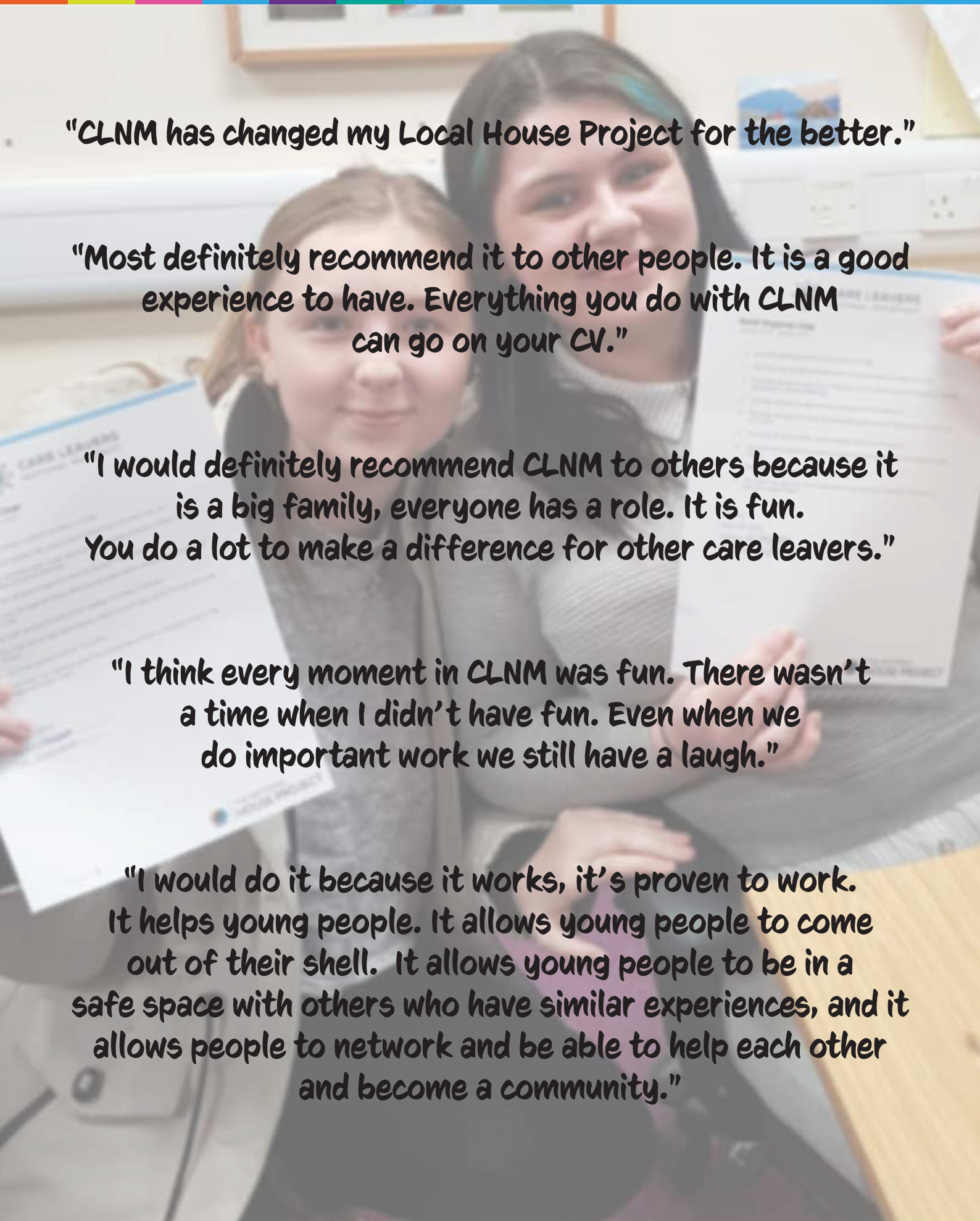



Care Leavers National Movement Guide





"CLNM has changed my Local House Project for the better."

"Most definitely recommend it to other people. It is a good experience to have. Everything you do with CLNM can go on your CV."

"I would definitely recommend CLNM to others because it is a big family, everyone has a role. It is fun. You do a lot to make a difference for other care leavers."

"I think every moment in CLNM was fun. There wasn't a time when I didn't have fun. Even when we do important work we still have a laugh."

