



# Living With Strangers

Insightful reflections from people with care experience

**Living With Strangers is a learning resource based on the experiences of young people living in foster care. The film follows 12 care-experienced people from a diverse range of backgrounds, ranging in age from 18 to 31.**

## **Living With Strangers is suitable for:**

- Foster carers
- Fostering staff
- Young people
- Professionals working in education, health, youth work, residential care and youth justice
- Community organisations whose work brings them into contact with looked after children or people with care experience

The training resource is organised into four parts; Moving In, Making a Home, Making a Difference and Moving On. Each includes a DVD and a number of exercises.

## **What's included?**

Each training exercise includes guidance on how to deliver the exercise along with a DVD transcript, learning and action log, and a range of supporting documents. Also included is access to an online portal where trainers can download all learning resources.

# Living With Strangers Delivered

**Rees can deliver a bespoke version of Living With Strangers to your team.**

We can offer training to suit your organisation, from a one off one day training, to regular training days across a number of months. You can select the parts relevant to your work.

**All training events have care experienced facilitators giving a real lived experience, in addition to those in the learning materials.**

Discounts are available on our day rates, please ask for more details.

## **Example Training Options:**

- A one or two day training on the experience of moving in to care and making a home.
- A training day once a month for 6 months to cover topics across the car journey, from moving in to moving on.
- A one day training on moving on from care

All bookings include a discounted price on the Living With Strangers DVD pack.

# More about Living With Strangers

## Moving In

**Focuses on the introductions and first impressions of a child moving into foster care.**

*"It's really scary walking in and thinking 'this is going to be my new home', because you don't really know what to think of it and your emotions are really high."*

Amanda, care-experienced person.

## Making a Home

**Focuses on the adaptation of a child to the new foster family.**

*"Something's gone on in our lives earlier on and we develop a bad sense of self. So we have this urge to be liked; to be loved. Even though we don't want people to get close to us, we do. We just don't know how to manage our feelings."*

Ian, care-experienced person.

## Making a Difference

**Focuses on people who help to make a difference to a child in foster care.**

*"My memories aren't all perfect but when people have an impact on you, you don't really forget them. Even if you only remember the smallest thing, you don't forget them."*

Joey, care-experienced person.

## Making a Home

**Focuses on young people preparing to leave foster care and learning to live independently.**

*"Coming out of foster care, I had no family around me, so I did feel quite abandoned, like, 'What am I going to do now?'"*

Renee, care-experienced person.

[contactus@reesfoundation.org](mailto:contactus@reesfoundation.org)

[www.reesfoundation.org](http://www.reesfoundation.org)

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## Testimonials

***"It doesn't matter how experienced you are, there is always value in hearing it directly."***

*Pamela Graham, Scottish Throughcare and Aftercare Forum Organisation.*

***"Listening to the people on the DVD made me think how we really have to weigh up what we say, as it has a major impact on the child."***

*Foster carer, Ireland.*

***"Unique and interesting, not repetitive. Engages participants well and gets them to open up. It also helps people to consider the ideas and feelings of others."***

*Foster carer, Active Care Solutions.*

***"This is such a powerful piece, listening to and hearing the experiences, opportunities and potential for moving on positively."***

*Miriam Uhlemann, Director, Fostering First Ireland.*

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