

First, what is NCLW?

National Care Leavers Week (NCLW) is a time during the year when Local Authorities, charities, and businesses celebrate and raise awareness of Care Leavers. Each year, we consult with young people about what the theme of NCLW should be and what it involves. This year, we are also asking if Care Leavers are happy with it being a week or if they would want it to be longer.

Why have a theme for NCLW?

A theme gives a focus for NCLW. It helps raise awareness of specific issues and celebrate aspects of care. It also gives purpose to events, activities, and social media posts.

Why we want to hear from you

As the name suggests NCLW is all about those who are care leavers or care experienced people. It would only make sense that we want to hear from as many of them as possible about what it should be about or how long it is.

What do we want to know?

Do you think NCLW should be a week or a month?

Should NCLW be more about celebrating Care Leavers, raising awareness of Care Experience or a bit of both?

What would you want the theme of NCLW to be?

What events or activities would you like to go to during NCLW?

What would make NCLW a success?

How to get involved?



Share what you want to say by scanning the QR code above!

Please share your views by 5pm on Wednesday 30th April to be included in our prize draw

NCLW 2024

28 National Activities
30+ Landmarks Lit Up
350+ People attended



You will need:

- Large Space
- Printer, Paper and Scissors (To cut out ranking activity)
- Paper and Blu-tac (For success ideas)
- Post-it notes
- Pens
- Flipchart Paper and Pens

Session Outline:

Welcome

If you can, have something to eat and drink together, as this will allow people to relax. Allow time for everyone to introduce themselves.

Icebreaker

Ask everyone to look around the space and find an item that represents something about them. For example, someone who likes to draw might find a pencil. Someone who likes walking might choose shoes or a coat.

Phones are not allowed as objects to represent something about yourself – be more creative!

Explaining the session

Use the earlier explanation to talk about National Care Leavers Week.

Question One and Two Activity – This or That

(Large Space Needed)

Make sure the space in the room is clear. Explain that you are going to ask 'This or That' questions. Each end/wall of the room will represent one of the answers (allowing up to four responses). After each question members of the group will go to the wall of the room that represents the answer they agree with.

To make it more interesting, you can invite people to place themselves on a scale of where they sit between the options.

Start with general questions, and then move to more specific questions related to the feedback. You can take the time after each question to ask a few people why they went where they did. (See the next page for some examples)

Example questions (You can ask these or use your own):

What kind of takeaway do you prefer?

- Pizza
- Indian
- Chinese
- Kebab

If you were one of these animals, which would you choose to be?

- Elephant
- Snake
- Jaguar
- Dog

If you could be famous for one of the following, which would it be?

- Acting
- Writing
- Sports
- Reality TV

Feedback Questions (Please make sure you ask these and count how many people are against each wall):

How long should National Care Leavers Week be (obviously, at the moment it is a week, but we could change the name)?

- A Week: The first week of November
- A Month: The month of November

Should NCLW be more about celebrating Care Leavers, raising awareness of Care Experience or a bit of both?

- Celebrating
- Raising Awareness
- A bit of both

After this activity, take some time to sit down and explain to the group the pro's of NCLW being a week and pro's of it being a month, and ask them if that makes them think differently. Take a note of any changes to your numbers.

Month Pro's:

- More time to highlight care leavers and their achievements.
- Events and activities can be spread out to avoid overwhelming people.
- Organisations can be more flexible about when they participate.
- Young people (YP) can attend more events across different organisations.

Week Pro's:

- Creates a bigger, more intense impact on social media and the news as it's limited and focused.
- Easier for organisations to commit to.
- It's already an established week

You can steer the conversations naturally to the next question regarding themes.

Question Two Activity – Themes

Now it is time to talk about themes. A theme gives a focus for National Care Leavers Week (NCLW). It helps raise awareness of specific issues and celebrate aspects of care. It also gives purpose to events, activities, and social media posts. Last year, our initial consultation led to three initial theme ideas, which care leavers then voted on. They were:

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"Rise to Thrive and Shine"
Celebration and Empowered
futures
#RiseThriveShine #NCLW

"All of Us, We are One"
Connecting Communities
#AllofUs #WeAreOne
#NCLW

"This Community Cares"
Creating Communities with
Love
#ThisCommunityCares
#NCLW

All of Us, We are One was voted the favourite, and was last year's theme.

Have a discussion in your group about what you would like the theme to focus on this year. You don't need to come up with a complete theme (but you might) – just ideas for what it should be about. For example, last year's theme ideas happened because people talked about community and togetherness. You might like to think about these questions.

- What are the good things about meeting other care leavers?
- If you could give one piece of advice to someone else leaving care, what would it be?
- What makes you feel connected to other people?
- Do you have any ideas for the NCLW theme this year?

