

Pure Insights offer to Cheshire East's
care experienced young people



PURE INSIGHT
connecting care leavers



We have 5 main offers for care leavers living in Cheshire East

1. Mentoring – a volunteer mentor who can become part of your life in the longer term to support you practically and emotionally
2. Mental Health Support – through our Psychological Wellbeing Worker and Counsellor – delivered in the community or your home
3. Support for Parents – if you are a new parent, a parent in crisis or have limited/no support networks , we can support you in the short and long term
4. Group Activities/Peer Support and Having a Say – we have drop in café's, an allotment, outdoor group activities, opportunities to interview and train volunteers and staff – and have a say in how we run our services, influence service provision in the local area and nationally
5. Donations – we can support you by sourcing second hand donations if you would like to make your flat/house more homely or have a need for a specific item. There are grants we can support you to apply for if you have specific or urgent needs so its always worth asking.



Mentoring – ‘somebody just for me’

“ I wanted someone just for me, when they explained about the volunteer just being there for me, even though I’m happy giving support to others. So, I have someone, like a friend, who won’t judge anything going on, have a cup of tea, get on with me really well and make sure that I’m doing ok, that’s what I want out of it, there for me, how and when, I need them. (care leaver) ”

“ I was in a position and [Pure Insight co-ordinator] knew what I was going through. I was approaching adult life head on with literally no support, no stable family member to guide me. I was in full time education and had to support myself living as well...wasn’t just first mentor that came along, this is the person... let’s hope it works. She really took time to get to know me as a person and, with the mentors, she got to know them as people. She genuinely went out of the way to match people, as do other staff. (care leaver) ”

Is there an area of your life you want to change, improve or develop?

Do you sometimes feel lonely and wish you had someone you could talk to?

Mentoring is a long term offer from a local volunteer who can meet you weekly to focus on what you want to achieve.

Our Mentoring Coordinator will spend lots of time getting to know you really well so that we can find just the right mentor for you. They will also help you get to a point you are ready for a volunteer to offer you long term support. This might mean becoming more stable in areas of your life such as housing, mental health or other things that may be causing you lots of stress.

Volunteer mentors can support you practically and emotionally and because they are there just for you, they are usually available on the same day and are often contactable in the evenings and weekends.

Support ranges from just having someone to talk to, or someone to attend an activity with, to helping you deal with some of the more complex issues life can bring up. The Mentoring Coordinator works closely with the leaving care team so that you can benefit from support from both organisations.

Your mentor will only support you, and will only have contact with other services or professionals if you wish them to.

All our mentors have been DBS checked and have completed a 10 week training programme delivered by the Pure Insight Team, other volunteers and care experienced young people. As they get near to completing the training they are interviewed by a group of young people (you can get involved in this if you like) to ensure that we have the right people on board.

Our mentors can also offer support in small groups if there is a large task needing attention such as decorating a flat before you move in or helping you move house. We also have volunteers who can help with one off activities

As part of giving back, some young people also get involved in a volunteer team supporting other young people to get back on track.

Many mentoring relationships turn into long term friendships -if this is what you would like



Mental Health support – offered to you where you feel most comfortable, focussing on what you feel comfortable with, at a pace that is comfortable for you

“ They got this person who comes round called [Name] and she talks about different ways of controlling my anger, which has actually helped quite a lot, because normally if someone says something about my family, I used to fly off the rails pretty quick. Now I remember what [PWW worker] said, what [mentoring co-ordinator] said and try to keep it under control. (care leaver)

“ Definitely helped working with Pure Insight and my anxiety, didn't really have much education on what was wrong with me, what anxiety doing to the body, no one had ever told me. These people are trained in psychology, obviously it's educated me as well, what's going on in [my] brain. (care leaver)

Pure Insight has a Psychological Wellbeing Service which is delivered by a Psychological Wellbeing outreach worker (PWW) and a counsellor

If you need support with your mental health we will assess which service you feel you will benefit from more. It is possible to benefit from both services but not at the same time.

The Psychological Wellbeing Worker can support you in the community which can include your own home, the local park or other spaces local to you. They can also help you to access other health services such as your GP, health services or groups in the community. They will support you to identify what is currently troubling you and the best way to move forwards from this.

This service is led by you so we will decide with you - where you meet and what you want to focus on. We will not rush or pressure you into taking about anything you don't want to talk about. The PWW will spend time getting to know you properly so that you can decide together how we can best support you by setting wellbeing goals. Once you have achieved your goals, it is possible to opt back into the service if you have other goals in the future

If it is relevant they will also support you to understand any diagnosis you may have been given, recently or in the past and more importantly how it affects your life. They can support you to get a medication review and to learn tools to help you manage your emotions.

Some examples of support young people have accessed include support in dealing with anxiety, anger, grief and loss, understanding labels such as personality disorder, ADHD, reducing substance use or learning to manage difficult feelings.

Our counselling service can be offered face to face or over the telephone. We will work with you to identify what works best for you and to choose a weekly time that works for you and the counsellor.



Supporting care experienced parents – to thrive

If you are about to become a parent for the first time or have hit a difficult spot or have a limited/no support network, we have a Parent worker who can support you by getting to know you and helping you identify what you would like support with.

We are able to visit you in your home or out and about in your local community.

Some of the things our parent worker could support you with

- Getting ready for a new baby – emotionally and practically (if you have the family nurse partnership we can work together to do this)
- If you are pregnant or have a child and you are on a plan with the local authority we can support you by attending meetings with you and helping you say what you want to say
- Developing your skills and confidence to become the best parent you can be
- Helping you get organised and learn routines
- Helping you explore what's available in your local community and helping you to access this - this could be groups, grants or other services
- Providing a small team of lovely volunteers to help if you need extra support – we will work with you to decide what would be most useful to you, and who could offer this. Examples include helping you get on top of your housework, holding baby whilst you have a shower, bringing a hot meal, helping you attend appointments or get out for a walk to the park
- We also have other volunteers who would like to become a long term mentor to you and your family and may offer to support with looking after your children – letting you have a well deserved break
- Opportunity to attend a Parents group especially for young parents with care experience





Group activities – making new memories, friendships and challenging yourself

You can join us taking part in activities in small and larger groups where you can learn new things, make new memories and develop friendships. We have the following regular activities

- Fortnightly Drop in Café - Crewe
- Allotment in Crewe
- Outdoor activities such as walking, hiking, bike riding and kayaking
- Day trips – we join together with young people from other areas
- Christmas Day Event in Stockport and an outreach offer



Having a saythings you could get involved in

We have a...

- Young Advisors Panel for care experienced young people age 16 – 25 – we meet 4 times a year to talk about issues affecting us or other things important to us. Sometimes we will meet to discuss an issue somebody else would like an opinion on or to get involved in national care leaver voice activity
- Interview Panel – young people who get involved in interviewing new staff or volunteers
- Training Team – consists of people with care experience who train volunteers and professionals



If you would like to be introduced to one of our services you can either speak to your personal advisor or email us on info@pure-insight.org.uk (letting us know you are a Cheshire East care leaver)

If you would like to find out more you can scan the QR codes

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