

Policy & Practice Postcard



Developing and Maintaining Relationships for Care-
Experienced People - 2021 Roundtable

Relationships build futures

Research and lived experience inform us that early relationships have a profound influence on many aspects of our later life experiences. Formative relationships affect an individual's sense of self, ability to regulate their emotions, feeling of personal value, sense of security, trust in the world and others, future relationships with services and other people, sense of autonomy, and many other domains. When people's relational needs are not met there can be profound human and societal consequences. Issues such as addiction, economic hardship, social isolation and mental health difficulties can often be understood as arising from a culture of adversity in multiple forms. We know that, for children who have experienced adversity in early relationships, receiving sensitive care in loving new relationships with extended family or in foster care, adoption or residential care can be life changing and support these children to go on to lead successful and fulfilling lives.

This is one finding from the **UCL Developing and Maintaining Relationships for Care-Experienced People 2021 Roundtable** funded by UCL Public Policy - organised by Eva A Sprecher and chaired by Dr John Simmonds OBE from Coram BAAF.

For the full report contact Eva.sprecher.16@ucl.ac.uk or DM @EASprecher on Twitter

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Artist's Note:

My designs I suppose came from discussions about past issues in care and how all I ever wanted was to build relationships and have someone I could trust in my corner, and I believe that is a big want for most young people in care.

Artwork by David Grimm
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