Make some rough notes on flipchart paper during your conversations. Take a picture after the session and send it to us via email. If you could make the subject line 'NCLW Consultation Feedback' that would be amazing.

Email Address: CLNM@thehouseproject.org

Question Three Activity – Success – Gold, Silver, Bronze

When planning something it is important to work out what you want to achieve – what would make it a 'success'.

Stick up three pieces of flip chart paper on the wall. One should be labelled 'Gold', one 'Silver' and the other 'Bronze'.

On post-it notes ask the group to write things down that would make NCLW successful. Would what you've written down deserve a Gold, Silver or Bronze medal? Is there a way that something you've put on Gold could be done in a different way to receive a Bronze or Silver medal (or vice versa)?

Stick the post-its on the relevant flipchart paper.

Here are some ideas to get your discussion started:

- Care Leavers feeling appreciated for contributing.
- Wider awareness of care leavers' issues by members of the public.
- News and social media coverage.
- Working together to help NCLW happen.
- Involve over 500 Care Leavers in NCLW events (there are about 50,000 Care Leavers aged 17 – 21 in the UK).

Question Four Activity – What events or activities would you like to go to during NCLW? (ranking activity)

At the end of this document, you'll find some activity ideas for your group to rank in order of what they would most like to see during NCLW. Place the ones you'd most like to see near the top, and the ones you're least interested in near the bottom. There are blank ones for you to add your own ideas.

Take a picture after the session and send it to us via email. If you could make the subject line 'NCLW Consultation Feedback' that would be amazing.

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Your ideas & suggestions will be shared with the organisations that plan NCLW so that they are aware of the types of activities care experienced individuals would like to see happening.

Anything to add?

Ask your group if there's anything they would like to add about NCLW that they haven't been able to say. Please take a note of it.

Ask the group to fill in the Mentimeter individually.

Finish

Thank you very much for taking part and sharing your ideas.

National Care Leavers Week 2025

- Event Ideas

Prom/Ball	Football Tournament
Small group activities like bowling or Go Ape	Online Gaming Event
Discounts for a set amount of time	Celebration/Awards Evening
NCLW on the News	Shops Celebrating Care Leavers (like Pride Month)

1:1 Consultation Idea

Often care leavers meet PAs or Social Workers on a 1:1 basis. We want to offer the opportunity to gather feedback from these meetings. Here is a reminder of the questions we are asking, some context where it is helpful and three ideas for how to help the conversation flow.

We want to hear from as many Care Leavers as possible about what they think about five questions.

Question One: Do you think NCLW should be a week (the first week in November) or a month (the month of November)?

Here are some Pro's for each to help your conversation:

Month Pro's:

- More time to highlight care leavers and their achievements.
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- Young people (YP) can attend more events across different organisations.

Week Pro's:

- Creates a bigger, more intense impact on social media and the news as it's limited and focused.
- Easier for organisations to commit to.
- It's already an established week

Question Two: Should NCLW be more about celebrating Care Leavers, raising awareness of Care Experience or a bit of both?

Celebrating Care Leavers is about celebrating achievements and successes that Care Leavers have. Raising awareness of care experience is helping people who haven't experienced care to understand more about it.

Question Three: What would you want the theme of NCLW to be?

A theme gives a focus for National Care Leavers Week (NCLW). It helps raise awareness of specific issues and celebrate aspects of care. It also gives purpose to events, activities, and social media posts. Last year, our initial consultation led to three initial theme ideas, which care leavers then voted on. They were:

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Celebration and Empowered futures

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"All of Us, We are One"

Connecting Communities

#AllofUs #WeAreOne

#NCLW

"This Community Cares"

Creating Communities with Love

#ThisCommunityCares

#NCLW

All of Us, We are One was voted the favourite, and was last year's theme.

Discuss the theme to focus on this year. You don't need to come up with a complete theme (but you might) – just ideas for what it should be about. For example, last year's theme ideas happened because people talked about community and togetherness. You might like to think about these questions:

- What are the good things about meeting other care leavers?
- If you could give one piece of advice to someone else leaving care, what would it be?
- What makes you feel connected to other people?
- Do you have any ideas for the NCLW theme this year?

Question Four: What events or activities would you like to go to during NCLW?

Celebrating Care Leavers is about celebrating achievements and successes that Care Leavers have. Raising awareness of care experience is helping people who haven't experienced care to understand more about it.

Your ideas & suggestions will be shared with the organisations that plan NCLW so that they are aware of the types of activities care experienced individuals would like to see happening.

Question Five: What would make NCLW a success?

We want to evaluate NCLW when it is over. How will we know it went well?

Ideas to Help Discussion

Bring A3 paper and felt tip pens with you. You could create a mind map or spider diagram in response to each question.

You could each draw a care leaver. Imagine they just finished NCLW. How do they feel? What went well? What did they enjoy?

You could simply go through the mentimeter together and answer the questions as you go through it.