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Authorised By	Sharon Saunders
Designation	Head of Children's Wellbeing
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CORPORATE PARENTING EAST LOTHIAN

Improvement to Excellence Corporate Parenting Event (28 November 2012), people from across the council and other agencies pledged they would make sure that they always remembered the needs of lookedafter children and young people when planning and delivering their services. And that they would be aspirational in their vision for looked-after children and young people in East Lothian.

INSIDE

Tam	Baillie	2

Facts and figs 2

In 5 conversation

About Craig 6

Outcomes 7

What next? | 10

And finally | 2

From improvement to excellence . . .

Feedback and actions from East Lothian's

Corporate Parenting Event

CONFERENCE REPORT

MARCH 2013

ELC Chief Executive Angela Leitch on what corporate

parenting really means ...

Angela Leitch talks about what's been happening in corporate parenting in East Lothian

We have been active in corporate parenting long before it acquired the name. Since the early 2000s, Education and Children's Services colleagues have worked together to improve the educational attainment of looked-after children, for example, by the introduction of named teachers with responsibility for the educational and pastoral care of lookedafter young people in their school. And our Looked-After Nurses have been supporting children and their carers to better physical and mental health for over ten years.

It's been five years since our last corporate parenting event, which gave us the basis of our first corporate parenting action plan, which we have been following through and developing as a partnership. Many of the 'I will' statements from that event have been realised.

- looked-after young people's views are actively sought,
- disseminated and acted upon



- we now have a Corporate Parenting Policy in place
- work to support lookedafter young people moving towards independence is well embedded; health needs are being better met, especially for those in foster and residential care

However, there is still much to be done. And, at this event I am asking that we widen our focus.

Traditionally, when we think

of looked-after young people, we think of those in foster and residential care. However, we are also corporate parents for young people who are looked after at home on supervision requirements from Children's Hearings and looked after in kinship care by friends and relatives when their own parents can't. And there are big differences between the outcomes for these children and those that are cared for by foster carers and by our residential staff. Their educational attainment is poorer, their health is poorer, and their prospects are poorer. So, I am asking that we put these children and young people at the forefront of all our thinking - as corporate parents, how do we make things more equal for them?

ow do we make sure that our looked-after children and young people, and care leavers, are able to have their say in all that we do?

How do we make sure that they are listened to and their views are acted on, wherever possible?

I hope you will take the time to read through this short report to find out more about our discussions at the event and our commitment to be good corporate parents to looked-after children and young people in East Lothian.

Conference bites ...

'I urge corporate parents to take more responsibility for providing looked-after children with opportunities for work.'

Tam Baillie

Looked-after young people and university (Scottish statistic)

go on to university, compared to 37% of all young people

1% of care leavers

Tam Baillie says . . .

After talking about children and young people's rights under the United Nation's Convention on the Rights of the Child, Scottish Commissioner for Children and Young People Tam Baillie looked at the forthcoming Children and Young People's Bill and some of its impacts. One of these may be to extend the Scottish Children and Young People's Commissioner role to investigation of complaints. Tam then turned to corporate parenting and called for corporate parents to provide more employment opportunities for young people leaving care.

He said:

'If you were the owner of a business and you had a child growing up you would find a place for employment for that child. And local authorities are most often the second biggest employers in the area after health boards so, therefore, there's a lot that local authorities could do as potential employers for children who are leaving care. Statistics show that 47 per cent of those who left care in 2007-08 were not in education, training or employment. In the current economic climate, as care leavers have to compete for jobs with their more qualified peers and experienced workers, that situation could worsen, I urge corporate parents to take more responsibility for providing looked-after children with opportunities for work

'I'm always slightly hesitant about legislating in case it

doesn't quite have the outcome that we're looking for but I do think there's an awful lot more we should be expecting of local authorities as part of that corporate parent role. So it's not just about accommodation; it's not just about support;, it's actually about real life chances for children, real opportunities in terms of employment. In fact, it would be an interesting question to ask local authorities, "How many children in your care are in your employment after



Some facts and figures

Sharon Saunders (Head of Children's Wellbeing) and Marion Wood, Service Manager, Children's Wellbeing

The conference heard about the outcomes for looked-after young people and how different they were from mainstream young people, for example, nationally:

- 12% of care leavers are reporting as homeless. (This figure is seen as an underestimate as there is a larger group of Care leavers who lose touch with services and are not included in this figure.)
- 45% of looked-after children will have a mental health issue (compared to I in 10 of all 5-16 year olds).
- 1% of care leavers go on to university (compared to 37% of all young people).
- More than 25% of the adult prison population were looked-after as children (compared to 2% of the general adult population.)
- 35% of looked-after children go onto a positive destination (compared to 86% of All 16-19 year olds).

