

BOOKLET 1

Fostering Stability

Introduction and booking information



Irish Foster Care Association

BOOKLET 1

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Irish Foster Care Association

The Irish Foster Care Association (IFCA) is the representative body for foster care in Ireland. Child-centred and rights-based, IFCA promotes excellence in foster care. We aim to accomplish this by providing information, support and learning opportunities for all those involved in foster care through our direct work in Advocacy, Branch Development, Support, and Learning and Development.

IFCA seeks to build a culture of learning that values the accumulation of knowledge, skills and experience by all those with an involvement in fostering, in the development of best practice. The annual conference is one of a range of opportunities in IFCA's learning programme which also includes training, seminars, and a biannual journal on foster care practice, policy and research, 'Foster'.

IFCA Conference 2018

The Irish Foster Care Association National Conference brings together all those with an interest in foster care, including general and relative foster families, health and social care practitioners, academics, students, teachers, policy makers, and members of the community and voluntary sector to learn together, engage in dialogue, and share their experiences and best practice. We run three parallel programmes for children, young people and adults.

This year's conference theme is *Fostering Stability*. It is well-recognised that a secure and stable environment is key to children's healthy development and well-being. Due to the circumstances which lead to children being received into care and the many changes to their world that may be part of this, it is critical that we do all we can to support the most vulnerable children in our society to feel safety, security and stability.

The conference will offer scope to explore how the system can better support stability for children in foster care and look at many aspects of practice and policy of relevance to this theme. Stability may relate to our everyday foster care practice – how can our practice facilitate healthy child development and well-being? Stability may also relate to the practical and legal arrangements that are in place for a child. For example, how can every element of a child's care-planning and its follow-through contribute to a child's sense of stability and well-being? For the foster

family, what are the factors which can contribute to parental autonomy within the foster-care parenting role? Closely related to the concept of stability in foster care is that of permanence. The meanings of permanence in terms of stability, emotional security and family membership into adulthood are complex¹. One definition of permanence is: 'a set of goal-directed activities designed to help children live in families that offer continuity of relationships with nurturing parents or caretakers and the opportunity to establish lifetime relationships'². Another definition is: 'the security and well-being that comes from being accepted as members of 'new' families'³. While some children who come into care return to live with their birth parents, for those who can't, permanence within the foster family can be an alternative. In the Republic of Ireland, a number of different legal options are available or may be proposed within the current review of the Child Care Act 1991, and views vary on which of these options is best able to achieve permanence in both practical and emotional terms. Other areas central to the concept of stability in foster care include: the provision of supports to foster carers; and more broadly, how can the stability of foster care itself be sustained in Ireland? We hope that the conference will stimulate further debate, discussion and learning on these many aspects of fostering stability.

Note re changes to the conference programme

We have planned the conference programmes based on what participants from last year's conference said they would like and, also, on feedback from other relevant consultations. We have designed a less busy agenda for all three programmes and created more space for dialogue and unstructured time. Former participants have spoken of a need to speak freely of their experiences of being involved in foster care, in a space that is safe and confidential. We're delighted to let you know that there will be such an offering this year, a workshop called, 'Listening to our inner voice' facilitated by Dr Barbara Reid, an independent, UK-

¹ Schofield, G., Beck, M. and Ward, E. (2012) Part of the family: 'Planning for permanence in long-term family foster care in long-term family foster care' Children and Youth Services Review, 34(1) January.

² Maluccio and Fein, 1983: 5, cited in Stott and Gustavsson, 2010: 622, cited in Moran, L., McGregor, C. and Devaney, C. (2017) Outcomes for Permanence and Stability for Children in Long-term Care. Galway. The UNESCO Child and Family Research Centre, The National University of Ireland, Galway.

³ UK Performance and Innovation Unit (2000) in O'Brien, V. and Palmer, A. (2016) 'Permanence in long-term foster care: what are the options?' Foster, Issue 2, pp27-45.

based facilitator of the Circle of Trust model. There will be a separate workshop each for foster carers and for those involved in foster care who aren't foster carers. We have also made changes to the social programme with an emphasis on a family-friendly evening schedule on Saturday night. We hope this will work better. Do let us know what you think and we will keep trying to meet your needs!

Conference venue

Radisson Blu Hotel, Ennis Road, Limerick.

