



Children in Wales Plant yng Nghymru

A super big THANK YOU! To all the young people so far who have contributed to our work.

The Getting More Involved in Social Care project has been working with care experienced young people across Wales for over a year now. We have developed some fantastic resources that are now available online.

The Welsh Government have funded us to work with care experienced young people to develop guides on health and well-being. We want more care experienced young people to be aware of their health rights and to have more of a say when decisions are being made.

The guides have been designed with young people, and for young people and can be downloaded easily on a phone or tablet or printed if you'd prefer. Our guides can also be used as training tools and by professionals who are working with children and young people who are care experienced. As they are online, we can easily update them as things change or if any new issues need to be added.

What have we done so far?

We have worked with care experienced young people from across Wales through working with our partner organisations in local authorities, health authorities and in the voluntary sector. We have delivered fun and interactive workshops on health and well-being and have asked young people key questions including:

- What are the key health and well-being issues for care experienced young people?
- What are some of the barriers to good health and well-being for care experienced young people?
- What needs to happen to change things for the better?

After listening to your views we have developed guides on topics including:

Children's Rights, Health and Well-being - this is our introductory guide. It provides lots of information about your rights as a young person in care, what

the law in Wales says and how to get an advocate if you need it. It also has details of lots of useful telephone numbers, websites and apps if you want more information, advice or support.

Well-being - this guide explores what well-being means, and information on how you can look after your own health.

Mental health - mental health was a big issue for the young people that we spoke to. This guide explores mental health issues, signs and symptoms and how to get support if you need it.

Healthy eating and exercise - this guide gives practical tips, information and offers steps forward to start to eat healthily and move a bit more.

You can check out the guides for yourself here

www.childreninwales.org.uk/resources/looked-after-children

What's happening next?

At the moment we are working with Voices from Care to develop a new guide for young people looking at sibling contact and its impact on health and well-being. We're also developing a guide on sexual health - watch this space for these guides coming soon!

Would you like to get involved with our health and well-being project in the future?

Do you have some thoughts or ideas about health and well-being and want to have a say? Please feel free to contact Emma on

Emma.Sullivan@childreninwales.org.uk or 02920 342434