Some more facts and figures



Sharon and Marion also looked at national statistics on mental health, exercise and diet, sexual health and other health issues

There is a higher incidence of smoking in residential care (23%) compared with foster care (7%) (Meltzer & Lader, 2005)

Mental health

Figures from the Office for National Statistics show almost half (45%) of looked-after children in Scotland aged between 5 and 17 experience mental illness, while 16% recorded emotional disorders such as anxiety and depression and one in ten are classed as hyperactive

"Reasons include the child's experience in terms of poor parenting, trauma, bereavement or serious illness, including mental health difficulties in one or both parents, and the impact on the child of the environment such as poor neighbourhoods, deprivation, social exclusion and poverty" (van Beinum, Martin and Bonnett in Scott and Ward)

There is no significance difference in the difficulties experienced in different placement types experienced in different placement types.

Exercise and diet

This is recognised as a key area for intervention in looked after children & young people (Scott & Hill, 2006)

"Inactive children are at risk of poorer self-esteem, higher anxietyand higher stress levels. They are also more likely to smoke and use alcohol and illegal drugs than active children are."

National statistics - sexual health

- Teenage pregnancy amongst looked-after children is greater than the general population (Department for Education and Skills, 2006a; Fraser, 2005)
- Looked-after children may be 50% more likely to have sex than their peers and 50% more likely to have ever been pregnant (Polit et al., 1989)
- Looked-after children receive less contraceptive advice than their peers and have less access to information on sexual health (Scott & Hill, 2006; Williams et al., 2001)
- 45% in foster care and 54% of young people in residential care want more information on family planning and sexual health respectively (Bundle et al., 2002)

National statistics - health

- 40% of looked- after children aged 11-15 are smokers (Meltzer & Lader, 2005)
- Levels of smoking, alcohol and drug use were higher among looked-after children in Scotland than in England (Meltzer et al 2003)



Since the turn of the millennium, there has been a growing concern about the attainment and general educational experience of looked-after children and young people (Maxwell et al 2006). Poor educational attendance may lead to:

- economic marginalisation in adulthood (Hilton, 2006)
- an increased likelihood of psychosocial difficulties such as alcoholism and substance misuse (Farrington, 1977).

access to a computer can be a real problem for lookedafter young people

Getting

East Lothian statistics

Total children looked after—204
Total looked after at home—53
Total looked after in foster care—99
Looked after formal kincare (friends/relatives) -26

Looked after residential—26 (number in residential care who are in secure accommodation) -2

(number in residential care who are in secure accommodation) -2

Number of children in East Lothian residential care units aged under-12

Non-looked after children (SEBN) placed in residential care-2

1

% of LAC accommodated away from home-73.9%

% of LAAC who have 3 or more placement moves - 23.5%

Children in private fostering arrangement

Children in informal kinship care - 26

Number of children on child protection register—71

Number who are also looked after-19

Children who appear on the child protection register who have been registered previously

Percentage of children on the child protection register for more than 6 months-42%

Number of young people in receipt of aftercare services-34

% receiving aftercare services with pathway coordinator-88%

% receiving aftercare services with pathway plan-79%

% of eligible care leavers who are offered an after care service-74%

% receiving aftercare services in employment or training-29%

Children receiving daycare-22

Education

The average tariff score for looked after children In Scotland who left school during 2009/10 was 67, compared to 372 for all school leavers. This comparison is influenced by the fact that around 90 per cent of looked after children who left school during 2009/10 were aged 16 years or under when they left school, compared to only 37 per cent of all school leavers

being of this age when leaving school. The average tariff scores for looked after children who left school during 2009/10 were highest (160) for children who were looked after by foster carers provided by the local authority during the entire school year, and lowest (32) for children who were looked after at home for the entire school year. In East Lothian, 2010/11, the percentage of LAC attaining at least one SCQF in any subject was 79% and the percentage of LAC attaining at least one SCQF level 3 in Maths or English was 55%. The national statistics, last published in 2009 showed a Scottish average of 62.5% and 41.5% respectively.

