

› ANNUAL REPORT 2018/19

Child Friendly CARDIFF



This report provides analysis of our progress towards the vision and goals outlined in the Child Friendly Cardiff Strategy, focusing on the progress the city has made since its publication in 2018.



› MISSION



Cardiff is the first city in Wales to participate in UNICEF UK's Child Friendly Cities and Communities initiative. Our ambition is for Cardiff to be recognised as a Child Friendly City (CFC): a city with children and young people at its heart, where the rights of children and young people are respected by all. A great place to grow up!

We recognise the importance of embedding a children's rights approach across public services to deliver lasting solutions to complex problems. Removing the barriers that prevent some of our young people from making a successful transition into the world of work, delivering the best outcomes for children in our care and helping young people to live independently must be a priority for all.

GOALS

1

EVERY CHILD AND YOUNG PERSON IS VALUED, RESPECTED AND TREATED FAIRLY



2

EVERY CHILD AND YOUNG PERSON HAS THEIR VOICE, NEEDS AND PRIORITIES HEARD



3

ALL CHILDREN AND YOUNG PEOPLE GROW UP IN A SAFE AND SUPPORTIVE HOME



4

ALL CHILDREN AND YOUNG PEOPLE GET A GOOD EDUCATION THAT TEACHES THEM ABOUT THEIR RIGHTS



5

CHILDREN HAVE GOOD PHYSICAL, MENTAL AND EMOTIONAL HEALTH AND KNOW HOW TO STAY HEALTHY



➤ GOAL 1

EVERY CHILD AND YOUNG PERSON IS VALUED,
RESPECTED AND TREATED FAIRLY



TO ACHIEVE
SUCCESS IN **GOAL 1**,
CARDIFF WILL...

- ✓ Train staff in children's rights
- ✓ Make it clear about what you can expect from organisations and services
- ✓ Promote children's rights and celebrate children and young people
- ✓ Provide children and young people with clear information about opportunities and services
- ✓ Think about how decisions being made in the city affect the rights children and young people



➤ CHILD FRIENDLY CARDIFF STRATEGY WAS LAUNCHED

On the 20th of November 2018 the Child Friendly Cardiff strategy, accessible version of the strategy, brand and website were launched!





› GOAL 1



› PLAY DAY 2019

Cardiff joined cities across the world to celebrate #PlayDay2019. This year's theme was 'Play Builds Children' highlighting the many ways in which play is beneficial to children and young people; building friendships, resilience, communities, health and wellbeing.



› WORLD CHILDREN'S DAY 2019

On November the 20th, children across the city came together to celebrate #WorldChildrensDay and the 30th anniversary of the UNCRC. School children took part in parades, heard from guest speakers, held discussions on the role of children's rights, delivered lessons and got involved with shaping their communities!



› CARDIFF CAR FREE DAY 2019

#CarFreeDay was a resounding success on May the 14th with an estimated 10,000 people filling the streets of Cardiff to enjoy the HSBC UK Let's Ride event and the on street entertainment.

Air Quality UK measured a significant reduction in pollution across the city and with the sun shining down on Cardiff the city looked its best! What a lovely place to live and grow up!



› CHILDREN'S RIGHTS CHARTERS

South Wales Police and Cardiff & Vale Health Board have put children at the centre of their services by releasing their own children's rights charters based on the UNCRC.

› CHILDREN'S RIGHTS TRAINING

49 Elected Members have now completed 'UN Child Rights in Practice' training. 443 professionals across the child friendly city program have completed 'UN Child Rights in Practice' training.

2083 council officers have completed an online training module on children's rights.

> GOAL 2

EVERY CHILD AND YOUNG PERSON HAS THEIR VOICE, NEEDS AND PRIORITIES HEARD



TO ACHIEVE
SUCCESS IN **GOAL 2**,
CARDIFF WILL...

- ✓ Develop the skills of children and young people so they can have their voice heard.
- ✓ Encourage and support children and young people to get involved in shaping the city.
- ✓ Make sure people take the views of children and young people seriously.



> GRAND COUNCIL EVENTS

467 pupils have participated in the Grand Council programme. Conference themes have included:

'Shout Out About Play', Mental Health, Curriculum Development, Pupils' voice, and the Cardiff Commitment.

> GOAL 2



Child Friendly City Report 2020/19

information gathered from 6100 respondents

Young Commissioners
Approximately 26 young people have received training and helped with the commissioning process of over 65 million pounds worth of services.

