

We Do Care –



Attendees

- WCR
- JH
- JJ
- SR
- OM
- ARH
- MM
- BPK

Care Ambassadors
Wednesday 28th January 5- 7pm
Agenda

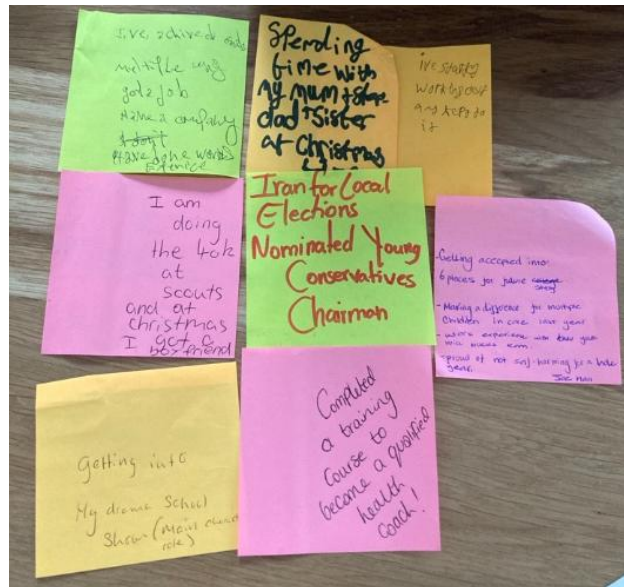
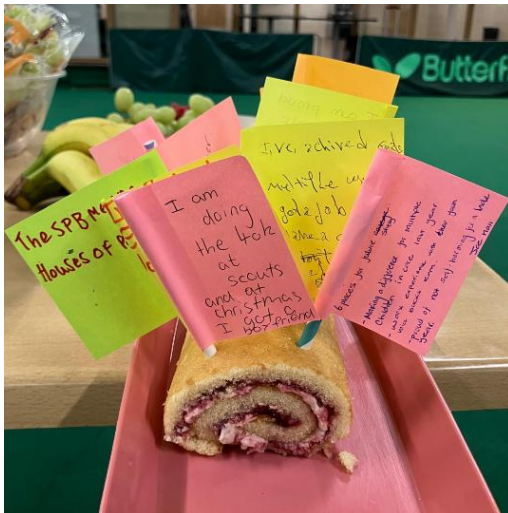
5:00 – 5:30pm	<ul style="list-style-type: none"> • Introductions & Welcomes • Check in 🍌🍌🍌🍌🍌🍌 • Group Promises – (Feel free to step out with a member of staff if you need a minute) • Updates from ambassadors – examples: Festive Period, Achievements, School, College
5:30 – 5:45pm	<p>Getting to know Kirstie & Kelly</p> <ul style="list-style-type: none"> • Tissue game: Take up to 4 tissues • 2 truths and a lie • One sentence challenge: What does it mean to you being a care ambassador? • Any questions for Kirstie
5:45 – 6:10pm	<p>Physical health</p> <ul style="list-style-type: none"> • Spilt into two groups, you have 1 minute to write down as many forms of physical activity/ exercise as you can. (The team with the most will win a prize.) • Group Discussion: Are many of these activities accessible for young people within the community? • We like to move it move it!

	<p>Option 1 – Mindful walking, Walk & Yap, Silent Walking</p> <p>Option 2 – Group Dance Circle</p> <ul style="list-style-type: none"> • Wellbeing & emotional health top tips: Can you think of 3 things that could help other young people calm their mind and support them with their wellbeing? Write them down on your tags 🍌
6:15pm-6:40pm	<p>BREAK: Food & Social Time</p> <p>Ideas for our half term social session</p> <ul style="list-style-type: none"> • Make your own wrap • Make Inuit kebabs
6:30pm-7:00pm	<p>Vaping & Emotional Health - Kelly</p> <ul style="list-style-type: none"> • Vaping bingo • Vaping/Smoking true or false • Discussion about vaping • Egg drop – Emotional health
7:00pm	Time to finish up - Thank you for attending.

Staff:
Angel – We Do Care Youth Worker
Kirstie – Youth Participation Manger
Kelly – Youth Worker (Vaping)
Nichola Gallagher – Head of Corporate Parenting

Welcome Activity

Positive achievements cake – Each young person was given a post stick notes to write down an achievement or something that they are proud of from the last year. We then went around in a circle and each young person shared with us what they were proud of, after they shared this we then stuck them into a cake, and in the break had a slice each.



Getting to know each other, tissue activity - The group passed around a box of tissues with the instructions to take between 1 or 4 sheets of pieces, once they had selected the amount, they then had to share that many facts about themselves.

Reflect on Care Ambassadors:

What does it mean to you being a care ambassador?

JH: Being somebody that looks after the welfare of young people in the care system and helping to make a better change for them.

OM: Spending time with others and having options to improve things for others.

WCR: Providing a youth advocacy service for young people who may have difficulties speaking up for themselves.

BPK: To speak out loud, to get things changed for children in care.

MM: Being outgoing, kind and showing your worth to other people.

SR: Representing the minority of children in care. Most of the children that look like me feel left out, so having the opportunity of being around the table to help others county wide.

JJ: I got my voice heard

ARH: Making other friends who are also in care makes me happy

Physical Health Section:

The theme of today's session was focused on Physical Health and Emotional Wellbeing with links to Vaping.

We split the group into two groups to see how many forms of physical activity and exercise they could name in one minute.

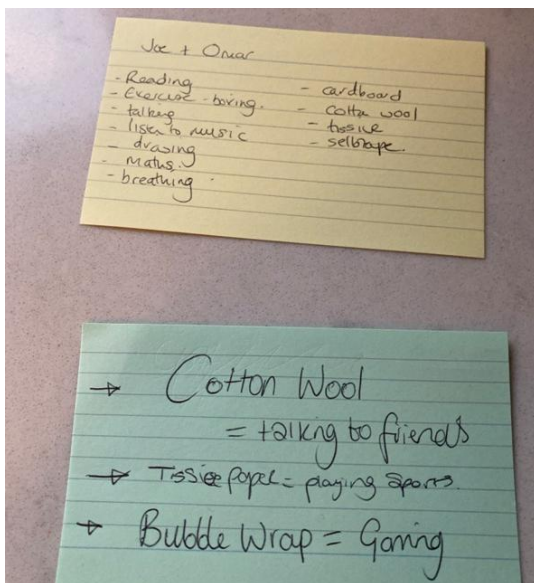
The group then voted between a walking activity or a dancing one, they chose to do the group dance.

We stood a circle and each took turns to perform a dance move, the next person had to copy their move and then add another one, by the end of going around the circle we had a dance routine that everyone joined in with.

Egg drop emotional health:



We split the group into groups. Each group was given an egg, they each had to use the materials to try and protect the egg from breaking when we dropped it at the end. Each layer of protection had to represent something that could support your emotional health and wellbeing, the aim is to avoid the egg from cracking due to being exposed to stress & pressure.



Group 3 said: Friends, Family, Music, Hobbies

Next session: February half term, social session.

Next meeting: March – Carry on Physical Health, Emotional Wellbeing & Vaping.

For any information about We Do Care or our sessions, please contact Angel Ranger-Burgess on the details below.

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