

Advocacy for All

bigger voices - better lives







Young Advisers Havering

Project Report – 04/08/2016







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the role of the Young Advisers Havering

The **Young Advisers Havering** is a consultation group made up of young people **aged 12 to 25** who all have different **skills**, **difficulties and disabilities**. The team has existed since January 2015, but we have had a break and lots of our old members are now doing work experience so cannot come to our meetings. We are working hard to get **new members**.

The Young Advisers support their peers to have a **safe place** to **talk** about and **share** their **feelings** and **thoughts** on things that are related and of interest to them. Their work is really **important** and helps people to understand how vital it is for young people with a disability to **have a voice** and be **heard**.

Through this project **young people** are being helped to **learn** and **improve skills** that can be used in other areas of their life. The **Young Advisers** are **very proud** of the work they do and want to help other **young people with disabilities** to **speak up** and be **listened to**.



aims of the recent work



- To build up the Young Advisers group
- To learn skills needed to be a Young Adviser
- To learn how to work as a group and help others
- To find out what young people think about Havering Council's Short Breaks



who we are

Here are the **Young Advisers Havering**:



Tyler Veale



James Smith



Jack Allen



George Dean



James Horsley



Philippa Watts
Project Coordinator



Deborah Kober
Workshop Supporter



Frankie Cutri Volunteer



the work we did

Recruiting Members

Building our Skills

Finding out about Short Breaks



our first meeting



We only had **two** Young Advisers at our first meeting. Tyler was in the **old group** and Jodie is **new**.

Doing something new with new people can be **scary**, but everyone is very friendly.

We use an **agenda** so Young Advisers know what we are going to do and when we will do it during the meeting.

We also play some games to help everyone get to know each other and build skills.

ICE BREAKER



Two truths, one lie

We took it in turns to say two things that are **true** about ourselves, and one thing that was a **lie**. The others had to guess which was not true.

I like cats

I like scuba diving

I have two sisters

Games and activities

Who are the Young Advisers?



We watched a film that **Young Advisers Bromley** made about their **research**. It looked like fun.

https://www.youtube.com/watch?v=yl_VPzE--FU



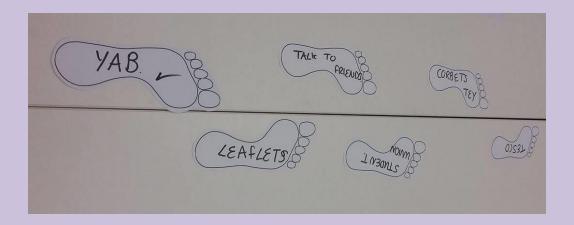
We thought about things we do and don't do at Young Advisers.



We don't really do work experience, but the things we do and learn might be useful for work.

Finding new members

We thought about how we could find **new Young Advisers**. We made a **map** of all the places we go and people we know.



We made a **footprints trail** of people we could talk to and things we could do to try and get more members. We started by sending a **Facebook** message to the **Young Advisers Bromley**:



Short breaks



We thought a little bit about the types of **short breaks** the council offers and what we **thought about them**.

We need to ask a lot more people what they think.

Confidence snails

One of the things that we want to do at Young Advisers is **build our confidence**. We are using the **Confidence Snails** to see how we feel.

Tyler: I have been to Young Advisers before. It is fun and very important.

Philippa: I am very excited, but a little bit nervous because this is my first session, too.

Jodie: I would rather be at home.









Our second session



It was half term, so **Jodie** and **Tyler** were busy and could not come. But **Jack** and **James** joined the YAH group and are very excited.

Because they were both new, we started with some of the same things as the first session to find out what YAH is all about.



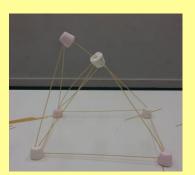
We talked about being **assertive**. We listened to different pieces of music that sounded **aggressive**, **passive** and **assertive**.



We used some **flashcards** to work out what these words meant.

We did some **role plays**, acting out how we would handle different situations in an aggressive, passive or assertive way.

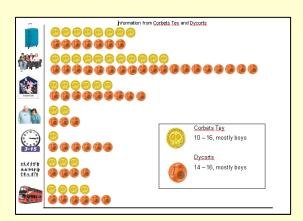
Teamwork



We used spaghetti and marshmallows to **build a tower**. First, we made two different towers on our own. Then we realised it would be better to put them **together**.

We talked about how we **worked as a team**. It is very important to be a good team member at YAH.

Short breaks



Philippa showed us some information she had found out at Dycorts and Corbets Tey.

We looked at what people liked to do in their **free time**.

We talked about the **chart** Philippa had made and checked that we **understood** it.

We talked about what **questions** we could ask other **groups**.

We could have an activity day or have a stall at the school summer fête.

We talked about where else we could do our **research**.



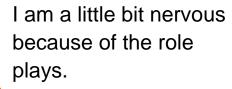


It might be a good idea to have a group at Havering College like at Ravensbourne, and in Dycorts school council.

Confidence Snails

We finished with our Confidence snails.

I was quiet when I came in, but I have had fun. You think I have good ideas.





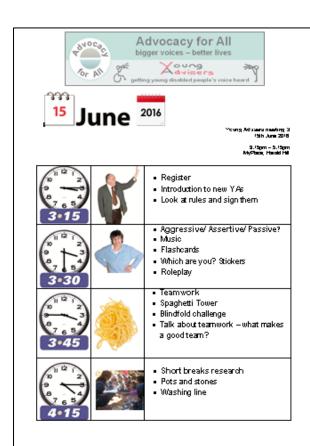








A good team



There are now **six** Young Advisers. The oldest is **20** and the youngest is **13**. We come from different schools and colleges.

Because a lot of people are new, we did some of the same things as last week.

We had such **good discussion**, we did not have time to do everything!

We did lots of planning for other meetings.

Meeting new people



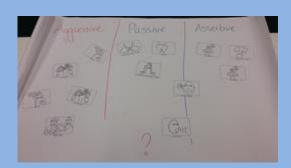
Today we met **Deborah**, our new Workshop Supporter. She is going to help our meetings to **run smoothly**.

To get to know each other, we did an Icebreaker. One person said **something about themselves**, like 'I have a dog'. If another person thought this was **true** about them too, they stood next to the first person. Then they said something about themselves.



I am pleased that I have met new people.

