

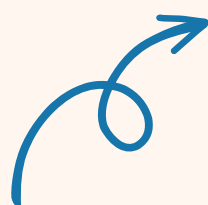
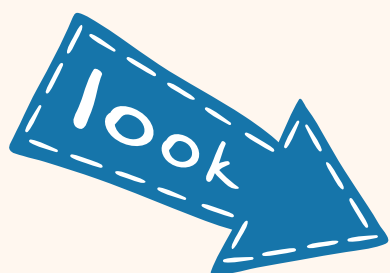


East Lothian Champions Board Welcome Pack





This booklet was created to share information about the Champions Board and who you can contact if you are interested in joining or have any questions.



Champions Board promo video!





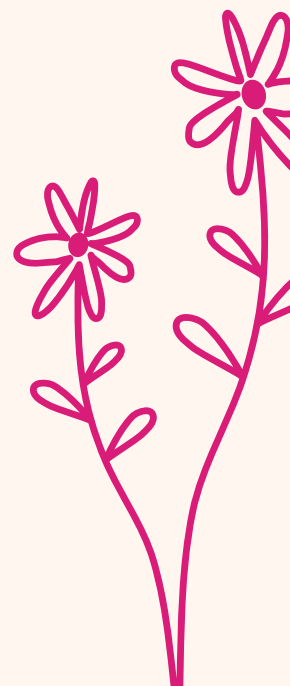
What is East Lothian Champions Board?

East Lothian Champions Board is a group of young people who have lived experience in the care system. We come together once a fortnight to get their voice of change out to people in power to make big changes for all lived experienced young people.

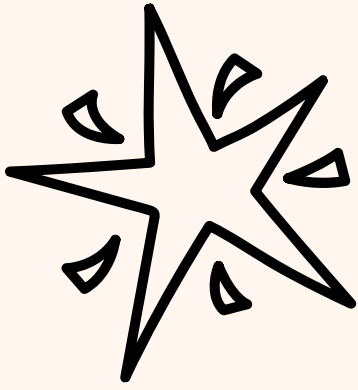
We have an established group which has been running since 2015 and are now starting a group for young people of the ages of S1-S4!

**Where? The Gatehouse, Musselburgh
When? Every 2nd Wednesday from 27th
of March**

What time? 4.30pm-6.00pm



The roles of the Champs, Support Staff and Ambassadors



The role of the Champs

The role of the Champs is to build relationships, share ideas will all involved in Champions Board and to make the life of care experienced people better.



The role of the support group

The role of the support group is to plan weekly sessions, provide support and to make sure young people feel included and welcome.

The role of Ambassadors

The role of the Ambassadors is to listen to the Champs, show commitment through their knowledge and to update Champs regularly on their progress. Ambassadors hold senior positions in their organisations such as East Lothian Council or NHS Lothian.



Find more here 

Our Ambassador's Commitment Pledge



“We will unite together to look at priorities for change. We will invest time and resources to produce results and deliver on promises. We will listen to each other and accept no excuses for lack of progression towards our goals. We will provide support, build genuine relationships and have fun.”





Who Do The Champs Work With?



Within Champions Board we have six main focuses.

These are areas we find important and have asks of change.

Champs created a visual for each of these focuses:

Health



Development



Keeping Loved Ones Together



Culture



Belonging and Connection



Independent Living



Champions Board Values



Champs and Ambassadors teamed up to create all of our group values.



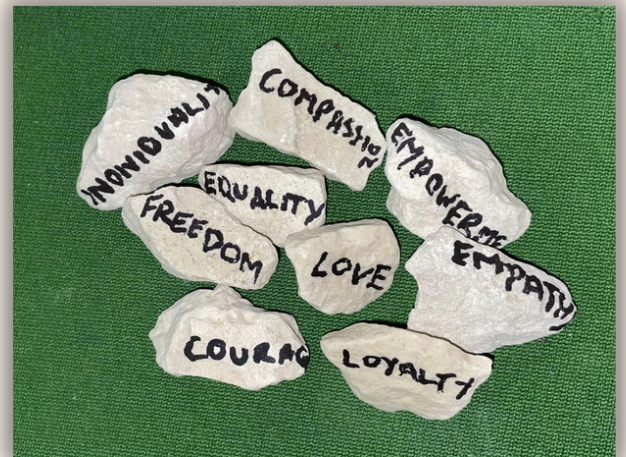
Why we find our values important

Our values are important to us because it shows what we want our group to feel like to all involved.

