



CHILDREN, YOUNG PEOPLE AND FAMILIES FORUM

Tuesday 26 May 2021, 10.00am – 11.30am
Virtual meeting via Zoom

Chair: Jenny Greenfield (JG), KCSC
Minutes taken by: Juliet Chiosso (JC), KCSC

| Item | Notes | Action |
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| 1 | <p>Welcome and Introduction – Jenny Greenfield, Deputy CEO, KCSC</p> <p>Agenda</p> <p>Jenny Greenfield (JG) welcomed everyone to the forum and ran through the agenda and meeting rules.</p> | |
| 2 | <p>Change4Life Programme - Marina Kroyer, Hannah Witcomb and Sam Bodmer, Public Health</p> <p>Presentation</p> <p>Marina Kroyer (MK), Change4Life Programme Manager, explained that the Change4Life programme was set up 2 years ago – the aim of it is to halt and reverse obesity in Westminster and Kensington & Chelsea.</p> <p>MK said that they were launching a new round of grants – “Physical Activity Grants”. These grants can be up to £1000, and are for running activities for children, young people and families during the summer holidays that can extend to the Autumn half-term.</p> <p>For more information please visit www.family-action.org.uk/change4lifeservice.</p> <p>Hannah Witcomb (HW) went through the services available. HW explained that the Change4Life clubs deliver a programme of 6 weekly sessions that provide children, young people and expectant parents with the knowledge and resources to support them in eating well, sleeping well and keeping active. Referrals are done by a short enquiry form found on the website. They are encouraging children and families to self-refer.</p> <p>HW also talked about Neighbourhood Projects, the purpose of which is for members of the community to co-create and implement local initiatives to eat well, move more and feel good. These projects will take place in the following wards: Notting Dale, Dalgarno and Westbourne.</p> <p>Sam Bodmer (SB) explained that he works on the Change4Life Workforce Training - this is for any staff and volunteers working with children, young people and families. The aim is to support them in creating happy and healthy settings in which children and young people can live, learn and play.</p> <p>There are set dates for the training, and they can also offer bespoke training for staff working in schools/education settings; there is also training specifically for those who work with children experiencing problems with coordination difficulties.</p> | |

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| 3 | Emotional and mental health support for children and young people - Michael Stones, Kooth | |
| | <p>Presentation</p> <p>Michael Stones (MS) explained Kooth is a free online service offering emotional and mental health support for children and young people. All they have to do is visit www.kooth.com.</p> <p>Kooth is fully commissioned by the NHS. No referrals are needed, young people self-refer, and the service is free. They provide online counselling and well-being support.</p> <p>MS concluded by saying if you would like to have a more in-depth presentation on their services and how the counsellors work, please get in touch by emailing him at mstones@kooth.com or on 07497 157170.</p> | |
| 4 | Networking in breakout rooms | |
| 5 | Covid-19 and Young People - Natasha Bishopp, Head of Early Help and Youth Offending, RBCK | |
| | <p>Presentation</p> <p>Natasha Bishopp (NB) talked about the support that has been given to young people via Children’s Centres during Covid-19.</p> <p>NB then went on to speak about the support given to families and children who were frightened to go back to school. 90% of children in the borough open to the service went back to school on 8 March.</p> <p>NB went through the services on offer, which includes supporting Year 6s transitioning to secondary school, young carers, parenting (including supporting parents separating to effectively co-parent), families impacted by Grenfell as well as asylum-seeking families in Earl’s Court.</p> <p>NB outlined the next steps for supporting children and families in the borough. She invited anyone who wants to be part of the family hubs to contact her at natasha.bishopp@rbkc.gov.uk. NB can also ensure you receive information about receiving their monthly newsletter, and are invited to meetings where you can join in conversations about different themes and share resources and knowledge.</p> | |
| 6 | Young K&C update – Nicola Butler, CEO, Young K&C | |
| | <p>Nicola Butler (NB) spoke about holiday activities and food fund, the deadline for which was 25 May.</p> <p>NB went on to say that it is difficult to find out what activities are available for young people in the borough. She encourages people to put their activities on offer for the summer holidays on social media, and also to send to Young K&C – they will gladly put them on their website.</p> <p>Along with Young Westminster Foundation, Young K&C have been working on a new website: https://ourcity.org.uk/, targeted at young people. Young K&C would like to put any summer holiday activities that are sent to them on this website too,</p> | |

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| | <p>so please do send details of activities (even if at the moment they are basic details) to NB at nicola@youngkandc.org.uk.</p> <p>NB concluded by saying that the Young K&C small grants fund is now available on their website. These are up to £5000 or £10,000 if working with children and young people with disabilities. They are ideally looking for people to plan their projects for the Autumn.</p> | |
| 7 | AOB and general updates | |
| | <p>Jenny Greenfield (JG) asked for the attendees to please fill in the following evaluation form following on from the meeting: https://www.kcsc.org.uk/children-young-people-and-families-forum-26-may-2021-evaluation-and-feedback-please#overlay-context=children-young-people-and-families-forum-26-may-2021-evaluation-and-feedback-please</p> <p>JG concluded the meeting by thanking everyone for attending and to please visit www.kcsc.org.uk for upcoming events, and where you can sign up for the regular E-bulletin.</p> | |

ATTENDANCE LIST

| | Name | Organisation |
|----|------------------|--|
| 1 | Bobby Juniper | The ClementJames Centre |
| 2 | Clare Richards | The ClementJames Centre |
| 3 | Dahabo Isse | Dadihiye Somali Development Organisation |
| 4 | Hannah Witcomb | Change4Life Service |
| 5 | Heather Boxer | West London Action for Children |
| 6 | Jenny Greenfield | KCSC |
| 7 | Juliet Chiosso | KCSC |
| 8 | Karima El Haddad | Home-Start Westminster |
| 9 | Lauren Moorhead | Fit for Life Youth |
| 10 | Lily Moghadam | Shelter |
| 11 | Lucy Knight | Latimer Community Art Therapy (LCAT) |
| 12 | Marina Kroyer | Change4Life Service |
| 13 | Mary Russell | WCC and RBKC |
| 14 | Michael Stones | Kooth |
| 15 | Michelle Dewar | Change4Life Service |
| 16 | Natasha Bishopp | Early Help and Youth Offending at RBKC |
| 17 | Nicola Butler | Young K&C |
| 18 | Patricia Alert | World's End Under Fives Centre |

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| 19 | Rianne Steele | Imperial College Healthcare NHS Trust |
| 20 | Sam Bodmer | Change4Life Service |
| 21 | Sinthu Sridharan | Grenfell Health and Wellbeing Service |
| 22 | Sophie FitzHugh | Rugby Portobello Trust |
| 23 | Zina Serageldin | KCSC |

The information above will appear in minutes for this meeting which will be made available to all the attendees and published on KCSC's website.