



Care Experienced Young People's Champions Boards

Guidance on Life Changes Trust Open Call Funding 2016



LOTTERY FUNDED

The Life Changes Trust was established by the Big Lottery Fund with a National Lottery grant of £50 million to support transformational improvements in the quality of life, well-being and inclusion of people affected by dementia and young people with experience of being in care.

The Life Changes Trust

The Life Changes Trust is an independent charity, established in April 2013 with a £50 million endowment from the BIG Lottery Fund Scotland.

The Trust's mission is to drive improvements in the quality of life, well-being, empowerment and inclusion of two key groups in Scotland:

- Care experienced young people who have lived at home and away from home
- People with dementia and their unpaid carers ('people affected by dementia')

Delivering through collaboration, strategic funding and influencing activities, the Life Changes Trust will work with others to ensure that care experienced young people and people affected by dementia are supported to achieve their full potential and as valued members of their communities, and that their individual physical, social and emotional needs are met.

For information, visit the Trust's website www.lifechangestrust.org.uk and sign up for our ebulletin, which is also available in hard copy on request.

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Introduction

This guidance provides information for the second wave of funding for Champions Boards and for prospective applicants who are interested in applying for Trust funding to support an emerging or established Champions Board approach.

Following extensive consultation with care experienced young people, practitioners and a wide range of interested organisations during 2014, the Life Changes Trust decided to invest in the development of “Champions Boards” approaches - which we believe will drive transformational change and sustainable improvements in the quality of life and wellbeing of care experienced young people across Scotland by delivering better quality of care and support.

Our investment in Champions Boards is a key plank of our strategic approach and one which we believe will drive significant change and consequently greatly improve outcomes for care experienced young people across all five of our strategic priority areas.

The Trust launched the first wave of Champions Board funding during May 2015 with an allocation of £2 million, and invited bids from local authorities, community planning partnerships, health and social care partnerships and other area-based partnerships. Ten successful areas were awarded 3-year funding (allocation) which began in April 2016.

Key to maximising the shared learning and the development of collective ownership of the Champions Board approach is the Learning and Improvement Network. This will provide the opportunity for local authorities, community planning partnerships, third sector and other organisations and young people to get together to share best practice, innovation and overcome barriers.

Important, please note: the funding application process for this second wave of Champions Board funding has

changed to take into account feedback received from the first wave of funding and to reflect the adapted entry conditions for applicants this time round.

Information days and funding surgeries

The Trust is offering information days where we will outline entry conditions for applicants and answer questions on this funding opportunity. Additionally, there will be an opportunity to meet with us individually by appointment at one of our funding surgeries to get advice and support on your application during July – September 2016.

Information Days (11am - 3pm)	Funding Surgeries (10am - 4pm, Edinburgh)
Thursday 7 July (Edinburgh)	Tuesday 23 August
Thursday 14 July (Perth)	Thursday 25 August
Thursday 21 July (Glasgow)	Tuesday 6 September
	Thursday 8 September

Section A: Background

Champions Boards provide a unique opportunity for young people to have a voice and to make a significant contribution towards transforming the quality of life and wellbeing of all care experienced young people. They allow young people to have direct influence within their own local area and provide an opportunity to hold their Corporate Parents to account. They also have the potential to ensure that services are tailored and responsive to their needs and are sensitive to the kinds of vulnerabilities they may have as a result of their experience before, during and after their time in formal care.

Young peoples' views, opinions and aspirations are at the forefront in this approach and are paramount to its success. This can help build the capacity of young people to influence change, empower them by showing confidence in their abilities and potential, and give them the platform to flourish and grow.

Combining both the unique expertise of care experienced young people and the powers and responsibilities of key decision makers can create a potent mix and one which can stimulate transformational improvements. We believe the key elements needed to create a successful Champions Board approach include:



1. Young peoples' participation

We understand that it takes times to establish a group of young people who are able to participate fully and develop as young people committed to creating change. It is for this reason that we are committed to investing in what we see as an important change journey. This journey involves more than the set-up of the Champions Board itself, although this is an

important step. It relies on creating the right conditions for care experienced young people to participate. This is absolutely crucial to creating the conditions that will make it possible to deliver better outcomes for young people.