Tel: +353 (0)61 456 2000

Email: sales.limerick@radissonblu.com

Website: www.radissonblu.ie/hotel-limerick

Please remember to quote your Eventbrite conference ticket order number when booking your accommodation.

Organising committee

The conference is organised by the IFCA staff team in conjunction with volunteers and EPIC (Empowering People in Care).

If you have any queries, please contact the IFCA office. Tel: +353 (0)1 459 9474.

Email: learning@ifca.ie.

Address: Unit 23, Village Green, Tallaght, Dublin 24.

Acknowledgement

IFCA wishes to express its thanks to the Department of Children and Youth Affairs for its financial assistance to support the Children's and Young People's conference programmes. Our thanks also to all the businesses, organisations and individuals, too many to mention, which kindly donated spot prizes.



How to book your conference ticket

Key booking information -

please read in advance of booking!

We kindly ask that you read the following before you book to ensure that you are aware of the conference format and understand the booking system.

How to book your conference ticket

You can book your conference ticket and accommodation by following the two steps below:

Step 1: Book your conference place online with Eventbrite

You can book your place by clicking the conference page on the IFCA website, www.ifca.ie. From here, you will be redirected to Eventbrite to complete your booking. Once you have completed your booking and payment, Eventbrite will email you your conference ticket with an order number that you will need to quote when booking your accommodation with the hotel. *(See Step 2.)*

As your booking is being processed by an external system, the full payment is required or you can select an option to be invoiced. Please phone the IFCA Office on 01 459 9474 if you wish to discuss an alternative way of paying. **Early Bird rates are available until Wednesday, 3 October.** The Early Bird rates apply to Adult tickets only. **Closing date for booking: Friday, 19 October. We advise booking your place as soon as possible to avoid disappointment. There are limited places available on the children's and young people's programmes as we are committed to facilitating a high quality, safe experience for participants. These places can book up very fast!**

What if I don't have access to the internet?

If you don't have access to the internet, please complete the booking form on pages 5 and 6 and return it to the IFCA Office by Wednesday 3 October to avail of the Early Bird rates. IFCA staff will send you your conference ticket with an order number. Once you receive this, you will then need to book your accommodation with the hotel. *(See Step 2.)*

Step 2: Book your accommodation directly with the Radisson Blu Hotel quoting your Eventbrite conference ticket order number

Once you receive your conference ticket, please phone the Radisson Blu Hotel on **061 456 200** to

book your accommodation directly with the hotel. Please reference the IFCA Conference and quote the Eventbrite conference ticket order number when booking your accommodation. You will already have made the full payment in Step 1 or will have been issued with an invoice for the full payment.

Cancellation policy

100 per cent refund up to 3 October, 50 per cent refund up to 19 October – no refund possible after 19 October. All cancellations must be submitted in writing to IFCA.

Conference booking checklist

Before sending/submitting your completed conference booking form, please check that you have...

- 1. Selected your conference package
- 2. Given payment details
- 3. Let us know your workshop choices for all adults attending – first and second preferences
- 4. Provided all contact information
- 5. Provided names of all children and their ages
- 6. Told us of any participation and/or dietary needs for each adult and child
- 7. Phoned the hotel to book your own accommodation quoting your conference ticket order number.

Please note the different weekend packages and dates on page 5

3-DAY WEEKEND PACKAGE includes:

Friday – B&B, conference programme, lunch, evening buffet

Saturday – B&B, conference programme, lunch and conference family dinner

Sunday – morning programme

2-DAY WEEKEND PACKAGE includes:

Friday – B&B, evening buffet

Saturday – B&B, conference programme, lunch and conference family dinner

Sunday – morning programme

DAY DELEGATE PACKAGE includes:

Lunch, coffee breaks and conference programme on Friday or Saturday

NOTE: Student rate applies to Social Work/Social Care/ Psychology/Psychotherapy/Counselling/Play Therapy students.

Key conference information (children & young people)

FRIDAY ARRANGEMENTS FOR CHILDREN

Please note:

The hotel Kids' Club will be available for ages 5-12 years during workshops on Friday; please contact the hotel directly to book your child in. Bookings will be made on a first-come-first-served basis.

