



# Our Voice

## Hearing the voices of children and young people in care

**At CANW, we are proud of our innovative services supporting children and young people, families, and communities. We believe everyone has the right to achieve their full potential, whatever their background or circumstances.**

**CANW's Family Services Team has been commissioned by Lancashire and Cumbria ICB to provide a two-year project supporting children and young people in care across Lancashire and South Cumbria.**

### What are the aims of the service?

- To improve the emotional health and wellbeing for children in care through early intervention and direct support.
- To help reduce demand on intensive support services by providing early intervention / prevention to de-escalate need for specialist intervention.
- To engage children and young people in meaningful consultation about their experience to evaluate the impact and effectiveness of the service.

### What is the support?

#### Individual and Group Sessions

Children and young people can access up to 10 tailored sessions, delivered face-to-face or remotely:

- **1:1 Therapeutic Support**

Child-led, person-centred sessions using CBT, psychodynamic, play based therapy and mindfulness to build coping skills and emotional awareness.

- **Diversionary Activities**

Mindful walks, sensory-based creative tasks, grounding and breathing exercises, light sports/play and life-skills to boost confidence, reduce barriers to engagement and prepare for or sustain 1:1 or group therapy.

- **Therapeutic Group Sessions**

Structured, age-appropriate activities such as art therapy, creative workshops, resilience building, anxiety management and mindfulness.

#### Support Package

After the sessions, CYP and carers receive a comprehensive support package which includes:

- A calendar of ongoing support sessions for children, young people, and carers (available both face-to-face and remote).
- Peer support opportunities (face-to-face and remote).
- Access to a bank of shared resources to help maintain progress.

# Referral pathway

## 1. Referral

- Children under the care of South Cumbria and Lancashire, including Blackburn with Darwen and Blackpool.
- Referrals via Children in Care Nurses, Children's Social Workers, Foster Carers, Residential Staff or Supervising Social Workers.



## 2. Criteria considerations

- Children or young people consent to support.
- Children or young people are not currently accessing support via CYPP's CAMHS services. They may be on the waiting list and would benefit from support in the interim.
- Children or young people who are not ready for intensive therapeutic intervention but would benefit from support.

## 3. Initial Assessment

- An assessment is completed with each child or young person and their foster carer/guardian.
- Each child or young person is matched to a specific practitioner.

## 4. Support engagement

- Children or young people engage in support.
- Once the initial intervention is complete, they are automatically referred to the support package.

## 5. Closure

- Evaluation, feedback and signposting to community resources.
- Closure report to referrer.

## For more information:



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## What have children said about the service?

- "The masking has stopped and I can understand my feelings."
- "I know I can do something that can help calm me down, and I can tell a family member now how I'm feeling."
- "My therapist has helped to identify where my feelings came from. I'm glad this is happening."



**Our Voice is one Voice**  
Hearing the voices of children  
and teenagers in care

**NHS**  
**Lancashire and**  
**South Cumbria**  
**Integrated Care Board**