The Trust currently funds Who Cares? Scotland to deliver engagement and empowerment support to care experienced young people in Scotland. We expect all Champions Board developments we fund to show their commitment to empowering care experienced young people and to form relevant partnerships with organisations such as Who Cares? Scotland and/or other young people's advocacy and support organisations who have a track record in successfully engaging young people to influence the design and development of processes to support this work.

When thinking about the participation of care experienced young people and their development, the Trust would also expect applicants to consider the wider question of developing the leadership capabilities of young people, and how this will be supported at a number of levels as part of the wider Champions Board approach.

2. Current policy landscape and the role of Corporate Parents

The Champions Board approach creates conditions for Corporate Parents to deliver on their current and new responsibilities in an informed way, as it provides a real connection to the lived experience of care experienced young people. In this sense it provides an enabling context for the implementation of sections 10 & 11 of the Children and Young People (Scotland) Act 2014, and creates a forum where Corporate Parents can be directly accountable to their care experienced young people. However, while it is important that care experienced young people are at the heart of setting the agenda, ultimately, the responsibility for change and action must still lie with Corporate Parents and professional officers.

Applicants should therefore demonstrate how they are collaborating and how the decisions they make and the services they put in place improve the wellbeing of their looked after children or care leaver population.

<http://www.gov.scot/Publications/2015/08/5260>

The recently published Getting it Right For Looked After Children and Young People Strategy (the document can be accessed [here](#)) also provides key information which can support the work of Champions Boards.

Some existing Champions Boards are using the information provided in the Scottish Care Leavers Covenant, which is a promise and commitment to young care leavers that their needs will be prioritised in recognition of the disadvantage and stigma they may have experienced.

Link to [Scottish Care Leavers Covenant](#).

The Covenant provides a blueprint for how to achieve this in key areas such as education, employment, housing and accommodation, health and justice. It calls for the full implementation of Staying Put and Continuing Care as a foundation stone for all looked after young people, and care leavers, in recognition of the fact that too many young people still leave care at too young an age. Importantly it reinforces crucial elements of Getting it Right for Every Child where young people should expect to be nurtured and safeguarded by their corporate parents and to experience wellbeing that considers not just safety but also ensuring they are able to continue to learn and be healthy and active and engaged citizens too.

Please note: the Trust cannot fund work which is designated as a statutory responsibility of Corporate Parents however we appreciate that improvements will be linked to, or are part of statutory duties. The work of Champions Boards is to encourage Corporate Parents to go above and beyond for the young people in their care, and to see young people as key leaders in a change

journey which aims to radically improve the overall quality of life and wellbeing for all care experienced young people in Scotland.

3. Champions Boards: A Unique Approach

To be successful, attention must be paid to the *approach* and principles as well as activities associated with the work of the Champions Board. This means paying attention to power dynamics and being sensitive to creating the kind of environment where participants are able to give their absolute best no matter what their position.

For the Champions Board approach to work and for it to realise its fullest potential – it must have power and for it to have power it must have status. And that power and that status must be brokered by the professionals in that room; and it must be demanded by the young people.

Existing Champions Boards have told us that while this can be challenging and hard work to establish, it is also extremely rewarding as it creates a firm foundation, supports meaningful relationships and creates a trusting and productive environment. It is this unique combination of elements that creates the conditions for the change process to develop and flourish.

Section B: Funding Guidance

Please Note: the application form contains a number of prompts in relation to each question. Applications will be scored in relation to how well they address these prompts, so please bear this in mind when writing your responses.

1 Purpose of Champions Board initiatives

The overall aim of Trust-funded Champions Board initiatives is to improve the quality of life and wellbeing of care experienced young people by giving them the opportunity to have much more of a say in the decisions which affect their lives, individually and collectively and to drive improvements in services and support for all care experienced young people.