There are no IFCA-organised children's or young people's programmes or under-4s service on Friday. *Please see information on babysitting service below.*

Supervising and collecting children and young people

It is the carer's responsibility to supervise children and young people at all times outside of programme activities. Carers/parents will be required to sign in and sign out all children and young people in their care attending the children's and young people's programmes. To do this you will need to come to the locations in the hotel where these programmes are starting and finishing. Further information will be included in your conference pack.

We kindly ask that one carer/parent be contactable at all times while children/young people are taking part in their programme activities.

Support, access and dietary needs

Please do let us know when you are booking on Eventbrite if your child will need one-to-one support and if they have any access or dietary requirements so that they can fully participate in the children's/young people's programme and we will be happy to make arrangements.

Meal arrangements for Friday and Saturday evening/night

Friday: A buffet meal will be available to adults, young people and children on Friday night from 17.30 to 21.00. Carers/parents will need to supervise children during this period.

Saturday: This year, there will be a conference dinner for everyone together – adults, young people and children – which will be held at 18.45. A family-inclusive table quiz will follow directly after the meal. Carers/parents will need to supervise children during this period. *While children/young people are in the function room, we encourage all adults to act*

responsibly, particularly in relation to alcohol consumption.

Other important information

Babysitting service

A private babysitting service, offering fully garda vetted, professional and experienced childminders, is available. **You will need to book the service in advance.** Full details available on www.ifca.ie or by phoning Nounou Childcare Solutions on 083 170 4464.

Conference bar policy

Please note that children under 18 years must be supervised by a carer/parent in the public bar area up to 21.00 hours. They will not be permitted in the public bar after this time.

Clothing

Children and young people should bring outdoor clothes and trainers for their activities. And remember, slime-making and painting workshops are planned for 5-12 year olds over the weekend!

Swimming pool, thermal suite and hot tub

- The swimming pool will be available exclusively to hotel residents – children, young people and adults – on Friday from 16.00 – 21.00 hours.
- The thermal suite, hot tub (adults only) and pool (all) are open to all residents without charge throughout the weekend.
- Please note that, due to health and safety considerations, a trip to the pool will not be included in the children's and young people's programmes.

Conference booking form



Early bird - available to 3 October (adults only). **Final booking date** - 19 October.

Increases in prices from last year are due to increases in hotel costs. Fees at members' rates are subsidised by IFCA.

We advise booking your place as soon as possible to avoid disappointment. There are limited places available on the children's and young people's programmes as we are committed to facilitating a high quality, safe experience for participants. These places can book up very fast! The hotel does not have houses.

3 day package

	Adult member	Adult non-member
Early bird	€315 <input type="checkbox"/>	€365 <input type="checkbox"/>
After 3 Oct	€345 <input type="checkbox"/>	€395 <input type="checkbox"/>

2 day package

	Adult member	Adult non-member
Early bird	€285 <input type="checkbox"/>	€335 <input type="checkbox"/>
After 3 Oct	€315 <input type="checkbox"/>	€365 <input type="checkbox"/>

Young people (12-23yrs) - €95 **Children** (5-12yrs) - €85 **Little ones** (0-4yrs) - €40

Day delegate package (Friday only)

	Adult member	Adult non-member
Early bird	€60 <input type="checkbox"/>	€90 <input type="checkbox"/>
After 3 Oct	€75 <input type="checkbox"/>	€105 <input type="checkbox"/>
Student day delegate		€30 <input type="checkbox"/>

Day delegate package (Saturday only)

	Adult member	Adult non-member
Early bird	€70 <input type="checkbox"/>	€100 <input type="checkbox"/>
After 3 Oct	€85 <input type="checkbox"/>	€115 <input type="checkbox"/>
Student day delegate		€30 <input type="checkbox"/>

Friday and Saturday conference programmes with Friday night buffet and B&B

	Adult member	Adult non-member	Adult member	Adult non-member
Early bird	€195 <input type="checkbox"/>	€235 <input type="checkbox"/>	After 3 Oct	€225 <input type="checkbox"/> €265 <input type="checkbox"/>

Young people (12-23yrs) - €75 **Children** (5-12yrs) - €65 **Little ones** (0-4yrs) - €30

Saturday programme/conference dinner

	Adult member	Adult non-member
Early bird	€110 <input type="checkbox"/>	€140 <input type="checkbox"/>
After 3 Oct	€140 <input type="checkbox"/>	€160 <input type="checkbox"/>

