

Care Leavers **Connected**

Volume 1 | Issue 3

Winter Edition: January 2025



‘But we all shine on’

Sub head

About Us



The CLA was at the European Care Leaver Conference recently held in Barcelona - see page 14 for more details

Welcome

Dear readers, **Maybe we need a short editorial about the contents in this edition**

Welcome to the second edition of Care Leavers Connected

This magazine is part of The Care Leavers' Association National Lottery funded project 'Care Leavers Connected' launched in 2024 specifically for care leavers aged 25 and over. The project aims to recognise the challenges many care leavers experience as adults and provide a space to connect with others to share their unique experiences.

Care Leavers Connected Magazine is produced by care leavers for care leavers. It is a safe space to share our stories, ambitions, and tips to support and celebrate everyone in our community. Please take the time to read through the magazine and give us any feedback. We want this to be a place that reflects our community, where people have a voice and can also find resources and connections.

If you would like to give any feedback or want to write for our future editions, please email connected@careleavers.com.

Thank you for your support,

Editorial Team



Inside this Issue

4 Latest news and events
Updates from the project

15 Creative corner
Showing talent in our community

5 National Care Leavers Week
A focus on care leavers aged 25+

16/17 Health and wellbeing
Advice and tips to help you live a healthy life

6-13 Care leavers voices
Personal stories from care leavers

18 Policy and practice
Care system issues under the microscope

14 Care leaver culture
Our recommendations of TV, books and poetry

19 How to get involved
Ways in which you can get involved in the CLA.

If you simply don't have the time to get actively involved in the CLA, but you still want to support our work, you could think about [making a donation](#). All donations will go towards helping the CLA run projects and campaigns for care leavers



@careleaversassociation



@careleavers

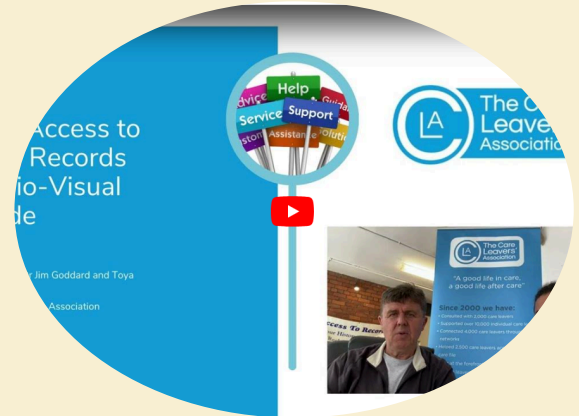


@careleaversassociation

Latest News

Access to Records Support

You will now be able to book a 15 minute slot for a phone call with one of the team every Monday between 9am-1pm using the following [link](#) . You can also watch out Access to Records Video guide [here](#).



Monthly get togethers in Manchester, Leeds and Cambridge

We are excited to announce we will be hosting monthly get togethers for care leavers of all ages in Manchester, Leeds and Cambridge starting from May. These will be casual catch ups to meet other care leavers and discuss things that are important to you. More information will follow about these on social media and bulletins



Identity Project

We are planning our launch of our Identity project. We have had some amazing volunteers to support us in creating a multimedia resource on how accessing their child care files have impacted on their lives. We will be hosting a launch event for this in July. More information will be posted closer to the time.



We understand that some of the articles in this magazine are about sensitive issues. If you need any support please contact us on 0161 826 0214 and leave a voicemail. We will return your call. You can also contact us by email connected@careleavers.com or on social media.

If you need urgent support please contact the Samaritans on 116123.

What is a successful life?

‘No dictionary definition can ever encapsulate what success looks or feels like for a care leaver’ (Rajinder)

Back in 2021, at the CLA’s National Gathering, we asked care leavers to come and speak about what ‘success’ meant to them. We thought this was important because there was a growing discussion about this subject on social media. Several of our members came along and offered us their thoughts on this topic, based on their own lives. This article is partly based on what they told us.



