



care
journeys*

BRENT CARE JOURNEYS * BULLETIN 10

Team

It is almost a year since we first began recruiting and appointing young people with lived expertise. Over the course of the last six months we have made offers of employment to three more Assistant Project Workers (APWs). It is exciting to announce that two of these posts will commence this month.

We are delighted to welcome **Sabrin Jama** and **Tia Whyte** to our small but mighty team. If you would like to send them any messages of support they can be contacted via email using the details below.

sabrin.jama@barnardos.org.uk
tia.whyte@barnardos.org.uk

To date our colleagues with lived expertise have had significant success leading Power Groups: **Parent Power** (Teyana Cope) has overseen the introduction of a new baby pack for all Brent care leaving parents and **Therapart** (Donald Osubor) goes from strength to strength with regular attendance on a Monday evening.

The initial focus for APWs will be to co-design and co-produce learning, beginning with the provocation that training is not adequately informed or crafted by those with life experience of the issues.

The creation of learning will be a learning journey in itself and, as ever, an important output for BCJ will be how effectively we share and communicate that which we are finding out. This will be another key function of the APW role who will have opportunity to train in communication methods, with particular attention given to how we might develop a compelling, 'youth relevant' voice.

find our **film** and **blogs** at www.weshinebright.co.uk

have you been on our website recently? We have updated sections which include **PEOPLE** and **HOT PICKS** (books, podcasts and music)

Here and Now; the Movement - Connection and solidarity



In the last two months we have hosted a festive party and given over **50** Christmas gifts to our young people and their children; welcomed **25** young people to the Global Buffet for a festive meal; successfully applied for **5** Cost of Living Crisis Fund support packages (for young people struggling with fuel and food poverty); facilitated **8** Therapart sessions (Mondays, 5pm) ; **5** cookery classes (Tuesdays, 6pm); and **2** trauma support groups (Sundays 12pm). In addition we have co-created a masterclass in how to inspect newly regulated accommodation for Ofsted with **11** collaborators and have engaged **4** new Movement members with ambition to design training for foster carers.



Support your YP to join these groups. Contact appia.douglas@barnardos.org.uk

ALSO - Coming soon..



**BRENT AND BCJ
PRESENT**

POWER HOUR

Pitch your ideas for change
Surgeries once a month
Lets make it better together

First Thursday of
each month
6pm
see you online (zoom)

To book
email
brentcarejourneys@barnardos.org.uk
or call
APPIA 07746126910
ANNA 07885478833

Have you had an experience which has given you ideas about how things could be done differently or better? Book in to one of four sessions, available on a monthly basis, to tell us about it.
#weshinebrighttogether



Service Design and Systems Change

Spread the word about Brent's co-designed Welcome Packs for young people entering semi-independent accommodation.

WATCH AND SHARE <https://vimeo.com/795378628/a34f731f09>



Before you go - BCJ recommends

The Clock and the Cat Podcasts by Mark Foden
<https://markfoden.com/clockcat> - episode 7 in particular

The Reith Lectures, especially
<https://www.bbc.co.uk/sounds/play/m001g2zf> where Darren McGarvey talks about social solidarity.