Activities



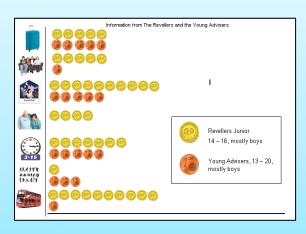
We did the **assertiveness** activities that we did last week because some people were not here.

We had to **listen carefully** to each other so that everybody could **share their ideas**.



It takes a lot of confidence to be able to say "no".

Short Breaks



We did the **voting activity** to show our thoughts on Short Breaks offers.

There is **more information** about this later in our report.

Planning

Philippa has some big meetings coming up. We thought about what we want her to say to the Council and at the London Youth Participation Forum.



There aren't very many girls in the group.



I have only been here for an hour and a half, but I have had fun.



Without our voices, the Council in Havering will not know how to treat and support us.



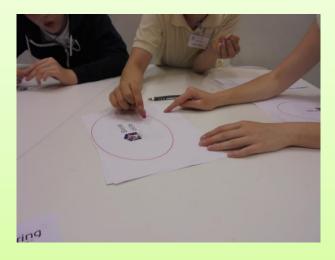
More research

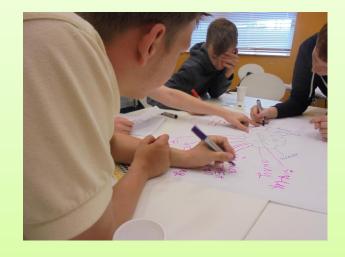


There were not very many of us this week. **Tyler** was ill, **James H** was playing Boccia and **Frankie** was busy. Jodie does not want to come anymore.

Our agenda fell apart a bit because the council sent us some **new questions**. It took a **very long time** to get through them all, but we made it! We will have to do it again next time when more people are here.

We used **stickers** and **brainstorming** to answer the council's new questions. It was good to find out more about each other while we were doing it. It took a very long time.







In the evening, Jack and George went with Philippa to the **Autism Hub** to ask the members our questions.



Before we went, we got some dinner in Romford.

The boys did a **great job** talking to the other young people, especially as it was their **first time** and it was a **new place**!

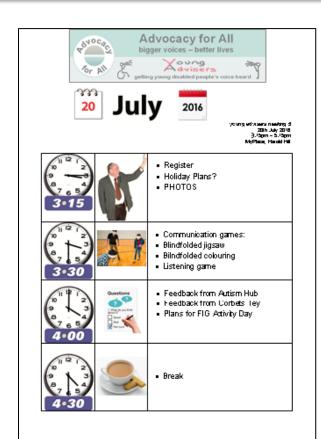


We did not ask all of our questions because it took a long time to talk to everyone. Some people needed a lot of help to answer the questions.

Jack's mum said:
"I've never seen Jack and George so excited and happy."

George's mum said: "George has tried loads of clubs but he didn't like them. It's great that he has been out for a whole evening.





We had a very **busy** and **useful** session this week. It was the end of term so a lot of people were very excited, but people were still focusing well. There were lots of good ideas.

We did some activities to test our communication skills. They were very hard and made us think about how we can talk to people who find communicating hard. We talked about the research Frankie, George and Jack have done.

Communication Skills



We did some communication games in pairs. One was a jigsaw puzzle and one was a colouring page. One person in the pair had a blindfold so they **could not see**. The other person could **not touch the activity**. They had to work together. It was very, very difficult.



We thought about how the activity made us **feel**. This helped us to think about how we could talk to **people who find communicating hard**. When we are doing our research, we will meet lots of people who need support.

Jack says "I felt angry because I was worried about my partner getting a mistake"

Jack says "No swearing"

Communication

George says "It might help if you do not give up"

Jack says "Eye contact"

James S says "Clear voice" George says
"It was very
hard to know
where I was
heading"

James H says "No complicated words"

James S says "It was very hard to know what you were colouring in.

ANNOYED!"

James H says "I didn't like that I was completely in someone else's hands" Jack, George and James S took it in turns to ask James H questions for our short breaks research.

Frankie, Jack and George talked about the research that they did at Corbets Tey and the Autism Hub.

We all talked about plans for the **FIG day** research. The group agreed that there should **not be more than 4 questions** for the children at FIG to answer. The YAs thought that the sticker idea and the 'perfect day' drawings were good ways of asking questions. The group suggested some ideas for **lucky dip prizes** to **get people interested** in answering our questions.

I've just realised, we are all here to help each other!

People refuse to accept disability at school.



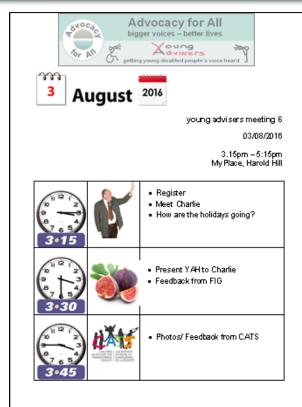


Ravensbourne

We talked about the **Ravensbourne group**. All of the Young Advisers agreed that it was very **important** to keep going to Ravensbourne. They thought it was **not fair** that some people could not be involved in YAH because they need more support. We are going to call the Ravensbourne group our **Pilot Group**.



End of our first project



James S, James H, Jack and George all went to the FIG Activity Day to do our last piece of research.

It was a long afternoon, so we had a very relaxed meeting at MyPlace. We met a new Young Adviser, **Charly.** We told her about what we had done so far and what YAH is all about.

Philippa told us about her week at the CATS conference.

We talked about the **plans** and **events** that are coming up.

A relaxed session

Because it is the **school holidays**, we had quite a gentle session. We played games to get to know each other and talked about how our holidays are going. **James S** and **Frankie** shared their plans for next year. We also did an activity to **relax** ourselves, with **deep breathing** and **letting go of the tension** in our bodies. People felt much **calmer** afterwards.

The Young Advisers explained to **Charly** what we do. **George** is particular good at telling people about what our job is and how they can help us.

We talked about how it had gone at FIG and the information we gathered. The group worked really hard and were very outgoing.

A lot of people really like the balloons. We could use those in to collect people's ideas – they could draw or write on them

We are to be a role model as well as get information





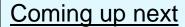
CATS Conference



Philippa talked about her week at the CATS Child Participation Conference in Switzerland. She met a lot of adults, young people and children from all over the world who are interested in our work. She also met a lot of people who had good ideas for how we could make our group and our work better.