A couple of decades ago, before social media, care leavers were rarely in touch with each other. We therefore had to measure our success in life in whatever way we could. This often meant measuring our lives against the standard measures of success in wider society. These include, in no particular, order: educational success, work success, relationship success, financial success.

Conventional measures

By those conventional measures, we have all become aware of many more care leavers who have been successful: graduates and postgraduates, media figures such as journalists, professionals of one kind or another, such as lawyers, along with artists, such as writers and poets. However, many care leavers have pointed out that conventional definitions of success, focused on social mobility, are very narrow and leave little room for those who don’t fit this framework.

“For example, sometimes success just means that if we have been dealt negative experiences in our childhood we manage to avoid passing them on to the next generation; we give our children a better life than the one we were given. This has obvious relevance to how some care leavers would define success for themselves.

As Jackie put it, at the 2021 event: “My success is my success, no one else’s, and can’t be measured by others. Because this was my journey. Being a mom that broke the cycle within my family history is my success.”

“The thorns are pretty well managed now”

There have always been alternative measures of success. Philosophies and religions are built on these alternatives. Many of them encourage us not to compare ourselves with others. As Sally put it, sometimes success is simply “accepting yourself”. In a similar vein, Louise suggested that it was “being able to happily live alongside your pain” and helpfully added that,

“I don’t skip through meadows every day, but the thorns are pretty well managed now.” Marlon noted that his ideas of success had changed with age. They had moved beyond conventional measures and now focused on “having connections and security”.

Conventional successes are often recognised and marked by parents, siblings and wider family. These are all figures who are frequently absent from the lives of children in care and care leavers. This leaves us with the question of whether something is a success if there is no one apart from ourselves to recognize it. At those times, perhaps, as Sally put it, the important thing is, “learning to accept myself as already complete and with nothing to prove”.

We can only ever be our own judges

Ultimately, we can only ever be our own judges of our success. This is because we are the only people with the full set of facts on which to base our judgement. This includes access to our inner lives. Hence why success for some people is, as Rajinder put it, is simply “survival” and that this sometimes is a measure of how well you have protected yourself on your journey through adult life. So, we can all applaud care leavers who have gone on to achieve in life in conventional terms. However, it’s clear that what ‘success’ means to many of us is far wider than this.

For others, success is holding down a job or bringing up children, or both. Some find being in care has given them the resources to thrive. We are all different.

But We All Shine On



Pauline Black, Paul Anderson-Walsh and Paolo Hewitt recording a podcast for But We All Shine On

My name is Paolo Hewitt, and I am a writer. More importantly, I'm a care experienced adult. For many years now, I have watched several documentaries about the Care System and in the majority of them, the dark side of care is always portrayed. Drugs, homelessness, alcoholism, prison and despair.

Whilst these issues are very real and to this day, present huge problems, the effect is to paint care in a hugely unflattering light.

I experienced this first hand. Many years ago, I wrote a book called *The Looked After Kid* and after its publication I was interviewed by *The Times*. The interview was very pleasant and once over, I found myself walking down the street with the interviewer. Just as we reached our destinations, she turned to me and casually said, 'You know I would never let my daughter sit next to a looked after kid at school.'

An outrageous statement

I know - it's an outrageous statement and I wish I had been quicker on my feet and replied, 'One, you would never say that about anyone from a minority and two, I would love it if one of my children sat next to a looked after kid. They are the most brilliant and important kids in the world.'

