



# 'Get Involved' Participation event

(care experienced young people aged 11 to 17 years old).

Friday 22<sup>nd</sup> September 2023 from 4pm to 5:45pm  
Weston workshop, YMa, Pontypridd

## Hoffet ti fod yn rhan o'n grŵp 'Cymera Ran' i bobl ifainc?



Ar gyfer pobl ifainc 11-17 oed yn Rhondda Cynon Taf sydd â phrofiad o dderbyn gofal

### Beth fydd yn digwydd?

Bydd ein gweithdy 'Cymera Ran' cyntaf yn cael ei gynnal ddydd Gwener 22 Medi 2023 rhwng 4pm a 5.45pm yng Ngweithdy Weston, YMa, Stryd y Taf, Pontypridd, CF37 4TS

Bydd byrbrydau ysgafn ar gael.  
Bydd pobl ifainc yn derbyn TALEB am gymryd rhan.

- Fel aelod o'r grŵp 'Cymera Ran' bydd gofyn i ti rannu dy farn a phrofiadau mewn perthynas â sut mae modd i ni wella gwasanaethau ar gyfer pobl ifainc sydd â phrofiad o dderbyn gofal.

Er mwyn cymryd rhan, anfone e-bost at Nicole Katchi ar [nicole.katchi@rctcbc.gov.uk](mailto:nicole.katchi@rctcbc.gov.uk) neu ffonia 07880 044595 erbyn dydd lau 14 Medi 2023



## Would you like to be part of our 'Get Involved' Young People's group?



For care-experienced young people aged 11 to 17 in Rhondda Cynon Taf

### What's involved?

Our first 'Get Involved' workshop will be on Friday 22<sup>nd</sup> September 2023  
From 4:00pm to 5:45pm at Weston Workshop, YMa, Taff Street, Pontypridd, CF37 4TS

Light snacks will be provided.  
Young people will receive a VOUCHER for participating.

- As a member of the 'Get Involved' group you will be asked to share your views and experiences on how we can improve services for care-experienced young people.

To get involved, you can email Nicole Katchi at [nicole.katchi@rctcbc.gov.uk](mailto:nicole.katchi@rctcbc.gov.uk) or phone 07880 044595 by Thursday 14<sup>th</sup> September 2023



# Key Questions for Discussion


What ideas can we think of to get more young people involved in decision making?

- How do we get more young people involved?
- What are the barriers that stop young people participating?
- What activities should we do?
- What would be the best venue? When and how often?
- Mind map the ideas through creative ways and verbal discussion with each other and staff.

# Visuals for young people

What would be the best venue?  
When and how often?

How can we get more young people involved in DECISION making?



Mind map or  
Create a poster  
of our ideas




What activities  
Should we do?

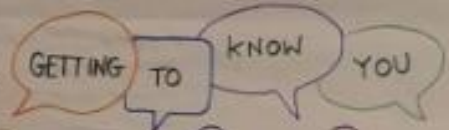


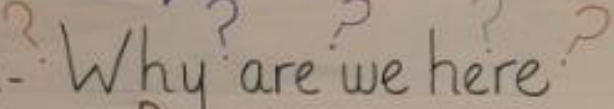
How do we get  
more young  
People involved?  
😊🗣️👂😊


What are the  
barriers that stop  
young people getting  
involved?


# Visual timetable



 VISUAL TIMETABLE

4.10pm - 

4.25pm -  Why are we here?

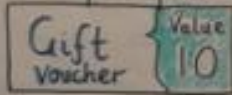
4.30pm -  What's going well?


4.45pm -  Our ideas


5.00pm - Break  

5.10pm - Collect our ideas

5.40pm - Voucher and our next group event.

