

Care Leavers from Falkirk

share experiences' about the most important relationships to them as they left care



In August 2019, seven young people who had left and were leaving care in Falkirk got together and shared experiences' of the most important relationship to them as they left care.

Some people found this easier to do than others. Some people had relationships they thought of as important and others found this topic difficult.

During the conversations a graphic artist made notes of what people shared and we audio recorded the session. We are sharing these notes here, plus quotes young people chose from their transcript and the thought that sits behind their quote.

What you'll see here is **everyone had different experiences**. People also have different expectations of what an 'important' and 'good' relationships look and feel like. Some people explained they were not so sure what a good relationship looks like.

Something else that's important to note is **people have different expectations about how love is shown**. Some people said loving someone only takes place in sexual relationships. Others communicated a desire to be shown they were loved everyday by people in their lives. Everyone had different ideas about how love could be shown, from knowing how you take your tea, to spending time showing you how to bake, a cuddle, honest conversations, and sharing time together.

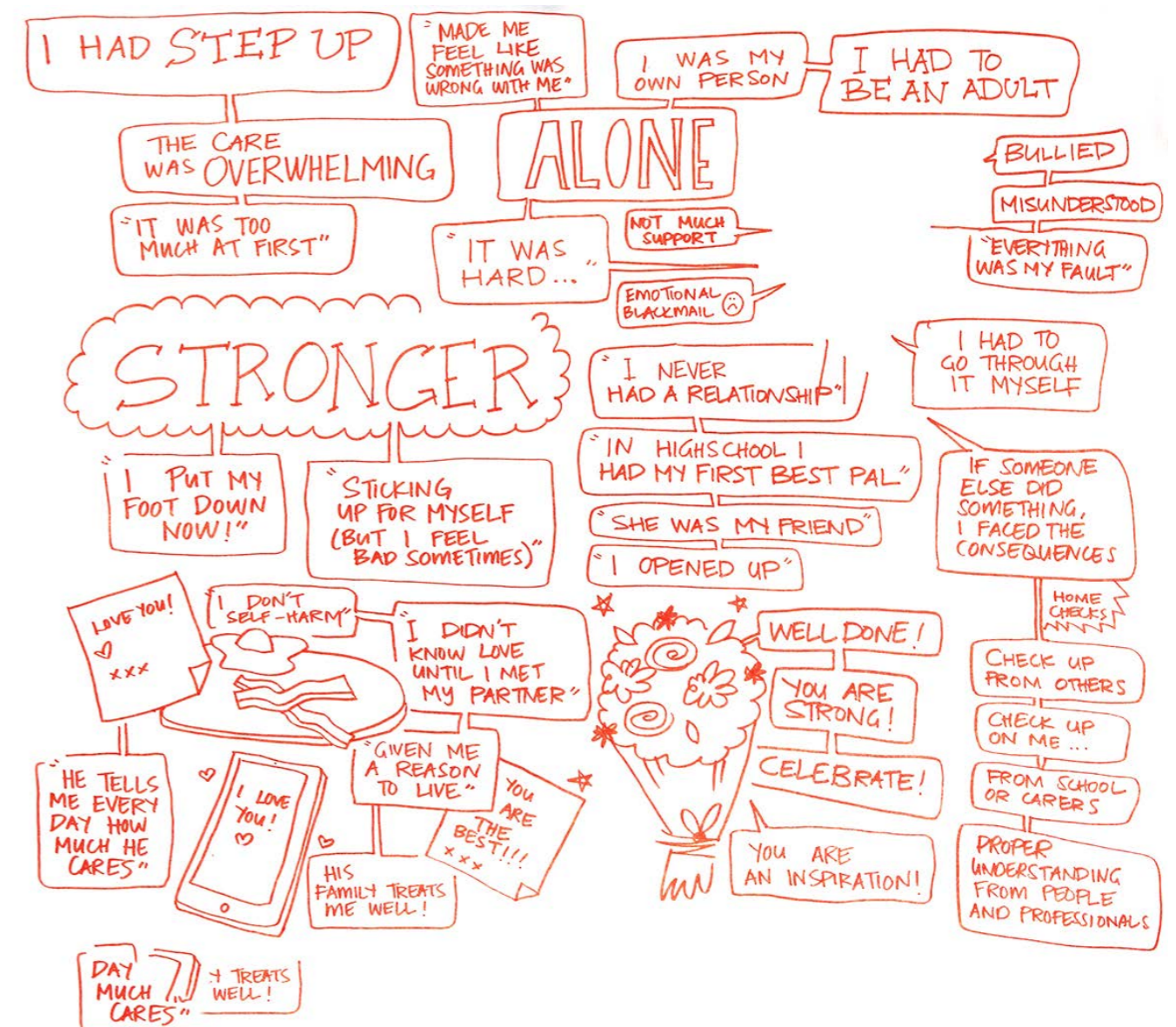
As you read through this document **REFLECT** on the relationships that were important to you as you left home.