Young people's voices

Gemma and Danielle in conversation with Lorraine Moore

Lorraine: Hi Gemma, thanks for coming today and taking part. Can you tell me a wee bit about yourself and your care experience in East Lothian?

Gemma: My name is Gemma. I live in my own flat with my daughter. I was in foster care then residential - I was at Lothian Villa.

Lorraine: And how was your foster placement?

Gemma: I found it difficult to fit into family life and other people's routines, as you are an individual and have your own routines. It wasn't like this in the Villa, as you have your own routine but can fit in with other things going on in the unit as well.

Lorraine: What are your first memories of arriving at the Villa?

Gemma: Andy and Amanda were on shift and I came in, clenching a can of coke. I can remember comments from Andy about nails. I remember being moved without being told and not being allowed to go back to the foster carers for my stuff.

Lorraine: Did you feel safe in the Villa?

Gemma: Yes, always, because there was always someone here, locks on doors and naebody, NAEBODY, was getting in ... the night staff used to come and check on you and shine in a torch and ask you to turn your telly off.

Lorraine: Did you feel taken care of in the Villa?

Gemma: I was fed, even though we used to tell Mary her food was crap (only joking!) Lothian Villa staff are like my aunties and uncles. When I say to Leah Lorraine Moore, Who Cares? Scotland's Children's and Young People's Work in East Lothian, interviewed Gemma and Danielle about their experiences in foster care and residential care with East Lothian Council.

we are going to the Villa, I say we are going to Auntie Carly's house ... they are Leah's Aunties and Uncles too.

Lorraine: Were you treated as an individual?

Gemma: Yes, you always had a choice. If you wanted to join in group activities, you could. You also had 'key time', like going to the cinema and shopping. We had our routines, the rhythms of the unit, and I was able to choose how I took part in them.

Lorraine: Did you feel included?



Gemma: Yes, we had discussions about outings. There were trips, Andy's cheap Tuesdays and Max's Sunday adventures. I was included but I had a choice about what I wanted to do. There is the Villa -Pathway five-aside football on Mondays, which is basically for people who've left the units and want to keep involved. This is mainly for boys but Andy is looking at activities for girls, too.

Lorraine: What are your relationships like with staff now? Do they staff care about you?

Gemma: Aye, because if I didn't feel cared for I wouldn't go, it's as simple as that!

Lorraine: If you could give one message to other young people in care what would it

Gemma: Go to school and take the support you're given from staff.

Lorraine: Hi Danielle, thanks for coming today and taking part. Can you tell me a wee bit about yourself and your care experience in East Lothian?

Danielle: I am 16 and I was in foster care and now I am in residential at Pathway. I am working as a nursery assistant in the nursery that I went to as a child.

Lorraine: And how was your foster placement?

Danielle: I really liked my foster family but it broke down. I found it difficult to fit into family life and other people's lives

and then I moved to Pathway and have been there since March. I still keep in touch with my foster family, though, and go there for tea and stuff.

Lorraine: Are you treated as an individual?

Danielle: Yes, you have a choice to join in with stuff going on and staff support you to do the stuff that you want to do.

Lorraine: And do you feel that you can speak to staff in the unit about stuff?

Danielle: Yes, they are always there if you need it but I find it difficult to talk ... I am not very good at talking.

Lorraine: What do you do in your free time?

Danielle: I do my Irish Dancing four times a week and I do competitions and stuff with them. The Irish Dancing saved my life. If I didn't have that I don't know what I would have done.

Lorraine: And I hear you did a sponsored cycle recently? Can you tell me a bit about that?

Danielle: Aye, you were there! And so was Phil and other people from Pathway - loads of people came along to support me. They gave up their day off to do it. Once we'd done it, we had lunch back at Pathway.

Lorraine: If you could give one message to other young people in care what would it be?

Danielle: Get a hobby! It will change your life.

Conference bites

Gemma: Go to school and take the support you're given from staff.

Danielle: Get a hobby! It will change your life.

All about Craig



Craig is 15 and has some disabilities. He spoke to East Lothian Council Involvement Officer Lisa Shine about his life with his foster carers, share-the-carers, family and friends.

The Howies

On 11th November 2011, I moved to live with Frank and Elaine Howie in Prestonpans. They are my foster carers. They make me laugh. I like going out in the cars with Elaine and Frank. They have good cars!!! I really like going shopping in Asda.

