



# REACH HIGH!

The Care Inspectorate's first event for young people





**Annette Bruton**  
Chief Executive  
Care Inspectorate

## REACH HIGH!

This was the theme at the Care Inspectorate's first event for young people at the Edinburgh Indoor Climbing Arena (EICA) on Sunday 30 June 2013.

The event gave nearly 100 young people with experience of using care services, their carers and supporters the opportunity to:

- find out about the Care Inspectorate and how to get involved
- share information and learn more about young people's rights
- air their views and be listened to.

Then, in the afternoon, those with nerves of steel (which included pretty much everyone) experienced the thrill of being catapulted thirty metres (100ft) up in the air and across the arena's impressive and legendary climbing wall and aerial assault course.

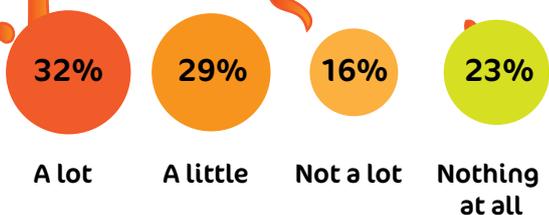


click [here](#) for the day's highlights.

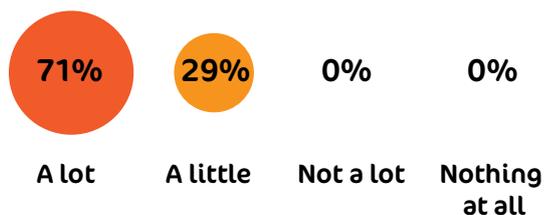
Annette Bruton, Chief Executive, kicked off the day by introducing the Care Inspectorate. She explained: 'It's our job to protect people in care – that's why we exist. We need to hear your experiences to make things better in the future'. She revealed that the Care Inspectorate receives around 3000 complaints each year. Of that number, only a handful of complaints come from young people. She urged young people to talk to the Care Inspectorate if they are not happy with their care - so that the organisation can help to make everyone's experiences better, happier ones. Annette went on to talk about how she would like more young people to get involved and spoke of upcoming paid and voluntary work experience opportunities for young people.

# WHAT DID YOU KNOW ABOUT THE CARE INSPECTORATE BEFORE TODAY AND NOW?

**BEFORE**



**NOW**



**70%**  
voted this  
their favourite  
session



## TREE OF KNOWLEDGE

Alice Beveridge – from training company ‘Tree of Knowledge’ set everyone up for the day.

Her humorous, motivational talk – coupled with activities – really helped participants to get in the right frame of mind. Described later by many as ‘that great comedian’, Alice’s ‘Mind over Matter’ activity persuaded the group that they could make a polo dangling from a string move north to south and east to west simply by channelling positive thoughts with their minds.

After a very funny demonstration Alice revealed that although this wasn’t actually true – it’s amazing the impact that positive thinking has. It really helped to inspire and boost people’s confidence levels for the afternoon’s hair-raising activities.



# RYAN HUGHES

Seventeen year old Ryan Hughes – singer, entertainer and young person with experience of respite services – inspired and amused the group during his slot. His opening line ‘I’m a young person – and as a young person who leaves things to the last minute – I’m not prepared!’ got a good laugh and the audience instantly warmed to him. He spoke about stereotypes and perceptions explaining that he has always felt that people stereotyped him because he uses a wheelchair.

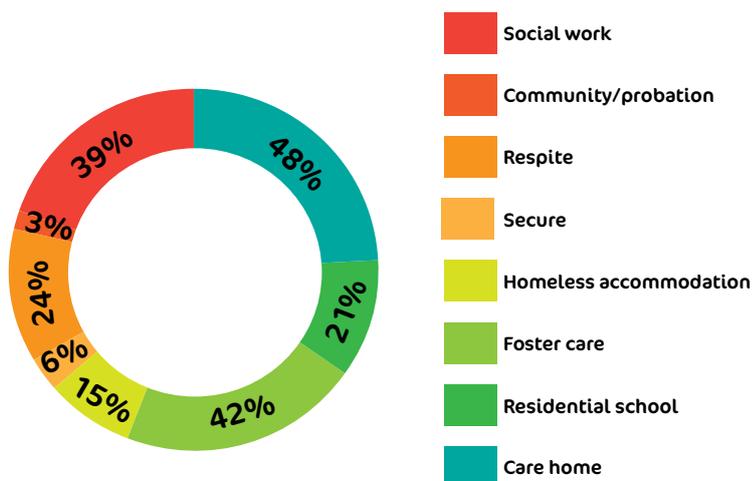
He told the group about how he ‘kept it quiet’ and ‘didn’t even tell his best friend that he was using care services’ because he felt that wasn’t normal.