There was nobody at the conference with a disability, so next year we think it would be a good idea for some Young Advisers to go with Philippa and talk about their work themselves. We would need to find a lot of money and support to do that. Parents think it is a good idea too.





Now that we have **finished** our Short Breaks research, we need to start thinking about our next piece of work. We agreed that we cannot start until we have **more information** from the Council.

We want to start thinking about the **Forum** that is also on our project To Do list. Again, we need some **more information** from the Council.



While we wait, we will do some **monitoring** to see how YAH is going. We started by **interviewing each other** about what we think is going well, what could be better, and how YAH makes us feel. There is a similar questionnaire for our parents.



There are some fun things as well as work things coming up over the next few months that we might be interested in going to:

The Beautiful Octopus Club on 9th September at the Southbank Centre



The Young London Participation Forum on 12th September at City Hall

WHY? London from 19th to 22nd October at the Southbank Centre



There are a lot of young people at Ravensbourne Sixth Form College who would like to be Young Advisers.



Some of them find it hard to come to a new group on their own.

One of the boys is **deaf** and needs a signer to help him.

One of the girls can get a bit cross sometimes and needs help to keep herself calm.



A few people need help with medicine and **personal care**. It has been very hard to find somebody to help with this at MyPlace.

We started a Young Advisers group in Ravensbourne so that they could join in with what we do and feel more confident.

Pic of Tyler

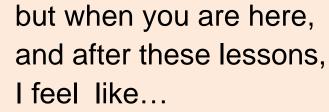
We have been doing the same activities as we do in a normal YAH meeting.

Because **Tyler** is a Young Adviser and a student at Ravensbourne, he helps to run the group by explaining the activities.

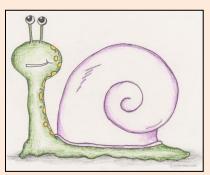


Thoughts from Ravensbourne:

Tyler says "Normally, I feel like...









Becky says "I feel... confident!"



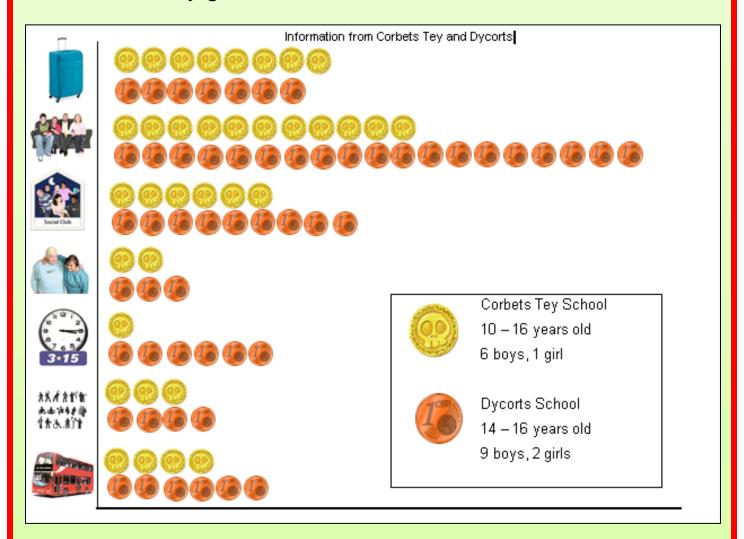
Dominic usually does not like wearing his hearing aids. But he asked to wear them so he could join in the meeting better.

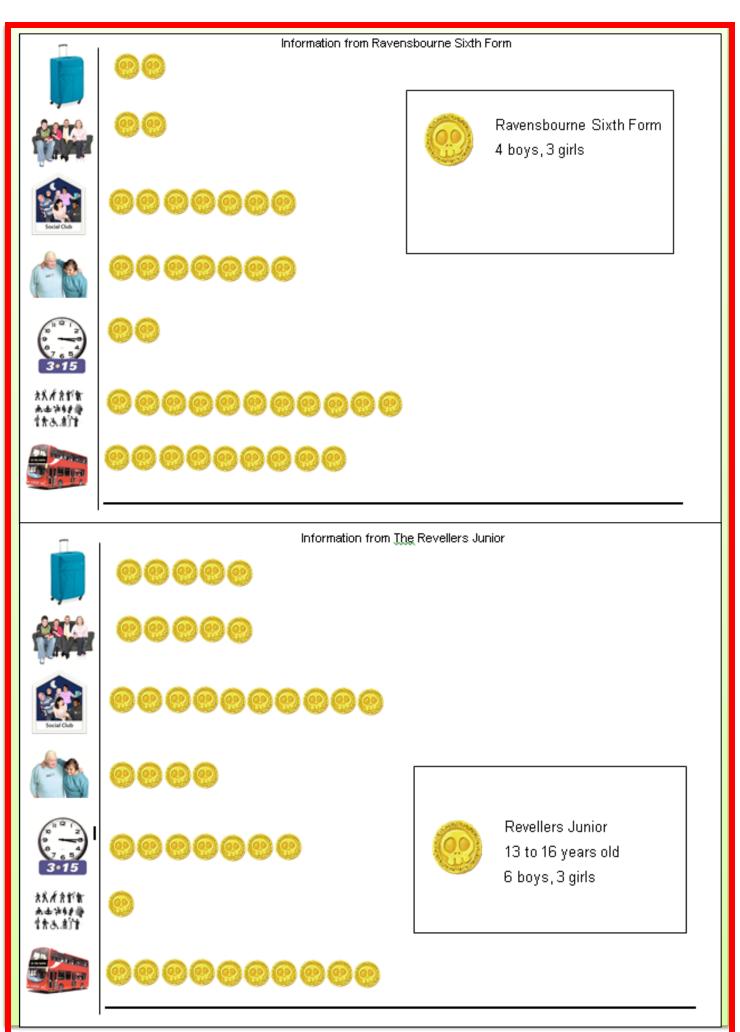
Razwan says "I am happy here. It would be hard for me to go to MyPlace, but I would like to come."



What we have found out

We talked to a lot of different groups. We took a list of the **short breaks** that Havering Council already has. We asked people to **vote** on the ones they thought sounded good. Each person had five coins to show what they wanted to choose. They could put more than one coin in if they thought it sounded really good.







