



**care  
journeys**

**Believe in  
children**  
Barnardo's



**ARE YOU A PARENT AGED 16-25?  
DO YOU HAVE A CHILD AT HOME AGED 0-5?  
DO YOU LIVE IN THE NORTH EAST?  
DO YOU HAVE EXPERIENCE OF THE CARE SYSTEM?**

**IF THIS SOUNDS LIKE YOU, THEN WE NEED YOU!  
WE ARE LOOKING FOR 5 LOCAL MUMS AND DADS  
WHO WOULD LIKE THE OPPORTUNITY TO:**

- Be part of a community, have your voice heard and your ideas invested in
- Develop skills and confidence and resources to support you
- Meet new people, build relationships and a support network
- Create positive change for yourself, children and other care experienced young people and parents
- Be given opportunities and resources to improve your life at home
- Have fun and plan days out for your group
- **All expenses paid for, travel, free lunch, fun activities and access to grants that can help you make life at home better**



**Contact us at....**

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## **More information!**

### **What is the project?**

This project is funded by Ikea and delivered by the Care Journeys team from Barnardos, the main aim being to make life better at home for care experienced parents and their families. The project will run from January 2024 - June 2024.

### **What will it involve?**

Attend weekly sessions of up to two hours in your local area (Wednesday will be the chosen day), being kind, able to communicate with your peers and professionals, be passionate about creating change.

### **What's the aim of the project?**

To help care experienced young parents grow and develop by providing a safe and supportive home outside of home which directly works with care experienced young people to allow their voices to be heard and work towards making systemic change.

### **Will this affect my benefits?**

No- voluntary capacity.

### **I don't have childcare will this stop me being involved?**

NO, we are aware this is a common barrier for care experienced parents to access such opportunities.

We will work with parents to plan sessions, so if children need to attend the environment is suitable and safe.

( for example local play gym, children's centres or hubs)