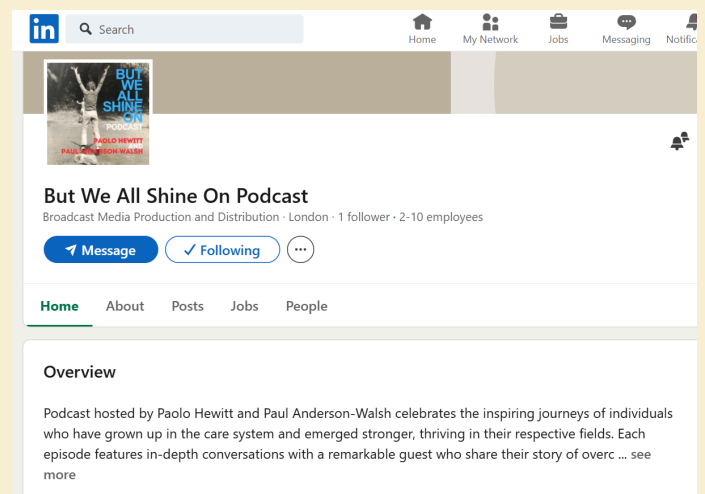
We parted and I began to think about her statement. I started to see that the portrayal of care in the media was probably to blame for this woman's perception.

It is not just documentaries that commit this sin of one dimensionality. Have you noticed how in films or TV dramas, if a child is really bad the last resort is always, if you don't do what I say, I will put you into care, as if consigning someone to the very

depths of hell. Somewhere along the line I came up with the idea of *But We All Shine On*.

This would feature Care experienced adults who had been successful and by presenting them we would start to destroy the damaging stereotypes aligned with Care. At first, I thought it would be a TV documentary but despite some interest from a BBC producer who worked with me for about a year, and then ghosted me, (hi Nisha!) there were no takers. But when a friend of mine asked if I would be interested in producing a podcast, I realised that this would actually be a great medium for the idea.

Thus, *But We All Shine On* was born. One of our first interviewees (I co-host with a redoubtable care experienced man known as Paul Anderson-Walsh) was Pauline Black from *The Selecter*. I had interviewed Pauline 44 years previously (!!!!) when I was at *Melody Maker* and, of course, both of us were far too inward and shy to reveal our fractured pasts.



Now we could sit and listen to Pauline's vivid experience as a black child growing up in an all-white community, just as we listened to Mark Riddell, MBE and author of *The Cornflake Kid*, break hearts with stories of his dad's alcoholism and his struggle to be where he is now – adviser to the Government on care.

Jim Goddard of the Care Leaver's association also came and spoke about his achievement as a highly respected academic. His specialist subject? Care of course.

We launch on February 3 and have many more interviews lined up, all of them with the same purpose – to inspire all of us in and out of the Care world, to change perceptions, and inspire the world at large.

I have published many books, written countless articles, met a lot of Faces. But I got an idea this might be my most important work to date.

Pauline Black

Pauline was born on 23 October 1953, in Romford, Essex, England,[2] to an Anglo-Jewish teenage mother and Nigerian father. She was adopted by a white middle-aged couple and given the name Pauline Vickers. Black studied science at Lanchester Polytechnic (now Coventry University) before training as a radiographer. She worked for the NHS before she entered the music industry.

Pauline came to prominence in the late 1970s as the lead singer of the 2 Tone ska revival band the Selecter, which released four singles that entered the Top 40 charts in the United Kingdom during the 1970s and the 1980s, including "On My Radio", "Three Minute Hero", "Missing Words" and "The Whisper". Rolling Stone said of "Hands down, Pauline Black possessed the best voice that ever graced a 2-Tone release.