Havering Council sent us a list of **questions** to ask about short breaks. It was a **very long list** and it was **difficult for some people to concentrate**. It is hard for some people to answer a question **without choices to choose from**.



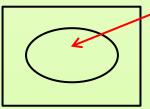
It was nearly the end of term so a lot of people are away or busy. It was hard to find people to talk to at short notice.



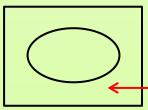
Not many people **understand** what short breaks are. It is difficult to **tell the difference** between activities that are short breaks and activities that are not short breaks.



We used **discussions** and **sticker charts** to ask people what they thought. For the sticker activities, people put their sticker:



 In the middle of the bubble if they do something



 Outside the bubble if they would like to do something



YAH

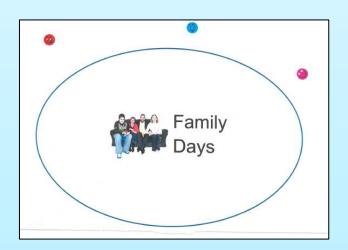


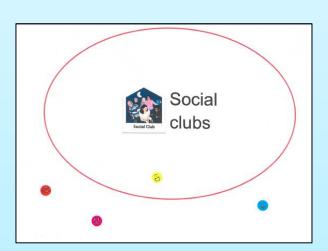


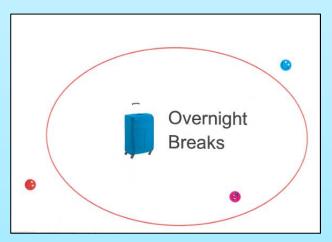


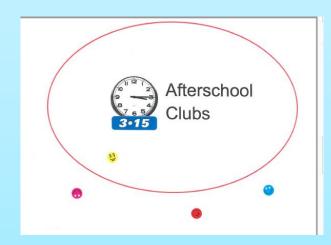


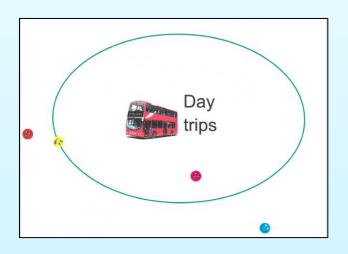
What Short Breaks do you do?

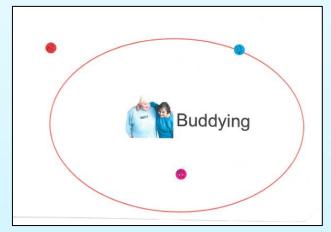






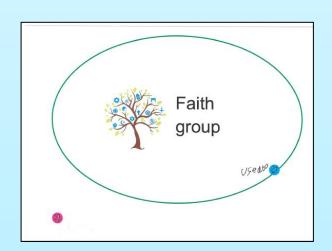


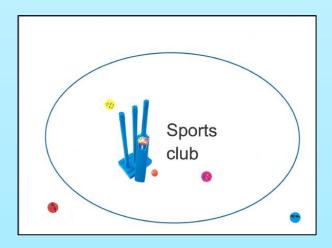


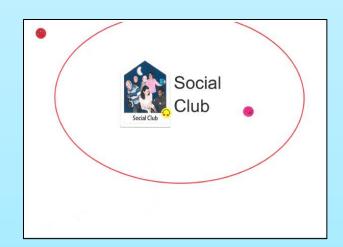


What do you like to do in your spare time, without your family?

