

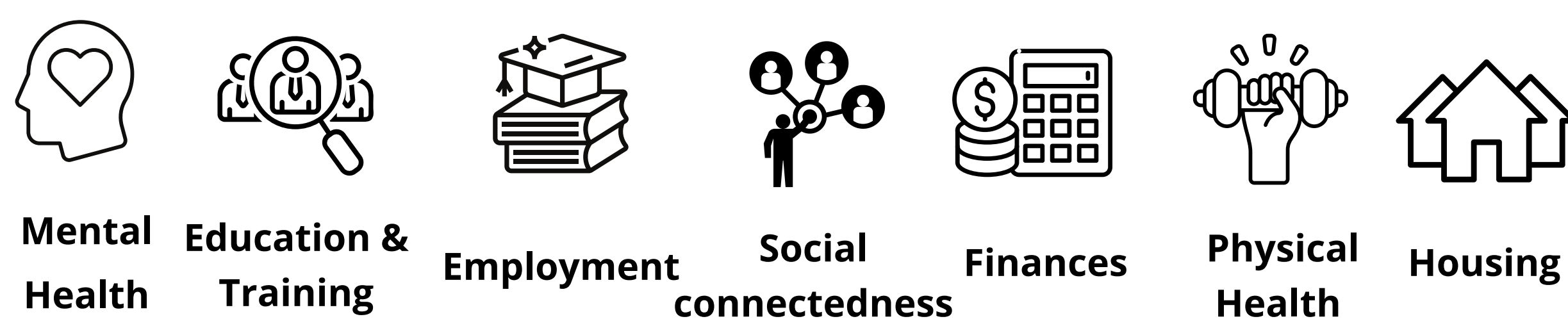
POST-LOCKDOWN SUPPORT MATTERS: FOR CARE LEAVERS AND THEIR MENTAL WELLBEING

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Background

To understand the impact of Covid-19 on care leavers' daily experiences and wellbeing, NIHR Applied Research Collaboration Kent, Surrey and Sussex (ARC KSS) commissioned *Beyond Lockdown* which identified seven main areas that care leavers wanted support in [1].

Areas that care leavers wanted support in identified in *Beyond Lockdown* :



The findings were presented at a community of practice attended by stakeholders who made a total of **33 pledges**.

The current project is the first of two parts measuring the impact of *Beyond Lockdown* on care leavers.

Research Aims

1. To get an **update on the pledges** made in 2020
2. To understand the **barriers and facilitators** to implementing them
3. To understand the **impact** of *Beyond Lockdown* on care leavers and staff
4. To learn about any **new or planned projects** to support care leavers

Resulting Themes

Pledge Update

- Activities for care leavers
- Dissemination of the research and key messages
- New regulations and policies

Barriers to implementation

- Covid-19
- Lack of resources
- Attitudes and engagement of care leavers and workforce

Future plans to support care leavers

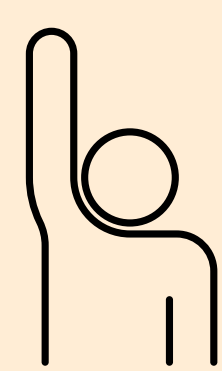
Enablers of implementation

- Hearing the voice of care leavers
- Access to resources

Feedback

- From care leavers
- From workforce

Methodology



7 participants who made pledges. They worked with care leavers within local authorities, universities and the Department for Education.



Semi-structured interviews were conducted online

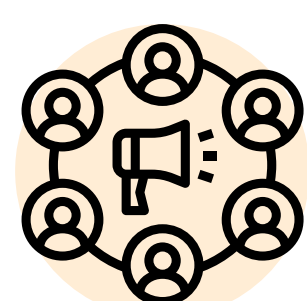


A thematic analysis was conducted which revealed 5 main themes and 10 sub-themes.

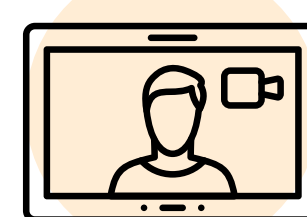
Examples of Pledges



Provide Christmas meals and gifts



Disseminate research findings to central government



Set up virtual peer groups



Develop Employment, Education and Training booklet



Set up walking groups

Next Steps...

Based on these findings, a follow-up project is currently in progress to conduct focus groups with care-leavers to understand the impact of the research and the support they have received as a result of the pledges made.

REFERENCES

[1] Dunne, V., & Drew, H. (in progress). *Beyond Lockdown - Impact of Covid-19 on Care Leavers*.

To read more about the *Beyond Lockdown* project

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