 Value 10

5.45pm - Home time 

See you soon 

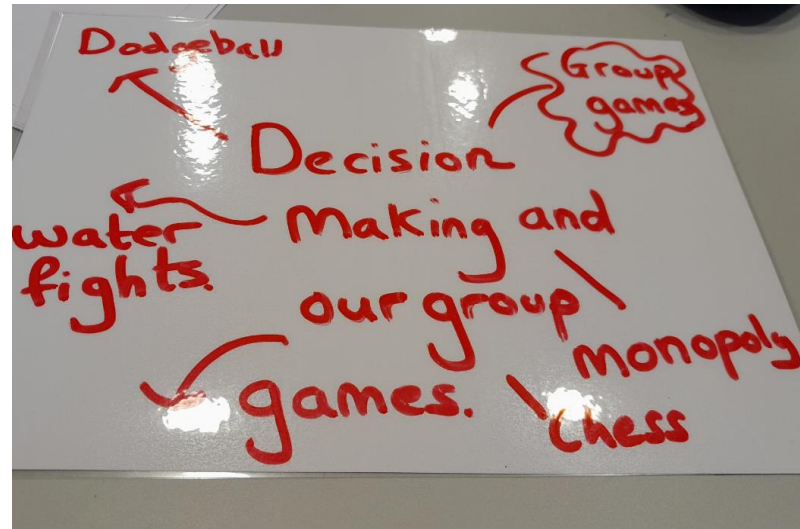
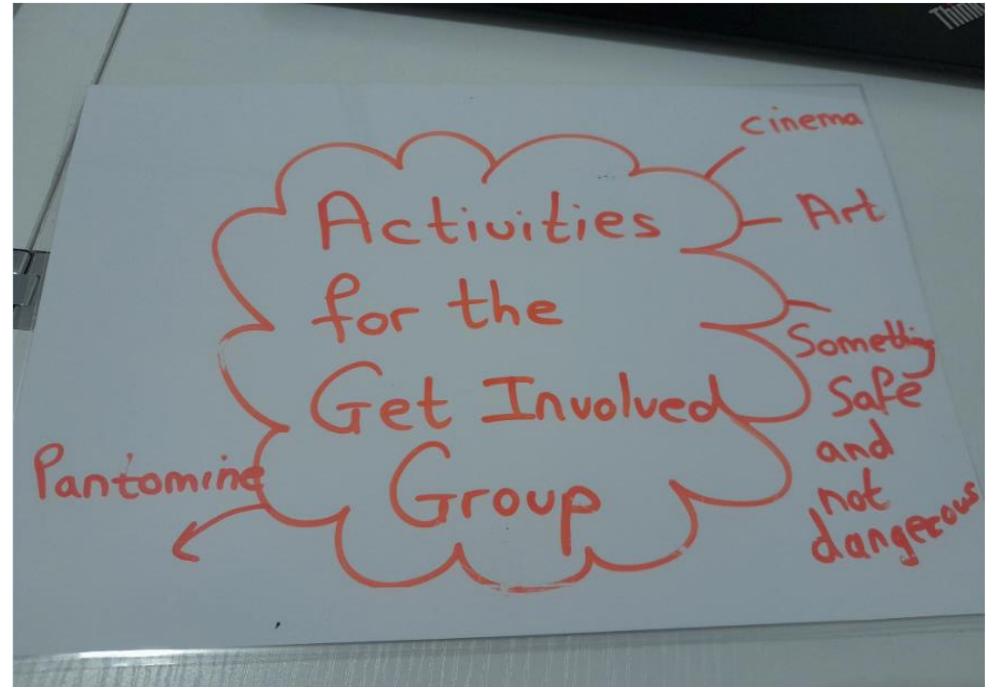
## **We asked the following ‘How do we get more young people involved?’**

