What young people with additional needs said at the Speak Up, Speak Out event on 21 March 2019, and what difference it will make.

Contents
1. About Speak Up, Speak Out
2. Who came to the event
3. What’s important at school
4. Health appointments
5. Free time
6. Saying what support you want
7. Planning for the future
8. How to speak up
9. Advice and information
10. Event evaluation

Keep in touch
Facebook.com/isendeastsussex
Eastsussex.gov.uk/localoffer
Email localoffer@eastsussex.gov.uk
1. About Speak Up, Speak Out

Speak Up, Speak Out was a day for young people with additional needs held on 21 March 2019. 58 young people age 12 to 19 came from 13 East Sussex schools.

The young people told us what is important to them at school, when planning for the future, in their free time and at health appointments. They also said how they like to speak up for themselves and other young people.

Managers from ISEND at East Sussex County Council, health services and community services listened to what the young people said. They will use the young peoples’ views to improve services and support. The services and support are called the Local Offer.

The day helped us to improve communication and engagement with pupils. This is part of priority 4 of the SEND Strategy 2019 to 2021.

This report tells you
- what the young people said- feedback
- what managers will do to make the Local Offer better- action

The Able Group

The Able Group is a disabled young people’s youth voice group. They helped to plan the event. They ran some of the activities with people from East Sussex County Council and health and other services.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:15</td>
<td>Drink</td>
</tr>
<tr>
<td>10:00</td>
<td>Welcome</td>
</tr>
<tr>
<td>10:30</td>
<td>Morning</td>
</tr>
<tr>
<td>11:40</td>
<td>Packed lunch</td>
</tr>
<tr>
<td>12:40</td>
<td>Afternoon</td>
</tr>
<tr>
<td>1:40</td>
<td>Thank you</td>
</tr>
<tr>
<td>2:00</td>
<td>Home</td>
</tr>
<tr>
<td></td>
<td>Sign out at reception</td>
</tr>
</tbody>
</table>

**Timetable**
2. Who came to the event

Students and staff from

Bexhill Academy  Causeway School
Cavendish School  The Eastbourne Academy
Gildredge House School  Grove Park School
Hailsham Community College  Hastings Academy
Hazel Court School  The Lindfield School
Ratton School  Uplands Community College
Willingdon Community School

Organisations and services

The Able Group
Amaze
East Sussex Healthcare Trust
Childrens Integrated Therapy and Equipment Service
Clinical Commissioning Groups
Councillors Bob Standley and Sylvia Tidy, ESCC
East Sussex Community Voice
East Sussex Healthcare Trust
Equalities and Participation Team, ESCC
iRock, Sussex Partnership Trust
ISEND, ESCC
Targeted Youth Support, ESCC
The My Trust
Wave Leisure
West Sussex County Council

Thank you to everyone who came along to speak up, run activities, listen and help.
3. What’s important to young people at school

Activity

In a Build a School area, young people thought about what’s important at school, how they want to feel and what they want to learn.

Feedback

- Want to learn things they are interested in
- Want to learn useful things like life skills
- Getting to know your teachers is important.
- Want adults to listen and be kind.
- Want to have fun at school
- Want to feel safe at school.
- Time to relax at school, for example watch videos.
- Nice places to be with friends and play.
- Some young people want to start later in the day.
- Want help if they make a mistake. Not detentions or isolation.
- Like teachers to stop other children doing bad behaviour.
- Some said their school was already very good.
- Want people to understand autism more
- Some young people find school very hard.
- They can feel tired or anxious or at school.
Most young people liked talking about their experience at school.

‘I enjoyed saying what I really think about school.’

Some do this regularly at school and think it makes school better.

‘Our school is a listening school. They made the lunch time longer for us.’

**Action**

- ISEND will include this information from young people in guidance to help schools keep the [Quality Mark for Inclusion](#).
- ISEND will work with schools to help them involve children in school development, and share good practice.
- ISEND will use children and young people’s feedback when developing ISEND services.
4. Health appointments

Activity
In a workshop led by The Able Group, young people talked about their experiences of doctor, nurse and dentist appointments.

Feedback
They talked about their experiences of doctors, nurses and hospitals. They came up with Top Tips to help medical people. For example

- Before the appointment- Photos or videos of the place and people.
- When I arrive- Quieter waiting room for people who need it.
- At the appointment- Pay attention by looking at me. Don’t look down and take notes.
- After the appointment- Write things down so I remember.

Action

- ISEND will publish the young people’s Top Tips online
- The staff and managers at East Sussex Healthcare Trust have already started changing how they do things at the Scott Unit (child development centre). They will also give the Top Tips to lots of other health services.
- The Clinical Commissioning Groups will give the top tips to all the GP practices in East Sussex. They hope to include the Top Tips in staff training.
5. Free time

Activity

Young people played a giant board game with blow up dice. Before they moved, they answered a survey question about their free time.

Feedback

- Young people like going out at weekends more than after school
- They would like to do music and computer activities.
- Some young people like clubs
- Some want to meet friends informally
- Some do not feel confident to go to clubs or meet friends.
- More than half the young people were happy with their free time. Some felt stressed.
- Most young people wanted more friends.
- Some did not know about the activities that are out there.