Acknowledging that life can be tough for young people in care Ryan said, ‘It can be hard going – and you can’t always see positive outcomes – but you’ll get there. You could be anything you want to be in life – who says it can’t happen? Young people are always stereotyped. Because of the newspapers, magazines, TV and social media sites – we all think we need to be a certain way. My message to you is be who you want to be. Achieve what you want to achieve and have fun while you do it.’

Link to Ryan’s You Tube [here](#).



## WHICH OF THESE SERVICES HAVE YOU EXPERIENCED?



## WE ASKED, WHAT AFFECTS YOUNG PEOPLE IN CARE?

‘Stereotyping/bullying’

‘Missing your parents and family’

‘Getting judged’

‘Being respected for me is a major issue in residential. Sometimes I feel like a second class citizen even when I show workers respect’

‘Background, people they are living with, freedom, money, motivations.’



# KNOW YOUR RIGHTS!



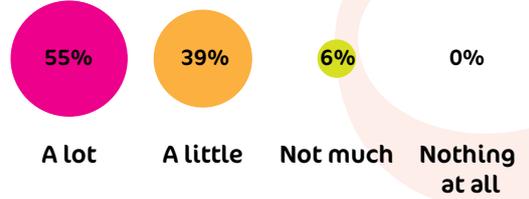
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e: [inbox@sccyp.org.uk](mailto:inbox@sccyp.org.uk)  
w: [www.sccyp.org.uk](http://www.sccyp.org.uk)

Tam Baillie is Scotland's Commissioner for Children and Young People (SCCYP). It's his job to make sure that all children and young people in Scotland know their rights and have their rights respected. He spoke about 'A Right Blether' and the messages that came out of the biggest consultation that has ever taken place in Scotland - involving over 50,000 children and young people. Tam explained, 'Children and young people want a Scotland that's safe - where they get the same chances to learn no matter how much money their families have and where they are respected and included.'

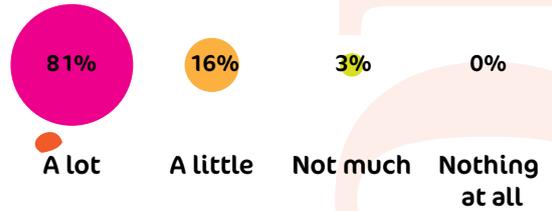
Tam also spoke about the 7 Golden Rules for Participation - a new set of principles designed to help anyone working with, and for, children and young people.

## WHAT DID YOU KNOW ABOUT YOUR RIGHTS BEFORE TODAY AND NOW?

BEFORE



NOW



# PENFOLD

Penfold – a five piece rock band from Livingston – livened up lunchtime with an impressive hour long set. Calum More, guitar and backing vocals, explained afterwards that although he thoroughly enjoyed it, it was a ‘new but also weird experience to play a set just ‘tickling’ my guitar to keep the volume down a bit’.

Thomas Fraser - Vocals

Calum More - Guitar + Backing Vocals

Steven Dunsmore - Guitar (Drums on ‘And The Beast’)

Calum Sked - Bass

Liam Innes - Drums (Vocals + Acoustic Guitar on ‘And The Beast’)

Penfold told us afterwards that they have lots of new followers on twitter and facebook as a result of playing at the event. Follow them here at [www.penfold.bandcamp.com](http://www.penfold.bandcamp.com)



## TOP 3 STANDS

- Who Cares? Scotland 25%
- Young Scot 25%
- Care Inspectorate 18%

# INFO HUB

The info hub gave young people the chance to find out more about their rights – from these partnership organisations committed to protecting vulnerable young people.



Scotland's Commissioner for Children & Young People



SCOTTISH CHILDREN'S REPORTER ADMINISTRATION



nationalCare standards



The info hub was a hive of activity – 82% of you visited the information stands – sharing information and asking and answering questions along the way.

We asked ‘What information do you want in future?’

‘More interactive things at each section’

‘I think there should be a work scheme for kids in care over 14 – which gives the young person work experience and gives them an incentive to gain extra cash.’

‘More information about foster and adoption.’

‘More for young people going from children services to adults. There’s not much support for 16-21 year olds or lack of information. Kind of like a middle support service.’

# HAVE YOU MET SID?

Sid is the brainchild of a group of young people who all agreed that living in care is often more like living on another planet.