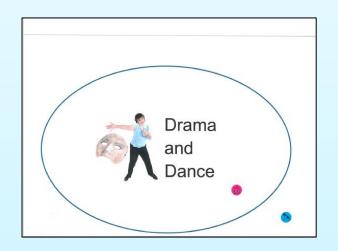


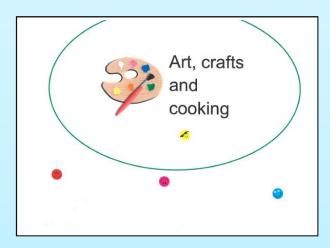


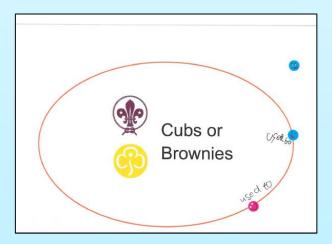


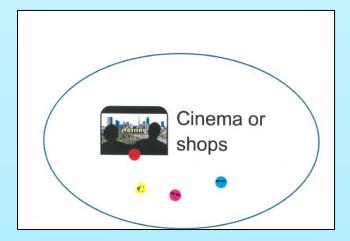


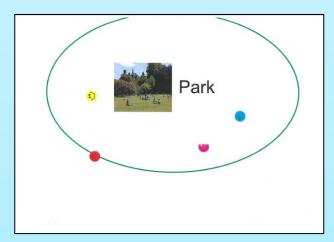


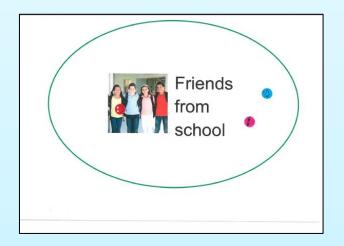


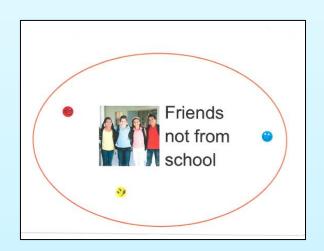


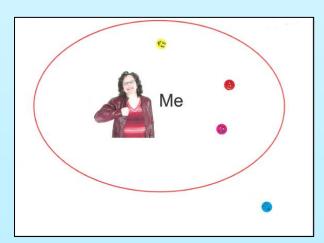


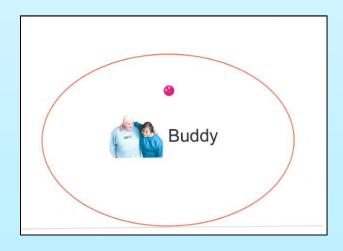


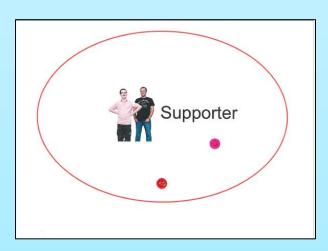


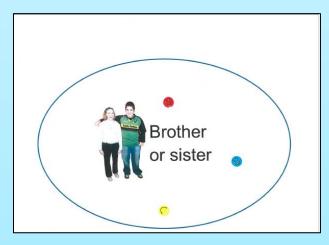










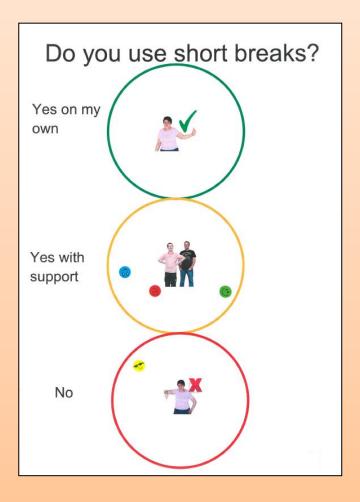


What do you like to do in the holidays? Singing Caravan Friends Arcade Family Away Swimming Dodge hall Cinema Visit my nan and grandad Theatre Watch films Caravan and go shopping with my dad Going Arcade Bed shopping with my FIG Watching mum TV 34

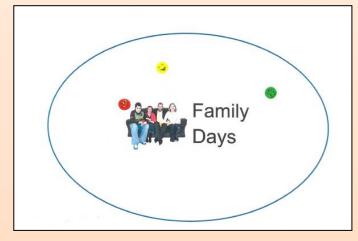
What would your perfect weekend be like? Dancing Arcade **Beach** Friend Family Rides houses Cinema Theme parks Caravan **Exploring** parks With carers With my mum on Friend one of the weekends Thorpe In a With my dad **Bowling** Tent hotel Park on the other weekend Clubhouse 35

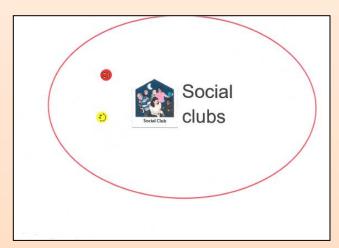
Ravensbourne Sixth Form

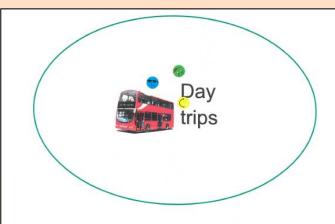
Lots of people from our group were out on a trip so we could not talk to them. Some people had **support** from staff who knew them well. Everybody in this group is **between 16 and 18** years old.

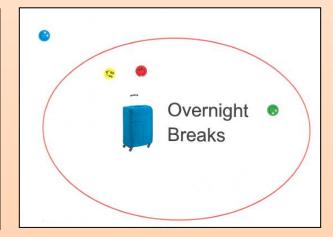


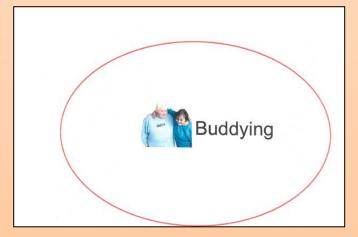
Which services do you use?

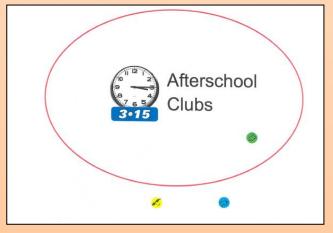












After school or at weekends

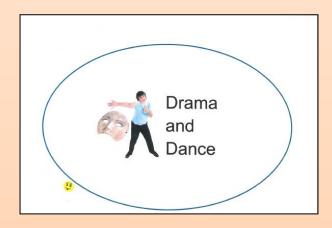
What do you like to do most?

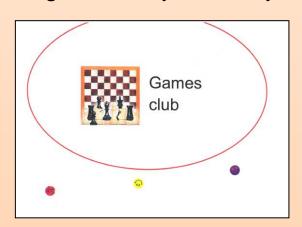
I like fun in the sun, being outdoors and seeing friends I like going to museums and playing video games

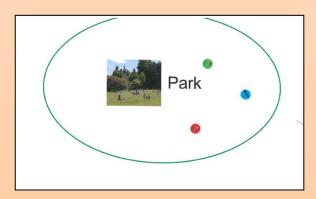
I like dancing, swimming, cleaning and cooking I like cooking with my mum and doing jobs. I like being helpful.

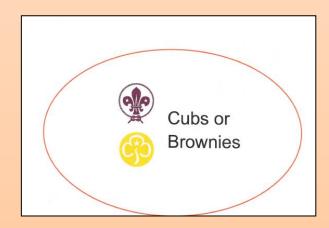
I like going to the park. I used to love Saturday club because I could go by myself but it closed. I would like to go on trips but my medical needs make it hard.

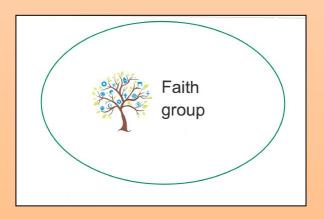
Where do you go after school or college without your family?