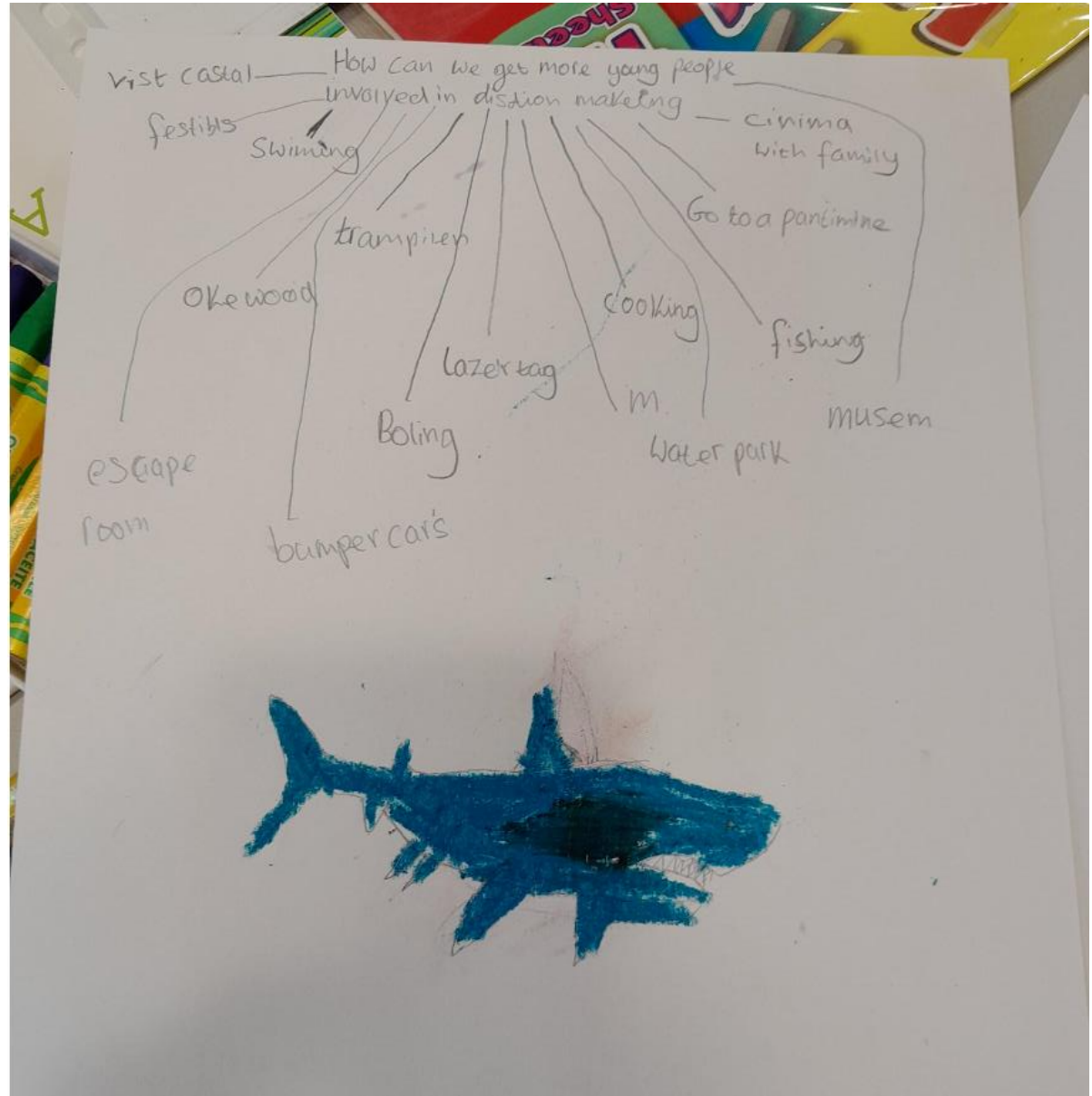
- Young people said that for young people to share their feedback with adults- matching an activity to this would be important for them.**
- Activities include sports (rugby, football and dodgeball), board games, cinema, arts and crafts, pantomime, trips to museums and group games.**
- 6 young people aged 11 to 16 attended the participation event.**
- 2 additional young people couldn't attend due to extracurricular activities paid for by their carer but would like to attend on either Tuesdays or Thursday evenings.**

like to play football

Castle  
museum  
escape room.

