

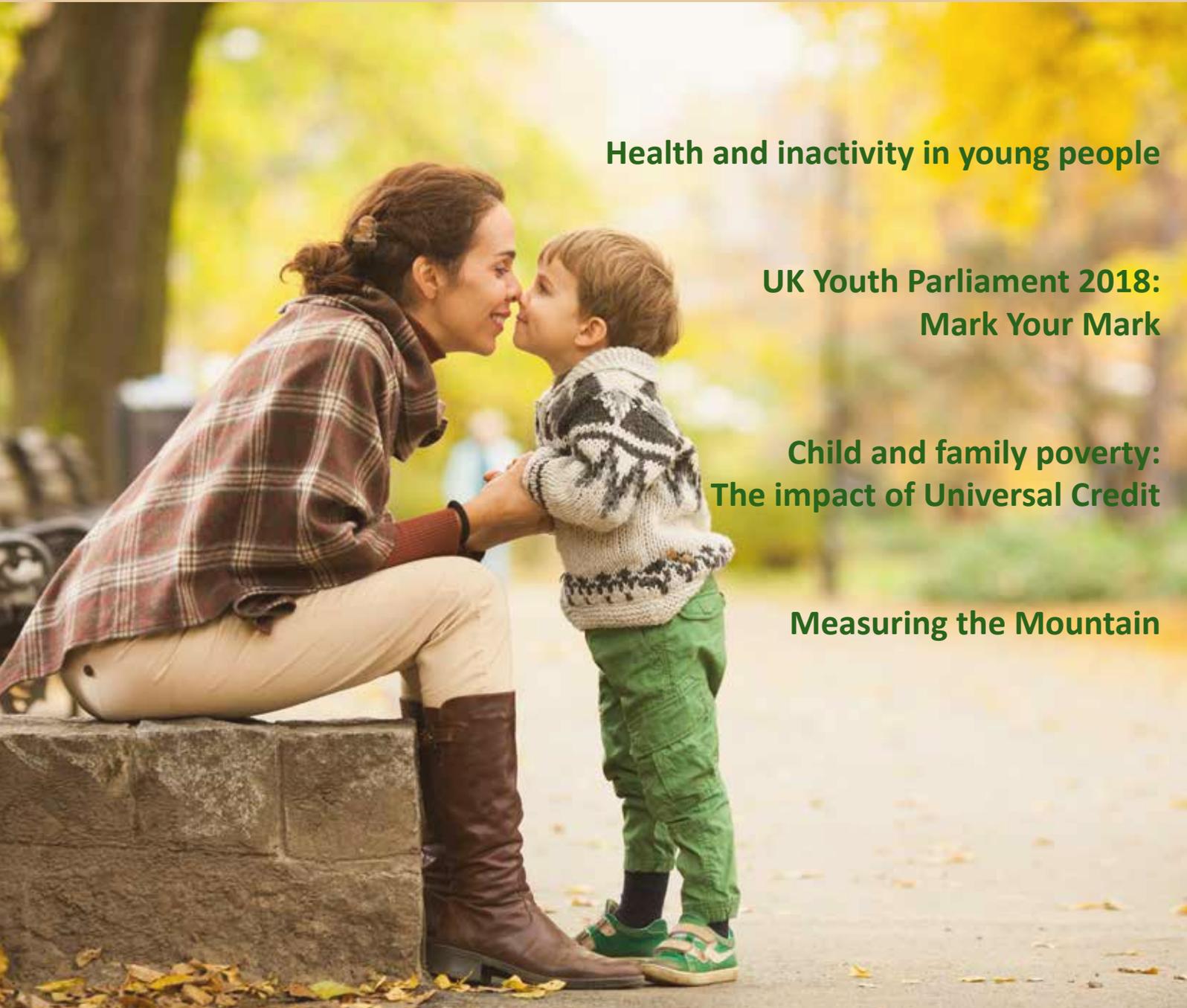


# Children in Wales Plant yng Nghymru

ISSUE 67 - Autumn 2018

[www.childreninwales.org.uk](http://www.childreninwales.org.uk)

## Speaking with one voice



**Health and inactivity in young people**

**UK Youth Parliament 2018:  
Mark Your Mark**

**Child and family poverty:  
The impact of Universal Credit**

**Measuring the Mountain**

### Also featuring:

- The Children's Future Food Inquiry
- Getting More Involved in Social Care
- National Participation Charter
- Brexit and children's rights
- PEN Award: Championing the public
- Talk Money Wales Week 2018
- Children's Commissioner for Wales
- Meic Cymru

## Welcome

Children in Wales is delighted that the Welsh Government has included ending the physical punishment of children in Wales in its legislative priorities for the year ahead. This legislation will be part of a package of measures that they hope will ensure that children have the best start in life, and that will also provide support to parents.

Children in Wales has long campaigned for children to have equal legal protection to adults by removing the defence of reasonable punishment. There are many positive parenting alternatives that are more effective at managing behaviour, whilst also protecting children's mental and physical health and development. Removing the defence of reasonable punishment in cases of child assault was a commitment of the Welsh Government for this Assembly term, and the announcement follows a consultation into the implementation of this change to the law.

Removing this defence makes it clear that punishing children in a physical way is not an appropriate method to manage their behaviour, and the overall aim is to change the culture and make it the norm in Welsh society.

In our response to this consultation, we agreed that the proposals would help to protect children's rights and said that it should be backed up with strong messages and information about positive parenting. It is really important that the new legislation is clear and unambiguous and the emphasis should be on changing attitudes and improving parenting methods.

The Welsh Government has also recently published research about the attitudes of parents and guardians in managing children's behaviour. The research showed that 11% of partners had smacked their children in the last six months, compared with 22% in 2015. The number of parents who disagreed that it is sometimes necessary to smack children increased from 71% to 81%.



It is encouraging to see that more and more parents and guardians who currently have young children are re-thinking using physical punishment.