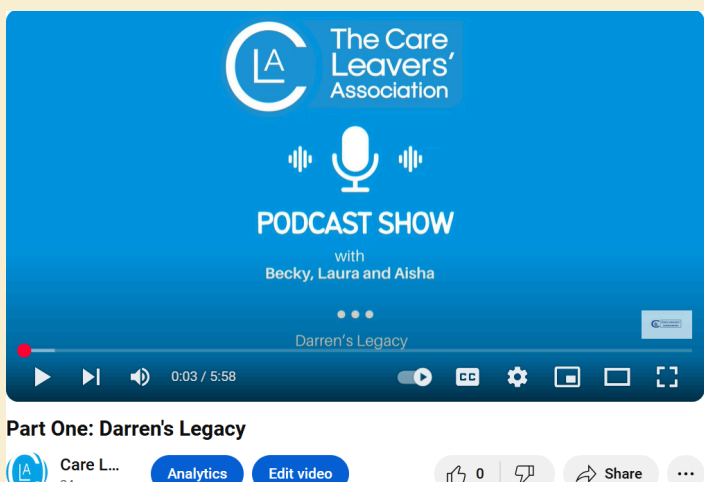
Other CLA Podcasts

For two years, Jim and Sam members of The Care Leavers Association and those we have worked with have been compiling an audio-visual set of reflections on the work we conducted between 2010 and 2020 with regard to looked after children and care leavers becoming involved with the criminal justice system.

You can listen to these podcasts here:



Care Leaver Voices Podcast Launch! Join host Carrie Harrop with Leah, Abed, Liam, Kaitlyn, & Tyrese as they discuss key issues shaping care-experienced lives. Listen here:



Care Leaver Voices

I had a really rough time with my apprenticeship.

In Scotland, many Business Admin and other women led industry apprenticeships are done through an assessor model. This is when instead of classroom time you have an assessor who comes out to provide you with feedback and assess your progress.

Unfortunately, due to funding issues, lack of structured support and incorrect module registration I had to complete 9 months of work in 6 months, in my free time as the time given in work just wasn't enough. Scotland is the only country in the UK that doesn't mandate that 20% of working hours must be kept for off-the-job learning.

The Scottish Government were doing a focus group back in 2022 about apprenticeships which helped apprentices to express the many obstacles they were facing. So many frustrated voices asking for better wages, better mental health support and better support to learn. So many changes that needed to be made.

The UK Government admits that apprentices pave the way for our future. We train in all the newest careers. They are building apprenticeship paths to so many traditional careers as well. I knew that I had to do something to make these changes a reality and stop an already flawed system from getting worse.

Joining the National Society of Apprentices gave me the chance to take action

Joining the National Society of Apprentices gave me the chance to take action and I dove in head first. Since then, I have had so many amazing experiences. I've been to Edinburgh to plan campaigns and organise letters to politicians across the country. I spoke at a student event at the Labour Conference in Liverpool. I represented UK apprentices at the OBESSU EGM in Texel.

I got to go to London to help build the National Union of Student's manifesto and then deliver a speech at the House of Commons. That was in my first year and I can't wait to see what comes next. So you might be asking why I'm writing about



So you might be asking why I'm writing about this here and how it applies to the care experienced community as a whole?

My main concern

My main concern is that they are targeting those of us who are care experienced to become apprentices without providing adequate support. Support workers often "encourage" us into jobs with poverty wages at a young age when we are already facing obstacles to cross the bread line.

It's not all doom and gloom though. Changes have been made including a £3000 care leavers bursary in England for our community.

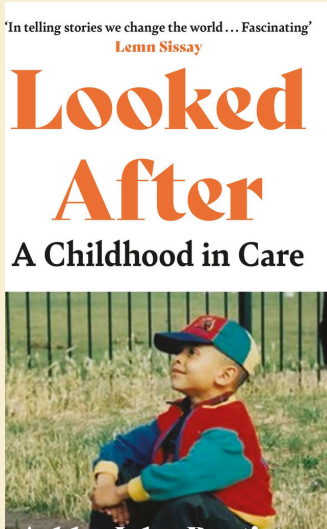
This article is really just to say that if you are an apprentice who is care experienced, you are not voiceless. You have someone here, standing in your corner and demanding the quality wages and education that we deserve.

Susan Loughlin

Would you like to share your voice?

If you would like to share your voice in future editions, please send an email to connected@careleavers.com for more details. Please note, you can remain anonymous if you would like.

