

# Care Experience Allyship Matters

According to the NSPCC, approximately 107,000 children are currently in care in the UK. This number has increased by 8% over the last five years. Abuse and neglect are the main reasons children enter the care system, with neglect being the most common form of abuse. The Office for National Statistics have outlined in their recent report, that child cruelty and neglect offences have doubled over the past five years, with 29,405 offences recorded between April 2022 and March 2023. These stats are overwhelmingly distressing and paint a pessimistic picture for the future of social care. There is still so much stigma around care experience, mainly due to misconceptions, fear and a lack of understanding about care experience. This can be mitigated by building wider awareness and understanding, meaningful connections, and by promoting an environment of inclusion. We can celebrate those who have survived difficult family lives, including those who are care experienced. The misconception, is often that ONLY care experienced people have survived those difficulties. This session will give the opportunity to fully understand how family dynamics have conditioned us all, for better or worse, and how we can stand up, show up and support each other through allyship.

## Session Outline

- Explore what care experience is and the various myths and stereotypes
- Discuss family dynamics and the way in which some parenting styles can be traumatic
- Understand how to be an ally and what ally-ship actually means in today's culture
- Discuss some of the best ways of supporting care experienced people

## Session Includes

- Lots of interaction and an opportunity to hear a powerful, unique story
- A safe space with an opportunity to ask questions, without judgement
- Signposting to resources to support organisational development

### Facilitator: Paris

Paris is a speaker, writer and trainer with a compelling and inspiring life story. She entered the care system at a young age due to her mother's imprisonment, facing multiple placements and significant challenges, which she overcame to become a successful educator and advocate. She holds an MA in Philosophy and Psychology and has worked as a teacher and lecturer in Health, Social Care, and Psychology.

Paris has been nominated for several awards, including the Positive Role Model Award for Race, Religion, and Faith at the National Diversity Awards and the CPD Trainer of the Year. She is passionate about helping vulnerable people reach their potential and often collaborates with charities and organizations to promote well-being and inclusivity.

