



## Evaluation for Investing in Children membership

### Westwood Centre

For the purpose of this evaluation I met with Michael, Chapa, Emma, Lindsey, Mary, Katharine, Annemarie and Paul.

The Westwood Centre supports young people with emotional wellbeing needs, providing different therapeutic approaches to care, education and recreation activities. Staff 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 Changes

#### Community/Individual Meeting.

The community meeting takes place every Wednesday 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 with others how things are going at the centre. Staff positively encourage young people to attend this meeting as they believe this is a good way for young people to find out what is happening. 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.

Emma explained, **“It’s ok because it gives you a chance to speak and discuss different things with each other”**. 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. Chapa explained how this happens and what he thought about the ward round, **“The staff respond to me very well during the ward round”**. Chapa went on to tell me, **“I have been taking about home leave”**. Paul explained, **“I asked if I could have a radio in my room and now I have one”**. Paul also explained, **“You get the chance to talk about things that are important”**. Many changes seem to take place when young people and staff discuss their stay at the centre during ward rounds and care plan discussions. Lindsey told me, **“I asked if I could bring my music decks in during one of my meetings”**. After discussions with staff, Lindsey now has her music decks at the centre. Young people at the centre seem to have the opportunity to participate in decision making and are aware of this and take up opportunities to have their say through the community meetings. Young people are also given the opportunity through these meetings to plan and discuss other recreational activities and are made aware of the complaint procedure at the centre.

#### Education

When young people attend the centre they are entitled to an education assessment. Young people and staff work in partnership to identify subjects they want to do at the centre.

Emma explained, “**I did an education plan but thought it could have been better**” Emma mentioned some of the things she has asked for and then been able to do whilst at the centre, “**I am doing lots of stuff like the guitar, Japanese and puzzles**”. Emma also told me, “**I have asked to do more English**”, an English tutor is now coming to the centre once a week to provide Emma with English lessons. Chapa told me “**I have been doing lots of art work**”, he also proudly told me about the art portfolio he has been developing. Lindsey explained, “**They try to listen to you about what you want to do**”, highlighting how the education staff listen to young people’s ideas and interests regarding the education programme and try to put this in place.

### **Theme Night**

Theme night takes place every Friday and young people are given the opportunity to choose what they want to do during this night. All young people I met with agreed that the theme night gave them an opportunity to participate in decision-making and they enjoyed planning the theme night. Chapa told me, “**I get to choose different things to do and the food is always tasty**”. When I visited the centre the young people were talking about what they wanted to do at the next theme night. The young people made a decision to do an Italian food theme night.

Future developments at the centre include involving young people in developing an information leaflet, which is to be designed by young people who have stayed, 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. The team are also looking at how the discharge meeting with young people can be enhanced, to gain a greater understanding of how young people have viewed the centre and the support they have received. They will then use this information to improve the service.

Young people’s rights are respected at the Westwood 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 Westwood Centre receives Investing In Children Membership and look forward to future developments and changes through the positive dialogue that exists between the young people and staff at the Westwood Centre.

The following young people have read and agreed with the report and recommend that the Westwood Centre receive Investing In Children membership. They are: Michael, Chapa, Emma, Lindsey, Mary, Katharine, Annemarie and Paul.

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

**Rob Johnson**  
**Investing in Children**  
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