Care Leaver Culture



Looked After - Ashley John Baptiste

This is a powerful memoir that explores the realities of growing up in the UK care system. Baptiste shares his personal journey, detailing the emotional struggles, instability, and challenges of finding a sense of belonging while moving between foster homes. His story critiques the care system, emphasizing the lack of support and the need for more focus on the mental well-being of young people. Despite these obstacles, Baptiste's resilience shines through, offering a message of hope and perseverance. Looked After is an inspiring and honest reflection on overcoming adversity and the importance of community and support.



The First Care Experienced Activist? Hannah Brown (1866-1973)

Care Experience & Culture recently added a new genre featuring '**Activists**' and are wondering if Hannah Brown who grew up in the Foundling Hospital, could be the FIRST care-experienced activist. Some of the information included here was first presented at a Conference by Josie Pearse and Rosie Canning



Deadwater - Channel 4

Although this is more of a dark drama than a comedy, Deadwater Fell features a character, Tom Kendrick, who is raised in foster care. The series addresses the impact of this background on his adult life, relationships, and decisions. While primarily a thriller, the series also delves into the humour that can emerge in family dynamics amidst deep trauma. You can see watch it [here](#).

Past Lives

This is the second article I've written for the magazine on the history of residential child care (my article on Barnardo's cottage homes is in the July 2024 issue). I'm continuing to focus on institutional child care in this issue, by looking at the Newton Hall cottage homes run by the National Children's Home (NCH) in Frodsham, Cheshire.

The NCH was another of the religious charities set up in the late nineteenth century to care for children. There was a competitive religious element to many of these charities, with different religious denominations having their own homes and fostering arrangements. Roman Catholics, Jews, Methodists, Anglicans and others all had their own organisations. NCH was set up in 1869 by Methodists and took both boys and girls.



The NCH ran homes that were smaller and less institutional than workhouses and other large institutions common in the earlier nineteenth century. The large 'family' units in the homes often had a 'house mother' and a 'house father', seeking to replicate family structures. However, these 'cottages' were always much bigger – sometimes containing dozens of children – than anything resembling a modern family home.

The NCH ran a number of children's homes sites around the UK, in such places as London, Birmingham, Lancashire, the Isle of Man and Kent. Like a lot of the other children's homes charities, it started closing its homes in the 1960s. Many of these charities tried to modernise themselves in the latter half of the 20th century. This included change their names. NCH changed its name to 'Action for Children'.

The Newton Hall site, at Frodsham in Cheshire, closed in 1984. I visited it and took some photographs in 2017. Now, it is all privately owned and looks like a rather exclusive and well-kept small housing complex. One of the buildings on the site is now a home for elderly people. A lot of these former children's homes have also undergone this transition.

The only indication of the past use of this village is a plaque put up next to the village green in 2007. The site, on a main road just about a mile outside the village of Frodsham in Cheshire, is much smaller than Barnardo's village in Barkingside.



However, it keeps the same idea of having a group of houses built around a village green. You can see that from the layout of the site on Google Maps and from an old photograph, taken from the air:

As with Barnardo's, another striking feature of the village is the church. In a lot of these old children's homes sites, a church was a major feature of village life. Here are photographs of how the church originally looked and how it appears now.



Past Lives

I've known three different care leavers who lived at Newton Hall in the early decades after World War Two. A couple of them were there at the same time. That's a reminder that although the homes have closed, many of the children who lived in them are still with us as adults. Given when Newton Hall closed, many hundreds of adults in their forties and older will have memories of the place.

One adult who lived in NCH homes is Ronnie Archer-Morgan, the television 'Antiques Roadshow' expert. He was in NCH home in London and Southport in his early years and his account of his time there can be found in this memoir, featured in the previous issue of this magazine, 'Would it Surprise Your to Know?'



If you were in the Frodsham home and would like to say something about it, please get in touch. We might be able to do a follow-up article, on people's memories of the place, in a later issue of the magazine.