The Welsh Government's legislative priorities also include other important measures for children and young people's rights, including lowering the voting age to 16 for local elections. This will give young people a voice in the future of their own areas. Never has it been more important as Brexit approaches and for the young to have a say in what sort of country they wish to live in.

Votes at 16 would mean that 14 year olds will need to be informed about what voting means and this, in turn, should be helpful in providing stronger active citizenship. We hope that the new legislative priorities will improve the health and well-being of children and young people. We will continue to work towards a Wales where all children are listened to and have their rights and voices respected.

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## UK Youth Parliament Annual Conference

Mandy Davies, Children in Wales

This year saw five Welsh Members of Youth Parliament (MYPs) attend the UK Youth Parliament (UKYP) Annual Conference.

UK Youth Parliament provides opportunities for 11-18 year olds to use their elected voice to bring about social change through representation and campaigning. The annual conference brings together MYPs to debate motions to decide which issues would end up on the Make Your Mark ballot for the House of Commons debate in November 2018.

Aaliyah Coaker (MYP for Pembroke), Connor Clarke (MYP for Cardiff), Dylan Lewis-Rowlands (MYP for Rhondda Cynon Taf), Thomas Vaughan Jones (MYP for Carmarthen) and Victor Ciuca (MYP for Cardiff) represented Wales over a weekend residential in Nottingham University.



As in previous years, there was a motivational speech from The Right Honourable John Bercow MP, Speaker of the House of Commons, to start the weekend off.

Over the course of the weekend the MYPs got to hear and debate on 54 different motions, ranging from environmental issues through to LGBTQ+ rights. The MYPs then voted on issues that go through after the weekend, and these votes then inform the 10 issues for the Make Your Mark ballot in August.

Connor and Victor both took the stage to present a motion. Connor brought forward a motion on protecting our environment, which focussed on opposing fracking and using carbon-neutral alternatives. Victor brought forward a motion on welcoming refugees, which focused on creating the best start in life while promoting



integration, safety and growth for all children and young people. Both of their motions went through with a large majority.

During the weekend, Dylan was also filmed by a Welsh TV company who were following his journey as an MYP. The program is set to air in the autumn!

Some of the comments from the weekend included:

*"Less motions – combine similar ones"*

*"Less time on non-debatable issues and give more time to controversial ones"*

*"Saturday morning for prep was good"*

*"More Welsh MYP's!!"*

*"More free time to get to know people from other regions"*

It was felt that being part of this weekend is imperative to the whole UKYP process, meeting and working with MYPs from all regions, and preparing for coming together for the House of Commons sitting in November.

If you'd like to know more about the UK Youth Parliament, please visit [www.ukyouthparliament.org.uk](http://www.ukyouthparliament.org.uk) or for more information about Young Wales' work please email [young.wales@childreninwales.org.uk](mailto:young.wales@childreninwales.org.uk).



## UK Youth Parliament: Make Your Mark 2018

Chris Richards, Children in Wales

The Make Your Mark ballot for the UK Youth Parliament's annual debate has been launched for 2018. Young Wales facilitated the launch of Make Your Mark in Wales, on behalf of the British Youth Council.

Make Your Mark is the largest consultation of young people in Europe. It gives young people aged 11-18 across the UK the chance to get involved on issues that matter to them and have their voices heard. The ballot is vital to the process as it helps to decide what Members of the UK Youth Parliament should debate and vote on to be their campaign for 2019.

The Make Your Mark ballot was launched on 22 August 2018. In Wales, we held an event in Cardiff to kick-start the ballot, where young Members of the UK Youth Parliament and representatives of youth forums from across Wales came together.

The young people took part in group discussions and training including an introduction to the UK Youth Parliament annual debate, looking at what makes a good speaker, and discussing their views on important topics including children's rights, climate change and Brexit.

Members of Youth Parliament aged 11-18 take part in an annual debate in the House of Commons chamber, chaired by the Speaker of the House of Commons. They debate five issues chosen by the Make Your Mark ballot of young people from across the UK, and then vote to decide which



two issues should become the UK Youth Parliament's priority campaigns for the year ahead.

Ballot papers for Make Your Mark are issued through schools, colleges, and youth groups, along with partner organisations. Last year, around 50,000 ballot papers were distributed and the aim is to get even more young people involved this year!

For more information about the Make Your Mark ballot, please visit <http://www.ukyouthparliament.org.uk/makeyourmark/>.

### How will Brexit impact on the future of young people in Wales?

Come and put your questions to a panel of experts at:

### Brexit Question Time

With Huw Irranca-Davies AM, Minister for Children, Older People & Social Care  
Chair: James Williams BBC Cymru Wales Brexit Correspondent

Wednesday 24th October 2018  
5.15pm (registration) – 7.30pm Senedd, Cardiff Bay

Open to young people aged 10 – 20  
For further details including how to register contact: Andrea 029 2034 2434  
or email: [andrea.storer@childreninwales.org.uk](mailto:andrea.storer@childreninwales.org.uk)

Questions will need to be submitted in advance (in order to group similar ones together and ensure as broad a range of questions as possible).

## Work on Annual Quality Statement wins national award

Chris Richards, Children in Wales



Children in Wales with Public Health Wales have won the Championing the Public category at this year's Patient Experience Network National Awards (PENNA).

PENNA is the first and only awards programme to recognise best practice in the experience of care across health and social care in the UK.

The award was given to Children in Wales and Public Health Wales following our work creating the young person's version of Public Health Wales' Annual Quality Statement.

Young Wales worked with Public Health Wales to support a group of young people aged 13-22 years old to attend a two day residential event in Cardiff.

The residential presented an opportunity for an all Wales group of young people to highlight key public health issues, receive communication training, write stories for the Young Person's Annual Quality Statement and work with designers to shape the way the document looks.

Over the two days, the young people shared their views and supported work on developing the Public Health Wales website, the new 10 year strategy and the Public Health Wales well-being objectives.

