

## **Brent Care Journeys \* Bulletin 6 \* July 2022**

### **Team**

Whilst acknowledging the flexibility and convenience that 'working from anywhere' can bring, there are some implications which need taking care of. I was delighted therefore that the BCJ team took me up on the offer of a well-earned team lunch in the sun; bringing our focus on relational working right into the heart of our time with one another.



Our Assistant Project workers, Donald and Anthony, have gone from strength to strength this month. They have maximised the support from their service design coach by testing their codesigned group sessions for real. This enabled them to try out the concepts they had devised and gain further feedback from young people who attended.


Donald has devised a creative wellbeing space. In his first session he asked participants scaling questions about the kind of day they were having, then supported them to access a range of art materials to express this. At the end of his session there was poignant group discussion about what had been created. I witnessed Donald crafting an honest, safe and touching environment in which he put people at ease. I also observed the way in which he was able to relate to his group members with incisive relevance and unspoken understanding.

# THERAPART CLUB

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

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.

MONDAY 27TH 6PM-7PM

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children  
 Barnardo's

 Brent

AGE: 13-20 CONTACT NUMBER: +44 7903510142 ENQUIRES TO: DONALD.OSUBOR@BARNARDOS.ORG.UK



The concept for Anthony's group came from a prevailing call from older care leavers that they are afraid of full independence when their cases are closed. Anthony's ambition is to support lasting connection and solidarity amongst people who have grown up together and who have voiced the need for a forum. Through his prior research he identified activities that have previously, and continue to, bring the group together. This helped Anthony to develop the concept of a games club. Further research enabled interrogation of video and board game options. When I innocently asked *why* people would come together to play video games (given that they can play remotely from home), Anthony articulated the pivotal fact that they have never met *in real life*, therefore articulating the heart of his concept. And from this 'TOGETHER IRL' was born.

### **Service Design and Systems Change**

A co-designer, Rhiannon and I had the pleasure of sharing information about the Welcome Pack with a number of boroughs, including Ealing, Richmond and Wandsworth, Hounslow, Southwark, Hammersmith and Fulham, Barking and Dagenham, and Bromley. It was wonderful to have Brent CRT's Jacqui Jennings there to endorse how Brent are now leading the way with this change – not only by implementing the welcome pack, but in the culture of developing change with young people as active protagonists. Our next step is to invite these boroughs to a designated session in which we may support this change more widely.

Our second co-design phase with Brent staff is drawing to a close, with group members testing their prototype ideas and gathering data from which to make recommendations. First up to present to the board this coming Monday is Afzal, Jyoti and Tanya. They codesigned with five care leavers to explore issues around staff retention. One young person spoke with particular articulation regarding the impact on him when his social worker left. The relational aspect of their work together had meant so much to this young man; they had bonded over activities that they had both loved – in their case it was football. The prototype is therefore about how staff wellbeing and job satisfaction can be enhanced by creating resource and capacity for activities which develop bonds.

### **Here and Now**

*In addition* to the above, in the last four weeks we have enjoyed

- Facilitating **four** workshops in partnership with the Kiln – developing and presenting the opportunity to cocreate an original piece of theatre with Brent's young people.
- Spending **four** days voice and visual recording for our promotional film. (Watch this space!)
- Bowling for **one** afternoon to support new engagements, and
- Braving horse riding on **two** separate occasions.



As if that was not enough, we were also proud to represent Brent's care experienced young people at the Houses of Parliament. We sat in Westminster Hall waiting for MPs to leave the Commons following PMQs. We were delighted to talk to Clive Efford (MP Enfield) about structural support for young people working towards independence and to Karin Smyth (MP Bristol South) who said she was a good friend of Dawn Butler (MP Brent, currently unwell) and would share our case for change with her. It was a shame that Barry Gardiner (MP Brent) was not in the House that day, but we have written to him suggesting that he may like to meet with us in future. A real highlight for BCJ was a tour of the Houses of Parliament, including an opportunity to sit in the public gallery and listen to Jonathan Ashworth (Shadow Sec State for work and pensions) debating Universal Credit and the rising cost of living.

### **Other News**

Care Journeys UK are petitioning for free transport for care leavers. Please see here and add your signature if possible.

[Barnardo's launches Transport for Freedom campaign | Barnardo's \(barnardos.org.uk\)](#)

[Barnardo's urges the Government to make bus travel free for young people leaving the care system - Stagecoach Group](#)

[Petition | Barnardo's \(barnardos.org.uk\)](#)

# KILN

## CREATE THEATRE TO INSPIRE CHANGE

**SHAPE AND TAKE PART IN A DRAMA PROJECT  
OPEN TO YOUNG PEOPLE AGED 18-25 WITH EXPERIENCE OF  
THE BRENT CARE SYSTEM**

Want to shape a project that challenges inequalities? Interested in acting, directing, or designing? Join this Young Company project, supported by Brent Care Journeys, to create a new piece of theatre to inspire positive change that will be performed in the Kiln Theatre Cinema.

**WORKSHOPS TAKE PLACE ON SELECTED WEDNESDAY AND THURSDAY  
EVENINGS FROM MAY – SEPTEMBER 2022  
REGISTER HERE: [BIT.LY/YCTAKEPART](https://bit.ly/yctakepart)**



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Young Company project, supported by  
Barnardo's partnership with  
Brent Children and Young People's Services,  
Brent Care Journeys

We are working towards codesigning an original piece of theatre which will be performed at the Kiln in September. Please share this flyer and support young people to be part of this exciting opportunity.

Lastly, we have an engagement event for young people on Tuesday 26<sup>th</sup> July. There will be motivational speakers and opportunities to learn more about BCJ. Please share this news with your young people.

Many thanks for your support

**Anna Willow (she/her)**

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