In future editions of this magazine I'm hoping to look at the other places I've visited that readers might remember growing up in. So far pencilled in are St Gabrielle's, Knolle Park in Liverpool (where I also lived for a while), the Quarriers Homes in Bridge of Weir, Scotland, The Minnesota State Orphanage Museum and the Fazakerley Cottage Homes in Liverpool. I'm also happy to correspond by email on this subject:

jim.goddard@careleavers.com



Creative Corner

Born in Gosport, raised in the grind: a song by Billy Harrocks



Born in Gosport, raised in the grind,
Moved through the system, peace hard to find,
Foster homes, different roofs, different vibes,
Lost boy status, but I'm here, I survived.

Youth felt cold, bruv, nights were a test,
Had to toughen up quick, kept the pain in my chest,
Young offender life, man, it changed my course,
Prison walls taught lessons, but they left me worse.

From the cells to the streets, I'm still standing bruv,
Scars on my soul, but I'm risin' above,
Life dealt me a hand, yeah, it hit me hard,
But I'm playin' my cards, and I'm beatin' the odds.

Done dirt, done time, thought my story was done,
But the spark stayed lit, I'm the rise from the slum,
Men's prison as a young'un, man, the weight was real,
Had to fight for my name, had to sharpen my steel.

Moved round too much, no roots to grow,
But the pain made a poet, yeah, the streets should know,
Now I'm penning my life, turn the dark to light,
From the foster care struggle to the late-night fight.

From the cells to the streets, I'm still standin', bruv,
Scars on my soul, but I'm risin' above,
Life dealt me a hand, yeah, it hit me hard,
But I'm playin' my cards, and I'm beatin' the odds.

Every step was a war, every day was a grind,
But I found a voice through the pain in my mind,
Now I spit for the lost, for the ones who feel trapped,
Bruv, this one's for you, don't let the world hold you back.

From Gosport streets to the foster care pain,
From the cells in the system to a whole new lane,
This is my life, no shame in my scars,
Still here, still fighting and I'm reachin' for stars.

Art created by Hamish McGregor

Hamish created this for a statement piece for the Care Leavers Connected Project.

"I have left out two letters because we are all searching for the missing pieces to make connections" - Hamish McGregor



Health and Wellbeing

Breathe Away Anxiety: The Power of Cyclic Sighing

Feeling stressed or anxious? Try cyclic sighing—a simple breathing trick to help you relax and feel more grounded. You can do it anywhere, whether you're overwhelmed or just need a quick reset.

How to Do It

1. **Get Comfy:** Find a cosy spot to sit or lie down.
2. **Inhale Through Your Nose:** Take a slow, deep breath in. Pause briefly at the top.
3. **Sigh It Out:** Exhale slowly through your mouth with a satisfying sigh. Empty your lungs completely, then pause.
4. **Extend Your Exhale:** Without rushing to inhale, gently push your exhale further, adding a soft sigh or hum. Keep it natural.
5. **Repeat:** Do this a few times, aiming to lengthen the exhale each round. Feel the calm setting in.
6. **Set an Intention:** Inhale positivity (e.g., confidence) and exhale tension or worry.



Why It Works

Longer exhales activate your body's relaxation system, slowing your heart rate and easing tension. Practicing regularly builds resilience, making it easier to handle stress. Quick Benefits Studies, like one from Stanford, show breathing exercises reduce anxiety and improve well-being. Best of all? It's quick, easy, and free.

Need a guide? [Watch this Cyclic Breathing for Beginners video by Andrew Huberman](#). It's a great way to get started. Make cyclic sighing part of your routine and take charge of your stress. You've got this!

WAYS TO MAKE MENTAL HEALTH A PRIORITY

FOCUS ON
THE POSITIVE

BY FOCUSING ON THE POSITIVE, YOU CAN SHIFT YOUR MINDSET AND IMPROVE YOUR OVERALL WELL-BEING.