- Why they were important?
- In what ways did people show you they cared?
- What did this meant to you and how you progressed in life.



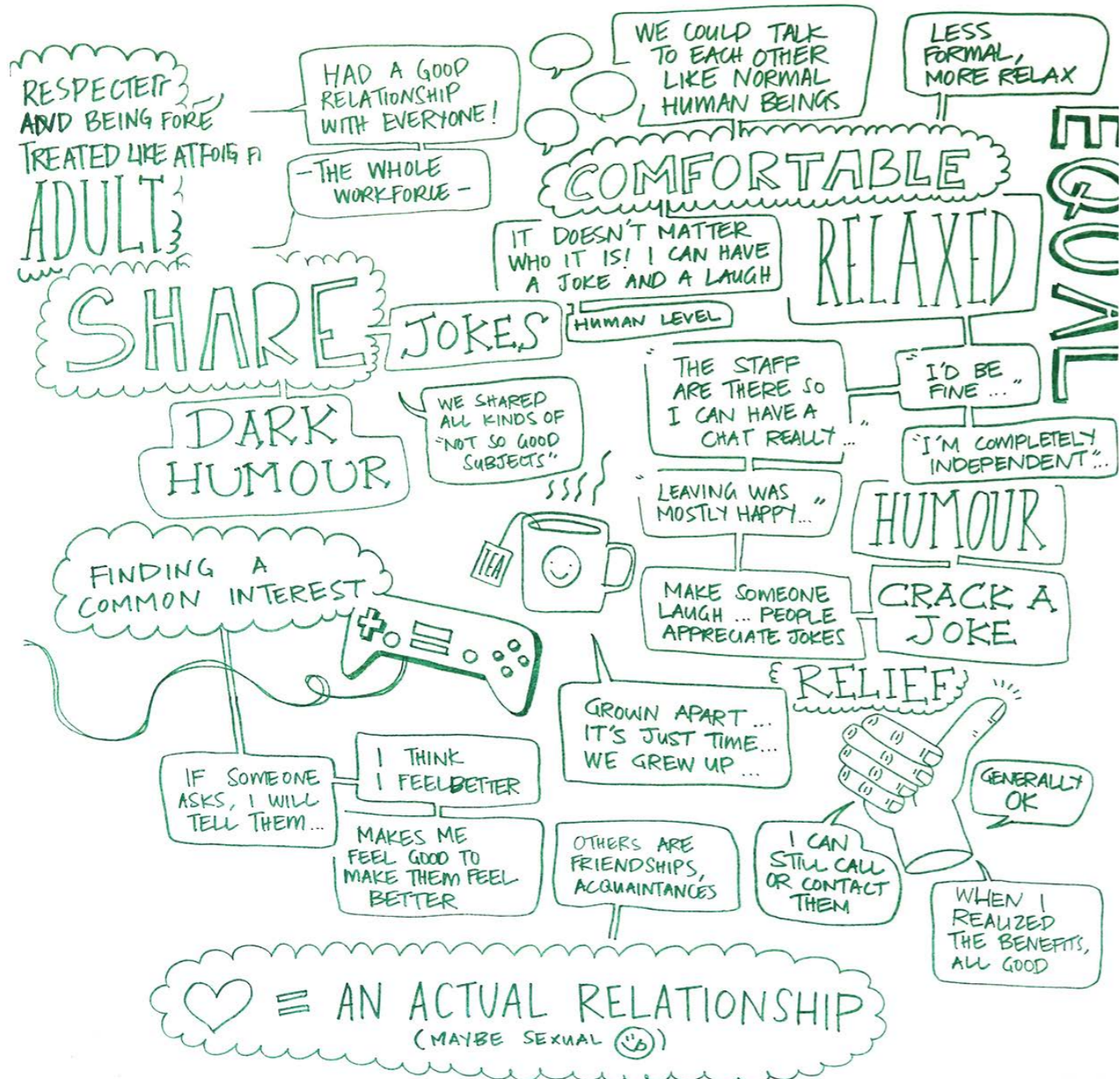
It can be difficult to accept that people care about me, when I have not experienced it from the people I'd expect it from.