The young people also produced a Young Person's

Annual Quality Statement to highlight work of Public Health Wales undertaken during 2016/17 which was of importance to young people. The group felt the document should be written and designed by young people with support from Public Health Wales.

The group focused on key areas of interest and having undertaken communication training wrote the articles. They also worked with the designers to produce the final Young Person's Annual Quality Statement.

This group also went on to support and plan the Public Health Youth Summit which was held in November 2017.

Since last year, work has continued on the development of the next Annual Quality Statement following the success of last year. The steering group, which consists of young people representative of Wales, has made the following recommendations to the Public Health Wales Board:

- Young people should continue to feed into the development of the Annual Quality Statement;
- That an Annual National Youth Health Summit in Wales be factored into the PHW Calendar of events, supported by young people
- PHW agree to support the sustainability of the agenda.

We're delighted that this work has been recognised with the award, and we look forward to continuing to ensure that young people's voices are heard in the areas of public health.

For more information, please contact [chris.richards@childreninwales.org.uk](mailto:chris.richards@childreninwales.org.uk).



## Youth Work Awards

Mandy Davies, Children in Wales

Young Wales was recently invited by Welsh Government to judge a category for the Youth Work Excellence Awards. The Awards acknowledge the best youth workers and youth work projects in Wales. The Awards took place on 29th June 2018, and the category that Young Wales judged was called 'Making a Difference'

Their final decision was to award it to Rachel Wright from Caerphilly Borough Council. The comments to accompany their decision were:

- *"Rachel's work appears to make a difference to the whole community."*
- *"Her Youth Work is going to continually influence the young people more and likely to stay with them forever."*
- *"Her work will have a positive effect for the young people socially and personally."*

For judging the category the group were invited to the awards evening that was held in the Principality Stadium in Cardiff. Emilia from the group introduced the category and presented the award on stage. This was the first time Emilia has done anything like this and she did a great job!

The group said they felt judging the award was a great opportunity for them and being able to attend the evening was a great experience. They would welcome being a part of this again.

For more information about best practice in youth work, please visit the Welsh Government website at <https://bit.ly/2CmjSK7>. If you'd like to know more about this event, please email us at [young.wales@childreninwales.org.uk](mailto:young.wales@childreninwales.org.uk).



## Powys signs up to the Participation Charter for children and young people

Chris Richards, Children in Wales

Powys County Council has signed up to the National Participation Charter, committing to adopting a children's based approach to their work in the future.

The National Participation Charter, developed by Young Wales on behalf of Welsh Government is a statement of intent that the partnership organisations are working in line with the Children and Young People's National Participation Standards.

The charter is underpinned by the three pillars of the United Nations Convention on the Rights of the Child (UNCRC) – Protection, Provision and Participation.

The Charter can be used by organisations and services to illustrate their commitment to the Participation Standards. There are seven standards, which identify the key issues that all workers should be aware of when working with children and young people in Wales.

Powys Council signed up to the charter on 26 June, at the 'Have Your Say Day' held at Gregynog Hall near Newtown.

Over 80 primary school children attend the event to learn about and share their views on health, the environment and how to stay safe.

The Council Cabinet then took the opportunity to sign the charter, alongside young people and partners, including Powys Teaching Health Board.

Powys County Council's Cabinet member for Young People and Culture, Councillor Rachel Powell, said:

*"The Charter is part of our determination to adopt a children's rights based approach across all of our work. It was a pleasure to meet with young people at the Have Your Say Day, we need to be creative on how we involve young people and value their views to help us shape future services."*

If you'd like to find out more about the Participation Standards or the Charter, please email [young.wales@childreninwales.org.uk](mailto:young.wales@childreninwales.org.uk) or visit <https://bit.ly/2CqRreh>.

## Young people's views on Brexit

Lynne Hill, Children in Wales



Welsh Government commissioned Children in Wales to undertake research to identify children and young people's views on Brexit in Spring 2018.

The information was gathered through workshops in schools, with youth clubs and youth forums, and at events such as the Urdd Eisteddfod and Pride. Online and Instagram surveys were also used to gather information. Children and young people have been very keen to engage and have expressed their opinions on a wide variety of issues and topics from human rights to the changing colour of British passports.

Our work has identified that young people get their information on Brexit from a wide range of sources, including parents and family members, television, particularly news programmes and a variety of social media sites. *"Hear it everywhere especially on social media sites."* While school was a source of information for some, for others it was not. *"Never heard of it in school only discussed between those who are interested in it and understand it."*

Children and young people were asked if there was somewhere you could go to get information on Brexit that was easy to understand would you use it?

90% of those responding said NO, while 10% said YES. One young person commented: *"I want to know the basics and I can ignore everything else in the media."*

Despite the result above many of the young people we have engaged with want to know more about Brexit, as they feel there is limited information available to them.

- *"It's not mentioned in schools where it should be as its part of our everyday lives."*
- *"If we are informed we would understand and could make informed decisions."*

- *"Should be discussed it's our future"*
- *"Welsh Bac would be a good place to learn about it."*
- 

While young people did not feel they were involved with politics – *"Party politics confuses me they make empty promises"* most of the young people we engaged with thought that young people should be engaged with politics felt that they should be learning about this as part of the school curriculum.

*"As 16 year olds are allowed to vote now we should start learning about politics at 14 so we have two years to learn what we should be voting for and create our own view so we can prepared for elections and make decisions ourselves."*

Young people were very clear that Brexit would affect them, and saw it impacting on their future, their careers and their everyday life. The range of examples identified by young people included the environment, their community, community cohesion and safety, their ability to travel, education, human rights, trade, health and wellbeing, food and farming, employment opportunities, services and facilities, and votes at 16 in all elections.

Finally young people were very aware of the impact of losing EU funding.

- *"EU funding lost for International youth week."*
- *"Very important funding will be cut – Erasmus+ gone."*
- *"ESF funded projects lost"*

For more information about this work, please email [young.wales@childreninwales.org.uk](mailto:young.wales@childreninwales.org.uk).



