

Report of 3rd Online Care Leavers' Café

25.04.2021



Welcome to the 3rd ONLINE CARE LEAVERS' CAFÉ

>> strong relationships <<



The third Online care leavers' café took place at the 25th of April 2021. It was organized by a cooperation of Indian and German care leavers as well as by Fabienne from Austria. Fabienne who is constantly moderating the second part of the café – the „chit chat“.

The program:

Time?	Who?	What?
7min	Muskan & Ali	Opening & Check in
10min	Muskan & Ali	Introduction to the topic „Strong relationships“
	Fabienne	Overview of participants (results of mentimeter)
30 min		Breakoutsession #careleaversonly (Exchange for all none-care leavers in the plenum-room.)
	Gurmeet	Room 1: Experience Sharing and Becoming Empathetic* Leaders
	Ali	Room 2: Relationship after Care (18+) (teacher, neighbours, social worker, etc.)
	Muskan	Room 3: Healthy relationship with mentors....)
10 min	Muskan	Summary of the breakoutsessions (What did you talk about? Is there anything you want to share with us? What did you learn?)
10min	Fabienne	Concrete ideas of fellow care leavers
20min		„Care Leavers' chit-chat“ (breakoutrooms again to talk about whatever you want, without preparation/any topic)
		Announcing the next café-session (30.5.) („Who likes to prepare the next session?“) + Good bye

We started with a mentimeter-survey to get to know who is participating. There were 18 persons from at least 9 different countries participating. Half of them were care leavers. Additionally there were some people from the Organisation team and some person from their partners, like Care Leaver Dortmund (Germany), Fundacja Robinson Crusoe (Poland), etc. For almost 1/3 of the members it was the first café-session.

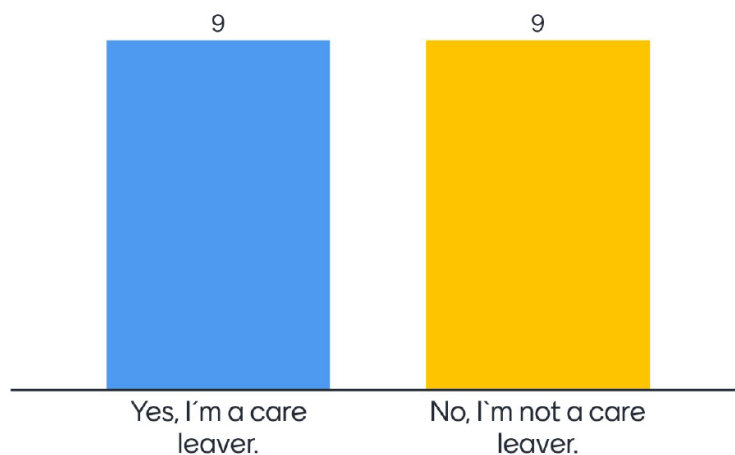
What's your name (first name)?

Care Leaver's Community



Are you a care leaver?

Care Leaver's Community



 Care Leavers' Community

At the beginning the plenum were asked to answer some question by using the chat.

„What do you understand under healthy/strong relationship?“

- Without condition
- Support
- relationship with trust
- Growing together
- Empower, not restriction
- Getting stronger and together through problems
- Relationship that is pleasant and nourish
- be with each other
- respecting each other's opinions
- Listen and trying to understand
- Acceptance

„What is the profit of healthy/strong relationships?“

- to have someone who understand you
- If still not able to love oneself deeply, having a healthy relationship will help fulfill that
- sense of belonging
- But if fulfilled, relationship is growth
- We need other people around to have good life
- Connectedness and meaning of life
- having someone near means getting more strength
- more strength

Breakoutsession

Room 1: Experience Sharing and Becoming Empathetic* Leaders

- We talked about 'The Importance of Experience Sharing'.
- We talked about how sharing one's experience with other care leavers will not only give hope to the ones growing through the same problem, but it also makes you feel more empowered. Knowing that someone has been through, what you are going through, gives people the strength they need to deal with the toughest situations of life. When you talk about the difficult situation that you have dealt with in the past, others relate with you and approach you when they need guidance which leads to peer-mentoring among care leavers.
- One of the fellow care leavers felt keeping the current scenario in mind, this is the need of the hour as care leavers are locked inside their houses with no one to share their stories with. This close-door experience-sharing platform will bring the care leavers much closer. And finally, they will know that there are people out there who are ready to listen to them with an empathetic ear

Room 2: Relationship after Care (18+) (teacher, neighbours, social worker, etc.)