The support workers always texting me constantly, phoning me and chapping my door. It was too much for me as I have always been independent. I know they were only trying to be there for me and show they care. But it was just too much, because I have never really had anybody care about me, so it was hard to see and overwhelming too.



If anything, if I didn't have people chapping my door at eight in the morning, I'd still be fine. I mean, you know, even if I didn't have [organisation] there and I was completely independent, I'd still be completely fine.

This is not a topic [relationships] I think about and I don't want to think about it just now.

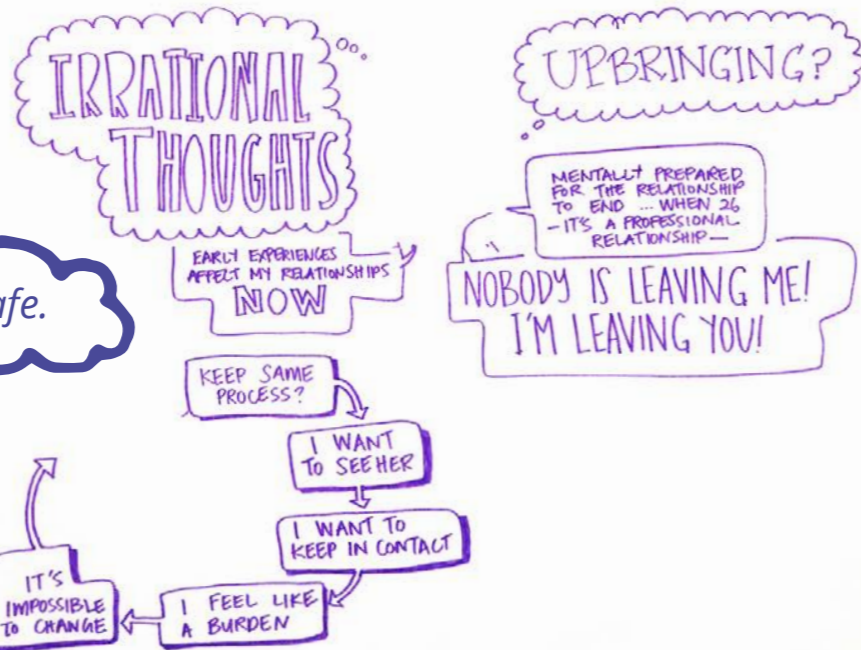
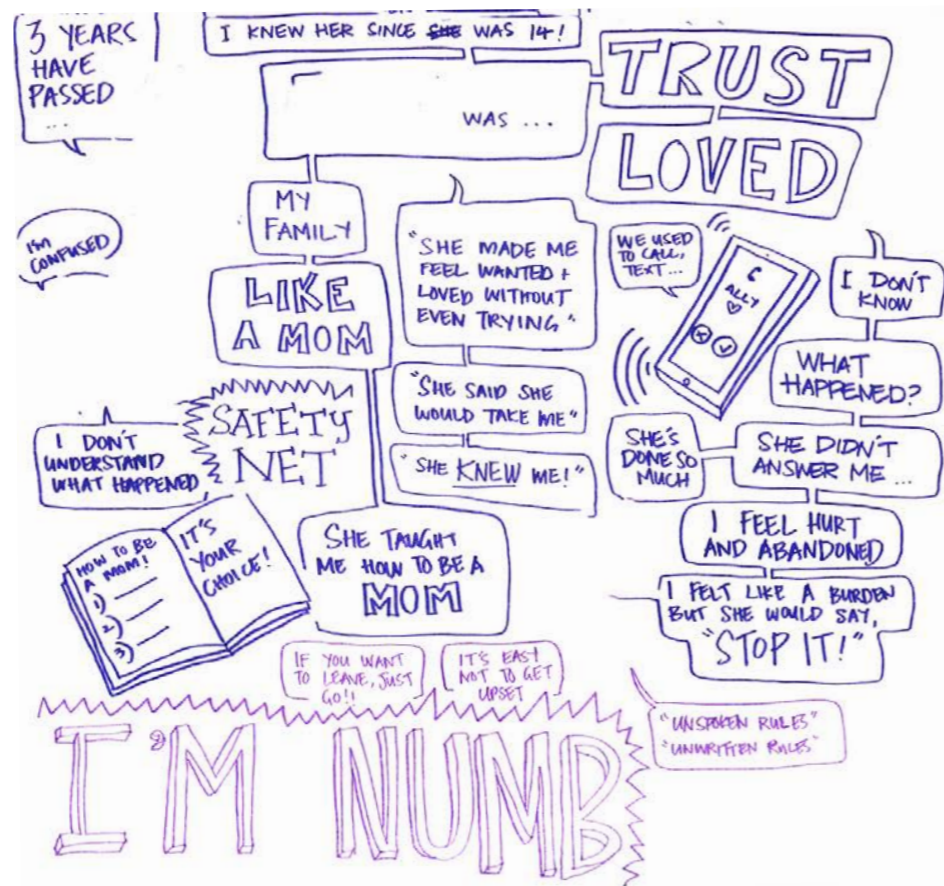


