

Practice Improvement and Innovation Awards.

In May 2021, the SAN Core Group raised and discussed a proposal about how secure children's homes can work more collaboratively by sharing best practice, innovation and new idea's.

Unanimous agreement was made that every 4 months a winner would be announced in **The Sanctuary** Newsletter to a home or a team within the home who have developed, created or designed a new **process, intervention, Keyword activity, system or activity** that improves the operation of the home. This may result in systems improvements, financial savings, or better outcomes for young people in terms of educational achievement, behavioural change or healthier living or life style.

Guidance and a structure for submission of ideas will be circulated in July 2021 with each newsletter announcing a winner who as well as giving a commitment to sharing their idea, will also receive an award of **£500**So get your thinking, caps on and your planning and designing skills honed ready for creative thought.....

Individual homes may submit as many proposal innovation ideas as they want as long as they are genuine, original and fundamentally based on the ideas from staff or young people within the home....No plagiarism please.



Creative and thought provoking words from "L" at Vinney Green SCH.

If Racism Didn't Exist.....

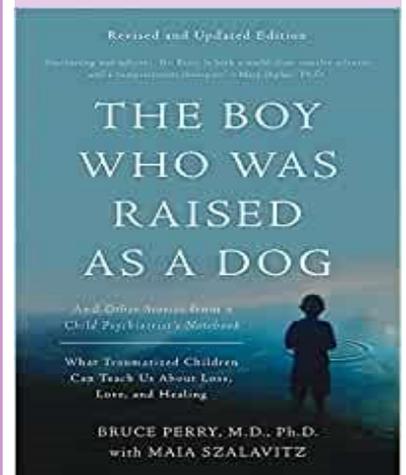
Imagine if racism didn't exist and we could all get along.
 The world would be so different, so positive, so strong.
 Imagine if racism was completely gone.
 Imagine being scared to leave your home Into the community because of your skin?
 They can't help it, they're no different - we're all the same within.
 Black people are strong, confident and passionate - is that why people try to keep them down?
 Are they scared?
 Do they not want them knowing the power that comes with black skin?
 Because how I see it, that's why racism is still a thing.

In This Issue

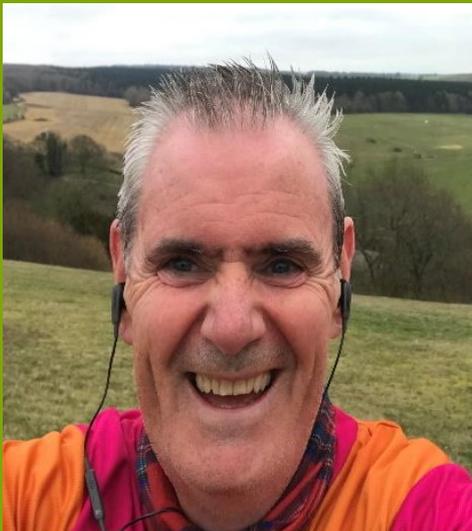
- Practice Improvement and Innovation Awards.
- If Racism Didn't Exist.
- Well Being (Tony Quinn)
- Girls Care Strategy
- SANctuary Profile: Jen Straughan-Hawley

For those continuing the journey of developing trauma aware and psychologically informed practice within our homes, then the following read by Dr Bruce Perry, is a must.

It highlights the individual stories behind the presenting behaviours and how that better insight can significantly influence the strategies and plans that emanate from your formulations



Well-Being-



Tony Quinn works as the Quality Assurance Manager for Hampshire County Council's Children's Homes including Swanwick Secure Children's Home. He is also the Secretary of the Secure Accommodation Network (SAN). Wellbeing is something that often gets talked about but how seriously do we take it?

Tony has been in post since January 2020, so his introduction to Children's Homes hasn't quite been what he was expecting given that we have been responding to Covid-19 since March last year and are still adapting to working and living with it. Tony feels privileged to be working with some of the most vulnerable children in society and being part of a team that works to help those children deal with the challenges in their life.

He says *"We are really good at helping other people, that's what makes us so effective at what we do, but how good are we at looking after ourselves? We are quick to recognise the signs in other people, but what happens when we look in the mirror."*

There is an excellent quote in Charlie Mackesy's book, 'The boy, the mole, the fox and the horse' which says,.... "Isn't it odd. We can only see our outsides, but nearly everything happens on the inside".

There is an excellent quote in Charlie Mackesy's book, 'The boy, the mole, the fox and the horse' which says,.... "Isn't it odd. We can only see our outsides, but nearly everything happens on the inside".

Mental health and wellbeing is an inside job. **Tony says that*"only I know what is going on inside my head and unless I share that with other people, I risk making myself unwell"***.

Mental Health awareness week occurred in May 2021. It really is ok not to be ok. Mackesy also notes in his book, *"What is the bravest thing you've ever said? Asked the boy. "Help", said the horse"*.

Tony goes on to add.....*"In July 2016 I was fast approaching 50 and at over 19 ½ stone, was at risk of heart disease and potentially diabetes. I came across the NHS choices Couch to 5K running app. I hated everything that running stood for but knew I had to do something to change the way I was. I set off for my first run of the 9 week programme and looked like this when I returned home"*.