If elected decision-makers, executive officers, managers, practitioners and community representatives have the opportunity to learn from the lived experience of care experienced young people, this will result in better-designed services and support for this group.

To achieve this purpose, applicants for Trust funding will be required to submit a three-year Activities Plan as part of their application. This plan should detail the outcomes you expect to achieve and the activities you plan to undertake to achieve these outcomes.

Guidance on completing the activities plan is provided below. To complete your activities plan, please refer to sections 1.1; 1.2; 1.3; 1.4 and ensure that all of the elements requested are included.

1.1 Intended Outcomes

Please read this section before completing Section 4 Outcomes and Activities Plan in the application form.

We have provided a framework of outcomes below. **These are the outcomes we expect all Trust-funded Champions**

Boards to work towards. However, the improvement outcomes are examples and they may be adapted to fit your local priorities.

For your Activities Plan, please think about the activities you are planning to carry out, and how these link to the outcomes in the framework. A column is provided in the Activities Plan template for you to match activities with the outcomes below.

You must choose at least one of the improvement outcomes, either as it is currently worded or as an adaptation, and reference how it links to the Getting it right for every child SHANARRI Indicators.

Your activity examples might include a suggestion that Health and Wellbeing are of course fundamental to all the themes as reflected in the evaluation approaches below.

<p>Outcomes for Care Experienced Young People (CEYP)</p>	<p>Leadership and Organisational Outcomes</p>
<ul style="list-style-type: none"> • CEYP develop positive relationships through Champions Boards and related support • CEYP become more active in their communities • CEYP develop the confidence and skills to influence policy and practice relating to their lives 	<ul style="list-style-type: none"> • More organisations can demonstrate meaningful participation of care experienced young people (CEYP) in planning and supporting improvements • Corporate Parents and service providers have improved understanding of the needs and aspirations of CEYP • The conditions are in place for relationship-based practice*
<p>Policy and Practice Outcomes</p>	<p>Improvement outcomes</p>
<ul style="list-style-type: none"> • Care experienced young people (CEYP), and those engaged with them (practitioners, carers, volunteers), have influence on decisions that affect them • Policy and practice is increasingly responsive to the needs and aspirations of CEYP • Partners work together effectively across sectors and services to implement agreed changes in policy and practice 	<ul style="list-style-type: none"> • Care experienced young people (CEYP) live in a place that suits their needs (accommodation)** • CEYP have improved educational attainment (education)** • CEYP have improved employment opportunities (employment)** • CEYP live healthy lives (health and wellbeing)** • CEYP live their lives free from crime, disorder and danger (criminal justice)**
<p>Outcomes on Public Awareness and Attitudes</p>	

- The issues facing care experienced young people (CEYP) are more visible and better understood by members of the public
- The work of the Champions Board inspires local communities in their interaction with, and support for CEYP

* Relationship-based practice is based on the idea that positive, caring and supportive human relationships are of paramount importance and should be at the heart of all work with care experienced young people.

** Applicants will be expected to develop improvement outcomes specific to their application

1.2 Champions Board Activities

Applicants should ensure that their Activities Plan focuses on achieving the outcomes described above and reflects the following core activities.

Participation

The meaningful participation of care experienced young people is central to the Champions Board approach. Applicants should demonstrate their commitment to growing and developing their approach to participation, as a means to build confidence and skills among young people, increase their opportunities to become more active in their communities, and develop a collective voice.

Activities might include, for example: core participation group(s); drop-in opportunities; one-off events; engagement through social media; peer-led research; support for participation; creative arts.

All activities should complement work currently carried out by organisations such as Who Cares? Scotland and other local agencies that can support participation.

Champions Board forum

Most areas will currently have a strategic forum focusing on improving outcomes for looked after children/young people and care leavers. A Champions Board goes beyond the traditional approach by finding creative and meaningful ways of listening to the voices of young people and allowing this to influence decisions which impact on their lives.

Activities might include, for example: support/resources for members; extension of membership; creative planning; evaluation; mapping of services/supports; online developments.