Saturday programme/conference dinner/B&B

	Adult member	Adult non-member
Early bird	€180 <input type="checkbox"/>	€210 <input type="checkbox"/>
After 3 Oct	€210 <input type="checkbox"/>	€240 <input type="checkbox"/>

Sunday AM workshop & closing ceremony €15

PAYMENT OPTIONS (Cancellation policy – see page 3)

Credit/debit card: Please debit my card, number:

Expiry Date: **CCV No.** (on back of card) For: €

Name on card: _____ **Signature:** _____

Cheques/postal orders/bank drafts – please make payable to *Irish Foster Care Association* and post to Unit 23, Village Green, Tallaght, Dublin 24.

Details for invoice

Name _____ Organisation _____

Email _____ Address _____

Phone _____ Order No. (where appropriate) _____

continued overleaf

Conference booking form

Please complete fully

Name _____ Address _____

Telephone/mobile _____ Email address _____

Arrival date _____ No. of nights _____ No. of adults _____ No. of children _____

Names of additional adults _____

Adult access/dietary requirements No Yes (If yes, please specify for each person)

Names and ages of children/young people _____

Does your child require one-to-one support to participate? No Yes (If yes, please specify per child)

Does your child have any other requirements so that they can participate? No Yes
(If yes, please specify per child)

Does your child have any dietary requirements? No Yes (If yes, please specify per child)

I understand that I will need to phone the hotel to book accommodation, quoting my conference ticket order number Yes

Adult workshop choices (Please insert workshop number not title, for example, FRI/AM 1)

Name	FRI/AM 1st Preference	FRI/AM 2nd Preference	FRI/PM 1st Preference	FRI/PM 2nd Preference
Name	SAT/PM 1st Preference	SAT/PM 2nd Preference		
Name	SUN/AM 1st Preference	SUN/AM 2nd Preference		

Workshops at a glance

Number	Title	Facilitator
FRIDAY AM WORKSHOPS 11.00 – 13.00		
FRI AM 1	Carving pathways to fostering stability via the carer-child relationship: exploring a toolkit for carers of children who have experienced trauma	Maria Lotty
FRI AM 2	Stability, and for whom? Does the birth parent have a role in contributing to the placement stability of their child(ren) in foster care?	Majella Hynan & Sean Lynch
FRI AM 3	Understanding disruptions in foster care: how can we learn from disruptions in foster care and increase stability in placements? <i>(Repeated on FRI PM 7)</i>	Agnes Feely and Caroline Roe
FRI AM 4	Creating secure attachments and stability for the traumatised child using an attachment-based system	Patricia McSorley, Eilish Moore & Charlene O'Connor
FRI AM 5	Family relationships – a means of fostering stability for young people in care?	Róisín Farragher
FRI AM 6	Responding to carers' experience of violence in foster care relationships	Jim Cantwell
FRI AM 7	The implications of permanence on foster care services in Ireland	Grainne Collins & Siobhan Mughan
FRIDAY PM WORKSHOPS 14.30 – 16.30		
FRI PM 1	Circle of Trust – <i>for those involved in foster care who are not foster carers</i>	Dr Barbara Reid
FRI PM 2	Gender and sexuality diversity in children and adolescents – creating stability through developing resilience	Suzanne Walsh
FRI PM 3	The development and role of the Therapeutic Team for Looked After and Adopted Children (TT-LAAC) in seeking to improve the outcomes for looked after and adopted children through placement stability	Louise Crangle Faulkner & Lynda McGill
FRI PM 4	Providing a Secure Base – a therapeutic model of care	Dr Nicholas Banks
FRI PM 5	Permanence and stability: is adoption the answer? <i>(Repeated on SAT PM 9)</i>	Angela Palmer
FRI PM 6	Stability for me – stability from a young person's perspective	Suzanne O'Brien & Edel Weldon
FRI PM 7	Understanding disruptions in foster care: how can we learn from disruptions in foster care and increase stability in placements? <i>(Repeat of FRI AM 3)</i>	Agnes Feely & Caroline Roe
SATURDAY WORKSHOPS 14.15 – 16.15		
SAT PM 1	Permanence as a process – tools, tips and routes	Dr Karen Winter
SAT PM 2	Circle of Trust – <i>for foster carers only</i>	Dr Barbara Reid
SAT PM 3	The impact of pre-birth and developmental trauma on relationship building – repairing and integration	Diane Hanly
SAT PM 4	The Review of the Child Care Act and its implications for stability in foster care	Michelle Clarke, Liz Cullen & Dr Sadhbh Whelan
SAT PM 5	Sensory integration strategies with handwriting and developing good study skills	Donna Pryde
SAT PM 6	Therapeutic interventions to support foster families: useful therapeutic techniques for your tool kit	Aisling Burke & Andrew Kennedy
SAT PM 7	It's a win-win: being open to self-care helps you provide a more stable environment	Marianne Dwyer
SAT PM 8	Factoring in stability	John Digney & Maxwell Smart
SAT PM 9	Permanence and stability: is adoption the answer? <i>(Repeat of FRI PM 5)</i>	Angela Palmer
SAT PM 10	An overview of the HIQA Thematic Foster Care Inspections 2017/2018, covering the recruitment, assessment, supervision, support and review of foster carers	Susan Geary
SUNDAY WORKSHOPS 10.15 – 11.45		
SUN AM 1	Emotional stability through the use of focusing	Phil Kelly & Derek McDonnell
SUN AM 2	Mindfulness A	Dr Nodlaig Moore
SUN AM 3	Mindfulness B	Orna Cooke
SUN AM 4	Gentle yoga and relaxation	Orla Crosse
SUN AM 5	Music therapy – letting the soul sing	Maeve Scahill

