

BRENT CARE JOURNEYS *

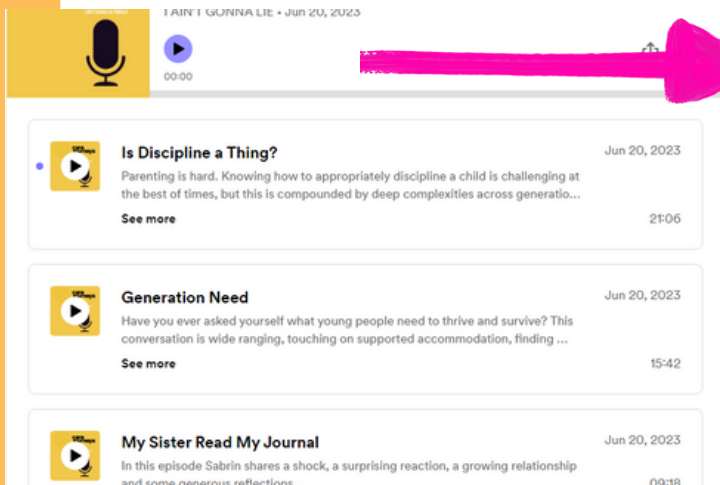
BULLETIN 13

This month we want to shout about

PODCASTING

It was fantastic to be working with StreetFilms again, continuing our exploration of how lived expertise can be heard, respected, impactful and meaningful. We have explored this extensively over the three years of our journey so far in Brent. We definitely have a passion for challenging the trend of "storytelling" and "case studies".

Long serving friends and supporters of BCJ will be familiar with our **blogs**, **films** and the varied, original **art** forms created for performance at the Kiln in October of last year. New BCJ allies can find some of this on our BCJ website, following the **blog**, **gallery** and **creative comms** tabs. But the big news this month is that we now have podcasts too.



LISTEN

Episodes 1 - 3 of I AIN't GONNA LIE are out NOW. We've had 55 listeners so far. Help us reach 100!

SETTING UP ↑

IN THE STUDIO



READY TO EDIT



AND THEN
WE WENT
LIVE!

Also this month..

We completed day one of some **integrated learning** (Brent staff, Barnardo's staff and BCJ's Assistant Project Workers). At BCJ, integrated learning means:

- Coming together to increase our knowledge, skills and capability in specific areas which will develop our purpose, and will promote the development of our non professional colleagues.
- 'De-robing' ourselves so that we create and promote the places and spaces where power and authority are deconstructed and redistributed.
- Convening the system to align visions and ways of working, build relationships and maximise our chances of creating change together.

Last month we examined the meaning of **PROFESSIONAL BOUNDARIES** together. This month we are honing our **GROUP WORK skills**. In case of interest the objectives are to:

- Explore key elements for speaking and communicating confidently
- Identify solutions to common 'confidence challenges'
- Look at good practice in setting up and running groups smoothly
- Consider the stages of group development
- Understand roles within groups
- Identify practical ways of overcoming problems in groups
- Practice some key skills for group facilitation and co-facilitation
- Consider access, inclusion and fun in groups

And finally we recommend..

... another excellent blog from Adam Lent at New Local which is tantalisingly titled [We've assembled a rebel alliance – but their ideas should be mainstream – New Local](#).

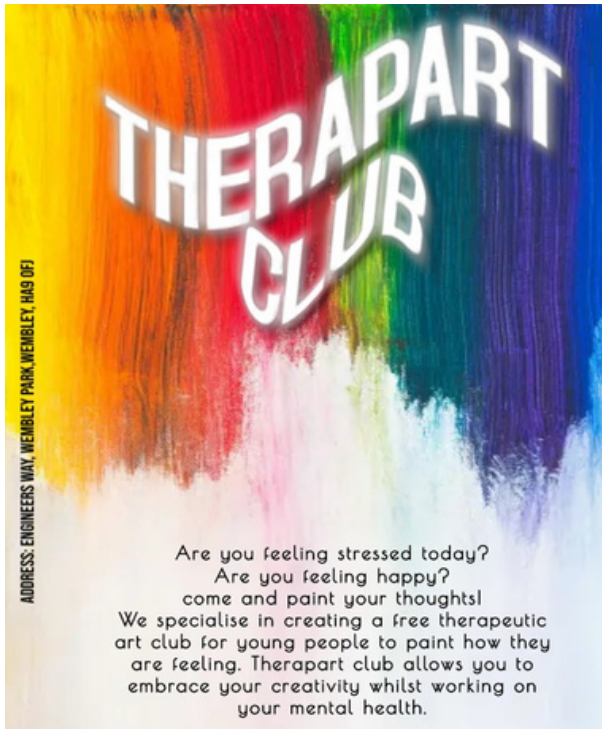
In this article Adam discusses the role of people in public services who think it is time for change, how these protagonists might become marginalised or stymied by systemic behaviour which – directly or indirectly – is saying things are good enough and the status quo is sustainable.

He states "It would be easy to say that the secret to changing this situation is to liberate the rebels; to empower those driving change rather than marginalising them. In my experience, this is not what the community power rebels want – to be given some special status as 'innovators-in-chief'. This is not a movement with a simplistic, Silicon Valley mentality that values all innovation and disruption for its own sake or thinks that innovators are some special breed.

Instead, their wish is for public sector leaders to recognise that **community-powered change has to be everyone's business**. Those leaders need to set out a clear vision of public sector transformation and then do the long, hard work of making that transformation a reality across the whole system – for everyone who works in or relies on it."

Mondays 5 - 6.30
Civic Centre

Sundays 12 - 1.30
Civic Centre



ADDRESS: ENGINEERS WAY, WEMBLEY PARK, WEMBLEY, HA9 0PF

THERAPART CLUB

Are you feeling stressed today?
Are you feeling happy?
come and paint your thoughts!
We specialise in creating a free therapeutic art club for young people to paint how they are feeling. Therapart club allows you to embrace your creativity whilst working on your mental health.



LOUD FUTURES & BRENT CARE JOURNEYS PRESENTS

SPEAK ABOUT IT, HEAL OUT OF IT

LET'S TALK ABOUT IT

A safe space to express, talk, share & understand life and all that comes with it.

Facilitated by Aaron Roach Bridgeman & Appia Douglas

SUNDAY'S TWICE A MONTH

Contact Appia for more info:
07746 126 910

LOUD FUTURES

care journeys

Believe in children
Barnardo's

Brent Civic Centre
12-1:30pm

Don't miss out!
Special guests coming soon...

Wednesdays 5 - 7 * Bridge Complex



BCJ EAT CLUB

Learn how to cook tasty meals on a low budget

Learn healthy eating tips

Come Eat With Us

From 5pm - 7pm

Bridge Park Community Centre, Harrow Road,
London NW10 0RG (18 mins away from Brent Civic Centre)

Contact Appia to confirm your place
07746 126 910

care journeys



THE BCJ WAY!

BCJ STATUS QUO

Information, advice, and guidance on hot topics.

Sessions twice a month filled with laughter and unity!

from 5pm - 7pm

Contact Appia for more info
07746 126 910

BCJ day!

care journeys