I don't trust anybody, I keep them at arm's length. I mean I trust some folk, but I have learned from experience not to trust anyone or to monitor what you say to folk. And to make sure that what you're saying, is what you want to say. Sometimes I do a wee test to see if anything comes back to me.

I am trying to cut down sugar and I has half a sugar and he was like it is one or nothing. I said, fine I'll have none then. I know it is something tiny, but it was like, oh no one has ever actually said that to me before.

This worker actually gave a shit about me and encouraged me not to have sugar in my tea or coffee.

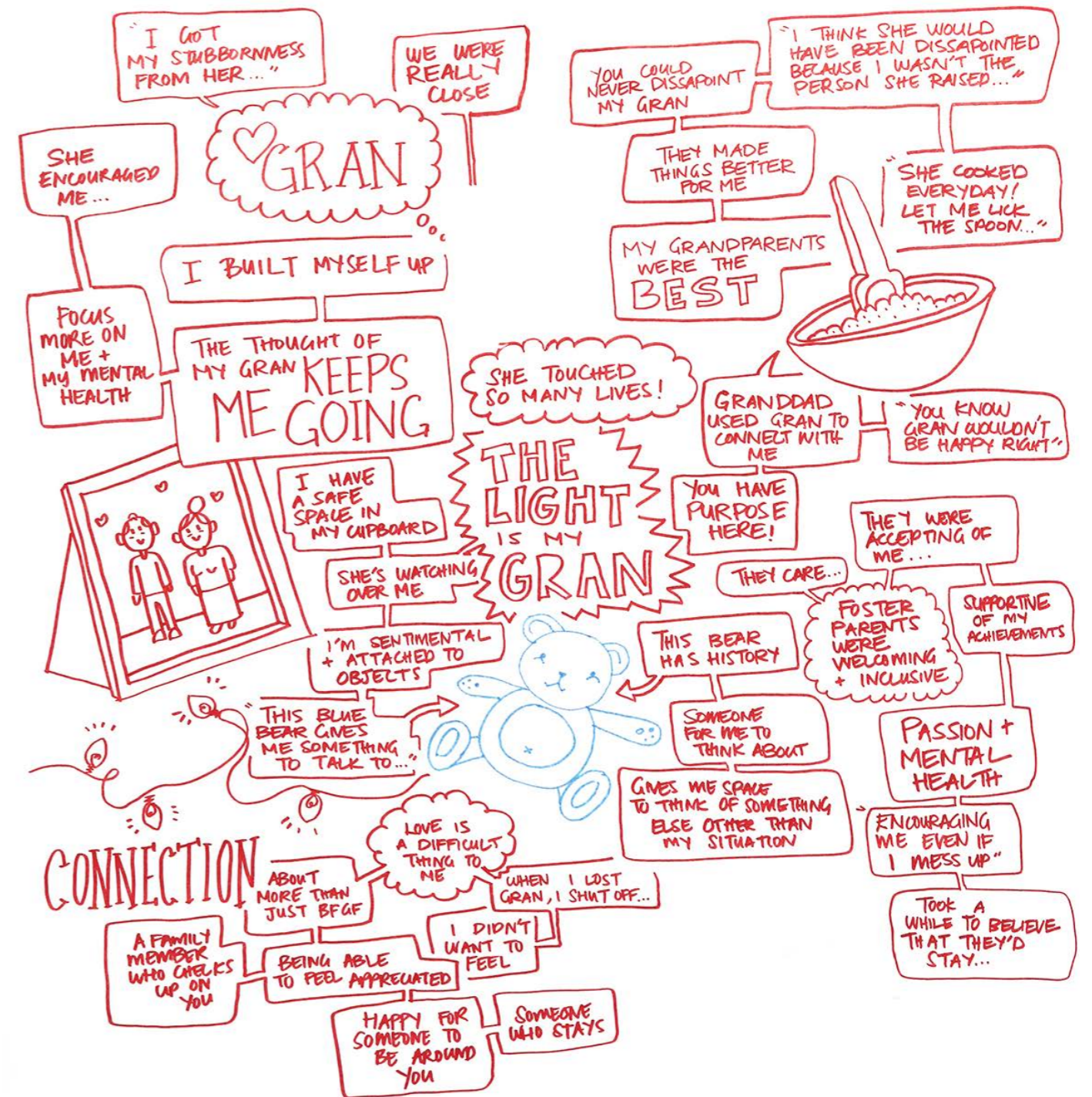
She was a manager at my home and she says 'I'll take you'. She had me in the 18 months I stayed at my home, it's the only time I never kicked off. It's the only time I never did anything to be restrained. It is the only time I did not abscond. It's the only time I listened.



She makes me feel safe.