## Children in Wales Annual Round Table Conference The Whole Child: The importance of getting it right

*3 October 2018, Mercure Holland House Hotel, Cardiff*

Children can experience uncertainties, adversity, poverty and trauma. The ability to adapt well, cope better and thrive despite these challenges is a crucial aspect of their lives.

The Children in Wales Annual Round Table Conference will provide opportunities to consider current research and practice that takes a 'whole child' approach to improving resilience in childhood.

The Children in Wales Annual Conference is supported by NCPHWR.

Children in Wales is pleased to announce that Huw Irranca-Davies AM, Minister for Children, Older People and Social Care will be speaking at the conference.

### **Who should attend?**

Professionals working with children and their families and those with a policy lead or interest in childhood resilience and wellbeing. The conference will be relevant to all sectors involved with children and families, including the third sector and the statutory sector.

For more information, please visit <http://www.childreninwales.org.uk/events>.



## Getting more involved in Social Care

Danni Richards, Children in Wales

The Getting more involved in Social Care project has been working with young disabled people to make a toolkit to support young people in getting their voices heard. The work is coming along well and is well on its way to be being made. The interactive App has lots of tools to help disabled children and young people navigate through social care, understand their rights and access tools to help children and young people have their voices heard during their social care assessments.

During the summer, we've been busy working with Volunteering matters and the S.A.F.E. (Sexual Awareness project for everyone) project. The project is a group of young disabled people who come together in Torfaen to talk about and raise awareness of sexual health, exploitation and relationships among their peers.

Children in Wales has worked with the S.A.F.E. project to make videos on healthy relationships, being safe online, and consent, sexting and abuse.

We would like to give special thanks to all the young people involved and to Josh from the Cando Project who volunteered his time to come out and film the S.A.F.E project and then edit and make the videos.

Coming up we will have a training package to roll out to young disabled people which will pilot some of the toolkit and its resources and obtain some feedback from young people. Furthermore, it will enable young disabled people to learn about their rights, participation and decision making. We will also be working with social care workers to show them the resources young people have made which can be used in social care assessments and remove barriers to young disabled people's participation.

For more information about this work, please contact [danni.richards@childreninwales.org.uk](mailto:danni.richards@childreninwales.org.uk).

## Don't call me special!

Joshua Reeves, Disability Rights campaigner

***Josh is studying media and has been putting his skills into practice with the Getting more Involved in Social Care project! He told us a little bit more about his aim of portraying disabled young people in a positive way. You can visit Josh's YouTube channel at <https://bit.ly/2MmqpEB>.***

I am Joshua, a Disability Rights campaigner and a content creator from Cardiff. In 2014 I launched a campaign 'Don't Call Me Special' because I want to make the world equal. I go to primary and comprehension schools and talk to children and young adults to explain that people like me who have a disability can do stuff like everyone else. It doesn't matter if we have a disability; we just do it in a different way.

My main hobby is Cosplaying, Since 2012 I have started one of my biggest passions in life Cosplaying. I've been across England and Wales to different Comic and Game conventions. Dressing up as characters such as Obi-Wan (Star Wars), Wolverine and Iron Man. Since May the 4th (Star Wars day) I have been more addicted to cosplaying as I have met many more cosplayers like me and are now my best friends.

One of my favourite things about cosplaying is being my favourite characters from comic books and movies and not getting judged for it. It's a great community and I love it, it's a fantastic way to escape from reality.

I attend Cardiff and Vale college to study Media. The reason why I study media is to have knowledge to make films, short clips and YouTube videos on Disability news and awareness.

My biggest interest is campaigning on disability rights around the world. I don't consider it as a job because I love changing people's perspectives on disability, besides campaigning I love to watch movies and binge-watch TV shows on Netflix, playing video games and reading comic books and novels.

I am a CanDoer for Leonard Cheshire, I think the Can Do project is great. It involves bringing young adults together to socialise and to discuss issues around inclusion for people with disabilities and campaigning events. I think this gives us a great opportunity to grow and to build up our CV's

I really enjoyed collaborating with Children In Wales and Volunteering Matters to create a short film clips on being safe and relationships, from this I learnt a lot of editing skills in post-production, this really pushed me to create more content in the future.

I love directing and editing videos and sharing my content on social media platforms, opening the public eye that people with disabilities can do and achieve anything.

## The Participation Trainers Group

Kyle Edridge, Participation Trainer's Group

***Kyle Edridge has worked with the Getting More Involved in Social Care Project over the last year. He told us about his involvement.***



I first got involved in the the Participation Trainers Group with Children in Wales in November 2017, where myself and others got together forming a Participation Trainers Group. I got involved with the group after Danni Richards, Development Worker at Children in Wales, led a workshop for the Building Bridges Project, and asked whether I would be interested in applying for the role of training other young people on participation and having their voices heard.

The Building Bridges Project is a Project specifically designed for disabled children and young people in the County of Monmouthshire and has about 185 members attributed to it across various needs and ages overall. It is a part of the Bridges Centre headquartered Monmouth.

I also attend the Blaenau Gwent Learning Zone as part of Coleg Gwent in Ebbw Vale and have just finished Dip L3 Ext Business Y1 (90 Credit) and have done half of my Welsh Baccalaureate as a whole.

My hobbies and interests are reading books, the Internet, magazines, etc. Also, as being a born again Christian, I am always enthusiastic/interested in helping other people.

Furthermore, I enjoy walking, taking part in physical challenges and socialising with everyone. I recently have taken up knitting, so I am very open and determined to learn new things as a whole.

My ambitions primarily are to finish my second year of College doing Dip L3 Ext Business Y2 and the second half of my Welsh Baccalaureate, also heightening my GCSE Mathematics and GCSE English Language grades up to a B instead of a C as a whole. If that is achieved first then I would like to study BSc Business Management (& Pathways) in University of South Wales in the City of Newport overall. Those are my ambitions for the time being, as to not get too congested with things to think about in regards to the future overall.

