela Moner), they find themselves speeding from zero to three kids overnight. Now, Pete and Ellie must hilariously try to learn the ropes of instant parenthood in the hopes of becoming a family. INSTANT FAMILY is inspired by the real events from the life of writer/director Sean Anders."

Who Cares? Scotland and Paramount Pictures have come together to bring Instant Family to Who Cares? Scotland's members and supporters.

Who Cares? Scotland's vision is a Lifetime of Equality, Respect and Love for Care Experienced people. In order to realise this vision, Who Cares? Scotland works to ensure Care Experienced people are listened to, that they are represented fairly in media and that wider society understands that they can be part of the solution.

We have teamed up with Paramount to promote Instant Family because we believe it is the most balanced, honest and accurate portrayal of Care Experienced people that Hollywood has ever made.



## For a fun treat we also went to see Toy Story 4



As a fun Treat for everyone's hard work we took a group of champs to the cinema to see Toy Story 4, followed by a McDonald's. Everyone had fun.

## We have also done some other sessions

Skills Development Scotland,

1000 Voices

Children's Rights Session

We met the new virtual Headteacher

Building youth resilience

We had a BBQ

Venture Trust

**And Lots More**

**Children's Hearing Centre Tranent  
has now got rid of the big table in  
the room.**

**Here is what it looks like now.....**



## Whats Next?

**Kiltwalk Edinburgh - Sunday 15th  
September**

**Saturday 19th October to Sunday 27th  
October Care Experienced week**

**The Love Rally - Saturday 19th  
October**

**Time to Shine Festival - Sunday 27th  
October**