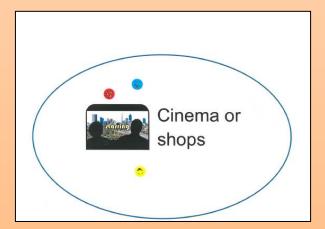


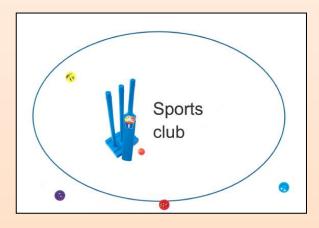


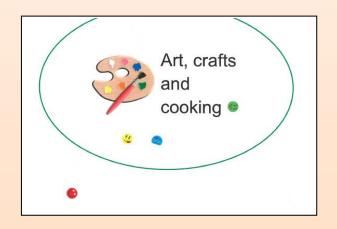


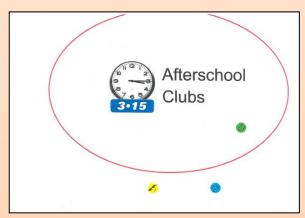


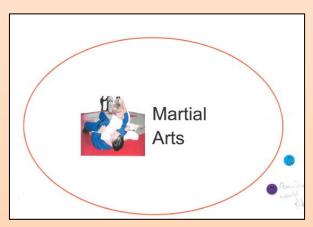




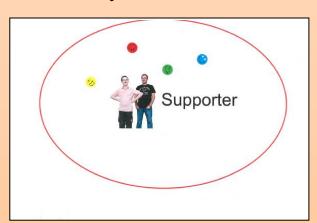


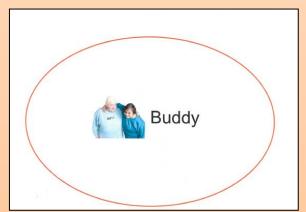


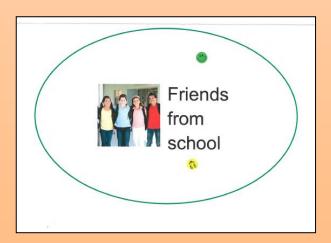


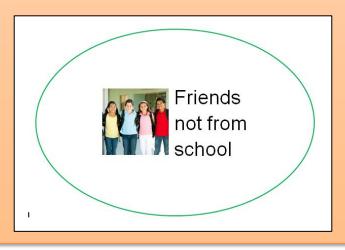


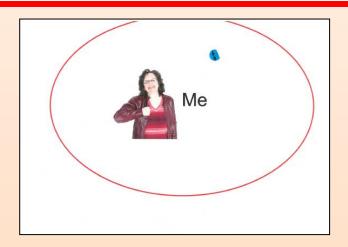
Who do you like to be with when you do these things?











In the school holidays

What do you do in the holidays?

I play football and spend time outside I visit family in another country, play video games and go to museums

I go swimming, cook and help with cleaning

I visit family in another country, chill out and listen to music I sometimes go away on holiday, see my family and go outdoors

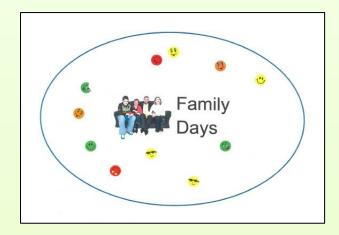


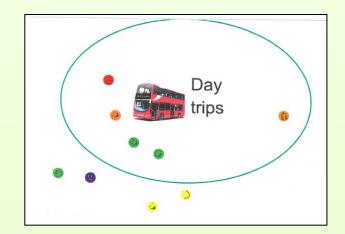
Autism Hub - Yewtree

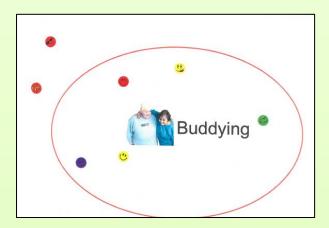
There were 11 people at the **Autism Hub club** at the Yewtree Centre. They are all between 13 and 18 years old. Most of them were boys. Everybody there has an **Autistic Spectrum Condition**.

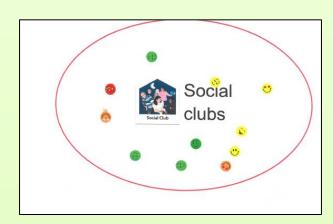


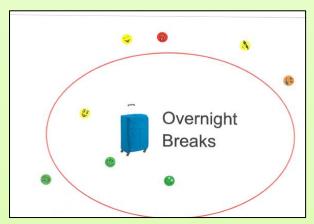
Which Short Breaks services do you use?



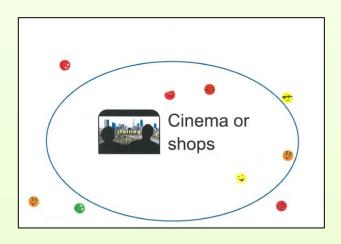


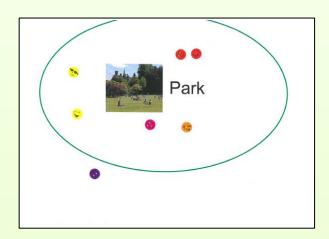


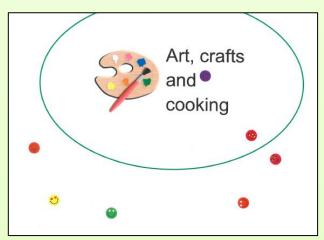


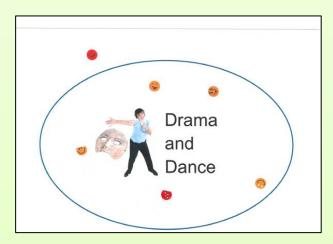




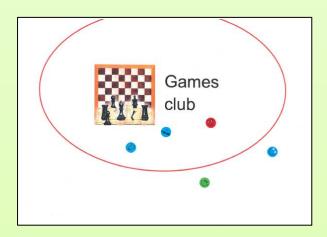


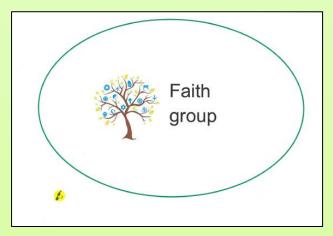




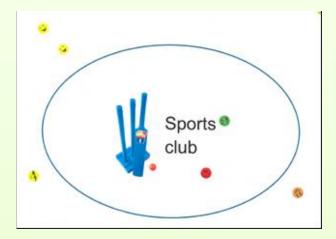




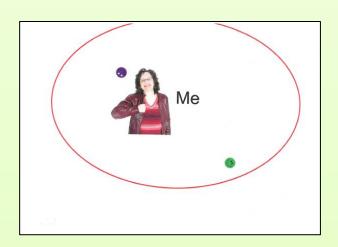


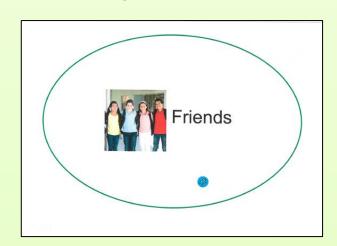


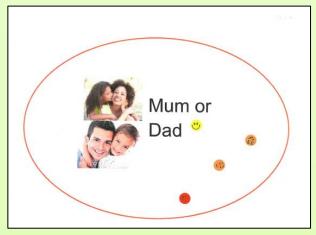


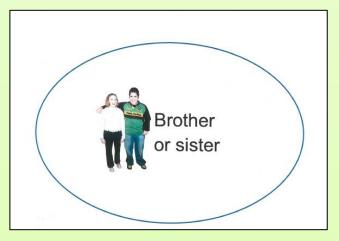


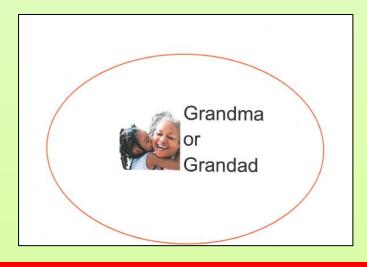
Who is your favourite person to be with during the holidays?