Mum

I go to my mum's for dinner on Thursday night. I go to the Pennypitt after my Mum's. I play pool at the Pennypitt.

Gran and Grandad

I go to Gran and Grandad's on a Wednesday. I have also been staying at Gran and Grandad's every fifth weekend since I moved to the Howies'.

Kim's . . . Share the Care

I have been staying with Kim and John every third weekend. Kim and John's sons are called Stuart and Scott. Stuart lives in Glasgow. I have been to see him at his flat. Kim took me to the Museum on my last visit. I really like the food at Kim's.

Trusted Adult

Kirsten Baird is my Trusted Adult. I know Kirsten from Playscheme, Youth Club and Bankfoot. I picked her because she is a nice person. Kirsten has been to see me at Elaine and Frank's and has also taken me out for lunch.

Playscheme

I go to the playscheme in North Berwick for one week at Easter, three weeks in summer and one week in October.

Star Youth Club

I go to Star Youth Club in North Berwick every Tuesday evening.

Multisports

I have recently started going to Multisports on Monday nights. So far we have done basketball, badminton and football.

Are you getting young people involved in your decision-making?

The East Lothian Participation Strategy, which has been adopted by the East Lothian Community Planning Partnership, aims to:

- establish a shared vision for participation for children and young people in East Lothian
- develop a culture of participation that will help everyone understand what participation is and the importance of involving children and young people in decision-making processes
- ensure the rights of children and young people to participate are respected set out an action plan for the development of participation across East Lothian from 2011-2013
- ensure children and young people are able to participate in the planning, provision, delivery and evaluation of services to meet their own needs at all levels
- enhance the knowledge, understanding, skills and confidence of people engaging in participation work with children and young people
- strengthen links between services and schools in how children and young people can participate in decision-making.

Conference bites ...

I'd like to go to college to study maths and PE. I'd also like to learn how to manage my money better.

Craig Lyall



Outcomes from the event

The key purpose of the Corporate Parenting event was for people from all areas of the council and its partner organisations to think about their role as corporate parents and see how all of us can support looked-after children and young people into fulfilled and productive adulthood.

Theme groups

In the morning, delegates attended two information sessions, chosen from the following list:

- Education (0-18)
- Throughcare and Aftercare and Housing
- Listening to Young People
- Moving On (access to Further and Higher Education, Employment and Training)
- Healthy Minds, Healthy Bodies (Physical and Mental Health, Sport and Leisure).

In the afternoon session, each delegate was assigned to a specific problem-solving group, centred around one of the above themes. This was to ensure that each group contained a suitably wide range of disciplines and experience to encourage creative thinking. The groups were tasked with presenting three key action points, which have informed the action plans to help

Education theme group feedback

Priorities for education included developing further systems for inter-agency working around communicating early warnings about the progress and development of looked-after children, particularly in the early years. This might centre around strong three-way relationships between health visitor, social workers and school staff. This group was also keen to see:

- The setting up home-school link worker post/s
- The development of social skills courses for looked-after children in schools
- Greater involvement of parents and carers of looked-after children in education
- A more flexible curriculum.





Each group came up with a set of actions. You can find all of these in the Corporate Parenting Strategy 2013, together with information about how they will be resourced and delivered. Contact Children's Wellbeing for a copy—children&families@eastlothian.gov.uk



PAGE 8

My worker is always there for me, no matter what happens. They made me more confident in who I am and more able to ask for help when needed. Without TAC help I'd be in a state - physically and

Throughcare and aftercare and housing theme group feedback

The top priority for this group is to provide aftercare services for all young people who are looked after at home, looked after and accommodated and in kinship care. They felt that a tier model in a continuum of support would be useful. Work needed be done to scope the numbers of young people who may be potentially moving on and see how we can provide appropriate levels of aftercare support.

Work needs to be done to establish what young people are looking for. This would include types of support, accommodation and whether these were available in East Lothian or whether need to look at Third Sector to provide these services.

We also need think about different levels of need and other forms and models of involving others moving on from being looked after.

Conference bites

Guaranteed internships could make a real difference to the life chances of looked-after young people

Moving on theme group feedback

The Moving On Group focused on the need for corporate parents to support looked-after young people into adult life, and in particular, supporting them into further/higher education and training. A key element in this is finding more work experience and work placements.