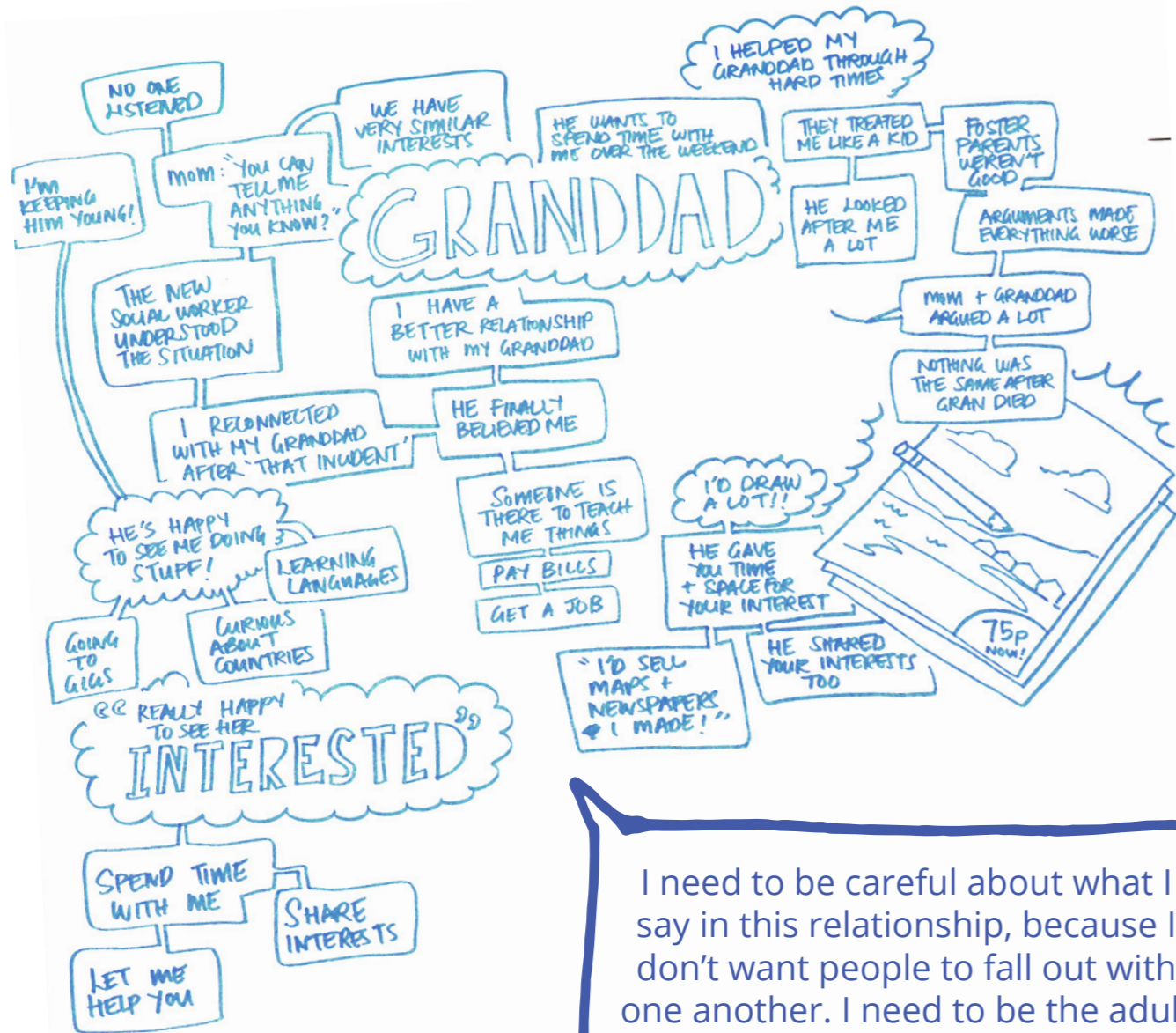
Jane kept saying, why are you being like this? And she said, I will be there... Forever. I love you and then weans, they're my everything.

I have a numb feeling towards her leaving. Everyone says all the same crap and then they still leave, don't they?



She basically raised me.

The passion she left in me and the person she brought me up to be, allowed me to grow, building relationships that I know would stay with me, good and bad.



I need to be careful about what I say in this relationship, because I don't want people to fall out with one another. I need to be the adult in the family relationship.

