



# BRENT CARE JOURNEYS \* BULLETIN 18

What do we want to talk about?? **THE FUN AFFAIR!!** when do we want to talk about it?? **NOWWW!!!!!!!!!!!!** ✨ ✨

We hosted a live design event, welcoming 150 people (HALF of whom were young collaborators), with a range of expertise, into our project showcase. Following design principles - (a) autonomy of engagement, (b) redistributed power and (c) FUN - workshops, lightning talks and relational fun fair attractions were on offer to enable collaborative research, in an intentional environment.

Young people led workshops to showcase their work and enable attendees to explore the problem: *“We need to ensure that people from all parts of the support ecosystem can collaborate on solutions together // So that we can access all the wisdom/ideas available and create the best solutions // But it’s difficult to engage all types of people meaningfully - so it ends up not happening”*

If you weren’t there you can watch this short [recap](#) to see what you missed.



# HERE IS A TASTE OF WHAT WAS ON OFFER

WORKSHOP NAME	A bit of info	BCJ WAY ON DISPLAY
<p><b>Access to Fitness</b></p>	<p>A2F was one of BCJ's very first POWER GROUPS (youth led groups).</p> <p>Meeting at the civic centre, we use everyday, municipal spaces to work out together. There's more to A2F than just exercising though - it's about mental wellbeing, goal setting and inner development.</p> <p>It's also about self discipline, tolerance and respect. We learned that this kind of activity group can be about having a safe place to go, where we lay aside our beef and get focussed on our wellbeing.</p> <p>Get ready to feel motivated and be inspired.</p>	<p>INTENTIONAL ENVIRONMENTS</p> <p>RADICAL RELATIONSHIPS</p>
<p><b>Brothers</b></p>	<p>Brothers is a space dedicated to our young people who have arrived in Brent to seek safety and asylum.</p> <p>Early on in the development of this group we heard that our displaced young people want to be part of everything we do, but at the same time they need some safe, bespoke environments in which they can forge solidarity around themselves.</p> <p>The dual and opposing needs of this cohort make it an interesting design challenge, so in this workshop you will experience honesty and an exploration of trust and recovery - the key ingredients, perhaps, for ambitious standards of inclusion.</p>	<p>RELENTLESS INCLUSION</p>
<p><b>Tech Decks</b></p>	<p>BCJ consistently invests resources into ways in which creative communication methods can redistribute power back to people with lived experience.</p> <p>So far this has included partnership work with leading cultural creators and performers, enabling us to show a Live Exhibition of work, to release campaign films and publish unique podcasts. This workshop will give you a bit of behind the scenes insight, as well as an opportunity to have a go..</p>	<p>REDISTRIBUTED POWER</p>
<p><b>Truth to Power</b></p>	<p>We can all agree that the world is saturated in examples of why we need an ideological shift when it comes to <b>who</b> decides what we need to learn and <b>how</b> we can learn best. That's why Care Journeys took knowledge creation and workforce development to heart.</p> <p>Our young people with lived experience have created original training content for professionals around the UK. They have educated and informed people in significant seats of power - from social care teams, to Ofsted, to the Ministry of Justice. If we can do it, you can too. Let us show you why, how and what next.</p>	<p>LEARNING AND ITERATION</p>

# ALSO THIS..

WORKSHOP NAME	A bit of info	BCJ WAY ON DISPLAY
Vibez in tha Kitchen	<p>Vibez meets weekly, in a local community kitchen, to cook, collaborate and work as a team. The ethos of this group is to learn more about independence in the same way that many biological families do: around the table while sharing a meal, or dancing to the radio while washing up.</p> <p>We don't all agree on the best way to cook rice or the spices for our chicken but when we work through these differences we are focussing on solutions and using food as the way in which our unity is established.</p> <p>Come and feel the family vibez..</p>	INTENTIONAL ENVIRONMENTS
Therapart	<p>Another early front runner in terms of user led support, Therapart is kind of as it sounds.. A mixture of wellbeing and creative opportunity.</p> <p>Check out this calm, welcoming space where you don't need to be any good at art to regulate your mood. Find out what happens to your connections with others when you do.</p>	RADICAL RELATIONSHIPS
Links and Leaps	<p>If you haven't noticed already, hopefully this workshop will give you a better idea of how important it is for us at BCJ to go further and deeper into working with esteem and increased opportunity for people with lived experience.</p> <p>An essential key focus therefore, has been to redesign and iterate the recruitment, employment and support processes. It's been worthwhile and pivotal in terms of systemic change, but not always straightforward. This workshop is designed to share learning - warts and all!</p>	LEARNING AND ITERATION

# AND...

## Parent Power

You might not have thought about it before, or you might be well informed, but Parent Power is here to demonstrate that the odds are stacked against care experienced parents and that there are important spaces that we can create to support our young mums and dads.

The stakes couldn't be higher for this precious group of BCJ members - some of whom are exceptionally cute! Sometimes the trust is hard won but once established, the solidarity and change creation is palpable.

Look out for parents in pink hoodies who are willing to share their insight and experiences. Their opportunity to multi-task is impressive.



To request a physical copy of the adventure pack please email us at [brentcarejourneys@barnardos.org.uk](mailto:brentcarejourneys@barnardos.org.uk)



# PODCAST

As you may know, BCJ led Ofsted into a new approach for learning with and from people with lived experience - in this case, care leavers.

Recently we met up with their Deputy Director for Regulation and Social Care and the Specialist Adviser for Looked-After Children to make a podcast. With thanks to them and to my colleague Tia who - I think you will agree - stole the show with the profound and beautiful mic drop moment at the end..

The logo for Ofsted Talks, featuring three stylized human figures in blue above the text "Ofsted Talks" in a dark blue font.

The official Ofsted podcast

[Link to podcast](#)



**And lastly EID MUBARAK**



We will be hosting a special Vibez celebration on Wednesday 10th April at 5.30 pm. Please contact Appia, Zamin or Tia for more info.

