OUR ASKS

1. We need more support as we progress into adulthood until at least age 25
2. We need people to understand our experiences of care to stop stigma and discrimination
3. We need the skills and resources to help us to help ourselves
4. We need long-lasting relationships with the important people in our lives
5. We need workers who can adapt, reflect and be aware of our needs
6. We need safe and affordable housing in order to build happy and loving homes
7. We need supported opportunities to make friends, be part of society and to make our own decisions

OUR RECOMENDATIONS

1

To ensure we receive the best support into adulthood, we need:

- A leaving care worker until we are 25
- Access to financial support to help us navigate adult life and independence
- Access to a mentor/ floating support who will support us in daily life

2

To be able to challenge the stigma and discrimination we face as young people with care experience there needs to be:

- more education to raise awareness about care experience
- a change to the uncaring language in policy

3

To be able to get the skills and resources we need to help us to help ourselves through interdependence. To support this we need:

- the same opportunities as the rest of the UK starting with the scheme Care Leavers Covenant for Northern Ireland

To 'level up' with non care experienced young people and combat loneliness and isolation with schemes that offer access to:

- free Wi-Fi
- free bus travel

4

We need long-lasting relationships with people in our lives such as foster carers, workers and other young people that are protected through important schemes like Lasting Links and Staying Put

5

We need workers who adapt, reflect and are aware of our needs - including more understanding of our emotional health and opportunities to support our wellbeing

6

We need safe and affordable housing in order to build happy and loving homes; help with guarantors for private housing and more points for social housing

7

We need support and opportunities to make friends, be part of society and make our own decisions

TAKE ACTION

THANK YOU

For taking the time to read our list of asks and our Calls for Action.
Please write your name or that of your organisation on the line below and share on social media to pledge your support for our call for change.

CONTACT US

Please contact **hal.abraham@barnardos.org.uk** or **rachel.telfer@barnardos.org.uk** for more information or any queries around the manifesto

TAKE ACTION

supports change for young people leaving care

THE CARE LEAVERS MANIFESTO 2022 - NORTHERN IRELAND

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