VALUES

Our most important values

Loyalty, growth, peace, independence and fairness.



our values anchor



The Benefits of Being a Champ

*Unapologetically
MYSELF!*

RECONNECT

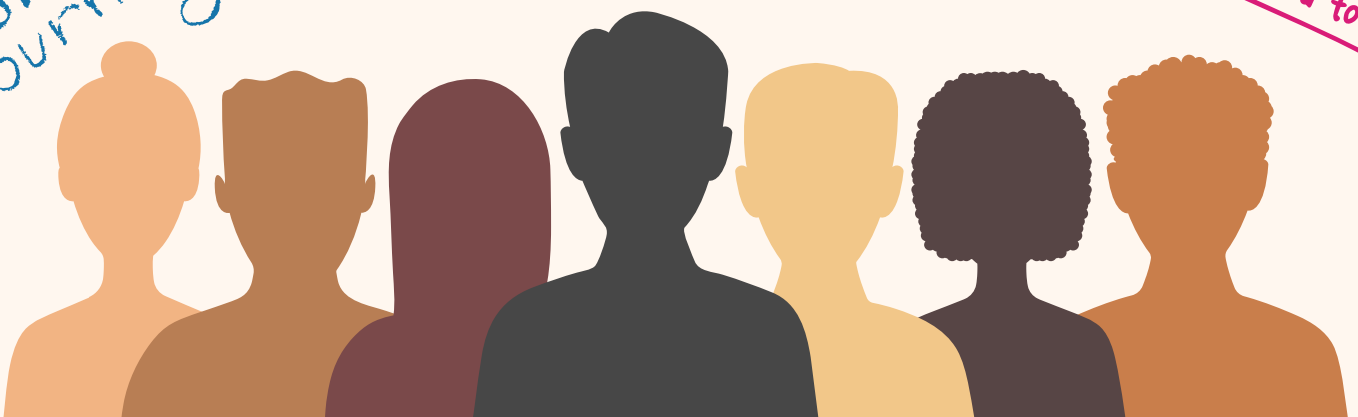
There are many benefits with being involved in the Champions Board. These can range from:

- Meeting other care experienced young people
- Creating new friendships
- Helps make you feel part of a community
- Making positive change within East Lothian for all care experienced people
- Having fun with the group through connection sessions
- and as all our Champs would say "THE SNACKS".



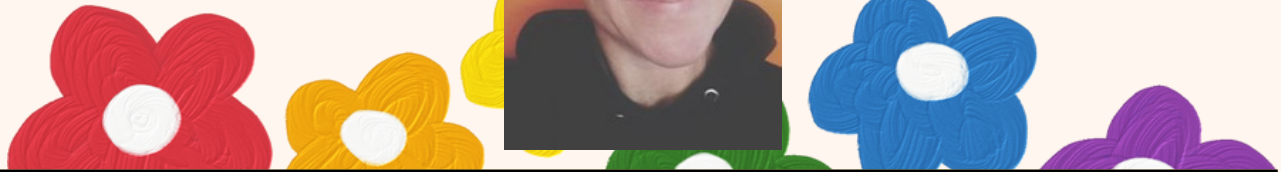
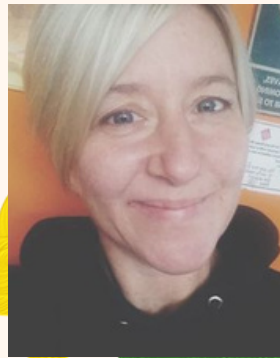
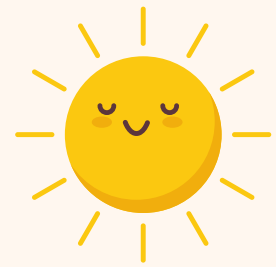
*on a
journey*

*I am exactly
where I need to be*





NAME:
Sophie Morris



Your role in champs
Advocate/Support Group Member

When did I join champs?