CONNECT
WITH OTHERS

SOCIAL CONNECTIONS ARE ESSENTIAL FOR OUR MENTAL HEALTH. MAKE AN EFFORT TO STAY IN TOUCH WITH FRIENDS.

RESPECT YOUR
BOUNDARIES

WHEN YOU PRIORITISE YOUR OWN NEEDS AND BOUNDARIES, YOU CAN REDUCE STRESS AND IMPROVE YOUR OVERALL WELL-BEING.

MAKE TIME FOR
YOURSELF

MAKE TIME IN YOUR SCHEDULE TO REST AND CULTIVATE ACTIVITIES YOU ARE PASSIONATE ABOUT, OUTSIDE OF WORK.

Health and Wellbeing

Inner Calm, Outer Beauty: How connecting with nature and exploring a yoga practice has a positive influence on our well-being.

Throughout our lives we are continuously discovering and figuring out what we need to nurture us. Perhaps even more so in January where we are historically bombarded with messages of 'New Year 'New Me'.

Personally I feel that a slower, gentler unfurling into Spring is the rhythm that works best for me and is one that I encourage my students and friends to explore.

Too often in our modern day lives we are so busy with 'doing' that we can often forget to 'be', which is where a regular break in nature alongside a yoga practice can help us find that little pocket of peace to gift ourselves the stillness and calm to rest both on a mental and physical level.

Asana (the physical practice) of yoga is often where we will begin our yoga journey it was definitely where I started mine. However, over time I have come to cultivate an awareness of the myriad of gifts that a regular yoga and meditation practice brings.

Meditation can often feel quite daunting and there are several ways to incorporate meditative practices into our daily lives, which is why I always encourage connecting with nature. Taking time for ourselves whether that's in a local park or a more rural setting or if you're lucky enough to live near a river or by the sea.

Finding stillness in a world where we are constantly trying to keep up with social media, busy lives. Particularly where we're forging our path in life, careers, relationships and perhaps also raising

children. It's little wonder we need a space to recharge and rejuvenate!

Even 10-15 mins a day can provide a time of reflection or just quiet time away from the hustle and bustle of the city.

The breath is really where it all begins and synchronising the breath with movement is where the magic really happens we gradually over time start to feel and see the benefits of these two practices.

Your paragraph text I thoroughly recommend a meditation practice as it allows us the space to get clarity.

A physical practice is a wonderful place to explore movement and also start to see the subtle benefits of allowing ourselves the time to pay attention to what's going on for us both on and off of our yoga mats.

Taking time to connect with nature can in and of itself promote a sense of calm and wellbeing. It has been affectionately coined 'forest bathing'.

Calming our nervous system has a positive impact on how all of our systems in the body . function optimally, these are just some of the attributes of a regular practice, a greater awareness of our breathing, improved sleep patterns a healthier body and glowing skin.

All in all allowing a radiance to come from within that can only contribute and enhance our outer beauty and contribute to an inner sense of calm.

Yasmine



Policy and Practice

Terri-Anne Hamer reports on her attendance at a conference in Barcelona focused on care leavers needs and entitlements across Europe

I had the privilege of attending the recent FEPA (Federación de Entidades con Proyectos y Pisos) conference in Barcelona this October, marking 25 years of FEPA's work to support care leavers as they transition to independent adulthood.

Under the theme “Acompañando Futuros” (“Accompanying Futures”), the event brought together practitioners, policymakers, and advocates from across Europe. I was there representing the Care Leavers Association from the UK, alongside attendees from Spain, Greece, Italy, and Germany. This collaborative conference was an amazing opportunity to exchange insights, address shared challenges, and explore effective approaches to help young people as they exit the care system.

One key topic was community-based support models. Spain presented its approach of embedding care leavers within neighbourhoods to foster community connections. Spanish care organisations integrate young people into local networks, which reduces isolation and helps them develop a sense of belonging.