Action

- ISEND will improve online information for young people about activities.
- We will remember young people’s views when we develop our i-go leisure card and short breaks.
- Wave Leisure will use the information to develop their Get Set clubs.
6. Planning for the future

Activity

Young people did a range of activities to look at the next big change in their lives. They thought about their aims, where they are now and the steps they had to take to get there. They got careers advice from The MY Trust and iRock. With Amaze, they said who or what helps them to make decisions about their options. Before the event, The Able Group had talked about what was important to them when they have changes in their lives.

Feedback

- Some of the young people were aware of careers routes available to them but many were not. Many had not had detailed careers advice.
- They wanted to know more about what jobs are available, and what experience they will need. They wanted to know about support to help them.
- They said lots of big changes come at the same time and things in their personal life are just as important as moving to college or work. They want support with all of these things.
- They liked using a pathway or a tree to make a plan. They liked having time to think about the steps they had to take to reach their aim.
- They like to use You Tube for information, as well as ask their parents or school staff.
‘The opportunity to speak YES and I-Rock made a huge impact on the students and they came away with lots of new ideas and motivation.’

**Action**

- The ESCC Careers Hub is already developing information for young people and schools about supported employment for young people, schools and families.
- We will also improve the information about what careers advice schools offer.
- We will look at ways to engage with young people through the channels they use, such as You Tube.
- We will put materials online to help schools to help young people plan their next steps in life.
7. Saying what support you want

Activity

In a workshop, young people looked at 5 different ways they can say how they can take part in reviews of their additional needs plans or Education Health and Care Plans

1. Paper forms
2. Mind of My Own app
3. Personal Wikis
4. Interactive PowerPoint
5. Other media like videos or powerpoints.

In another activity with Amaze, young people gave their views about the support they have and how they give their views about their support.

Feedback

- Young people want to choose how they take part in their reviews.
- Most liked online tools to use on their own or with help.
- Liked sliding scales and choices- so they did not have to type much.
- Privacy was important to them.
- Didn’t want to make videos of themselves.
- Wanted to choose their own photo, rather than use their school one.
- The Mind of My Own app was most popular but some people wanted it to have symbols.
- Some people like to write on paper and suggested improvements to the paper forms.

‘You don’t have to talk to the teacher in front of people and it takes less time to do’.
Amaze activity

- Many did not have experience of being involved in meetings about themselves.
- A few said they don’t have opportunities to give their views about school and their support. Most of these would like to, and would choose to talk to school staff, rather than attend meetings or write their views down.
- If they wanted more support at school, most said they would tell their parent carers or teaching assistants.

Action

- ISEND will make a video to show young people how they can get involved in their reviews,
- Put resources online to help young people give their views.
- Change the Child/ Young Person View form for Annual Reviews of Education, Health and Care plans.
- Let schools know that students can send in their views in any paper format for their Annual Review.
8. How to speak up

Activity

In a workshop led by The Able Group, young people talked about how they speak up for themselves or to make things better in their school or service.

They played a special Jenga game to think of ways to get over things that stop them getting involved in things.

Feedback

The group had lots of experience of getting involved in things and speaking up.

- In class
- about problems
- School Council
- Service user group

Professionals often call this participation but young people did not use this word. They said speaking up or getting involved.

They had loads of good advice for other young people to help them get involved, including

- Feeling rushed- ask for more time
- It’s boring- Ask organiser to change something about activity. Get involved.
- Not confident- Try to find the support that works for you to make it happen.
Action

- ISEND will put the young people’s tips for getting involved online for other young people. These will go with The Able Group’s tips for professionals (see image below)
- We will start a network of school and youth groups who want to do more speaking up. We will provide guidance to the groups to help them involve children and young people.
9. Advice and information

Activity

At one table, Amaze asked young people how they want to get advice and information from their SENDIASS service. At another, they how they want to get information about their additional needs or support.

Feedback

- Most young people wanted to meet or text an advisor.
- They did not seem concerned about safety and privacy aspects of using a text service.
- Two thirds wanted their parent or carer to be involved in getting advice. One third preferred to get advice on their own. A few wanted their parent or school to get advice for them.
- Young people preferred to go to You Tube for information.
- Parents and carers and school staff were also popular.

Action

- Amaze will use this information to develop their SENDIASS service.
- ISEND will share this information with other organisations who give advice to young people.

See Amaze’s full report about this event at Amazesussex.org.uk/suso
10. Event evaluation

Young people

What was good?

It was all good
Having fun
Talking to different people
Careers advice
Giant board game
Making things

Suggestions

Doing making things again
Music and dance
More creative activities
Listen to people’s views to bring forward

Schools

‘The students all commented at one point on how they felt so included and at home at the event as they knew that everyone else attending had certain needs.’

‘My students feel heard and hope some of their ideas may happen.’

‘Being asked questions about their learning and experiences was great for their self-esteem.’

‘Perhaps some more interactive activities - the large board game where they rolled the big dice and moved up the board was amazing, and I think there should have been more things like that.’

‘The fun, colourful and physical nature of the activities meant my students were immediately and engaged and willing to take part...It would have been helpful to have widgit symbols throughout the event to support those less able to read.’