Triangles

Authentic co-production with young people with care experience through our 'Triangles' Model.

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Care Journeys

Care Journeys is a group of programmes in Barnardo's Core Priority Programme (10-year strategy- in its 8th year) that aim to support care experienced young people in to a "positive destination" in their lives, alongside supporting them to have their voices heard and create real change in their communities.

Ensuring that care-experienced young people have safe, happy, healthy and fulfilling lives is a central part of Barnardo's achieving its strategic aims of stronger families, safer childhoods, and positive futures

care journeys

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Why we designed 'Triangles'

We wanted to create an innovative programme that would support care experienced young people to

- Be part of meaningful coproduction to have their voices amplified, be part of a community and have their ideas invested in
- Build relationships and a support network
- Create positive change in their regions and nationally for themselves and other care-experienced young people

A 'Triangle'

Front-line worker

Care Experienced Young Person

Care Experienced Young Person

Triangles Programme

Care Journey Mission

Personal Development Goal

Residentials

Weekends of challenges, discussions, aspirational workshops, bonding and getting inspiration for missions and meeting others

'Triangle Days'

Triangles are supported to work together weekly to develop their mission: developing skills in public speaking, problem solving, co-design and campaigning, fun activities and experimenting with ideas.

Follow On Missions- scale up

4 years in…

"Before I started I felt like I
couldn't do anything, at all, now I
feel I can conquer it all"

Some of the follow-on missions we have invested in!

- **Cornwall Triangles' Transport to Freedom**- national campaign for free bus travel for care experienced young people.
- **Essex' Triangle Care Crates-** a national project giving a care crate to all young people living alone as part of Lifelabs
- **Northern Ireland Triangles "What About Us"** manifesto for the rights of care experienced young people in Northern Ireland
- **Personal Mission- Care Collective-** a zine for care experienced people using art as a tool for expression
- **Lincolnshire Triangles-** LGBTQIA+ young people with care experience

Black Country Triangle- Care Experience Awareness Training

Aims:

- Combat stigma of care experience
- Create a training that celebrates care experience
- Designed by and delivered by people with lived experience- employed the young people to deliver it
- Covers themes- *Stigma and the care world, Identity and Culture and Care Experienced History*

Midlands and Leeds Triangles- Journeys of Hope

Aims

- To have more care and consideration for children and young people seeking safety in the UK.

- To amplify and listen to the voices of children and young people safety sanctuary in the UK

- To challenge the dehumanizing rhetoric in the media and policy around refugees and asylum seekers and ensure that all children and young people (and adults) seeking sanctuary in the UK are met with love and care.

What worked?

#1. Care

- Trauma informed approach
- Patient and supportive- understanding that every person is an individual on their own journey
- Adaptable- understanding when things happen for outside of Triangles
- Personal Development Goals were just as important as the bigger missions

#2 Comfort

- Creating safe spaces to share with others who share a lived experience - peer support.

- Fun and playful (doesn’t always have to be serious) organised for the young people to visit football grounds in between sessions. Played games and drama!

- Changing the programme to suit the needs of young people (language/ timings) and hiring a Translator for the whole programme who developed a great relationship with the young people.

- Inclusive practice- don’t make assumptions, allowed for time and cultural needs

#3 Connection

- Created meaningful and long-term connections between young people who wouldn’t normally meet from all over the UK.
- Young people and frontliners took part in challenges- encouraged to see "vulnerabilities" and each other as human.
- Outdoor education and activities- trust, therapeutic and space for reflection.
- Mountain walking/ canoeing/ camp fires- incredible tool for connection.

#4 Coproduction

- Co-production- working together and sharing power
- Being allowed to fail
- Opportunities to consult other young people and gain their views
- Not just about sharing trauma/ sharing stories- young people given choice and never pressured
- Young people being compensated for time and effort- such as personal development- giving back to young people (job/ opportunity/ reference for CV/ funding for a need)

#5 Curiosity

- Not knowing what to expect/ not making assumptions of how young people will show up
- Culture of curiosity- trying new interventions, changing parts of the system - big or small - for the better.
- Creating a safe space where negative emotions are OK- managing expectations
- Advocating for young people outside of Triangles- offering support, sharing advice and guidance

In summary

- We should be giving care experienced young people meaningful opportunities to be involved in service design and having their voices heard but this needs to be authentic, compensated and meaningful

- Coproduction shouldn’t be a one-off opportunity and where possible needs to offer future opportunities such as employment, upskilling or volunteering

- Importance of opportunities for outdoor activities, reflection and friendship that doesn’t always have to be focused around care experience

- Coproduction and spaces for young people should be inclusive, intersectional and advocate for young people's rights

Thank you

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