I play  
rugby



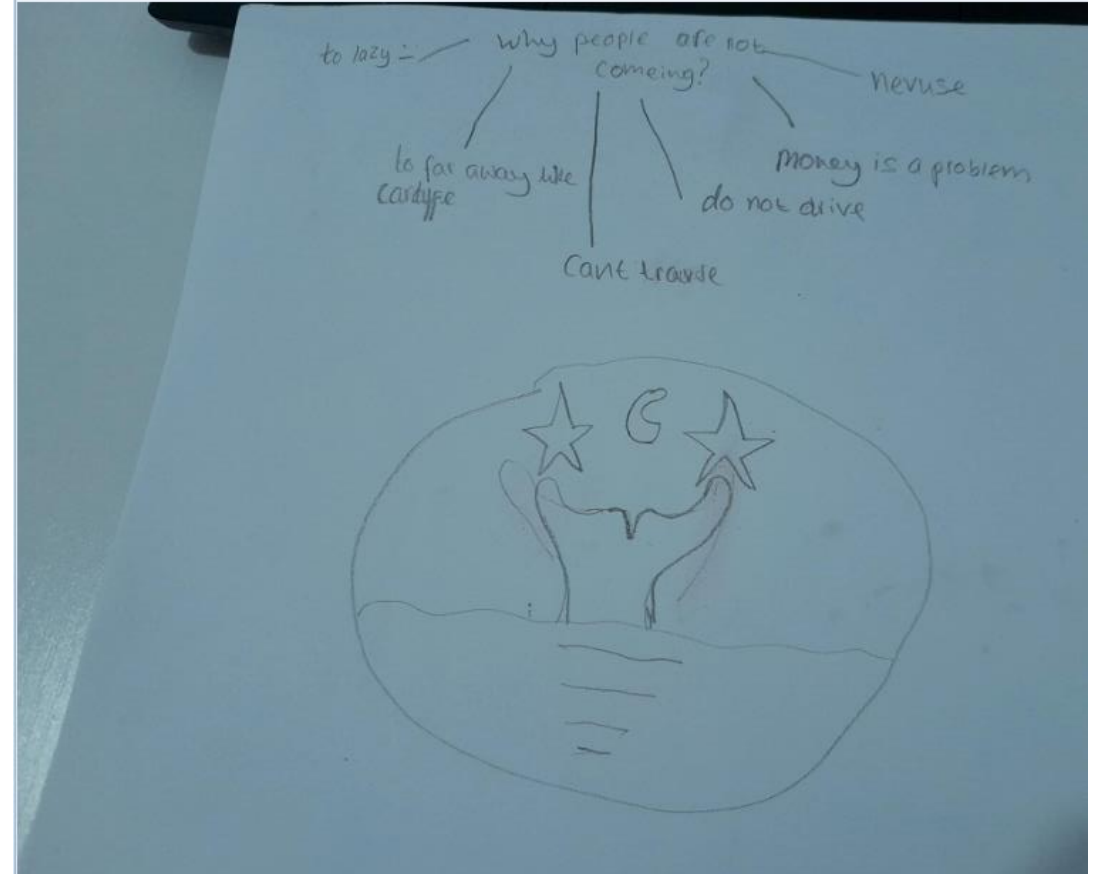




# We asked the following 'What are the barriers that stop young people from participating?'

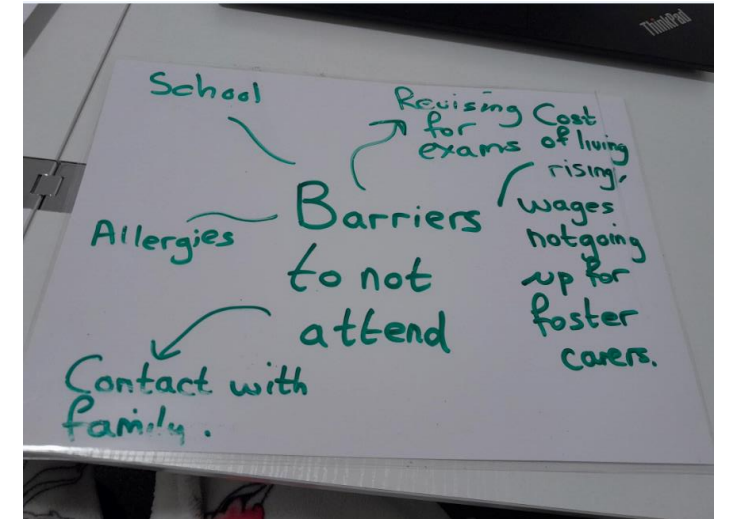
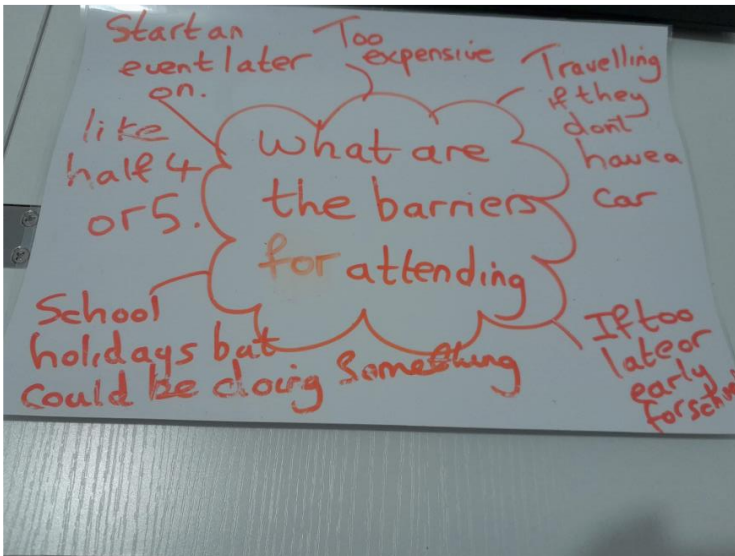
Young people said...

- 'Nervous.'
- 'Money is a problem.'
- 'Can't travel.'
- 'Do not drive.'
- 'Too far like Cardiff.'



# Barriers for young people to attend participation events

- 'School and after school homework takes up time especially in years 10 and 11.'
- 'Revising for exams.'
- 'Events start too early.'
- Young people said that '4pm is too early as young people need time after school and time to travel for an event.'
- 'Travelling is a barrier if carers don't have a car, or you need to get a bus after school.'
- 'School holidays can be a barrier if you're doing something.'
- 'Cost of living rising.'
- 'Wages not going up for foster carers.'
- Young people said, 'contact with family members can prevent them attending.'



Make Sure its on a Friday.

Music

Travel - Prices  $\frac{p}{2}$

Travel = Money.

Bus prices.

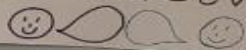
How can we get more young people involved in decision making?

Travel Costs  
School homework

What are the barriers that stop young people getting involved?


Mind map or Create a poster of our ideas

How do we get more young people involved?



Make sure its from 5pm - 6.30pm





Ideas from  
young people  
to increase  
participation

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***'Events starting from 5pm to 6:30pm on weekday evenings such as a Friday... and every month or two months.'***

