Rees Foundation – Providing Support for Care Experienced People of all ages

Sarah Collett & Jackie McCartney

Rees

HELPING CARE EXPERIENCED PEOPLE THRIVE

Rees foundation charity was formed in 2013 by Jan Rees OBE

Provides life-long help and support to those with care experience

Team of workers who may be care experienced or individuals who are experienced by profession

Based in Worcestershire and deliver a range of UK wide services

Arts and creative projects

Careers coaching

Care Leavers in and exiting custody

Housing with support

Financial assistance

Peer networks

Panel training

Well-Being Weeks monthly for all to join!

Training Courses for practitioners

Ask Jan Membership – our new,

award nominated specialist support and 24/7 counselling service

www.reesfoundation.org

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Please follow @**Reesfoundation** on social media and

help enable more care leavers to take advantage of our projects

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Ask Jan Membership

- **Ask Jan Membership** includes ALL of the following services; A 24-hour **counselling helpline** with access to a BACP accredited counsellor
- Up to 8 **face to face counselling sessions** where assessed and agreed by the counsellor
- **Personal finance advice** – mortgages, pensions, insurance, debt, and savings
- Nutrition, exercise, stress and **wellbeing advice**
- **Specialist advice helplines** including housing, legal and citizens advice 8am to 8pm
- Access to an enhanced wellbeing App **My Possible Self**
- **Cognitive behavioural therapy** – available online or via the App
- Discounts and special offers on days out and activities with **The Max Card**

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“For people who are thinking about accessing their files, I would express that it should be a decision made after a lot of thought, and with a lot of support, as you may feel more confused afterwards, and in some ways things may feel worse.

It’s not a quick fix, and you may not find all the answers you are looking for. However, despite this, reading files can help to make sense of things, give a person closure and in time give a person a happier and more content life. “

CEP

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Access to Records Project

The Rees Foundation has designed a suite of services to support staff involved in the records process and also care experienced people when they come to access their care records.

Access to Records workshop with Jackie

Access to Records Practitioner Training

Our specialised ‘A2R’ Guided service - offering one to one sessions with care experienced people, supporting them throughout the access to records process.

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