Conference overview: Adults' programme

Friday 2 November

(Hotel Kids' Club available during these workshops – see page 4)

10.00 – 11.00	Registration, Tea/Coffee	
11.00 – 13.00	Workshops FRI/AM	<i>Choice of 7</i>
13.00 – 14.30	Lunch	
14.30 – 16.30	Workshops FRI/PM	<i>Choice of 7</i>
16.30 – 20.00	Registration	
17.30 – 21.00	Buffet meal	

Saturday 3 November

08.00 – 09.00	Registration	
09.15– 10.30	Launch Dr Fergal Lynch, Secretary General, Department of Children and Youth Affairs Fred McBride, CEO, Tusla – Child and Family Agency	
10.30 – 11.00	Tea/Coffee	
11.00 – 12.00	Keynote Dr Karen Winter	
12.00 – 12.45	Q&A and discussion in response to Keynote	
12.45 – 14.15	Lunch	
14.15 – 16.15	Workshops SAT/PM	<i>Choice of 10</i>
18.45	Conference Dinner for everyone Followed by family-inclusive table quiz (1 hour)	

[Please note that the special interest group SWIFC (Social Workers in Foster Care) will hold a members' meeting over lunch at the hotel.]

Sunday 4 November

10.15 – 11.45	Workshops SUN/AM – Self-care and self-awareness workshops	<i>Choice of 5</i>
12.00 – 12.30	Gathering of adults for short conference closing A facilitated space for adult conference participants with reflection on the whole experience of the conference this year.	
12.30 – 12.45	<i>Sign-out children and young people</i>	

Friday 2 November

16.30 – 19.30 *Registration at children's programme desk*

17.30 – 21.00 Buffet meal – with carer/parent supervision

(Hotel Kids' Club available during Friday daytime workshops; please contact the hotel directly to book in.)

Saturday 3 November

08.30 – 08.45 *Registration and carer/parent sign-in*

09.00 – 11.00 Wacky scientist show and slime-making workshop www.tonybaloney.eu

Join Professor Baloney as he explores the world of wacky science through his hilarious comedy show and series of exciting experiments using nothing but household materials. Kids will also get to make slime during the workshop that they can take home later!

Interactive drumming games show with Drum Dance Ireland

www.drumdanceireland.ie

Mr Boom's interactive drumming activity is guaranteed to be a lot of fun for children by using methods of teaching with games and activities that involve a lot more than just playing drums and learning rhythms. With over 50 different drums and loads more interesting sound and percussion instruments, there's something for everyone to try!