The group felt that it would be good to look at ways of prioritising internships, particularly amongst corporate parenting partners, such as Health and East Lothian Council. The internships would be for six months around and would help looked-

after young people to get to grips with issues around employability and life experience. The group felt that there were opportunities to draw partners into the community benefits process. The group admired the ELVOS model around supported employment and the range of supports they provide to their service-users. They felt that this would be an excellent model to build on.

Their key priority is **guaranteed internships**, that is, guaranteeing that every looked-after young person aged 15 or over is offered and supported in an appropriate employment/training opportunity for a minimum of six months.

"In ten years' time, I'd like to be nursing in a hospital, be in a stable relationship with a girl, maybe thinking about marriage, owning my own house, maybe thinking about adopting. I would like to adopt a kid. I want to give them a better life than I had when I was a kid but obviously I have to deal with my issues first."

Healthy minds, healthy bodies theme group feedback

Amongst the Health Group's key priorities was the implementation of CEL16 (Action 15)* around LAC and requirement to have physical assessment and then following up with a mental health screening. The mental health assessments should be achieved by 2015. NHS Lothian are aiming for December 2013 but this might be a bit optimistic.

The group felt that some of outcomes are poor for looked-after children if health needs are not addressed early - they won't be successful learners and teenagers may also be force to access adult health services. There must be a multi-agency approach, led by Health. The review and follow up has major implications for other agencies and we will need to work in partnership to address these needs. Work has already started on this, for example, consultation on the assessment tool and how they link to other assessments and to wellbeing indicators. This also has implications for GIRFEC.

Listening to young people theme group feedback

The group fed back that there had been a lot of discussion and that there was a lot of work ongoing.

Their top priority was consistency – the need to ensure that in all schools/organisations within corporate body have commitments to a baseline for listening to young people. The group deliberately chose to listen to all young people as opposed to focusing solely on looked-after young people. This is partly because there are other youngsters who are also vulnerable. The group acknowledged that schools are working in very difficult circumstances and that this needs to be considered when looking at how to listen to everybody.

The only way that this will happen is if it is agreed across the council. The group reflected on the Lime Survey, which is administered to P6 and S2 and asks them to comment on around 30 statements about education and life experiences. One headteacher said that the survey happens because schools were told to administer it, and drew from this that schools would only respond to a request to establish a listening culture if they were told by the Chief Officers Group that this had to happen.

Finally, the group felt that if we are listening to young people and the ideas they have (for example, in recruitment and selection of staff), we have to be able to see it through. We need agree to include in our planning how we respond to what young people want to see happening. If not, we must be to tell them why what they have asked for cannot happen. To ensure this happens, it needs to be agreed from the outset by senior managers.

The group also prioritised the need for young people to be more involved in Community Planning and for a lot more work to be done to present a positive image of young people.



What are we going to do?

Discussion and closing remarks

This section of the report looks at the discussions at the end of the event, when each theme group reported back their priorities for action. It also contains closing remarks from East Lothian Council's Chief Executive Angela Leitch

Early warning systems for vulnerable children and young people at risk of becoming looked after

We need to put
in resources at
the early years
stage, in the pre
-school years, to
assist us in
identifying,

The council and its partners should sign up to interships - we should take on 45 young people a year

Angela Leitch

The Education Theme Group mentioned early warning and early years and systems. Sally Egan from the Health Theme Group mentioned the physical assessment that would be happening from April 2013. This would mean that all 27 month olds will get an assessment. It is not a not tool designed specifically for looked-after children, but uses an 'ages and stages' questionnaire that is sensitive enough to pick up all needs, or at least it should do. Health already have very good links with looked-after and accommodated children,

residential services etc.
There will be some who are initially missed (for example, those who develop needs) but they will be routed into services that appropriate. In terms of satisfying Getting it right for every child (GIRFEC), the vehicle will be the single plan.

The Chief Executive said that if we do manage to share information, the early warning initiative and prevention might enable us to do more and allocate resources more usefully.

Fraser Parkinson (Education Theme Group) added that there was a

need for early identification materials. We needed to put in resources at the early years stage, in the preschool years, to assist us in identifying, supporting and preventing. So we will need to have a comprehensive network to support early years. Sharing knowledge and information from the very start will mean a shift of resources. Shifting to early years will be challenge for us.

