



Evaluation for Investing in Children membership

Newberry Centre

For the purpose of this evaluation I met with Jake, Claire, Vicky, Jenna, Jake and Helena.

The Newberry Centre supports young people with emotional wellbeing needs, providing different therapeutic approaches to care, education and recreational activities. Staff members positively encourage young people, either through individual meetings or group meetings, to discuss and evaluate their care and recreational time at the centre.

This report will highlight and identify opportunities that exist for young people to engage in dialogue with staff in order to make changes.

Opportunities for Dialogue and Change.

Community/Individual Meeting.

The community meeting takes place every Monday morning and allows young people the opportunity to discuss with staff any issues regarding their stay at the centre. During these meetings young people plan activities and discuss what has been happening. The young people I met thought this was a good way to put ideas and opinions across. Vicky told me, **“I think it gives you a good opportunity to ask for stuff during this meeting and it generally happens”**. Claire explained, **“I asked about having a new mirror in my room”**, which has now happened. Jake was happy to tell me what he thought about the staff. **“They really listen to your ideas and chat to you about different things”**. He went on to explain, **“You can just go up and chat to them anytime if things are bothering you”**. Jenna explained to me how she gets listened to, **“I wanted to cook some chocolate cakes so I asked the staff and they said yes”**. However, young people do not have to attend this meeting if they choose not to and are given the opportunity to express their opinions on a one to one basis.

Most issues that are raised at the community meeting are followed up by staff and are discussed with young people at the following meeting. Young people also have the opportunity to identify and raise important issues through individual care plans and the weekly ward round. Vicky explained, **“It’s ok because it gives you a chance to speak and discuss different things with your key worker”**.

Activities.

All young people are encouraged to generate their ideas and plan what they want to do during their time at the centre. Some of the activities young people have asked for are Flamingo Land, going to the beach, roller blades, DVD nights and going shopping. Vicky happily told me, **“We asked if we could go to the park and feed the ducks”**. Young people are given time individually or via group meetings to identify activities with staff and they have planned a summer programme of activities.

Weekly Budget.

There is a weekly allowance for young people to use. All the young people I met were aware of the weekly allowance and how much it was. Vicky told me, **“I think it is thirty two pounds during school term and fifty-five pounds during the holidays”**. Claire added, **“You can use the money to go on trips”**. Jenna told me, **“If there are lots of young people wanting to do different things we will vote on stuff”**. Jenna also told me. **“You can use your own money to buy things if there is not enough in the budget”**.

The Headspace Toolkit.

This is a resource, which is available to young people to access at the centre. The toolkit provides young people with information on rights and decision making whilst staying at the centre. Jenna told me, **“I got given it when I first came but do not use it”**. She went on to explain, **“I would say you do not need it because you can talk to your key worker”**.

YOUNG PEOPLE’S QUESTIONNAIRE Service development – 2007

This was part of looking at ways to improve the current service provision and develop better services for young people experiencing eating disorders. This was done to help future planning of services for young people with eating disorders both in a hospital and community setting. The results of the questionnaires have not been finalised. When the next evaluation is done, it will be interesting to see the impact these have had. The team at the Newberry Centre also ran a focus group with some young people to talk about anorexia and how they feel about mealtimes at the centre. Below I have listed just a few of the suggestions made by young people and included how the Newberry Centre has responded.

- Would like bigger tables, as currently, feel having 3 – 4 people “squashed” around a table for two. **(A larger dining table has been ordered for the second dining room).**
- Like it when there’s music on, as it provides distraction, although only want “modern music” i.e. Radio 1, Galaxy, or CD’s (as feel some staff can put radio channels on with “old” music, which often is “sad”).
- Young people present, indicated they would not feel comfortable having to ask to have music on. **(Radio is now on constantly and tuned to Radio 1 which is the preferred option).**

Catering Developments.

Young people were consulted on snack provisions. As a result of this, provisions were put in place such as cakes, crisps and choice of fruits including summer fruits.

Games Consoles and Games.

As a result of requests by young people the centre has purchased a Nintendo Wii and a Playstation 2. Games are chosen by young people.

Future developments at the centre include involving young people in developing an Information leaflet along with a C.D., which is to be designed by young people who have stayed there, or are currently staying at the centre. It will be interesting to see how this is

developed, as it is young people who will have the greater experience and knowledge of what the centre is like.

Young people's rights are respected at the centre and they are free to express their opinion during their stay, which sometimes allows changes to take place. A process of dialogue and change does take place at the centre between young people and staff and encourages young people to become involved in decision-making. This is highlighted through the community meeting and other individual meetings that take place at the centre. I would therefore, like to recommend that the Newberry Centre receive Investing in Children Membership and look forward to future developments and changes through the positive dialogue that exists between the young people and staff.

The following young people have read and agreed with the report and recommend that the Newberry Centre receive Investing in Children membership. They are: Helena, Claire and Jake.

I would like to thank the young people and Yvonne Harrison for their time and finish by saying well done.

Rob Johnson
Investing in Children
October 2007