"I would do it because it works, it's proven to work. It helps young people. It allows young people to come out of their shell. It allows young people to be in a safe space with others who have similar experiences, and it allows people to network and be able to help each other and become a community."

Table of Contents

All about CLNM.	04
CLNM Representatives	06
CLNM Roles and Structure.	08
How is a CLNM Rep selected?	10
Becoming a Rep.	11
Attending meetings and getting feedback	15
What else can Reps get involved with?	17



All about CLNM

What is CLNM?

The Care Leavers National Movement (CLNM) is made up of care experienced young people who come together to represent each Local House Project (LHP) across England and Scotland. They use their skills and experience to be expert advisors and develop LHPs whilst working to improve outcomes for all young people leaving care.

CLNM officially launched at the National House Project (NHP) Conference in 2019. CLNM is part of NHP and its core purpose is to develop the NHP framework of support that allows young people leaving care to live connected and fulfilling lives, as well as always making sure that young people are at the heart of NHP.



CLNM Vision

All young people to be supported to leave care well and have the skills, knowledge, and confidence to live connected and fulfilling lives.

CLNM Mission

For young people and professionals to work together across the House Project community to improve leaving care services on a local and national level.

CLNM Objectives

1. Celebrate Success

Highlight success stories to inspire, inform and influence positive change.

2. Improve Services

Develop and try new ideas designed with young people.

3. Provide Challenge

To improve the system to better support young people.

4. Peer Evaluate

Carry out regular Peer Evaluations and implement the recommendations.



CLNM Representatives

What is a CLNM Rep?

A CLNM Rep (representative) is a young person who represents their LHP within CLNM. Each LHP has two Reps.

As a CLNM Rep, you will:

- Attend six CLNM regional meetings a year
- Gather feedback from your LHP before CLNM meetings and feed back to your LHP after the meeting
- Keep your LHP updated on CLNM activities
- Communicate regularly with your LHP
- Uphold CLNM values during meetings and when representing CLNM
- Contribute to the CLNM annual event (usually a conference)



What do I need to do as a CLNM Rep?

- Provide updates to CLNM about your LHP. You will also update your LHP after CLNM meetings about what was discussed and any actions that need to be taken.
- Represent your own views and the views of others fairly. CLNM Reps gather feedback from current cohorts, finding out what is going well and what could be improved in their LHP. When you raise things that could be improved, you should also have ideas for possible solutions.
- Travel on public transport, including trains. NHP staff can meet you at the destination station.
- Stay away overnight. CLNM Reps will need to be confident to stay away overnight. The annual event, and some CLNM meetings, require this.



CLNM Roles and Structure

North

Chair

Reps - (2 from each LHP in the North)

Midlands

Chair

Reps - (2 from each LHP in the Midlands)

South

Chair

Reps - (2 from each LHP in the South)

Conference Planning Group

This group will take the lead on planning the annual CLNM Conference. The group is made up of 1 Champion, 1 Founder and 3 Reps from each Region, who will meet twice a year overnight plus additional online meetings.

Peer Evaluation Group

This group will take the lead on Peer Evaluation and any recommendations that come out of it. The group is made up of 1 Champion, 1 Founder and 3 Reps from each Region, who will meet twice a year overnight plus additional online meetings.

Trustee Advisory Group

This group is made up of the Chair of each region, 2 Champions and 1 Founder. Two members of the group attend the Board of Trustee Meetings as expert advisors. The group also attends Board Development Days, Board Induction Days and Trustee Advisory Group Meetings.

Regional Rep

Every LHP elects two regional Reps to attend six meetings per year, and an event organised by CLNM.

Chairs are elected in each region to chair regional meetings, drive decision-making and build community. Chairs attend Trustee Advisory Group and one of the Working Group meetings.

Chair

Group Rep

Each region elects Reps to be part of the Peer Evaluation or Conference Groups which involve overnight meetings.

Champions are selected by NHP staff and hold the role for one year. They support staff and young people to promote the work of NHP and CLNM.

Champion

Founder

Our Founders were involved in creating and setting up CLNM. Their role is to support new Reps, give advice, and be involved in the ongoing development of CLNM.

After two years CLNM Reps become Alumni. Alumni receive regular updates and can continue to contribute.

Alumni

Participation Worker

Participation Workers are not part of CLNM. They are NHP staff who champion participation and support CLNM. Participation Workers will be in regular contact with you during your time as a Rep.



