

COUNTY COUNCIL LOCAL COMMITTEE FOR CARLISLE

Meeting date: 5 January 2021

From: Elizabeth Mallinson –Champion for Children in Care

CHILDREN IN CARE CHAMPION UPDATE

The Children and Young People Working Group (CYPWG) continue to meet regularly and work on projects that meet the priorities set out in the Carlisle Local Committee Area Plan with the following actions through 2020.

- (1) **Raising positive mental health by improving mental wellbeing of children and young people. Carlisle & Eden Mind** - following a presentation from Lynsey Eland about the 'Coaches in Mind' project, the CYPWG was impressed how it provided early mental health support for children and young people targeted through schools to ensure it is accessed by those who need it the most. They recommended officers work with Carlisle & Eden Mind to develop a funding application for Local Committee for this to be delivered, and the successful application has meant this project is in place for the next year.
- (2) **Tackling childhood obesity by improving diet and promoting healthy weight initiatives** - Julia Clifford from ICan Fitness updated the Group on the funded pilot projects. Although these have been delayed in delivery in schools the update heard that Newtown School had 6 out of the 12 weeks delivery in the winter term. The feedback from the school was that these sessions were extremely well received, particularly the aspects relating to resilience.
- (3) **Young Carers to be recognised as a separate and specific group of carers with specific support needs to ensure that have the best opportunity to have the best start in life** - Young Carers - Carlisle Carers continue to virtually develop a stop motion training film for schools and professionals to tell the young carers story, although this has been challenging, they are near completion for the film. The Working Group has also recommended that young carers are involved in making a young person friendly vision of the Carers Charter, once the Charter is completed.

There have also been regular updates from Public Health, Active Cumbria and the Cabinet Member for Public Health and Community Services throughout the year.

For 2021 the Working Group will continue to monitor projects funded by Local Committee and explore opportunities for future development related to the Area Plan priorities:

- Review the priorities set in 2020 and take on board latest feedback from children and young people, particularly through the newly published 'Make Your Mark' Ballot.
- Consider a report about a coordinated approach to School Holiday Activities.
- Strengthen links between the Local Committee CYPWG and other groups such as the Carlisle Locality Children & Families Partnership and the Carlisle Healthy Weight Working Group.

Elizabeth Mallinson
Children in Care Council Champion

January 2021