

*'As an ex care child and working in local children's homes for several years as an adult, I believe that events like this are a great way to promote discussion, people's learning and understanding and thereby supporting change, growth and development'*

Jayne

# The Care Journey, **next chapter...**

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Today's event is for care experienced people to come together and hold space to celebrate work creatively.

We encourage you to use the space should you wish, to share your experience, strength, and hope, take opportunity to listen and learn, open to inspiration and to stand in solidarity as community members and allies as we connect.

## Some of our friends

Find out more about some of the incredible artists, counsellors, community support organisations and charities working with care-experienced people.



amour  
destiné  
[amourdestine.org.uk/](http://amourdestine.org.uk/)

Safe Lives  
Ending  
domestic  
abuse  
[safelives.org.uk](http://safelives.org.uk)

# Key Findings from SafeLives Care Journey project:

The Care Journey Project was a piece of work established to explore and understand more about the types of support available to children and young people in the care system affected by domestic abuse they've experienced or witnessed, to understand key issues and risks, to build a picture of what an effective trauma-informed intervention looks like for care experienced survivors to be able to experience safe, healthy, loving relationships.

As part of scoping and research for the Care Journey Project, the Incubator team spoke to 17 professionals with lived or professional experience, skills or knowledge of children's social care and the care system.

Overall, conversations found that the current support for young people in the care system was inadequate in relation to support with recovery from domestic abuse, other adverse childhood experiences and support in forming their own healthy relationships.

## Conversations also found that:

1. Building positive relationships are key to the wellbeing and happiness of a looked after child or care leaver
2. There is missing data on care experienced people's experiences of relationships, sexual orientation, and domestic abuse.
3. The training on domestic abuse for professionals working with care experienced people is inconsistent and 'light-touch'.
4. Loneliness and mental health are key priorities for interventions for care experienced people
5. Effective interventions avoid focusing on the negative aspects of being care experienced and highlight the resilience of young care experienced people
6. Peer support is considered a useful tool in interventions

SafeLives also completed a rapid review of literature and research exploring how care experienced people conceptualise, seek and experience their own intimate relationships, as well as how they seek support with them. Findings of the review aimed to identify key findings and gaps in research, that hope to contribute towards evidence used to design interventions and support around healthy relationships, that are adapted to the needs of the care experienced community.

The rapid review found 9 articles directly relating to the dynamics of intimate relationships for the care experienced community, and 38 articles that were 'somewhat' relevant.

## The rapid review found the following:

1. Children who have spent time in care are more likely to experience emotional, behavioural and attachment difficulties across development, which is likely to impact personal and romantic relationships.
2. There is some evidence to suggest that children in foster care may have higher rates of youth pregnancy than those in the general population.
3. Care experienced people may be at an increased risk of using harmful behaviours or experiencing harm in their intimate relationships, however the few studies carried out in this area have mixed results and evidence is unclear.
4. Parental warmth and interventions aimed at carer-child conflict management have had a positive impact on the social outcomes of care experienced people.
5. There is currently no evidence about how care experienced people seek support with their experiences or behaviours in their own intimate relationships.

**Please get in contact for more details [incubator@safelives.org.uk](mailto:incubator@safelives.org.uk)**