How is a CLNM Rep selected?

CLNM Reps are selected by their LHP.

Participation Workers will visit LHPs to talk about CLNM and the role of Reps. Young people will be invited to put their name forward to their LHP to become a Rep. Young people and staff will decide between them who their Reps should be. They should be able to fulfil the “What do I need to do as a Rep?” section of this Guide.



Becoming a Rep

You will need to know what to expect when you become a Rep. Here you can find out more.

CLNM Safety Plans

Once it has been agreed that you will become a Rep, you and a member of staff from your LHP will meet with one of the Participation Workers from NHP. Together you will create your CLNM Safety Plan, and agree how you will be supported when attending CLNM events. This includes things such as what food you do or don't like and how you might manage getting the train. It will also include information that the Participation Worker will need to keep you safe. This will be reviewed and updated as needed, but your LHP will be asked to consider this with you at least every 6 months.

What will I need as a Rep?

As a Rep you will need a notebook or phone to gather feedback.

When you become a Rep, NHP will provide you with an annual railcard. You will be contacted by a member of the team who will arrange this for you. You will need to have photo ID, an email address and provide a picture of yourself for your railcard. At that time they will also ask you to provide a sentence about why you wanted to become a Rep and a picture to go with that sentence for the CLNM website.

You will also receive your very own CLNM hoodie. You can choose the colour and size. A member of the NHP team will contact you and arrange this.

Your LHP will arrange your train travel and ensure that you are able to get to your meetings.

How long will I be a Rep for?

Reps are appointed at the beginning of the year and the role usually continues for two years. Usually only one new Rep will be appointed as the second Rep will be completing their second year. This means you will be supported by someone who has experienced the role, and when they step down at the end of their two year term, you will stay on and support the new Rep in your second year.

Once you complete your time as a Rep you can become part of the CLNM Alumni. Alumni is a term often used by colleges and universities to refer to previous students. In CLNM this means you are now part of a group of previous Reps that continue to be offered opportunities and kept up-to-date.



Our commitment to each other

At the beginning of each year CLNM Reps come together to create their expectations of each other for that year. These will include as a minimum: attending meetings, respecting each other and staff, gathering feedback and keeping in communication with your LHP.

Here you can see what the CLNM expectations were in 2024 as an example.



What happens if sticking to these things is difficult?

CLNM Reps have agreed:

If you are not following the CLNM expectations a Participation Worker will talk to you and see if you need extra support. If you are still unable to follow the CLNM expectations you may be asked to step down as a Rep.

If you miss a CLNM meeting then a Participation Worker will contact you to find out why and help you to attend the next meeting. If you miss a second meeting without good reason you will be asked to step down as a Rep.

Participation Workers will not share with others why someone misses a meeting. They will let the other Reps know if there was a good reason to miss the meeting.

It is important that reps take their role seriously as this enables everyone to have a positive experience and for CLNM to be at the forefront of making positive change.



1. Respect and Trust:

- Respect and trust each other, meeting places, and staff.
- Refrain from talking about others behind their backs.
- Use manners and listen when others speak.

2. Kindness and Compassion:

- Be kind and have compassion for other members and staff.
- Avoid violence or abusive behaviour.
- Resolve issues by speaking to a staff member or chair, not the whole group.

3. Teamwork and Communication:

- Work as a team and support each other and staff when needed.
- Inform a staff member or your chair if you are unable to attend a meeting.
- Refrain from using your phone during important conversations.

4. Consideration for Others:

- Avoid making others uncomfortable.
- Use appropriate language, treat everyone equally, and refrain from judging others.

5. No relationships or sexual intimacy, becoming friends is fine but no dating within the group.

6. No alcohol or drugs are allowed.

7. Confidentiality:

- Keep conversations confidential unless there is a safety concern.
- Report safety concerns to a staff member.

8. Be honest in your interactions with the group.

9. Professionalism:

- Keep group chats free from unwanted messages, such as, texting about personal activities like being on a night out.
- Avoid spamming the chat.

Attending Meetings and Getting Feedback

What to expect

You will travel by train to the location of the meeting. This can be in different places in your region. Your LHP will book your train tickets and the Participation Workers will meet you at the train station when you arrive. You will meet up with the other Reps and then all go to the venue of the meeting, which is usually an LHP base in your region.

