



Today Not Tomorrow

North Lanarkshire's Champions Board

# Newsletter

April – June 25



We are a group of Care Experienced people who live in North Lanarkshire. We meet fortnightly to change the Care System within North Lanarkshire.

We remind Corporate Parents of their roles and responsibilities and therefore hold them to account to improve the Care System.....Today Not Tomorrow.

Participation  
Groups

TNT  
Crafty Foxes

Participation  
Facilitator

Who Cares? Scotland



Champions  
Board

TNT  
Corporate Parents

Steering  
Group

Corporate Parenting Group

# April



We spent a session re-looking at some resources we've made, and how we can update them...as well as looking at an induction booklet for new members



This meant we had to re-record some audio at a later date



Crafty Foxes had fun taking part in some Easter themed activities



## Care Experienced Day of Remembrance



Remembering those from the Care Experienced Community who are no longer with us

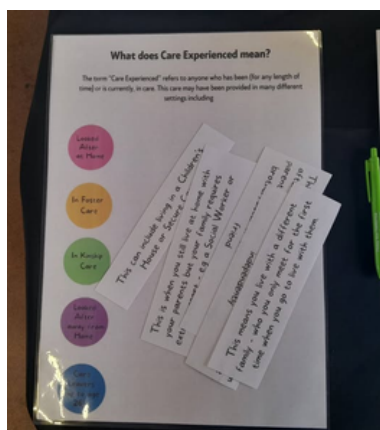
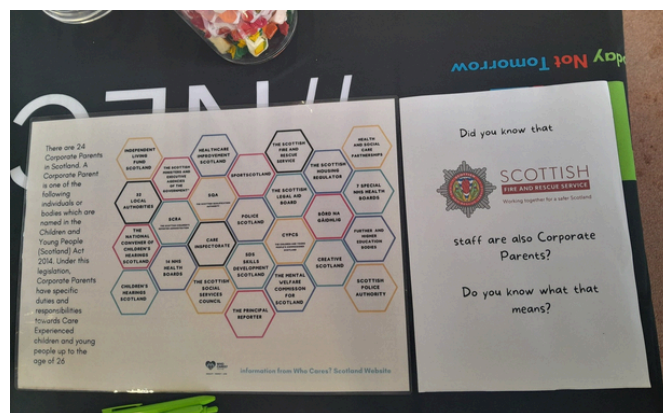
We created and shared a virtual candle to keep social media lit for Care Experienced Day of Remembrance, where we remember our peers no longer with us



We attended Bellshill Fire Station's 50<sup>th</sup> Birthday celebration event, and showed off some of our new promo materials

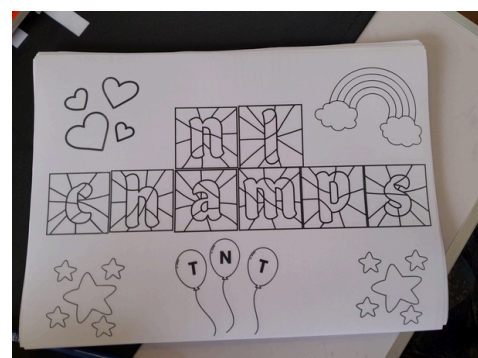


We had lots of good conversations about Corporate Parenting



As well as encouraging community members to learn about what 'Care Experienced' means - they did very well!

There was also some NLChamps colouring to do - relaxing and promotion in one



# MAY



For Mental Health Awareness week we too the opportunity to remind everyone of the services available in the area - which young people influenced the implementation of!



We also some shared some of our favourite quotes - what's yours? Send them in!



It's important to focus on things that help your mental health - so we shared things that help us. If you have some to add, please let us know



Things that help our  
MENTAL HEALTH

- sleep & naps or just relaxing
- talking
- medication
- music - listening to or playing
- colouring in, diamond art or doing jigsaws
- soup, chocolate, ice cream cake, snacky snacks



Things that help our  
MENTAL HEALTH

- going a walk/run, or to the gym
- a break away
- family members/company & hugs
- watching movies or tik toks
- animals/pets
- having a bath



We spent a session creating some new promotional cups.....Will you get your hands on one?