Young Interviewers
63 young people have received training and been involved 32 interview days with approximately 160 interviews having been conducted during this period.

Young Inspectors
58 young people have been trained and inspected services.

Since March 2018, 8 organisations have been inspected including AI, ACT, Change Grow Live, Tempo & Ceredigion Youth Service.

2,359
pupils have received iSay Rights and Participation workshops

467
pupils have participated in Grand Council programme

Active Involvement Team
**stats since January 2017*

472
sessions/workshops/events/activities run

2762
regular contacts (CYC Members)

7166
one off contacts (Grand councils, iSay delivery etc)

9928
contacts made in total

11203
regular volunteer hours (CYC Members)



3/4 CHILDREN HAVE HEARD OF CHILDREN'S RIGHTS

85% of children feel like they are treated with respect by adults most or all of the time

55% of children think their parents/guardians have heard of children's rights

19,214 children attend Rights Respecting Schools in Cardiff that have achieved Bronze or higher



91% of children felt able to do the best they could to learn and progress at school most or all of the time

24% of students feel like "not enjoying school" held back their education and progress

87% of secondary school students are studying the subject/course of their choice

82% of secondary school students are getting the help they need to complete their chosen subject/course



83% of children describe their physical health as good or excellent



75% of children describe their mental health as good or excellent



9% of children describe their mental health as poor



32% of children worry about their future

31% of children worry about school

75% agree or strongly agree that school offers support to those who feel unhappy, worried or unable to cope

25% of students did not know where to seek help and support for mental and physical health.

1 in 25 children admit to bullying someone once or more times a week

1 in 10 children experience bullying once or more times a week



1 in 20 children experience cyber-bullying once or more times a week

Children who experienced being bullied said that the main reasons they were targeted was because of their **weight or sexuality**

> GOAL 2



35%
OF CHILDREN FEEL THEY HAVE THE CHANCE TO MAKE THEIR IDEAS HEARD ABOUT DECISIONS MADE IN THEIR COMMUNITY

73%
OF CHILDREN FEEL THEY HAVE THE CHANCE TO MAKE THEIR IDEAS HEARD ABOUT DECISIONS MADE IN THEIR SCHOOL



74%
of children thought that people of different backgrounds got on well most or all of the time



25%
of children feel their views are rarely or never listened to or taken seriously



83%
of children feel safe most or all of the time in their neighbourhood

CHILDREN SAID THAT THE BEST THINGS IN THEIR COMMUNITIES ARE THE PEOPLE, BEING CLOSE TO THEIR SCHOOL AND LIVING IN A QUIET AND PEACEFUL AREA.

GANGS, KNIFE CRIME & DRUGS CAUSE CHILDREN WORRY



79%
of children thought that the choice of places for young people to go in their community was rated good or excellent



87%
of children had not been a victim of crime in the last two years

Children's Commissioner's Survey 2018/19

What are the best things teachers in your school do to help you get/experience your rights?

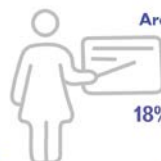
THEY HELP ME TO BE THE BEST I CAN BE

THEY LISTEN TO MY OPINIONS

THEY KEEP ME SAFE

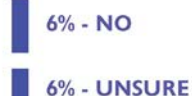


Do children/young people in your school get an opportunity to have a say about how your school spends its money?



Are children involved in the recruitment of staff? (teacher response)

Are young people involved in interviewing and choosing new teachers at school? (pupil response)



13% - NEVER

8% - UNSURE

88% - YES

Cardiff baseline CFC Staff survey 2018

*information gathered from 485 respondents



42% of respondents used child rights to inform their work, 58% do not.



91% believe that involving children in decisions that affect them generally leads to better outcomes



51% of respondents have seen local authority leaders speak about child rights



93% of respondents felt that knowing about child rights helps children to get the support they need



86% agreed that children should be routinely involved in decisions that affect them indirectly, e.g. urban planning

91% believe that involving children in decisions that affect them generally leads to better outcomes

93% agree that using a child rights based approach makes it easier to challenge decisions that they don't think are in the child's best interests



Child Friendly CARDIFF

› GOAL 2



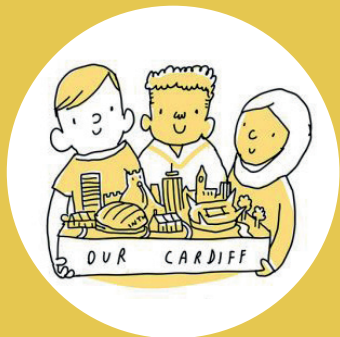
› ALL WALES YOUTH SUMMIT

Cardiff Youth Council hosted this year's All Wales Youth Summit on the climate emergency.