This approach, focusing on social bonds, aligns with the mentorship-focused models in Greece, where care leavers are paired with mentors who offer guidance and emotional support. The UK could learn from these approaches by exploring ways to expand community-based mentorship programs to address social isolation among care leavers.

Italy's self-managed housing model also stood out

Italy's self-managed housing model also stood out as a practical approach that enables care leavers to take responsibility in managing their own spaces, reinforcing skills needed for independence. This method blends autonomy with structured support, providing care leavers the freedom to self-govern while still having access to resources when necessary. The model reflects a strong emphasis on empowering care leavers, which resonated with many attendees as a promising way to foster both confidence and responsibility.

Germany's input centred on the importance of legal frameworks. With well-defined entitlements ensuring care leavers' access to housing, education, and employment up to the age of 21—and sometimes longer—Germany showcased the impact of structural, rights-based support. In the UK, a similar legal foundation exists, but there was discussion around the need to make such policies



Terri and Britta Sievers from Germany share a platform

more accessible and consistent. Germany's model also reinforced the benefits of clear, legally backed support for unaccompanied asylum-seeking children (UASC), an area where other countries, including the UK, often experience gaps in service provision.

The UK brought to the table its comprehensive entitlement system, which includes housing, financial assistance, and educational support for care leavers. Although relatively robust, UK delegates acknowledged the challenge of making these supports readily available to all care leavers, particularly for UASC. Discussions highlighted how countries like Spain and Greece focus on more personalised, trauma-informed support, suggesting that the UK might benefit from blending this with its existing policy framework.

Care leavers often benefit most from networks that foster social and emotional resilience.

Across all sessions, a recurring theme was the need to balance legal entitlements with relational support systems. While formal rights are essential, care leavers often benefit most from networks that foster social and emotional resilience. This conference underscored the importance of combining structured policies with relational support to create more holistic approaches to emancipation.

How to Get Involved?

Get in Touch

Phone: 0161 826 0214

Email: connected@careleavers.com

Address: The Care Leavers' Association
3rd Floor, Swan Buildings, 20 Swan Street,
Manchester, M4 5JW

Share With Us

If you would like to send in any stories, art work, photos, media recommendations or any resources you have found helpful, it would be warmly received. We want our magazine to be your voice!

Connected Zoom Groups

Join our Care Leavers Connected Zoom groups. Our next date is XX February 2025. These sessions are an opportunity to connect with other care leavers and discuss things that are important to you. If you would like to join this session please get in touch.

Free data for all care leavers

Are you finding it hard to keep up with the cost of living and need data? Announcing "Keeping Care Leavers Connected" in collaboration with The Digital Inclusion Network. If you need data assistance, reach out to us at connected@careleavers.com

Jim's Zoom Groups

Jim's Zoom sessions run once a month, on the first Wednesday of the month between 8-10pm. They sometimes have a topic for discussion and sometimes we just talk about any topic that those who turn up want to raise. They always try to find subjects that are of interest to all people who have been in care as children. [Sign up here](#)

London Gathering

There will be a meet-up for everyone who can make their way to London on Saturday 29 March 2025, 2-4pm. All care leavers are welcome. If you want to come then please let us know by registering [HERE](#)

Accessing your Records

We currently support many people across different generations in accessing their child care files. In the future, we be running some drop in sessions for support with accessing your files. In the meantime, if you need any support in accessing your file, please [click here](#).

Campaign With Us

At Care Leavers Connected, we are determined to ensure that care leaver issues are addressed by both national and local government. We want to make sure that care leavers have as good a life as possible. If you want to join us in this campaign, then get in touch.



Support Our Work!

If you simply don't have the time to get actively involved in the CLA, but you still want to support our work, you could think about making a donation. All donations will go towards helping the CLA to keep going and to running our projects and campaigns. Also, because the CLA is a registered charity, we can claim an extra 20% back from the government for every £1 you donate.



LOTTERY FUNDED