The reasons of why I wanted to be a Participation Trainer, is that I wanted to get involved in an organisation that covers a large geographical area of my liking to be involved with in terms of work, as I always have an eye for progression and expansion, networking and working wise.

I hope to share with other young disabled people, as well as disabled children, all of the things that I have learnt in being part of the Participation Trainers Group and finally, all of my experience, and energy when training them on the subjects that I am going to train them on, to get their voices heard on and also educating them on their rights and participation on those specific subjects overall and all of these things will be done to the best of my ability. I feel very positive indeed about receiving an accreditation, due to the fact that it will make my dreams of working in new different areas and networking with new people and different people a reality.



## Child and family poverty in Wales

Cheryl Martin, Children in Wales



Children in Wales has now published the results from our latest survey on child and family poverty in Wales.

This follows our 2014 report, *Child and family poverty in Wales: A snapshot of key issues raised by families and the follow-up surveys and reports in 2015 and 2016*.

The original report detailed the main issues facing families in Wales, and the latest survey, which ran between February and mid-April 2018, looked at how family poverty has changed over the last year.

In the current survey a total of 114 individuals accessed the questionnaires between February and April 2018. For the first time this year, this also included a survey for children and young people.

Our report details the different areas that were highlighted in the survey, including housing barriers, childcare, loss of services, digital inclusion and rural poverty. It also includes good practice examples and recommendations for what the Welsh Government local authorities should do to reduce poverty and mitigate its effects.

This year, the top five issues identified by respondents were:

- Impact of benefit changes
- Low wages
- Food poverty
- Insecure employment/income
- Debt

48% of respondents said that the situation has got worse over the past year with a further 4% saying it was probably worse, and 20% say there had been no change. No-one thought things had got any better.

Some of the particular issues identified in our survey were a lack of essential items like clothes, beds, and washing machines, social poverty (such as not being able to participate in activities), use of foodbanks, low self-esteem and aspirations, and the impact on physical and mental health.

Following this survey, it is clear that in-work poverty and the benefits system are increasing difficulties for low-income families.

You can download the full report from our website at <http://www.childreninwales.org.uk/resources/poverty/>. For more information about this work, please contact [cheryl.martin@childreninwales.org.uk](mailto:cheryl.martin@childreninwales.org.uk).

## The impact of Universal Credit on those living on low incomes

Cheryl Martin, Children in Wales



Universal Credit was first introduced in the UK in 2013, as a means tested benefit for people on low incomes. It was designed to simplify the welfare system, bringing together 6 different benefits into one; Job Seekers Allowance, Employment and Support Allowance, Income Support, Working Tax Credit, Child Tax Credit and Housing Benefit.

It is being rolled out across Wales at the moment for new claimants only, which is due to be completed by the end of 2018. The second phase of the roll out will be to claimants of existing benefits, which will start in July 2019 and carry on until the end of March 2023. By the time the roll out is complete, it is estimated that there will be 440,000 households claiming Universal Credit in Wales.

However, various reports by different agencies have sounded alarm bells. There have already been numerous changes and delays in implementing the programme. Many claimants have struggled to adjust to the changes, particularly those who are more vulnerable; where the 'full service' model has been rolled, this entails claimants making and managing their claims completely on line. A report by the National Audit Office revealed that the Department of Work and Pensions (DWP) had not identified or measured how many UC claimants were having difficulties. Some libraries have struggled with demand for computers from those who need to maintain their claims to avoid sanctions. The report also highlighted that 4 in 10 claimants had suffered financial hardship or difficulties

Various agencies reported the following difficulties had been experienced by people who came to them for help:

- 1 in 5 people were waiting more than 6 week to receive any income
- 30% of people have made 10 or more calls to the helpline to sort out their claim
- All claimants for UC have to complete their claim over the phone; this cost 55p per minute until November 2017, when they changed the calls to 0800 numbers
- Many claimants were not made aware that they could get an advance payment to help with the initial waiting period
- Over half of people they saw have had to borrow money or use a food bank whilst waiting for their first payment
- Citizen's Advice Cymru believe that Universal Credit will be the number one issue for people who seek their help in 2018/19

People who responded to Children in Wales Child and Family Poverty Survey cited Universal Credit as being one of the top concerns for those working with families living on low incomes. Issues included people getting into debt, using food banks, having difficulties with online claiming and with those on zero hours contracts.

Between July and September the Welsh Government ran a consultation on Universal Credit and eligibility for free school meals. Under the current rules, all families in Wales with school age children in receipt of UC, would be eligible for free school meals. They have therefore proposed to limit the number of eligible children by the introduction of a net earnings threshold of £7,400 per annum to determine eligibility for free school meals under Universal Credit.

For more information, please contact [cheryl.martin@childreninwales.org.uk](mailto:cheryl.martin@childreninwales.org.uk)



## The Children's Future Food Inquiry

Sean O'Neill, Children in Wales



### What is the Inquiry?

What children in Britain eat is a major cause for concern. An estimated 4.1 million children are living in poverty in the UK, but we know almost nothing about how many of these children experience food insecurity (the inability to acquire or consume an adequate quality or sufficient quantity of food in socially acceptable ways, or the uncertainty that one will be able to do so). We don't currently know how it impacts children's lives, or what we could be doing to improve their access to food. At the same time children are suffering from record levels of obesity and it is worse in the poorest parts of the country.

The Children's Future Food Inquiry was initiated to hear directly from children, young people and those who live and work with them about children's experiences of food and how it affects their lives. The Inquiry will particularly focus on children who are disadvantaged, and will investigate this challenge in England, Scotland, Wales and Northern Ireland; and is spearheaded by a cross-party parliamentary group.

### Can you help us?

The priority for the Inquiry committee and stakeholders over the next few months is to help drive submissions to the evidence portal, <https://bit.ly/2zBbpkN>.

The portal has been built by Leeds Beckett University, has undergone an ethics approval and was piloted in schools at the end of June 2018. If English isn't your first language and you would like the portal questions asked in another language please contact us directly.