Applicants should demonstrate their commitment to creating this type of forum. If your area already has a Champions board, you should show how you will continue to develop the Board and evaluate its impact.

Leadership

Applicants should demonstrate how they will build leadership capacity and capability across a wide range of people who are directly or indirectly involved in the work of the Board.

Activities might include, for example: multi-agency development opportunities/courses; practitioner forums; collaborative working initiatives (secondments, shadowing, cross-agency initiatives); new relationships with Third Sector.

Champions Boards should also demonstrate over time how their approach is leading to better decision-making regarding service design, commissioning and funding impacting on care experienced young people. Your Activities Plan should reflect this expected progression.

Improvement Outcomes

Applicants must show how their Champions Board can lead improvements related to one of the following themes:

- Accommodation
- Education
- Employment
- Health & Wellbeing
- Youth and criminal justice

Activities might include, for example: actions to improve care experienced young people's educational attainment; employment opportunities; housing opportunities.

Your Activities Plan should include activities which will contribute to measurable improvements for care experienced young people in your area against at least one of the above themes. You may wish to refer to the Scottish Care Leavers Covenant for guidance.

Sustainability

Applicants must show clear commitment to sustain the Champions Board approach beyond the period of grant support. There are two additional elements to this sustainability approach – willingness to consider service redesign/ decommissioning of existing services (see leadership and service improvement, above) and improved public awareness and support for care experienced young people.

Activities might include, for example: communications planning; development of volunteering initiatives, e.g. mentoring/befriending; media activities; open days/public events.

The above is not an exhaustive list of the activities that can be undertaken by Champions Boards, but provides examples of the type of activity Trust funding can potentially support. Your application should demonstrate how you have engaged with Champions Board stakeholders in your area, including young people, to shape your plans.

1.3 Individual Awards

Applicants for Trust funding for Champions Boards should include outline plans for developing their own small local scheme of individual grant awards for care experienced young people in their Activities Plan which will receive some dedicated funding from the Trust.

As these schemes will be small, it will be important to identify which care experienced young people could most benefit from

this opportunity and what type of thematic focus the scheme should take – and young people themselves should be engaged in setting the criteria and making decisions around funding awards.

We would expect Third Sector partners to take a significant role in the delivery of this area of activity.

1.4 Participants

Applicants should ensure that their Proposal Summary and Activities Plan reflect a partnership approach, with evidence of engagement from a wide range of stakeholders. The table below highlights the partners we expect to see engaged in your plans; this is a minimum expectation, as each area will have its own approach to developing an inclusive Champions Board approach.

Care experienced young people (CEYP)	Local authorities
<ul style="list-style-type: none"> • CEYP from all care backgrounds (residential care; foster care; looked after at home; secure care; kinship) aged 14-26 years • offer a range of options, including membership of participation group(s); membership of the Board itself; involvement in events; membership of social media groups; outreach engagement 	<ul style="list-style-type: none"> • expected to take a lead role in the development of the Champions Board approach • engagement from a number of levels - elected members and executives as well as middle managers and frontline staff • cross-service engagement - services with responsibility for Social Work, Education and Housing at a minimum • other relevant services may include Employment, Leisure and Community Services (or equivalent)
Health Boards	Third Sector

<ul style="list-style-type: none"> • Health Boards have key Corporate Parenting responsibilities • appropriate senior-level Health Board representation on the Champions Board forum • engagement from relevant health professionals in wider aspects of the Board's work 	<ul style="list-style-type: none"> • appropriate senior-level Third Sector representation on the Champions Board forum • may include organisations with a service delivery role as well as an umbrella organisation such as the Third Sector Interface with a wider role in representing the interests of the sector
<p>Further/Higher Education (FE/HE)</p>	<p>Youth Justice</p>
<ul style="list-style-type: none"> • appropriate senior-level FE/HE representation on the Champions Board forum • engagement from relevant educational professionals in wider aspects of the Board's work 	<ul style="list-style-type: none"> • appropriate senior-level Police Scotland representation on the Champions Board forum • engagement from other partners as relevant, e.g. Children's Hearings

2. Ongoing Evaluation, Learning and Improvement

Applicants will be expected to identify outcomes as part of their application, and to include these in their Activities Plan (see 1.1). This will be the beginning of the process of self-evaluation.