Meetsid.co.uk – a website that helps young people learn about the National Care Standards and their rights - is being revamped and will be launched in autumn. As well as sections for under 10s and over 10s, forums, news updates and short films – a new 3D game called Far From Home is being produced over summer. A demo of the game was available for young people to test. Many young people gave it a go and left valuable feedback.

'Needs to capture everyone's minds'  
'I like everything about it'  
'I liked that you get to do the right thing or wrong thing. I choose.'

Quests should be 'more challenging' and needs 'more fun things'  
'I like the concept but it has major UI (user interface) flaws i.e. the control scheme should be w,a,s,d and arrow keys'  
'There should be small sub quests'

A couple of young people volunteered to user-test the game as it is developed by students at Abertay University. Their feedback and comments will be invaluable in getting the game ready for launch later this year.



Linear Curve Games presents

## FAR FROM HOME

**COMING SOON**

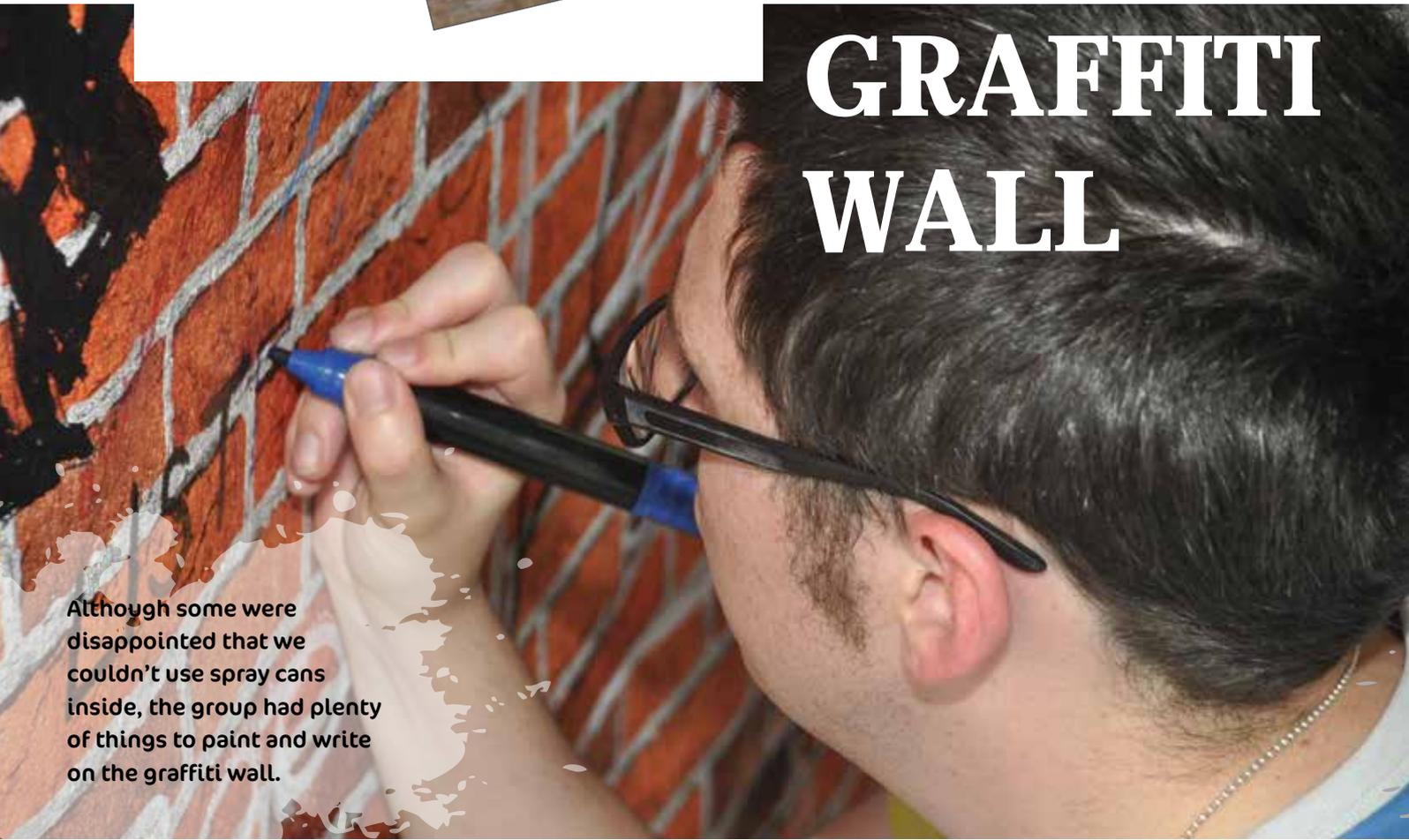


# HEAD FOR HEIGHTS!

All the photographs from the day are available online. To access the photographs email [communicationsteam@careinspectorate.com](mailto:communicationsteam@careinspectorate.com) to get your link.