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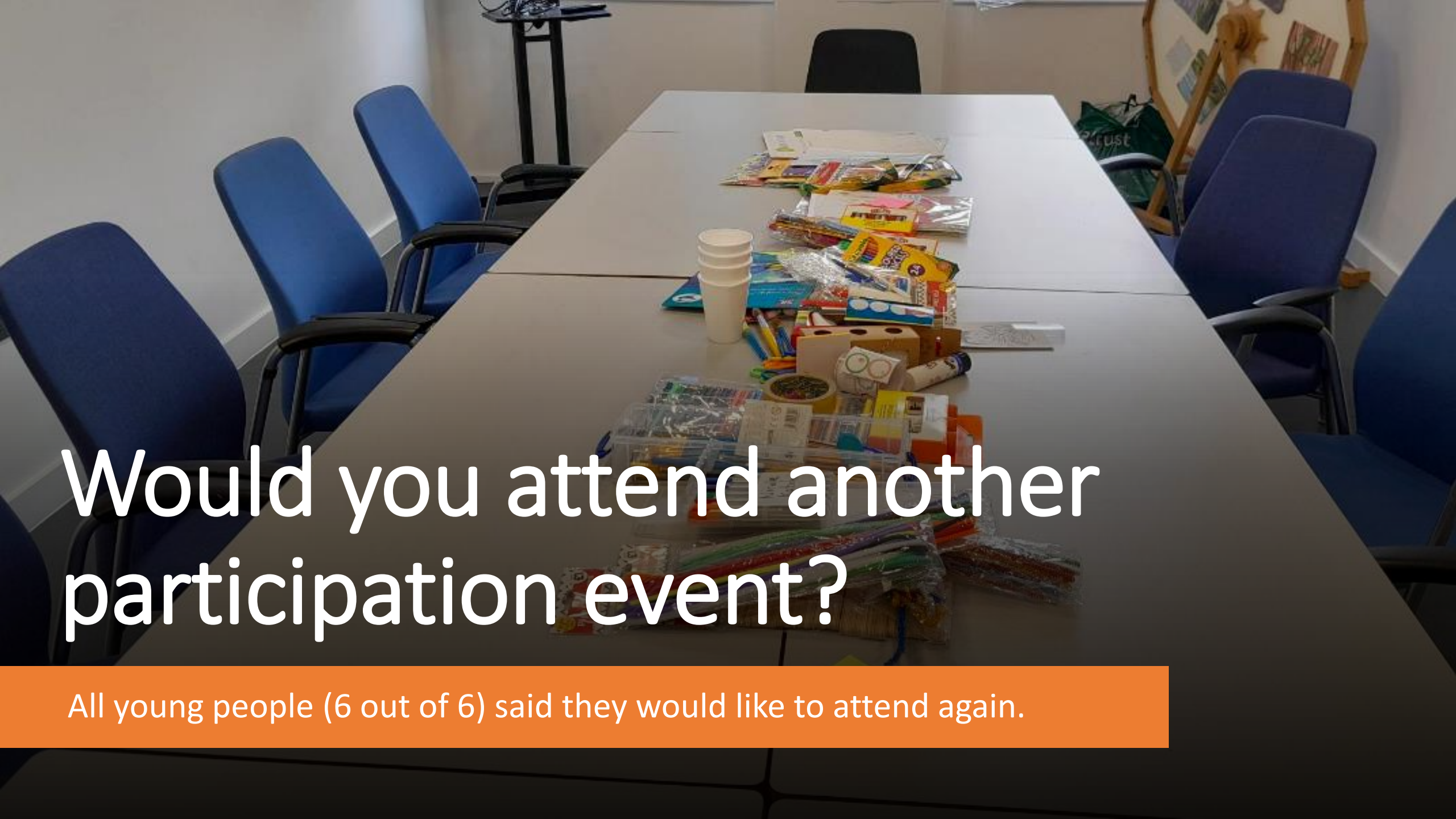
***'Venues close to buses and the bus station.'***

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***'Travel costs reimbursed/ available bus tickets.'***

***'Tell people on Social media about events.'***



A long, light-colored conference table is surrounded by blue office chairs. On the table, there are several stacks of white paper cups, various colored markers, sticky notes, and other supplies, suggesting a workshop or meeting environment. The background shows a plain wall and a bulletin board with some papers pinned to it.

# Would you attend another participation event?

All young people (6 out of 6) said they would like to attend again.

# Voices from Care Cymru updates

- Choir sessions for care experienced young people every Wednesday after school during term time.

**VFCC**  
VOICES FROM CARE CYMRU

# SING PROUD CYMRU

**THIS IS A CARE COMMUNITY CHOIR!**  
**SING PROUD. SING LOUD. SING TOGETHER!**

**WEDNESDAYS 4.15-6.15PM**  
**TERM TIME!**

SING PROUD CYMRU is a Friendly, Fun, Relaxed group. All abilities, needs and strengths included.

We are a community of Care Experienced Children (Fostered/CLA/Kinship/Adopted/Leavers), Foster Carers, Support/Social Workers and Kinship Carers. All Welcome! From any area in Wales. All Ages!

**VOICE teamwork**  
**LEARNING**  
**FRIENDSHIP**

**FUN TOGETHERNESS**  
**BELONGING**  
**HAPPY UPLIFTING**  
**CONFIDENCE**

**THE SHELLEY HALL**  
**THE YMA**  
**TAFF STREET**  
**PONTYPRIDD**  
**CF37 4TS.**

If you are interested in attending, please contact  
Voices From Care Cymru on:  
02920 451431 /  
info@vfcc.org.uk

**BBC Children in Need**