The very first day in 2015

What I want to see changed in the care system?

I would like to ensure every young person is informed and has access to independent advocacy, if they wish. I would like to see investment into life long support in Scotland, enabling people who have experienced care to receive support at any age, in a holistic and empowering way.

Why I joined champs?

As a local advocate I already know the power of supporting young people to use their voice. Offering our care experienced population a chance to join a collective group, who's purpose is to influence and create positive change for the care experienced population in East Lothian and Scotland wide is something I am very passionate about.

A little about me

I love music and dancing. I am a true believer that anyone can accomplish anything, if they have the right support and enthusiasm to achieve their goal.

What priority are you most interested in?

Independent living- most people who experience care face huge challenges when they move away from a care placement and into their own accommodation.




More profiles here





NAME:
Keith Ward



Your role in champs Development Officer

When did I join champs?

At the end of 2023.

What I want to see changed in the care system?

I would like to ensure that every care leaver is given all of the information, resources and support that any young person would receive.

I would also love for every care experienced person to have a platform to share their views and experiences.

Why I joined champs?

I wanted to be able to help support young people to realise the power of their voices and I feel very fortunate to have the opportunity to do that. Being part of the group and seeing what it means to the young people at the heart of it is amazing!

A little about me

I love sports - especially basketball!
I also love music and travelling.

I have three cats and a dog named Lola who can't wait to come to Champs in the summer!

What priority are you most interested in?

They are all very important but I have a special interest in development. Access to opportunities such as apprenticeships, education and employment is so important to any young person!




More profiles here





NAME:

Nicole Isherwood



Your role in champs
Participation Worker

When did I join champs?
in 2017

What I want to see changed

- I want to see care leavers be given more support in their future endeavours, I want to see them thrive in the new settings they are put into and able to manage a happy and healthy adulthood.
- I want young people in care to feel they are heard and listened to. I would love if every young person felt they had that confidence to speak up the way my advocate worker taught me to.

Why I joined champs?

I was a scared child in the care system and I heard about this group full of amazing people who have been through very similar things to me, they could relate to what I was feeling, I knew I had to join that family.

A little about me

I love music, and movies and getting tattoos (I have 29!)
I love cats the best but I have a little puppy called River.
I love and embrace my care identity.

What priority are you most interested in?

I am most interested in keeping loved ones together as I have personal experiences with being separated from my siblings. So I would love to see that changed and to have someone fight for that.




More profiles here





Champs Support Team Information

If you or anyone you know is interested in joining the Champions Board, please do not hesitate to get in contact with one of the Champs support team!

Keith Ward
East Lothian Champions Board Development officer

Phone Number: 07712870335
Email: kward@whocaresscotland.org

Sophie Morris
East Lothian Advocate & Participation Worker

Phone Number: 07985 046 739
Email: smorris@whocaresscotland.org

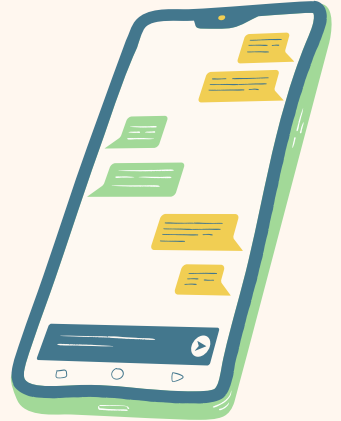
Nicole Isherwood
East Lothian Participation Worker

Phone Number: 07976738728
Email: nisherwood@whocaresscotland.org



Find more here





**We are also on Facebook:
Nicole Isherwood WCS
Sophie Morris WCS**



Find us on 

Feel free to doodle

In the box!