Successful applicants will subsequently receive guidance from the Life Changes Trust to create a full self-evaluation plan, which will finalise outcomes and identify indicators and processes to measure progress.

Support for Self-Evaluation

The Life Changes Trust is committed to evaluation. This is not a stand-alone activity or an afterthought, but is central to all aspects of our work.

Self-evaluation involves planning and undertaking evaluation activity from the outset as an integral part of delivery.

There are **three approaches to gathering evaluation evidence that we would like you to make use of** in relation to your Champions Board.

1. Tracking the effectiveness of partnership

arrangements. The arrangements relating to leadership, structure, membership, and involvement of young people in your partnership efforts are critical to the success of the Champions Boards. As such the Life Changes Trust will introduce a straightforward **online self-assessment to give everyone involved in the Champions Board arrangements the opportunity to give their views on progress every six months** and to identify where improvement may be needed.

2. **Gathering Young People's Views.** Your Champions Board will be asked to **gather the views and experiences of care experienced young people.** It is important to consult with young people that are directly involved in the

Champions Board and related supporting activities as well as those young people that will have been directly affected by the changes discussed and initiated through your Champions Board. This is essential if we all are to fully understand the experiences of young people, the changes that are occurring as a result of your work, and any further improvements required.

3. **Gathering information** about the difference Champions Boards have made to **improving services** and the quality of life and wellbeing of care experienced young people.

For further information on the Life Changes Trust approach to evaluation, please see our website:

<http://www.lifechangestrust.org.uk/care-experienced-young-people/evaluation>

And also our toolkit:

<http://www.lctevaluationtoolkit.com/>

Support for Ongoing Learning and Improvement

Applicants will be expected to demonstrate a commitment to ongoing learning and improvement.

Central to this will be membership of the National Champions Board Learning and Improvement Network which the Trust is currently establishing.

The key aim for the Learning and Improvement Network is to influence policy and practice locally, regionally and nationally to become more responsive to the needs and aspirations of care experienced young people (we also refer to this as “care-proofing” policy and practice).

The Trust believes that by bringing representatives from Champions Boards together, along with other stakeholders, it will be possible to share learning on what works and develop collective leadership. Active participation in the Learning and

Improvement Network will be a condition of funding for Champions Board initiatives.

3. Funding levels and duration

All applicants have the opportunity to apply for the level of funding they require to deliver their project plans, **up to a maximum funding amount of £225,000 over three years.** Your application should cost activities fully and make the case for the level of funding you are seeking. The minimum funding level for this opportunity is £50,000 over three years.

Applicants will be expected to have match funding in place. Match funding can include resources in-kind which directly support the work of the Champions Board, such as existing staff members who will contribute to the work, funding for participation work and venues and other resources.

4. Timetable

The application form and guidance notes will be made available to applicants on the Life Changes Trust website from end of June 2016. Trust staff will talk through the application materials and answer initial questions at the information days scheduled during July 2016 (see below for dates).

Thereafter, a telephone enquiry service will be available for all applicants up until the final submission deadline.

Additionally, there will be the opportunity for applicants to attend funding surgeries during September (face-to-face appointments or Skype sessions will be available). Applicants can talk to Life Changes Trust staff about their plans and get feedback on their draft applications.

