

Led and designed
by those with Lived
Experience of the
UK Care System

101 ON

CARE EXPERIENCE

A starting place to learning about Care Experience.

The Care Experienced Movement C.I.C
Company No. 14981146

Meet CXM

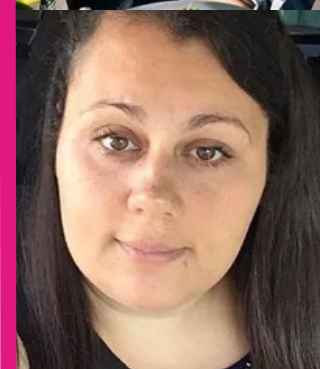
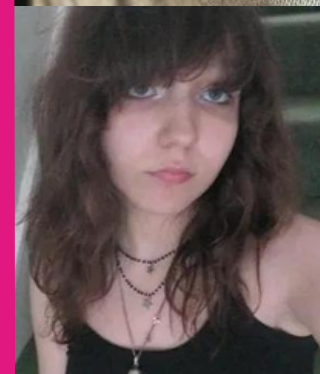
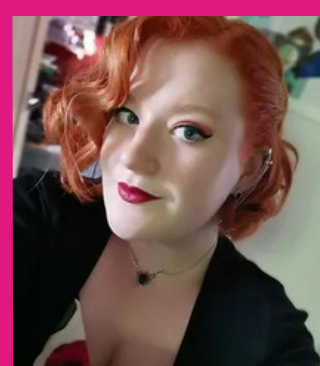
The movement is a growing organisation for all Care Experienced people. We are founded and led by Care Experienced Activists. We come from all walks of life, with differing experiences of the system. But we all want to use our diverse lived experience of the care system to not only create and push for positive policy change, but to create a platform and support network for our community.

We believe the care experienced community has not yet had its movement to push for real change and support each other in doing so, and that is why we believe this is a civil rights issue.

Our organisation has four key aims that drive our work and advocacy. These aims guide how we use our voice to impact positive change for care experienced people.

- To give our community its voice back, and for that voice to be heard loud and clear:
- Advocate for the rights of all Care Experienced people.
- Impact on major policy, media representation and influence public attitudes and behaviours.
- Be active in myth busting, attacking stigma and showing that the 'care' narrative can be rewritten.

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Whats it all about?

"101 on Care Experience" is a training course designed to provide a comprehensive understanding of the diverse aspects surrounding Care Experience. Whether online or in person, this day is dedicated to introducing individuals to the Care Experience community and fostering a sense of empathy and support towards us.

The course covers a wide range of topics, including defining the term Care Experience, exploring relevant terminology, challenging stereotypes and stigmas, learning how to better support Care Experienced individuals, and pledging to be mindful, supportive, and aware.

With a duration of 8 hours in person or 6 hours online, participants will have access to a resource pack and an online toolkit after attending to facilitate their ongoing learning journey about Care Experience.

"101 on Care Experience" is unique in that it is designed and delivered by people who have first hand experience with the Care System. This means that the topic we are talking about is directly linked to our identities and trauma. This is why we have created a set of "guidelines" for participants to follow. These guidelines are there to set the space to be one that is safe for not only participants but also the facilitators.

Who is this for?

Anyone who works or engages with Care Experienced People (so yes anyone!) But we aim to deliver the course to mainly the following people

- Teachers and School Staff
- College & University Staff
- Organisations that work or engage with Care Experienced People
- Medical Practitioners (NHS Staff, School Nurses and GP's for example)
- Prison Officers
- Probation Officers
- Third Sector Workers
- Government Officials (Mp's, Civil servants or Ministers for example!)
- Social workers
- Youth Workers

How much does it cost?

We pay our team above national living wage. This for us to reflect fairly not only the cost of living crisis and the impact that has on Care Experienced people. But to prevent Care Experienced people from being placed in poverty.

- Face-to-face: Group booking £700 (+ travel and accommodation expenses!)
- Online: 6 hour full course is £500
- Toolkit and resources is £200 for a year's access