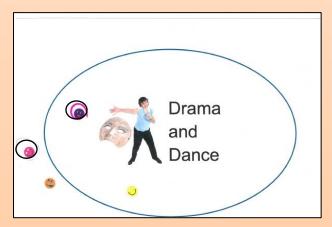


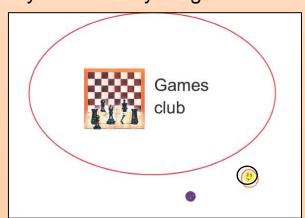


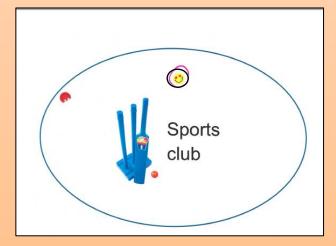


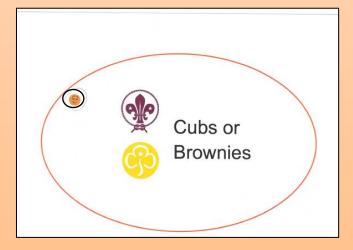
Corbets Tey School Fete

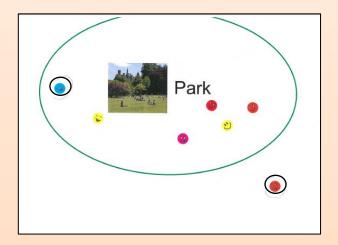
Jack had the idea to go to school fetes to do our research, so Frankie and Philippa went to Corbets Tey to ask the children about what they like to do in their free time. It was in school time so Jack could not go. We could not ask them lots of questions because there were lots of other exciting games around. We asked them to put stickers on the things they liked doing and to write or draw something on our Perfect Day chart. We spoke to 14 children. We have drawn a circle around the stickers from the children who are 12 years old or younger.

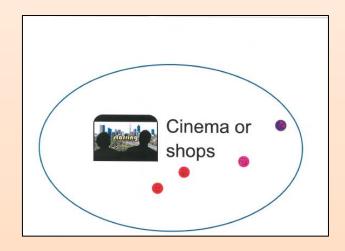


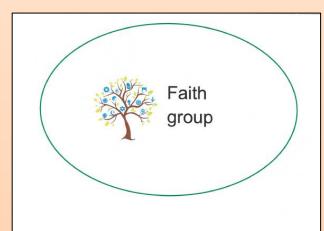


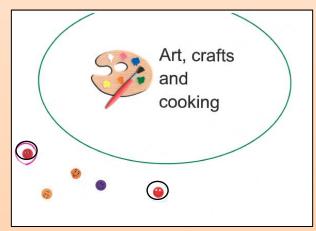


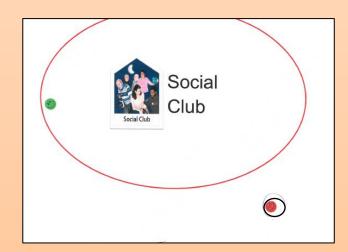


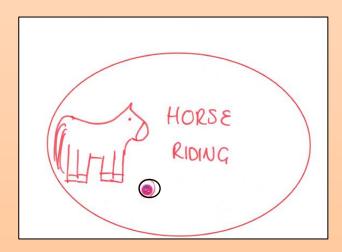












Frankie says: With lots of other things going on, we need something to **entice** the children.

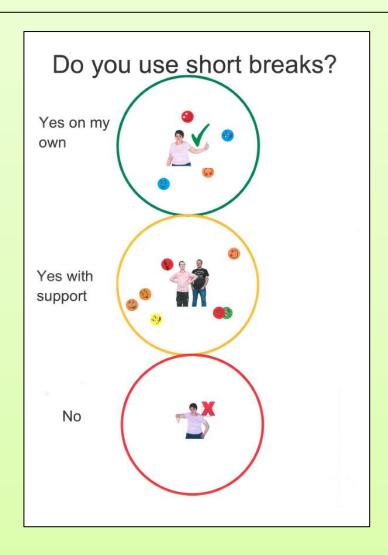
Frankie says: Doing this research, I felt like I could achieve my long-term goal which is being a role model for people with Autism and disabilities.

We asked the people that we spoke to draw or write some things that they would have in their perfect day. Monkeys at the Z00 **Swimming Bowling** Park **CBeebies** Drama Football Friends Dance 47

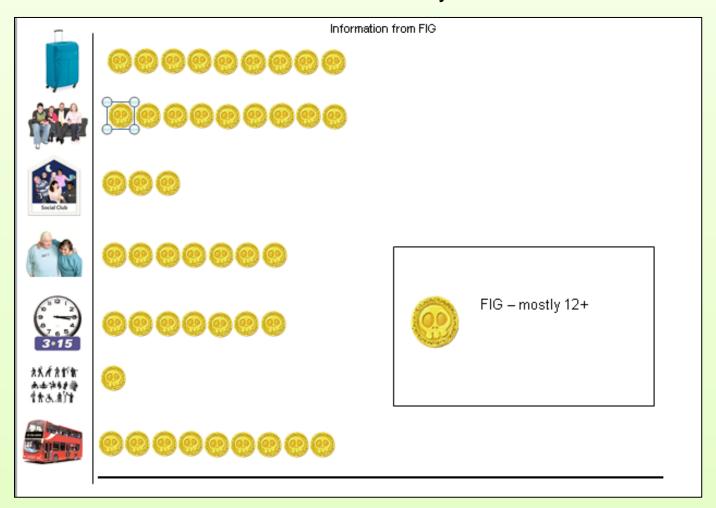


FIG Activity Day

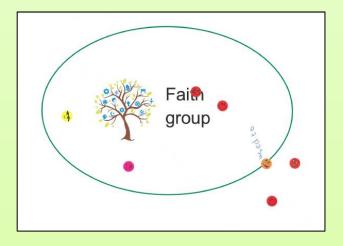
Sharon and all of the staff and young people at **FIG** were very, very **helpful**. We spoke to **almost everybody** there – though the Lucky Dip might have helped! We changed one of the activities because the Young Advisers thought there were **too many stickers**. They suggested using the **coins** for people to tell us which Short Breaks they use, so we have made a **graph**.