You don't need to run 53 miles in a weekend, you don't even need to run 1 mile but the benefits to your mental and physical wellbeing are amazing. Whatever you do, whether it's a walk, run, swim, cycle, get outside and enjoy what is around you. Just remember that we all feel up and down at times, that's not a weakness, it's life. The most beneficial thing any of us can do is talk. **It's okay not to be okay!!!**

For more information on mental health and wellbeing click or cut and past the following link

www.mentalhealthorg.uk



Girls Care Strategy (Youth Custody Service, NHS (ENGLAND) and NHE Improvement:)

MISSION

The Youth Custody Service (YCS) and NHS England and NHS Improvement are committed to work as co-commissioners to ensure that all girls are supported and receive a high-quality, empowering service whilst in our care. This joint Girls Care Strategy aims to set the strategic direction for meeting the needs of girls in the Children and Young People Secure Estate (CYPSE).

VISION

All girls receive a bespoke, gender-responsive service, which they are empowered to shape.

PRIORITIES



GENDER-RESPONSIVE CARE

Girls feel safe, their needs are met, and all staff and systems are supported to work in a trauma-informed, gender-responsive way.



STAFF SUPPORT

Staff are supported to work in a trauma-informed, gender-responsive way; they will have the knowledge and expertise they feel they need to support girls.



GIRLS VOICES

Girls are empowered to use their voice to shape the care they receive; genuine co-production lies at the heart of decision making.



CONTINUOUS LEARNING

There is a shared commitment to develop an estate-wide culture of learning and development in relation to the care of girls.



FUTURE ESTATE

Accommodation and commissioned services reflect the gender-specific needs of girls.

SAN members from secure children's homes along with STC's and HMPPS have been working closely with the YCS and NHS to develop the soon to be published first national strategy for girls within the children and young people's secure estate.

The YCS and NHS also worked in collaboration with the **Centre for Mental Health** and "**Leaders Unlocked**" (young people with lived experience), to create a mission, vision and range of priorities for girls whose liberty is restricted.

At any one time in 2019/2020, the strategy states, that only 3% of the under 18 secure estate contains girls which equates to 18 individuals. The report continues, that the Centre for Mental Health review found that girls "*placed in the CYPSE were more likely than boys to have been exposed to multiple childhood adversities, trauma and experiences of victimisation. Further, these difficulties were more likely to remain hidden early on by girls and go under the radar; preventing important opportunities for early intervention and diversion.*"

Although the Girls Care Strategy aims to improve the services that girls receive whilst in our care, we will continue to work with and support key partners to improve outcomes for girls across both their life course and in the wider system."

Francis N'Jie, Chair of **SAN** comments that ..."**SCH managers and staff** continuously strive to deliver high quality services to young people irrespective of their gender within the 14 SCH's in England and Wales but non the less, look forward to the final strategy being published and working collaboratively with those agencies who are committed to ensuring the principles, objectives and priorities contained within the strategy are met and delivered at pace".

SAN FOCUS:

Each Edition of “The SANctuary” will focus on a colleague who works within a secure children's home.

In this edition, please meet **Jen Straughan-Hawley, Facilities Manager (Aycliffe)**



Facilities Management may not spring to mind when you first think about the job roles within secure children’s homes, but without the support of colleagues like Jen Straughan-Hawley, the work of SCH’s simply couldn’t happen.

Jen is Facilities Manager at Aycliffe Secure Centre, County Durham, overseeing every aspect of buildings, maintenance, security, decoration, and most recently the huge role that the team have had to play in our response to the Covid-19 pandemic.

Jen actually manages four teams across the County, looking after a variety of buildings including the Aycliffe Secure Centre and says that her typical day is varied depending on priorities, but a significant part of this is liaising directly with contractors to ensure that they understand the unique needs and requirements of a secure environment and the young people that live there.

Throughout COVID19, Jen has been integral in the process of essential buildings such as Aycliffe remaining open. She attends daily online meetings with the Registered Manager and Senior leaders as part of their handover, picking up any concerns or updates, as well as their COVID meetings to discuss and implement safe working practices.

That Jen has also managed to work with the Centre to implement a programme of refurbishment and development during this extremely challenging period, is particularly impressive, including work on the park area, new horticulture area, refurbishment of all young people’s bathrooms, replacement of residential kitchens, rendering of outdoor areas to name but a few!

All of this is alongside with the vast amount of maintenance and FM activities in a normal working day.

Because of the 24/7 needs of the site Jen’s team have moved swiftly to provide additional support to assist with the setting up of lateral flow testing pods in the carpark, enhance cleaning regimes and management of PPE. The team have been invaluable in making all the above run as smoothly as possible and on many occasions gone above and beyond. They feel a great sense of pride in how they can support the staff and young people on their road to change.

Despite the wealth of training and expertise she brings to this hands-on role, Jen still finds that people can be surprised that a woman would be employed in this role. She says...

“There is often a misconception within this field that the term “Manager” refers to a man. On a number of occasions I have been mistaken as a PA or an admin person when going down to attend to contractors and clients who have appointments with the “Manager”, but I think over the years many women have carved their place in this profession”.

Jen says that she is just as busy outside of work. include being part of a local amateur Durham Shakespeare group performing plays for local community groups across the region, as well as other volunteering roles. Zoom has enabled her to continue to do weekly exercise classes and participate on the board of the local Area Action Partnership.....

Who would have thought you could do so much from your dining room table!

Contact us at SAN

For more information about the purpose, function and services available within SCH’s

Email: SAN@securechildrenshomes.org.uk
OR

Web: www.securechildrenshomes.org.uk

Next Edition: September 2021.....
Please send articles for publication to
SAN@securechildrenshomes.org.uk