Each CLNM region has a chair who has been elected by the group and will run the meeting, There will be an agenda detailing the plan of the meeting and lunch will always be provided.

At the meeting each Rep will be asked to provide feedback from their own LHP and talk about what is happening. You will be expected to share the views of young people in your LHP and speak about this, including the things that are going really well and things that need to improve or change. Together you will decide on the actions that should be taken to respond to the feedback. You may have actions that you need to do as a Rep. For example, this might be writing to someone or making a phone call. You will be supported with this.

During some regional meetings we may do activities which could include going bowling or taking part in outdoor activities, to help you get to know each other as Reps and enjoy spending time together.

At the end of the meeting you will go together as a group back to the train station and the Participation Workers will be there to ensure everyone gets onto their trains home. As a Rep you are expected to let Participation Workers know when you get home safely.

Top tips on gathering feedback

Make sure that everyone in your LHP community knows that you are the CLNM Rep so that you can gather feedback from both young people and the staff team before each meeting.

Here are some different ideas you can use to gather feedback:

- Chat with young people individually
- Visit a group session and ask for time to gather feedback
- Create an online survey

Participation Workers will share more ideas with you at the beginning of the year. You can ask a Participation Worker or your LHP staff team for support.

It is always helpful to attend group sessions to speak with other cohorts so that you can hear their voices.

As a CLNM Rep it is important that you share the difference you are making. This will encourage young people to share their views and get involved.

Some LHPs have a CLNM display board in their base. As a Rep you can get involved and update this so that everyone can see the work that CLNM are doing.

Make a note of when meetings are and arrange to attend a group session beforehand and plan to meet with your LHP staff to catch up.

What else can Reps get involved with?

Conference Planning Group

Each year CLNM host an event, which is usually a conference for over 200 people from the House Project community. CLNM has a Conference Planning Group, which is made up of three Reps from each CLNM region, one CLNM Champion and one CLNM Founder.

The group will take a lead on planning the conference, including planning the theme, inviting guest speakers and deciding on details of the day.

The group will go to Back Dane, a large cottage in the Peak District near to Macclesfield, for two overnight stays. The first will be earlier in the year to plan and the second trip will be closer to conference to prep and make sure everything is ready. There will also be additional online meetings when needed.

Peer Evaluation Group

Every two years CLNM conduct a Peer Evaluation. Reps are trained as researchers and travel to different LHPs to chat to other young people and staff to find out about their experience of being part of the House Project community. The following year, the Peer Evaluation Working Group works alongside NHP and LHPs to implement recommendations that have been made.

The Peer Evaluation Group works similarly to the Conference Planning Group, with three Reps from each CLNM region, one CLNM Champion and one CLNM Founder coming together to take a lead on the Peer Evaluation.

This group will conduct the peer research and also make two trips to Back Dane. In the first year you will be trained as peer researchers and analyse the findings after the research has taken place. In the second year you will create and implement a plan based on the recommendations. All the work done for the Peer Evaluation will be shared at the CLNM annual conference.

Expert Advisors

One of CLNM's objectives is to "improve the system to better support young people."

CLNM does this in two ways. At a local level, it listens and shares views. At a national level, CLNM are expert advisors regarding issues affecting care experienced young people. They share experiences with research organisations, charities, and politicians.

Consultations

CLNM consultations are an important part of the work. During these consultations Reps are invited to work with other organisations to provide expert advice based on their lived experience. Consultations include being part of research, as well as developing and creating new ideas with others. As a Rep you can put yourself forward to take part in consultations. You receive expenses for your time when taking part in consultations.

Interviews

CLNM Reps are involved in all staff interviews at NHP. You will be part of a young person's panel, which is supported by a Participation Worker. You will be involved in agreeing what questions to ask, how the interviews will run and who will get the job. This is a great opportunity for Reps to support the recruitment process.

Trustee Advisory Group

Some Reps become part of the Trustee Advisory Group. They attend four Board meetings a year and ensure that the voice of young people is heard, amplified and acted on.

Glossary

CLNM - Care Leavers National Movement

LHP - Local House Project

NHP - National House Project





CARE LEAVERS
NATIONAL MOVEMENT



www.clnm.co.uk



@Care Leavers National Movement



@Care Leavers National Movement



CLNM@thehouseproject.org



NHP

Living connected and fulfilling lives