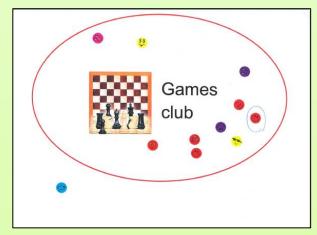


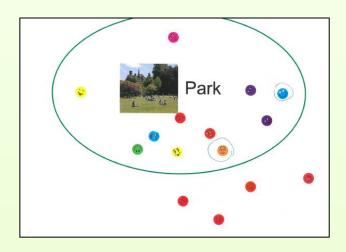
Which Short Breaks do you use?

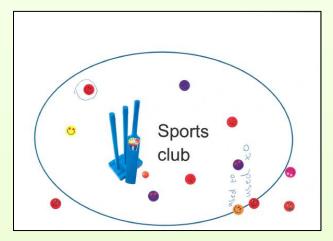


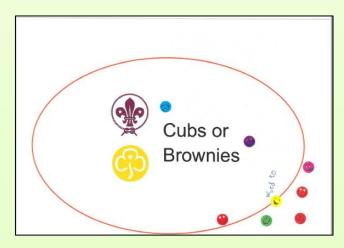
What do you like to do in your free time without your family?

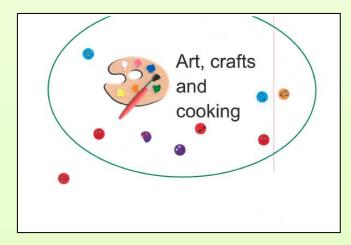




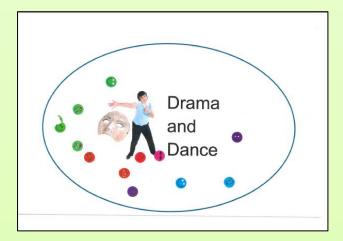


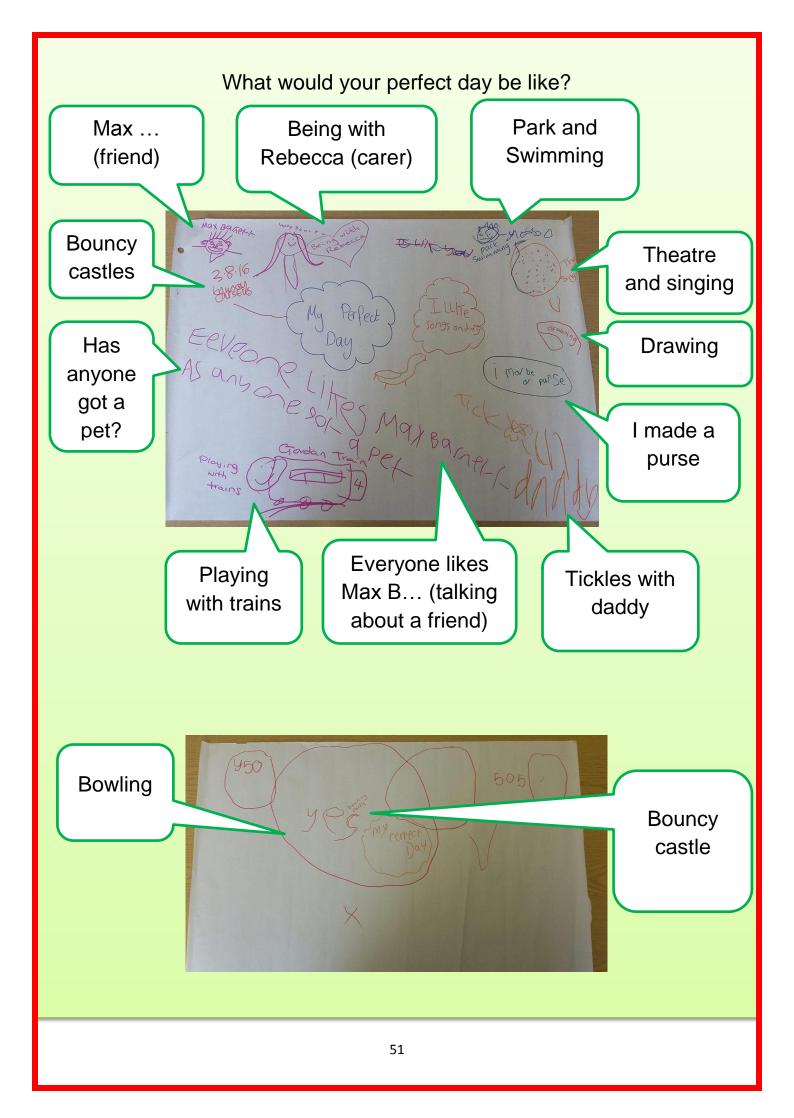














Summary and next time

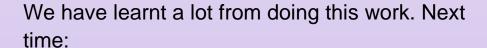


We found out a lot of information. Here are some of the main things we found out:

- People's age is not always linked to what they like doing
- The favourite activities are:
 - o Sports
 - Drama and dance
 - Arts and crafts



- Lots of people like being outside
- Bouncy castles are great fun!





- The Young Advisers will choose how we find out information
- We will try very hard to talk to more young children
- We will talk to more parents as well
- We will need clearer instructions from the Council



Plans for the future



Our next research topic will be the Local Offer. We are waiting to hear more instructions about this.

We will start our new topic in **September**. We will visit all the same schools and groups again.



We are going to work very hard at **recruiting** new Young Advisors. We will make a **video** telling people what we do and why they should join us.



Philippa will be going to the **Young Londoners Participation Forum** again in
September. The topic is **Managing Change and Transition**. She is hoping to do a
presentation with some Young Advisors.



We are going to do a **review** of how the group is going and what we can make better.

The Young Advisors would like to say **Thank You**

Havering Council
MyPlace

Ravensbourne School

Corbets Tey School

Dycorts School

Havering College

The Autism Hub

FIG

The Revellers

Sarah Parry

Emily Woodroofe for her Confidence Snails



bigger voices - better lives

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