Our Promise Pledge now has over 200 signatures.....If you are a Corporate Parent who hasn't signed up yet - you can do so by scanning the QR code or emailing our Development Officer for the link



We had a full Champions Board meeting, with a packed agenda

### agenda

1. TNT update & thank you
2. Partner updates
3. Champs Video
4. Lifelong Group
5. Beat the Street
6. Review Date
7. Media Support
8. Gym Passes
9. Summer

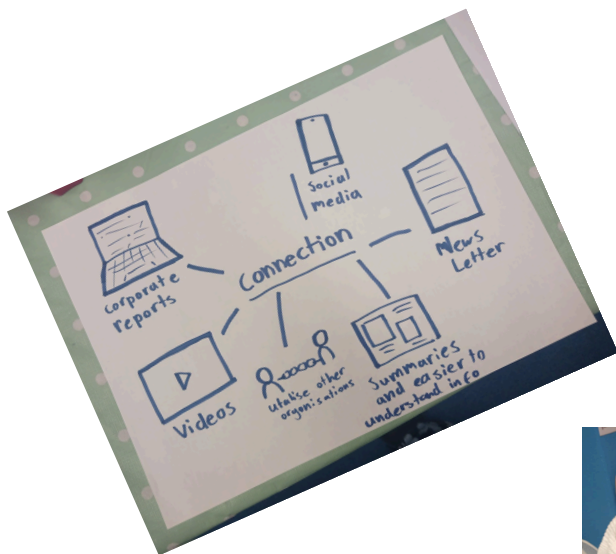


# JUNE

Volunteers Week took place in June, and we wanted to acknowledge our amazing volunteer Danielle - thanks for all that you do

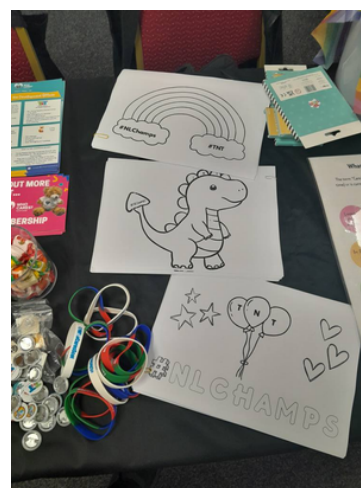


We took part in a consultation with Public Health Scotland, looking at their Corporate Parenting Strategy, what's important to Care Experienced people what healthy means to us, and best ways to communicate



The brownies they brought along were AMAZING





Our Development Officer attended The Village's 3<sup>rd</sup> Birthday Celebration to share information on what Champs does, as well as services available via Who Cares? Scotland....There were some new NLChamps colouring sheets – you can collect them all.

For more info on the Village: [www.whynottrust.org](http://www.whynottrust.org)  
or Who Cares? Scotland: [www.whocaresScotland.org](http://www.whocaresScotland.org)



**COMING  
SOON**

One of us was involved in recording audio for an official Champions Board Video....watch this space



**Just  
for  
Fun**

Share our social pages to encourage new followers (info on last page) and quote #NLChamps and #KeepThePromise for the chance to win one of our new cups

## OUR GROUPS



- Our Young People's Champs Group
- 14-26 years
- Meet fortnightly on Mondays
- Work on topical issues
- An interface between Care Experienced People in North Lanarkshire and the local authority



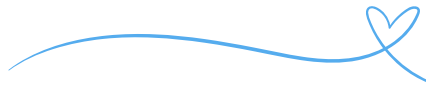
Mad Middles

- Junior Champs
- 12-16 years
- Meet fortnightly on Wednesdays
- Youth led agenda



Crafty Foxes

- Mini Champs!
- Arts & crafts group
- 8-12 years
- Meet monthly - 3rd Tuesday of the month



For more info on the groups or any of the work we are doing, you can contact our Development Officer, Laura on 07849086191 or [lcampbell@whocaresscotland.org](mailto:lcampbell@whocaresscotland.org)

We're also on social media! To keep up with what we're doing in-between these newsletters make sure to like and follow us on twitter, instagram and facebook.



@NLChampsTNT



<https://www.facebook.com/NLChamps>



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