We'd like to hear from anyone who has experiences, evidence or real-life case studies which they would like to share with the Inquiry committee. Submissions may come from children, teachers, healthcare professionals, parents, older siblings, carers or anyone at all who has known or observed children who don't have easy access to nutritious diets. There will be a series of questions to help guide submissions, and participants will be free to submit short films, photographs, personal stories, reports and data. These will be collated to form key evidence for the Inquiry committee to review.

We're looking to work with any individuals or organisations who might be able to spread the word about the portal and encourage submissions. If you'd like to support the Inquiry and have networks across which you could disseminate the portal (via newsletters, bulletins, websites, social media or by any other means) we'd be hugely grateful. Ideally, these stakeholders will play central and fully credited roles in what will be a highly collaborative process. There will be numerous opportunities to help direct the national Inquiry beyond the portal stage, including shaping the event which will launch the Inquiry's report in spring 2019. Please get in touch with [pandora.haydon@foodfoundation.org](mailto:pandora.haydon@foodfoundation.org) for more information and next steps.



## Measuring the Mountain – Understanding experiences of care

Katie Cooke, Interlink RCT

Measuring the Mountain is a one year project, funded by Welsh Government, that wants to understand more about people's experiences of receiving care and of caring for others. Throughout 2018 we're asking people to share short experiences with us that will help us build a comprehensive picture of what care is like for the individuals involved.

Across Wales, people's lives are constantly shifting and adjusting to the changing responsibilities, and to their changing relationships, as a parent, grandparent, child, sibling or spouse needs to be cared for.

For many, those changes and adjustments are gradual, they are the hallmark of families, of people getting on with things, of people wanting what's right and best for the people they love: experiences that may once have felt exceptional have quickly become the norm.

These experiences, the day-to-day (and sometimes that day-to-day is still pretty exceptional) are what the project wants to hear: things that might not strike you as very interesting, but to us are the heart and soul of care.

We want to hear about the good and the bad, and everything in between; whether that's about respite, or getting the right home adaptations, or having enough money, or adjusting to new dynamics in the home, or getting the right support from social care professionals, or something else entirely.

The experiences that people share with us will help us see what might need to change, and what's working really well. Between September 24th and 27th at the Liberty Stadium, Swansea, we'll be examining some of these issues more closely at our Citizens' Jury. 12 members of the public will question our programme of witnesses and examine evidence in an effort to draw conclusions, and make recommendations about, what really matters in social care to individuals in Wales?

The findings from the Jury and from the experiences that we hear will be shared with Welsh Government, and with organisations and people in Wales, so that they can begin to influence the future of social care delivery.

If you'd like to know more about the project and our findings, please visit [www.mtm.wales](http://www.mtm.wales) or contact Katie at [kcooke@interlinkrct.org.uk](mailto:kcooke@interlinkrct.org.uk) or phone 07964 407 739.



## Parenting & Family Support Conferences 2018

Supporting Teenage Parents & Parents of Teenagers

*18 October 2018, 9.30am – 4pm, Mercure Hotel, Cardiff*

*22 November 2018, 9.30am – 4pm, Bangor University*



Children in Wales' Parenting and Family Support Conferences 2018 will focus on teenage parents and parents of teenagers.

We will consider policy, research and practice in supporting teenagers through pregnancy and parenthood, and explore issues for parents of teenagers - including parenting and the teenage brain. A key theme will be how to ensure the needs of care experienced parents and other marginalised or vulnerable parents are met.

There will be opportunities to explore these topics, and others, in more depth by way of workshops where delegates can contribute their knowledge, ideas and experiences.

### **Confirmed speakers:**

- Alison Hadley OBE, Director of the Teenage Pregnancy Knowledge Exchange, University of Bedfordshire (confirmed for Cardiff and hoping to confirm soon for Bangor)
- Professor John Coleman, Oxford University. Author of 'The nature of adolescence' and 'Why won't my teenager talk to me?' (confirmed for both venues)
- Other speakers and workshops will be confirmed in due course

### **Outcomes of both conferences:**

Delegates will increase their understanding of the subject areas and provide an opportunity to consider their own policy and practice, alongside sharing experiences and best ideas.

### **Who should attend?**

Professionals providing family and parenting support, those with a policy lead or interest in family and parenting support and family health and well-being.

For more information, please visit [www.childreninwales.org.uk/events](http://www.childreninwales.org.uk/events).

## Researchers explore inactivity in young people

National Centre for Population Health and Well-being Research (NCPHWR)



Regular physical activity helps growth and development throughout childhood, reduces a range of chronic disease risks, and is associated with improved mental health and wellbeing.

Increasingly reports are showing that children prefer to watch television or play computer games as opposed to being physically active, resulting in a growing concern around high levels of inactive sedentary behaviours, even amongst those who are provided with physical activity opportunities in the school day.

The UK government recommends that schools provide at least two hours of PE and sport a week, although there is no statutory minimum amount of time in England and Wales. However, recent decades have seen a trend toward shortening of school breaks in response to academic pressures, potentially reducing opportunities for physical activity and increasing the proportion of time in seated sedentary activities.

### The research

A team led by NCPHWR researcher Dr Kelly Morgan, explored the links between individual and school predictors and physical and sedentary activity, amongst 11-16 year olds.

The research team linked and studied individual data and school level data for 7,376 students from 67 schools.

### Individual data

- How often students reported physical activity out of the school environment.
- Students were also asked how much time they spent during the week on screen-based sedentary activities such as TV, computers, games consoles and mobile phones.
- Participants reported their age, gender and ethnicity.
- Students were asked about how they travelled to school, for example did they travel by car, bus, and bicycle or did they walk.
- Information was gathered on smoking and alcohol consumption.

### School level data

- Free school meal entitlement.
- Duration of lunch-breaks.
- Provision of sports facilities, including at lunchtime and during after school activities.
- Time allocated to PE activities.
- Head teachers were also asked if their school currently has a healthy eating and fitness policy.