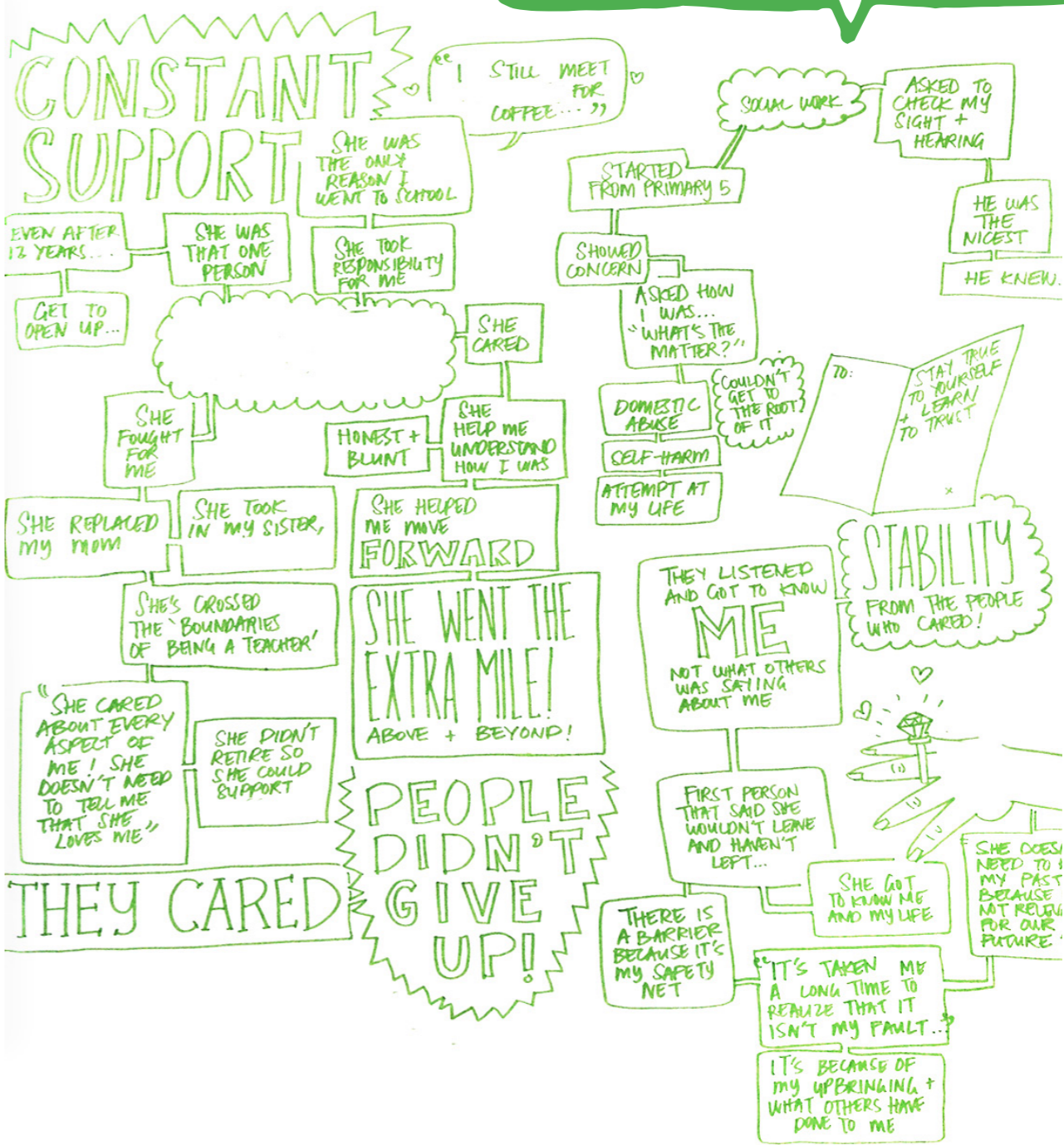
Granddad was the only real role model I've ever had and before my early teenage years, we spent a lot of time together. But that stopped after going into foster care, arguments between him and my mum started, but it's building up again. I spend more time with him again.

I feel loved by my granddad.

I need people to have honest conversations with me, even if they are hard to talk about.

I need someone who cares about me and is consistently there for me.

She crossed all boundaries of being a teacher, she gave me her house phone number, gave me hugs and she was like my mum. She replaced my mum in some ways.



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<https://bit.ly/2NGU9Ck>

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Funded by the Life Changes Trust, supported by Falkirk Champions Participation Group and delivered in partnership between Designed by Society and Falkirk Council.