GOAL 3

ALL CHILDREN AND YOUNG PEOPLE GROW UP IN A SAFE AND SUPPORTIVE HOME



TO ACHIEVE SUCCESS IN GOAL 3, CARDIFF WILL...

- ✓ Work with children and families to get the support and help they need.
- ✓ Improve the lives of children and young people who are not able to live with their families.
- ✓ Ensure children have the best start in life.

Cyngor a Chymorth i Deuluoedd Caerdydd

Cardiff Family Advice and Support



› FAMILY ADVICE AND SUPPORT SERVICE

To make sure that families receive the right support at the right time, Cardiff Council have worked with children, young people and their families to develop the new Cardiff Family Advice and Support service.

Examples of a rights based approach have included involving young people in the recruitment processes for staff teams and the development of their website.



› YOU ARE THE FUTURE - YOUTH PROVISION

You Are The Future is a new youth provision which has been launched specifically for care-experienced individuals. It provides them with a safe place to socialise, learn new skills and have fun. "As a care leaver myself, I know the importance of having a place to grow and heal" -Olivia Carbas, Trainee Project Officer.

› PARTICIPATORY STRUCTURES WITHIN CHILDREN'S SERVICES

A review of Participatory structures within children's services has taken place. As a direct result of this, a participation framework is being developed and a 'Mind of Your Own Tool' has been commissioned to ensure that children and young people have their voices heard throughout children's services teams.



› BABY FRIENDLY INITIATIVE

Cardiff & Vale University Health Board have successfully attained UNICEF Baby Friendly Initiative accreditation in the areas of Maternity, Neonatal and Health Visiting. This accreditation requires health settings to adhere to a global set of standards which includes:

- Supporting pregnant women to recognise the importance of breastfeeding and early relationships
- Supporting all mothers and babies to initiate a close relationship and feeding soon after birth
- Support mothers to make informed decisions regarding the introduction of food or fluids other than breast milk
- Support parents to have a close and loving relationship with their baby This will help ensure that babies have the best start possible in life.

GOAL 4

ALL CHILDREN AND YOUNG PEOPLE GET A GOOD EDUCATION THAT TEACHES THEM ABOUT THEIR RIGHTS



TO ACHIEVE
SUCCESS IN **GOAL 4**,
CARDIFF WILL...

- ✓ Make sure that children and young people who are not able to live with their family have a good education.
- ✓ Work with UNICEF to ensure that all schools teach and respect children's rights.
- ✓ Provide all pupils with an education that meets their needs, wherever possible within on school site.
- ✓ Work together to help prepare children and young people to be adults for independent living, active citizenship and the world of work.



› PERIOD DIGNITY PROGRAM

Cardiff has worked with 1,400 female pupils to launch a Period Dignity initiative to provide free sanitary products in schools across the city. Funded by Welsh Government, the new scheme is designed to promote period dignity and tackle period poverty in school, helping girls and young women to reach their potential.



› RIGHTS RESPECTING SCHOOLS

We have been working with UNICEF to roll out the Rights Respecting Schools Award across the city. The goal is to create safe and inspiring places to learn, where children are respected, their talents are nurtured and they are able to thrive. So far:

- 41 schools are "rights committed" having achieved **BRONZE**
- 12 schools are "rights aware" having achieved **SILVER**
- 3 schools are "rights respecting" having achieved **GOLD**



› CURRICULUM FOR LIFE

Curriculum for Life team have developed a network for PSE coordinators across secondary schools to improve the curriculum offer by identifying issues, good practice and sharing resources. They have also worked with young carers to provide training on the subject of healthy relationships.

The team are working in partnership with children's services to develop the skills and capacity of care leavers to live independently and they have published two learning resources: one on healthy relationships and another on knife crime reduction.

> GOAL 4



> EOTAS

Pupils who are Educated Other Than School (EOTAS) have developed classroom rights based charters and young inspectors have taken part in inspection processes in training providers to ensure the views of pupils are fed into improvement plans.



> PERSONAL EDUCATION PLANS

Every child that is looked after now has a Personal Education Plan (PEP) that is overseen by a designated teacher and social worker to ensure the best outcomes.

All those responsible for supervising PEPs have received appropriate training.