- We talked about relationships between Care Leaver and Care Leaver and the relationships between Care Leavers and professionals.
- We discussed who can support us, who we can trust in, how to find a place to live, how to get good support in general.
- We talked about the relationship to teachers – it is really important that the teacher has an idea and an understanding of the situation of young people living in care – especially in comparison to the other students growing up with their families.

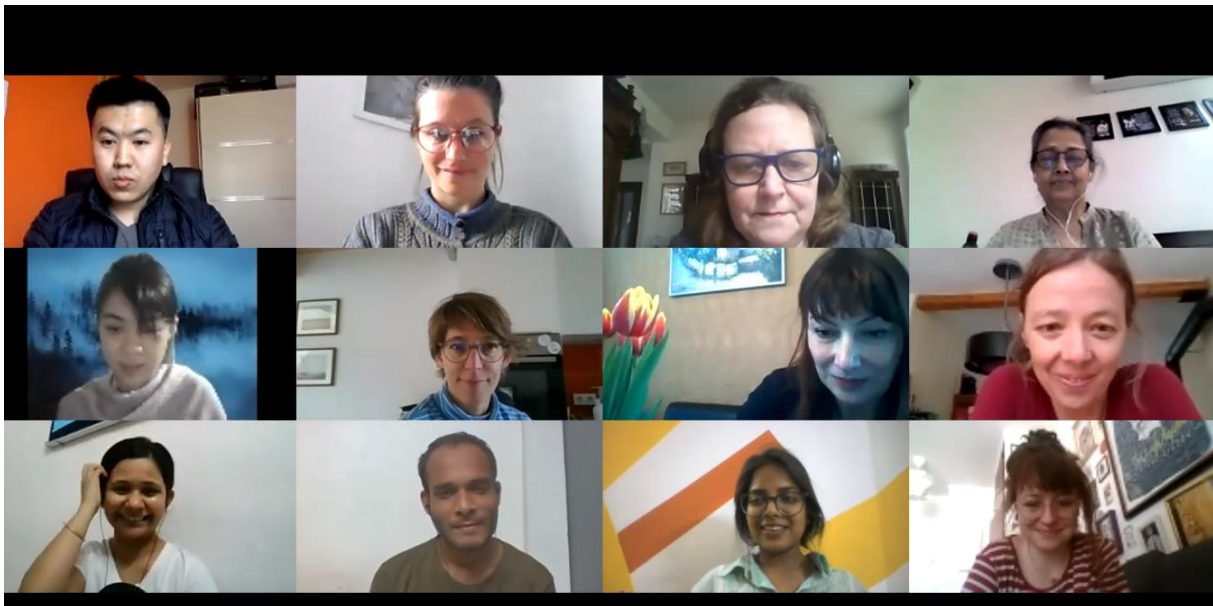
Room 3: Why is it important to have a mentor in life for a care leaver?

- First thing that we discussed is that it is very important to have relationships as no human can survive without one.
- Somebody to have who is encouraging to the care leavers who can motivate them to achieve success in life
- when you have someone who believes in you, then you are more also more likely to believe in yourself
- To have someone who doesn't judge you for your past or your present mistakes, accepts you as you are, and you can be yourself in front of them

- A person who can guide you throughout your education. Not only do they give guidance but provide quality guidance that is full of insights.
- mentor gives us a sense of belongingness and makes you feel that you are capable of succeeding in life.
- a person or someone to depend upon for advice.
- To feel protected and relied upon
- Help you in decision making process.
- Someone who is more experienced than you, who understands the setting better so that they can provide you insights.

The summary of the breakout session excited the group to go into a deep and strong exchange about their experiences and thoughts. Therefore we „cancelled“ the planned Chit-Chat in small groups and went on with the chat in the plenum.

At the end we just design an idea for the next café-session (30.05.2021) – the topic will be „How to build a care leavers network!?“ and it will be arranged by Fabienne.



Thanks to everyone who was part of this nice café-session!