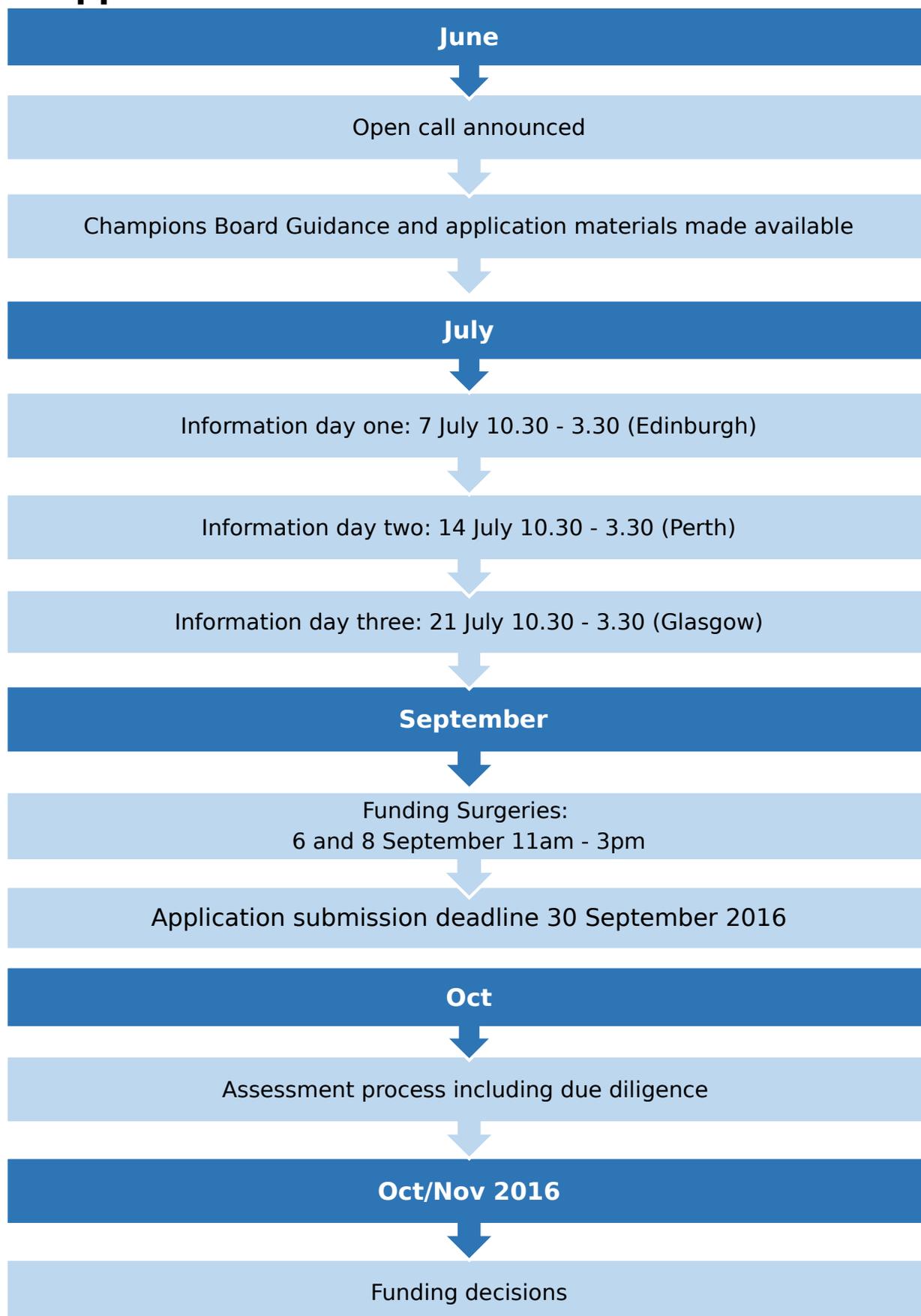
The deadline for submission of the final application to the Life Changes Trust is 5pm on 30 September 2016.

Following submission, full proposals will be assessed by a panel made up of representatives from the Trust's Board, our pool of Care Experienced Advisors and Senior Staff members.

Applicants will be advised of the outcome of their application by November 2016.

Funding for approved awards is expected to be released by March 2017, subject to satisfactory due diligence checks.

5. Application Process and Schedule



5. Contact Information

If you have any queries, in the first instance please contact Catriona Kelly, Programme Officer, Care Experienced Young People Programme at the Life Changes Trust:

Catriona.kelly@lifechangestrust.org.uk

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