# GRAFFITI WALL



Although some were disappointed that we couldn't use spray cans inside, the group had plenty of things to paint and write on the graffiti wall.



# GET INVOLVED

We'll take what you've said on board and report on new opportunities to get involved with us. In the meantime you can:

- join our Involving People Group and make a real difference to how care is provided to young people in Scotland
- become a young inspector or young lay assessor (voluntary inspector) and speak to other young people and find out what life's like for them
- become a Sid Ambassador – and post on Sid's social media sites and blog about your experiences, life, things that interest young people - and whatever else you've been up to.
- become a user tester for Far From Home – a new 3D adventure game being developed over the summer to help young people know their rights.

Become a **blogger** for [www.involvetoimprove.com](http://www.involvetoimprove.com)

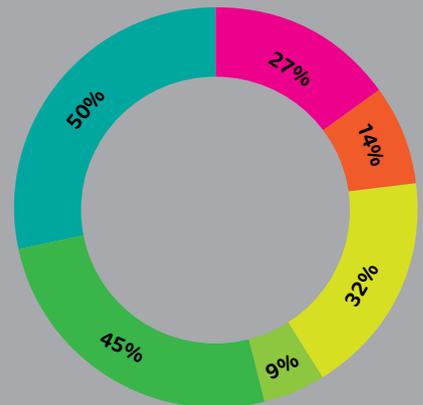
Contact us:

t: 0845 600 9527

e: [getinvolved@careinspectorate.com](mailto:getinvolved@careinspectorate.com)

w: [www.careinspectorate.com](http://www.careinspectorate.com)

## HOW WOULD YOU LIKE TO BE INVOLVED WITH THE CARE INSPECTORATE?



- Event like today
- Modern Apprenticeship
- Social media
- Volunteer
- Young Inspector
- Newsletters/magazines

# WHAT YOU TOLD US

## FROM YOUNG PEOPLE

WE ASKED, 'OVERALL HOW WOULD YOU RATE THE EVENT TODAY?'

**66%**  
EXCELLENT

**28%**  
GOOD

**6%**  
SATISFACTORY

**0%**  
POOR



You were surprised that so few young people complain about their services.

Some of you were very interested in becoming a young Inspector and have left your contact details with us so we can get in touch.

When we asked why so few young people complain to the Care Inspectorate, you told us:

'We use the complaints box in the unit'

'I complain to my Who Cares? worker'

'It wouldn't make any difference – no point'

'I tell my social worker'

You were pleased to learn more about the Care Inspectorate and learn how interested the Care Inspectorate is in young people and how committed we are to engage them in working with us.

'This has been a fantastic day'

'I didn't know the Care Inspectorate works with young people like me'.

'I didn't think there would be other young people like me here, I thought it would just be me and my carer, but it's like the guy said this morning, we are normal'.

We asked, 'What should we do to show we are listening to young people?'

'Speak to more young people'

'Speak to young people who have left care and gone home – might get more honest views'

'Listen to us – not staff'

# FROM CARERS AND SUPPORTERS

Carers commented how surprised they were at the confidence shown by young people to stand up in front of others and talk, and to take part in the activities.



They told us that they welcomed this commitment to engaging with young people, were very positive about the event and were keen to see more and different types of activities.

'This makes me think differently about the Care Inspectorate, and all the other agencies you work with.'

'I think this event's really given some young people confidence.'

'I've been doing this job for 13 years and attended many events/ conferences but this is the best one by far ... the mix of speakers and activities has worked well with the young people and the Care Inspectorate have now set the benchmark – we will expect this all the time!'

'All of our group have really enjoyed the day - they've had a fantastic time''

We asked 'What could the Care Inspectorate do better?'

'Speak to more staff including ones not on shift when you inspect'

'Speak to more young people – take them out on activities and they will tell you more'

'Be consistent – one inspector says something is ok, others don't'



# FROM EXHIBITORS AND ORGANISERS

'It's been amazing!'

'This has been the best event I have attended for young people, they have taken all the information I brought.'



## GET INVOLVED

To get involved with the Care Inspectorate:

t: 0845 600 9527

e: [getinvolved@careinspectorate.com](mailto:getinvolved@careinspectorate.com)

w: [www.careinspectorate.com](http://www.careinspectorate.com)