Commitment to internships

The Chief Executive said that internships were something she would subscribe to. They were something that the council and its partners should sign up to. She reflected that if we were a business, we would make sure that young people took part in our business. She committed

to working with elected members on how address this and make it a reality. It was something we all really needed to think about. We should commit to taking on 45 young people a year and make sure that it was a worthwhile experience. This was a good task for

the Community Partnership Forum to focus on and she promised to take some points from today and how they could be progressed.

All ELC corporate business plans to show how they support better outcomes for looked-after young people

The Chief Executive said that she was insistent about the benefits of a one-council approach in relation to corporate parenting.

Consequently, she would ensure that in the drafting of every

one of the council's business plans, managers would be asked for actions in relation to corporate parenting. She saw this as a specific requirement that she wanted to see. The result would be specific actions leading to better outcomes for looked-after children and young people. Paulo Vestri will be assigned the task of being principal adviser for this.



Sharing young people's views across the council and its partners

We need to share feedback from young people across the council and within our partnerships. The more we can act on, the better.

Paul Raffaelli remarked that the Lime Survey had recently been reported to the Education Committee and that the results were very interesting. He said that schools actioned feedback from the survey, but that the Survey might also be relevant to other partners and that it

should be available to other departments. The Lime Survey results are reported to Education Committee every year and are also reported to decision-makers and partners in Listen More, Assume Less twice a year, together with the views of looked-after young people, carers, young carers and other young people who access our services.

Paul thought that displaying the Lime Survey information by

cluster and across the county would give us a clear picture of where people are. Once we have this information, we need to act on it.

Listen more, assume less reports the views of children, young people, parents and carers. Twice and year—it is sent to service-users and decision—makers twice a year.



Work experience

The Chief Executive said that the real benefit of this event was the opportunity it presented for networking and raising the agenda for Corporate Parenting. The real question now was how we made other services aware. There are a lot of competing demands for resources but we have to

see how we can meet our targets while keeping the corporate parenting agenda to the fore. In her Moving On theme group, there had been discussion about how you included young people in the workforce when they were not as skilled as other members of staff on a team. How would

that team meet its
targets? This is important
but not insurmountable.
The commitment to
providing work placement/
work experience for
looked-after young people
is very important.

Integrated Children's

Services Plan

A lot of information used is as measures to show how well the Integrated Children's Services Plan is being delivered and we need to establish whether we are meeting all the targets that we set ourselves.

Sharing information

One of the keys to achieving better corporate parenting is sharing information. But, how do we share information? This is a huge issue in terms of data protection. However, the Chief Executive felt that we also sometimes hid behind this. It is about getting appropriate consents and then looking at how to share that information to promote the best outcomes for our looked-after young people.

Throughcare and aftercare

The Chief Executive was particularly concerned about what happens to looked-after young people after they leave care. The Welfare Reforms now coming through will have a big impact on this group of young people and we will have to think how to manage this. The circumstances are complex in East Lothian due to the lack of affordable housing. We need to sit down and think about how we can best handle this, for example, by involving housing associations.

And finally . . . Angela Leitch sums it up



'Among the key things is networking. I am very heartened to see how generally embedded the appreciation of corporate parenting is already and I would like to say a big thank you to all services for participating in today's event. I am going to take the discussions we have had here today back to the Council Management Team so that we can set Corporate Parenting as a priority in East Lothian.

'Earlier on today, we talked about learning plans for looked-after children and young people in school - as corporate parents is there more we can do here? I am going to discuss with headteachers how we can do this without breaching data protection.

'How can we all contribute to preventative measures and early intervention to address the particular issues that face looked-after children and young people. Is there more that we can do? Danielle talked about the importance of having a hobby - would that help other looked-after young people?

'With the GIRFEC group, the new Integrated Children's Services Plan, the new format for community planning and new health and wellbeing group, we are taking a much more 'task and finish' approach - we must take the needs of corporate parenting on board and drive some elements forward.

'We have our five action plans from today and this will help us in our one-council approach to corporate parenting. We will take a report on this Corporate Parenting event, together with the action plans (complete with timescales) to a meeting of the full council as soon as we can. Elements of this work need to be put on the community planning agenda too. We need monitor our progress with corporate parenting and not let it get out of sight. It is a fundamental part of the council's work.'



If you want to find out more about corporate parenting in East Lothian, Email us at children&families&easthlothian.gov.uk