12.00 – 14.30 Bowling at Funworld www.funworld.ie

Funworld offers bowling to all ages and levels, from the experienced bowler right through to young beginners. Lane bumpers are available, if required, and their knowledgeable staff are always on hand to offer help and advice to all visitors. With bowling lanes and an arcade on-site, excitement and entertainment are guaranteed!

Lunch provided on site.

15.00 – 17.00 Brickx Club Lego workshop www.thebrickxclub.com

A creative brick-building and social activity, this workshop encourages children's social skills, problem-solving skills, self-esteem and curiosity among other things. It invites team work to build the tallest towers, the longest bridges or the most mini figures. A great way to have some creative fun!

17.00 – 17.15 *Carer/parent sign-out*

18.45 Conference dinner for everyone

Followed by **family-inclusive table quiz** (1 hour)

Sunday 4 November

A morning of both relaxed and energetic fun, while learning a few new things along the way.

09.45 *Carer/parent sign-in*

10.00 – 12.00 Dance workshop with Kidisco www.kidisco.ie

Join the Kidisco crew for some exercise and lots of fun in an energetic and stimulating environment. Kids will learn dance moves with a professional dance instructor and get to show off all their moves to their favourite songs. Prizes, dance-off competitions, dance games and lots more!

Children's programme (5-12 years) continued

Art workshop with David from Me and the Moon www.meandthemoon.ie

This art workshop will encourage kids' creativity, confidence and imagination. David, an experienced art professional, will co-ordinate safe, structured learning in a way that will stimulate children's creative play and artistic independence.

12.00 – 12.30

Children's closing ceremony

The children will have a chance to come together as a group for the last time, think about how they got on and share suggestions for next year's children's programme.

12.30 – 12.45

Carer/parent sign-out

The children's programme is coordinated by the IFCA staff team with the support of volunteers.

Please read key conference information about children and young people on page 4.

Little ones (0-4 years)

Saturday 3 November

08.45 – 13.00 Under-4s service provided

13.00 – 14.00 Lunch with carers/parents

14.00 – 17.00 Under-4s service provided

Sunday 4 November

10.00 – 13.00 Under-4s services provided

Friday 2 November

- 16.30 – 20.00 *Registration at young people's programme desk*
- 17.30 – 21.00 *Buffet meal*
- 18.15 *Carer/parent sign-out*
- 18.30 – 20.00** **Workshop – meeting old friends and making new ones**
Young people will be warmly welcomed by the EPIC team and will have the chance to meet up with friends that they may have made at previous conferences and make new ones. We will start with some icebreaker games, have a talk about what the plans are for our weekend together and what is expected of all involved.
- 20.00 *Carer/parent sign-out*

Saturday 3 November

- 08.30 – 08.45 *Carer/parent sign-in*
- 08.45 – 13.00** **Trip to Escape Rooms** www.escapelimerick.ie
An escape room is a real-life puzzle game, where you and your team are locked together in a room for one hour. By interacting with your surroundings and working together, you solve puzzles in order to figure out your escape.
- Treasure hunt with a difference**
It is time to have some fun in this modern twist on the traditional treasure hunt. An app-based treasure hunt will give each team clues and tasks to complete as they race around the city against the clock. While here, the group will be split into two smaller groups, which will allow everyone to take part in both activities.
(*Please bring rain gear and a full change of clothes.)
- 13.15 – 16.30** **Lunch and archery at Delta Sports Dome** info@deltasportsdome.com
Upon arrival we will all sit down to enjoy lunch together before our next activity begins. Archery games will include fun interactive icebreakers and a wide variety of both mildly physical and mental team challenges before the group splits into teams for an archery tag tournament.
- 16.45 – 17.45** **Chill-out time**
Young people will be allowed supervised free time to relax and spend time with each other after a busy day.
- 17.45 *Carer/parent sign-in*
- 18.45** **Conference dinner for everyone.** Followed by **family-inclusive table quiz** (1 hour).

Sunday 4 November

- 09.45 *Carer/parent sign-in*
- 10.00 – 12.00** **Until next year!**
This will give young people the time to come together to discuss how they feel the weekend went, to share their experiences and to offer suggestions of what they think will work for next year's programme.
- 12.30 – 12.45 *Carer/parent sign-out*

The Young People's programme is facilitated by EPIC (Empowering People in Care). www.epiconline.ie
Please read key conference information about children and young people on page 4.

