



The Care Experienced Conference

TOP 10 MESSAGES

- 1 We need more love in the care system, including displays of positive physical affection.
- 2 We want to be seen as individuals worthy of respect much more than we are.
- 3 Relationships are critically important to us.
- 4 Instability and loss of continuity in our lives is made worse through no fault of ours by pressure in the care system.
- 5 Mental health and well-being are our biggest worries and the most important and urgent things that have to improve.



TOP 10 MESSAGES



- 6 The impacts of the care experience do not end at 18, or 21, or even 25.
- 7 Our sense of who we are is important. Our family, heritage and history are uniquely ours and must be protected.
- 8 Having our say is essential.
- 9 We have legal rights and entitlements and we are not always being told what they are.
- 10 Nobody knows more about what it means to be in care than we do.