GOAL 5

CHILDREN HAVE GOOD PHYSICAL, MENTAL AND EMOTIONAL HEALTH AND KNOW HOW TO STAY HEALTHY



TO ACHIEVE SUCCESS IN GOAL 5, CARDIFF WILL...

- ✓ Provide more opportunities for children and young people to be active during their daily lives by:
 - Making the roads safer with more 20mph areas
 - Providing safe places to play
 - Providing safe walking and cycling routes
 - Work with schools to encourage pupils to safely walk, scoot or cycle to school
- ✓ Make sure that children and young people are happy and healthy by:
 - Providing them with the support and help they need when they need it
 - Giving them someone to talk to when they need it
 - Teaching them how to stay happy and healthy



› SCHOOL STREET PILOT SCHEME

Cardiff's school street pilot scheme has been launched to help ensure that children in Cardiff can attend school as safely as possible by stopping traffic around 5 school entrances during peak drop off and pick up times.



› SCHOOL ACTIVE TRAVEL PLAN PROGRAMME

The School Active Travel Plan Programme has been launched providing advice and support to all schools in Cardiff so that they can develop an Active Travel Plan specific to their school and is part of the Council's commitment to ensure every school in Cardiff has developed an Active Travel Plan by 2022.

The benefits include: increased level of physical activity for pupils and parents, improved road safety and improved air quality.



› STREET PLAY SCHEME

Cardiff Council has been working with Play Wales to reclaim city streets for children and young people to claim their right to play. Changes to highways policy enables residents to efficiently apply to close their streets for 2 hours once a month. 8 streets are currently active in the scheme with more joining.

> GOAL 5



> CHILDREN AND ADOLESCENT MENTAL HEALTH SERVICE

The decision has been taken to repatriate the Children and Adolescent Mental Health Service CAMHS services back to Cardiff and Vale UHB. Children, young people and families were engaged throughout the project, to ensure that services were designed and planned to meet their needs. A team of resilience workers have been employed to support schools and improve support in communities around emotional health and wellbeing for children and young people. Three primary mental health workers are now based in communities to improve services and support for children and young people.

Staff healthy travel charter

Cardiff public sector commitments 2019-22



Working together, for our sites in Cardiff, we commit to...

Public transport
Offer discounts on public transport to staff in our organisations, including Cardiff Bus and Transport for Wales Rail Services, and explore discounts with other operators
Walking, cycling and public transport
Contribute to an interactive map showing all walking and cycling infrastructure and public transport links for our main public sector sites in Cardiff
Cycling
Offer the cycle to work scheme to all staff
Provide secure cycle storage and showers at all main sites
Improve access to bicycles at work, e.g. pool covers and heatwaves
Facilitate and promote free cycle training and maintenance sessions
Review together our travel expenses policies, to encourage uptake of cycling
Communication and awareness
Establish a network of sustainable travel champions across our organisations
Agree and use consistent communications messages with the public, visitors and staff on healthy travel
Promote and consider healthy travel options and benefits when advertising roles in our organisations
Senior staff and managers routinely promoting and modelling active and sustainable travel behaviour
Agile working
Increase availability and uptake of tele and video conferencing for meetings where appropriate

> CARDIFF HEALTHY TRAVEL CHARTER

14 organisations have signed up to the Cardiff Healthy Travel Charter. A set of 14 commitments to encourage staff and visitors to our sites to walk, cycle, take public transport or use an ultra low emission vehicle. This is to help people in Cardiff to be healthier and happier, and improve air quality for current and future generations.



› CHILD FRIENDLY CARDIFF



› REFLECTIONS AND CHALLENGES FOR THE COMING YEAR

Good progress has been made across all the Child Friendly goals. However, ongoing monitoring and evaluation will have to take place to measure change overtime. The data from the staff and pupil survey have provided a baseline to use within a performance framework.

The submission of a detailed action plan to UNICEF has triggered an implementation phase to be followed by an assessment by a panel of experts.

Areas for actions include:

- Work with UNICEF to deliver a train the trainer model
- Have a planned approach to promoting the importance of childhood and children's rights
- Continue to measure the knowledge and confidence of citizens and staff around CFC programme
- Promote the suite of learning materials across all partners
- Evaluate and refine the CFC Survey
- Work with children and young people to develop the new Corporate Parenting Strategy
- Develop a participation framework for Regional Safeguarding Board
- Work with Care Leavers to develop independent life skills
- Work with children and young people to influence the Local Development Plan
- Refine systems to enable effective tracking and monitoring of educational attainment targets, outcomes and destinations for Looked After Children