



**One App and Express Virtual Training for
Workers**

About this Virtual Mind of My Own Training

- ✓ There will be slides to read
- ✓ Some film clips to click and watch (they will open in your internet browser)
- ✓ You will need to use your Worker account to have a look at the different One App Scenarios
- ✓ Please note down any questions you have which you can ask Lyn Green (Mind of My Own Lead) or Ambassadors.
- ✓ To ask any questions you can email cypvoice@gloucestershire.gov.uk



First

An important message from Em



<https://vimeo.com/399188692>

(right click on the link to open in internet browser)



An Introduction to the One App

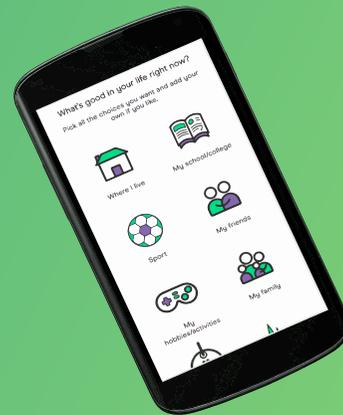


WATCH

<https://vimeo.com/368471176>



This link can be shared with children and young people



Get ready for a meeting (child in care review, child in need or any meeting)

Prepare for a Child Protection Conference (they can give their views about their life and how they feel)

My worker is visiting (they can tell you what they want to discuss)

Sort a Problem (they can let you know if they have a problem or they don't feel safe)

Planning for adulthood (helping with pathway plan and the future)

Share my good news (celebrating something they have done or achieved)

How did the meeting go? (they can let you know whether they felt listened to or what could be done better)



My Wellbeing (they can tell you how they are feeling about lots of areas of their life which will help you get a picture of their life. This is really important right now!)

Return from Missing (which can be used after a young person has been missing to find out what is going on for them)

There are two new scenarios :

My Education (for Personal Education Plan meetings or where a child/ young person can say what they think about various areas of their education)

My Life (they can let you know about their life and what is important to them)



“ It had been difficult to get his views when he was at home with his mum. On the journey to see his Dad he used the One App to give his views and we had a conversation about what he had put in his statement. It was clear what he wanted and where he wanted to live. His statement of views had an impact at Child Protection Conference”

Social Worker



New feature - RECITE ME

Do you support a child with disabilities or a child where English isn't their first language?

- 'Recite me' is available for children / young people to use it in their own language (there are over 100 different languages available) and this translates into English
- It also makes the One App more accessible for those with disabilities, including sight loss and dyslexia.



WATCH- <https://vimeo.com/400240488>



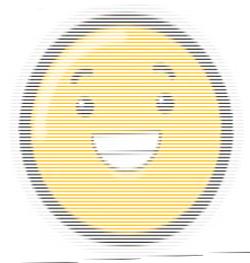
For young people

- Children more actively involved in their care planning
- Quicker than email
- Easier than phone
- Feels more empowering
- A safe channel to report abuse
- Accessible: works on any device, including a laptop
- Send to more than one person



For workers

- The voice of the child clearly being heard within assessment, planning and intervention
- Better evidence of views
- Evidence of improving the quality of direct work
- Earlier reporting of issues
- Reduced paperwork



Worker accounts can only be used by children when meeting with a worker

Use when:

- The child you are visiting does not have an email address or cannot have their own young people's account
- You want to remind yourself how the apps work (use your Test Profile)

Worker accounts are accessed **via the web:**

workers.mindofmyown.org.uk

IMPORTANT:

There is no app for worker accounts. You must access it by going to the website above

- You can have a worker account as you have a GCC email address
- Anyone outside of GCC (e.g. Lead Professionals in schools or Foster Carers) can look at the One App by going to the Demo site
 - <https://one-demo.mindofmyown.org.uk/login>

**Use your worker account to have a look at the
One App Scenarios!**

- Express can only be used through your Worker account and sitting alongside a child or young person
 - It is aimed at younger children or children and young people with additional needs
- However, all ages have used it. Sometimes workers use it to start with and then support a child / young person to use the One App.



5 sections in Express

- ✓ All About Me (great for getting to know a child / young person)
- ✓ My Education (what do they enjoy, find difficult, need more help with, future aspirations)
- ✓ My Health (how do they feel about their health)
- ✓ My Life (their life, family, where they feel safe)
- ✓ My Day (how are they feeling today ?)



Why use Express alongside a child or young person?

- ✓ It's great for getting to know a child or young person.
- ✓ Its fun and prompts conversation. They tell you things and you can also share about yourself so they can get to know you
 - ✓ Statements are downloaded as PDF's and can be used for assessments, plans, and meetings
- ✓ If you're a Duty Social Worker and don't know the child, it's easy to use on a visit



“ I used Express during lockdown on my visits to see a 5 year old. We sat in his garden and used it on my laptop. It made the most of our time together. He clicked on what he really thought and it encouraged him to talk. His views really came across and we have used this information. Express opens up conversation. “ Social Worker



“When needed to chill out or get something off my chest , instead of talking and getting myself worked up over talking to my social worker would be nice if a member of staff could advise me to use Mind Of My Own to tell a social worker without worrying.”

“Mind Of My Own IS AMAZING! I love Mind Of My Own; my social worker first introduced Mind Of My Own to me. I think it’s the easiest way for every child to get their views across, it’s not complicated. There are so many benefits. Workers can see how the child really feels, and the child does not then feel embarrassed to tell you how they feel.”

“I believe the App allows the young people to feel heard and provides the worker with a snapshot of the young person’s current situation which can be built upon and relevant support can be identified. “

“Express helped the adults at a family meeting understand the child more and ensured that their voice was heard. It also went on to inform planning and interviews for the child, and their family. I would say that it ‘unlocked’ other parts of the child’s world that no one knew about.”



“At the time it’s vital that young people still have a way to get in touch with all their workers. Mind of My Own makes it easy to do that. It gives young people still the chance to share their thoughts and feelings. It’s structured so that they really can say how they feel, it will help you help them if they are able to share their thoughts with you. It can also be used 24/7 which means that no matter what time of day or night young people can still have a voice.

Please, please, get as many Young people as you can signed up, share with you’re colleagues. I have used the One App countless times and it’s changed my life. More than ever we need to utilise the App so that workers and young people can benefit from.”



Please email the Participation Team if you have any questions

cypvoice@gloucestershire.gov.uk



ParticipationTeamGlos@ParticipationG

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MindOfMyOwn@MindOfMyOwnApp