### What the research found

- 85% of participants exceeded the recommended levels of 2 or less hours of screen based activity a day.
- Just 16% of young people met the current physical activity recommendations.
- Boys were almost twice as likely to be physically active and engage in moderate – vigorous physical activity in comparison to girls. Despite reporting higher levels of physical activity, boys reported higher levels of sedentary behaviour in comparison to girls.
- Active travel to school, such as walking or cycling, could offer a way to increase physical activity levels, particularly amongst girls.
- Findings also highlight the association between shorter lunch breaks and increased sedentary time. There is growing evidence that if schools maintain or extend the duration of lunch breaks, this may have a positive impact on sedentary behaviour through the provision of more time for physical activity.



Interestingly, longer PE lessons and a higher provision of school facilities were associated with high sedentary behaviours. These findings could indicate a compensatory mechanism, whereby young people who are exposed to more physical activity throughout the school-day will compensate with sedentary behaviours after school hours.

Dr Kelly Morgan, commented: “Our findings provide an important insight into activity levels of this age group, and can be used to align health improvement with the core business of schools and to argue for the implementation of universal as opposed to targeted interventions.

This research was completed in 2016, and as a team, we continue to study young people’s activity levels, with our most recent data showing that inactivity is still rife – this further highlights the need to promote physical activity and reduce sedentary behaviour if we want to improve

health and wellbeing outcomes for young people. The findings from our on-going research have contributed to the Active Healthy Kids Wales (AKA Wales) 2018 Report, presented at a recent inquiry into physical activity of children and young people, held at the Senedd.

AKA Wales is part of Active Healthy Kids, which is a global activity that aims to produce Report Cards on the physical activity of children and young people across 38 countries. As a team, we are thrilled that our work is helping to provide AKA Wales with evidence-based insights and recommendations which can, in turn, be used to inform policy makers and professionals in Wales and help influence the decision-making process.”

NCPHWR is funded by Health and Care Research Wales, for further information on NCPHWR visit: [www.NCPHWR.org.uk](http://www.NCPHWR.org.uk) or @NCPHWR\_Wales.

## Talk Money Wales Week 2018

Lee Phillips, Wales Manager, Money Advice Service



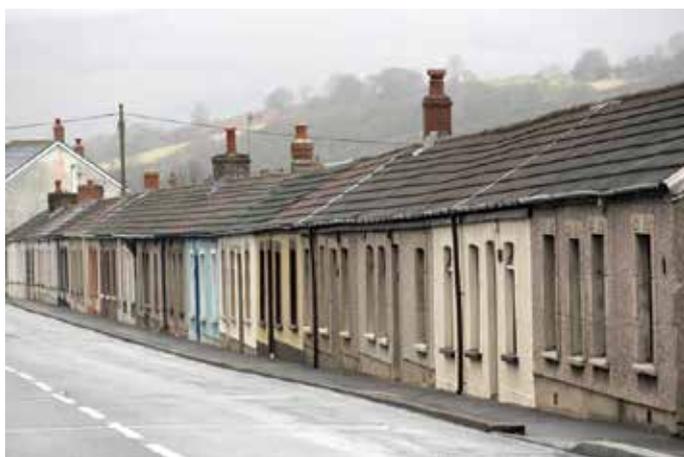
The Money Advice Service has launched a participation pack for Talk Money Week 2018, which is full of ideas for how you or your organisation can get involved this November. Last year in Wales, there was a fantastic participation from across Wales with over 40 events mapped.

24 million people in the UK do not feel in control of their finances, and 8 million risk not being able to service their debts. Many people face hard choices with money in their lives, whether at moments of crisis, or choosing products such as pension or car finance. The Money Advice Service works to improve people’s lives by helping them to make the most of their money. The service uses evidence to identify those who needs the most help, and works with partners where possible to improve the ability of all people to manage their finances.

Talk Money Week (12-18 November 2018) is an opportunity to have a conversation about money. Whether it’s within families, between friends and colleagues, financial services and customers, charities and clients, housing associations and residents, teachers and students, government and local authorities and citizens; Talk Money is about improving people’s money management skills and financial wellbeing. The first step is breaking the taboos, so that we can all Talk Money.

If you do feel inspired to hold an event, you can let share it by using the interactive map, which will show everything being done around the country to celebrate Talk Money Week. Whether you are planning something big or small, doing something special or just promoting the services you already provide, put a pin in the map and show us how you’ll be talking money in Wales. Download the participation pack here.

There will also be an event held for Talk Money Wales in Cardiff on Thursday 15th November in Cardiff Castle. You can find out more about the work of the Money Advice Service at [www.moneyadvice.service.org.uk/](http://www.moneyadvice.service.org.uk/). If you’d like to join in the conversation on social media, please use #TalkMoneyWales or #siaradariancymru . You can also follow @fincapstrategy on Twitter.



## What now Wales?

### Professor Sally Holland, Children's Commissioner for Wales

As Children's Commissioner for Wales, it's my duty to involve children and young people in planning and delivering my work. It's not my job to say what I think is important to children; it's my job to listen carefully to them and to amplify their voices in order to influence change. In October, I'll be asking children and young people from all over Wales to help shape my work for the next three years in a consultation project called 'What Now?', which you'll find on my website. I'll also be listening to parents, carers, and professionals who work with them.

The last time I did this was when I became Children's Commissioner in 2015. On that occasion 7000 children, young people and adults told me and my team what I should be shouting out about.

These views helped shape six priorities that have guided my work as Children's Commissioner during my first three years in post:

- Mental health, wellbeing and tackling bullying
- Poverty and social inequalities
- Play and leisure
- Safety (in the community, school and at home)
- Raising awareness of the UNCRC and promoting its adoption across public services
- Transitions to adulthood for all young people requiring continuing support and care

Some significant pieces of work have developed from these priorities: a nationwide consultation on children's experiences of bullying that led to new anti-bullying resources for schools; a report on children's access to play and leisure; research on the experiences of young people with learning disabilities as they move to adult services; and a tackling-Islamophobia toolkit for schools. And before the end of the year we'll be making recommendations to Government on alleviating the effects of child poverty in Wales.

