

Care Experience Support Matters

Care experienced people often feel marginalised and ostracised. Across the country, organisations are committed to creating meaningful opportunities for young people transitioning out of care. These opportunities include education, training and skills development.

Mind and Mental Health England have identified the need for us to support the mental health of our employees, as absenteeism, sick leave and presenteeism can often be mitigated by a sympathetic ear, empathy and impartial support. Safe spaces create an excellent opportunity for individuals to discuss issues which relate to their unique care experience - community, connection and collaboration bring that space to life!

There is still so much stigma around care experience, mainly due to misconceptions, fear and a lack of understanding about care experience. This session will be an excellent opportunity for a professional psychologist who is an advocate and trainer, to dispel some of the myths surrounding care experience and highlight some of the unique benefits of a closed, anonymous support groups for those who are care experienced.

Session Outline

- Explore what care experience is and the various reasons why people are in care
- Explore some of the positive aspects of care experience
- 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 & share experiences 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.

