# Transcript – CELCIS blog – CHAMPS BOARDs - Jamie

I'm Jamie, I go to Belmont Academy and I'm 13. I have just moved into third year. And I've been in kinship care and foster care. When the launch Club was set up, I was one of the first members of the group that was there. I thought I'll go along, see what it's like. And I've just liked it ever since. It was just their friendliness and their welcoming that they have. They have a good positivity, good vibes, and it helps young people like me, know that they're friendly, they're there to help. And some people didn't know about my care experience. And when they found out when I told them about it, they weren't sure how to react. My friend, I told her health care experienced. She understood that not everyone's the same. She didn't know how it's like, but because the Champions Board group are all care experienced, they've been through care. They know what it's like, they've got a better understanding of helping. They know the things that happen when you come in and out of care. And so they know how a stop the bad things happening and encourage the good things. We've been setting up a room with the lunchtime club for care experienced people and the whole school. That is just to get them away from all the pupils and staff, if need be, and just relax, take time, calm down if they're stressed. It's just to help them - show that there's people there to help. There's people there that can encourage them to do the right thing and can help them get to the good things, instead of pushing them away. We've got people to prove that they're not different because their care experienced. They're still a human being they're still their self. Care experience means nothing. It's just a title. It is who the person is that defines them as who they are. They help prove that you're not different than anyone else. You're not changed because you have been in care. That's not your fault. There's nothing wrong with being in care.

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