We've also achieved real change for children leaving care, and secured a commitment from Government to change the law to give children the same protection as adults from assault.

#### The Right Way

But one piece of work we've achieved during my first three-years seems particularly appropriate to mention in an article that is all about listening.

It's a children's rights framework, called The Right Way, designed to help public bodies put children's rights at the



heart of their work. Simply, it means giving all children an equal chance to reach their full potential, giving children the information they need to understand their rights, making services accountable to the children they serve, and giving children meaningful opportunities to have a say in the decisions that affect them.

Despite being experts on their own lives, children are often excluded from the decision-making process. I want that to change.

By using A Children's Rights Approach, organisations can prioritise children's human right to have a say on the decisions that affect them. The framework encourages organisations to:

- Include a clear commitment to children's participation in all documents setting out the organisation's objectives
- Involve children directly in the design, monitoring and evaluation of service delivery,
- Regularly assess children's participation across all areas of work

Following the steps outlined in the framework will help organisations to deliver work with children, not simply for them.

For my office, it means that as a result of listening to children across Wales, we can confidently and sincerely show them how their views have shaped our work. Can you do the same?

## Meic Cymru: Spring/Summer Update

Andrew Collins, ProMo Cymru



Meic Cymru was very busy in the first quarter of 2018-19, and completed the following work and achievements:

- Butterflies campaign wins the award for Best Digital Marketing Communication at WalesOnline's Digital Awards 2018
- Over 1,300 phone calls, texts and instant messages, making it the busiest first quarter since 2015
- Continuing growth in IM contacts, with over half of all contacts now coming via this channel, as opposed to telephone or text
- More than 5,500 web visits
- 10,000+ video views across YouTube and social media
- 83,365 social media impressions
- Nearly 4,000 social media followers
- 11 bilingual articles produced for website
- Delivered a Mental Health Awareness campaign, creating a bilingual educational resource on Welsh Government's Hwb platform

### ProMo-Cymru wins Best Digital Marketing Communication at WalesOnline Digital Awards 2018

ProMo-Cymru were delighted to win the award for running the Meic Healthy Relationships campaign, Butterflies.

The campaign aimed to educate and empower young people to ensure they are safe and happy in their

relationship, while also raising the profile of Meic. We commissioned a 21 year old spoken word poet to create a story about what it feels like to be in an unhealthy relationship. We wanted her to convey the sense of hurt, confusion and uncertainty which young people can feel in this situation. We also wanted the voice of the protagonist to remain young, to be the words of young people and not feel overbearing, unrealistic or 'preachy'. The poem she created, Butterflies, was exceptional, and met our brief perfectly. We had her poem translated and recruited a young Welsh speaker, then recorded both audio clips. Working with ProMo-Cymru, the poem was animated to create a video. We wanted the video to highlight the message the poem contained, and centre on the theme of butterflies.

The video gained over 45,000 views, 2,437 engagements and more than 160,000 social media impressions. In addition to the video, Meic received record-high web visits for the quarter, with campaign-supporting articles being well received on social media.

### Mental Health Awareness Campaign

This quarter, Meic delivered a campaign to raise awareness, and understanding, of mental health issues - coinciding with Mental Health Awareness Week 2018. The aim of the campaign was to educate young people and demystify some of the stigma surrounding mental health, while also raising the profile of Meic. We believed that the best way to achieve these aims, would be to create an educational resource of Welsh Government's Hwb platform, with a number of supplementary informative articles going out on the website.

As a Trusted Partner of Hwb, we have had real success getting our resources seen by educators in Wales, so we knew that this would be the best place to create our Mental Health Awareness resource. When planning the bilingual resource, we decided to make two key learning objectives: 1) To better inform young people about mental health; and 2) To raise awareness of the support services available to them.

To ensure that the best quality of information was being offered to young people, Meic collaborated with Mental Health Matters Wales, CALL and Changing Minds when producing the resource. We decided to pitch the session to all secondary school pupils (11-18 years old), and make it around 20 minutes - perfect for form classes and/or assemblies.

The main session content focussed on former WWE wrestler, turned action movie superstar, Dwayne 'The Rock' Johnson's personal struggles with his mental health. We chose to cover this as statistics tell us that suicide is the single biggest killer of men aged under 45 in the UK and that, in 2015, 75% of all UK suicides were male. We felt it was important to have a man open up about their mental health as this would help demystify and demasculinise the stigma of talking.

The latter part of the session highlighted a number of useful tools and resources young people could use to help with their mental health. These included the NHS's WellMind app, meditation app Calm, Wales-wide mental health helpline CALL and Meic Cymru. Finally, the session ended with Time To Change Wales's advice on how to help a friend who may be experiencing poor mental health.

The resource was viewed 1,076 times during the quarter, but will remain on Hwb to be used at any time.

In addition to the Hwb campaign, Meic also wrote and published a series of related articles. These included How To Cope With Stress, Smashing The Stigma of Mental

Health, C.A.L.L: A Mental Health helpline, What's The Deal With Self-Harming? and Stressing About Exams.

### Looking Forward

At the time of writing, we are in the process of creating our next campaign to coincide with Sexual Health Week. This year's theme is consent, so Meic's campaign will help to raise awareness amongst young people. Look out for our videos posted on the website - [www.meic.cymru](http://www.meic.cymru) - and social media channels.

### Note to Professionals: How Meic can help you support children and young people

Free, bilingual, confidential service available to children and young people 16 hours per day (8am - midnight), 7 days a week, 365 days a year, including all holidays

Accessed via:

- Phone 080880 23456
- Text: 84001
- Instant message: [www.meic.cymru](http://www.meic.cymru)

For information, e-mail [info@meic.cymru](mailto:info@meic.cymru).

