



The Transformed You

10 for 10 Celebration Report

2013 - 2023

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CELEBRATING 10 YEARS

In September 2023, The Transformed You® celebrates 10 Years of service of transforming the lives and raising the aspirations of Children and Young People in Care and Care Leavers, who are identified as having behaviour, emotional and social difficulties.

Judith AM Denton established The Transformed You in September 2013, as a result of supporting Care Experienced Children and Young People in School. Judith also saw that research stated how those in Care are sometimes regarded as low achievers with low life chances on route to being a financial burden to the state, being a part of their own dysfunctional family, being homeless, having a lower take up of education, employment and training, poor mental and physical health outcomes in adulthood, have higher reoffending rates and placed at Her Majesty's Pleasure; and also stated that those in Care are likely to have complex and challenging needs and must overcome extra challenges to achieve their potential.

The Care Journeys of the Children and Young People in School and these findings resonated with Judith.

Placed in Care at age 9, Judith openly shares that how being in Care affected her emotional wellbeing which would often be displayed in her then challenging behaviour.



This led to Judith being excluded from School and College, experience run ins with the Law and undergo a severe crisis in her mental health and emotional wellbeing, as a Care Leaver, which led to Judith being hospitalized.

After a miraculous recovery, Judith received intervention, support and guidance in the form of Pastoral Care through a Mentor, with Judith being guided on how to identify the root causes to her emotional, behaviour and social difficulties, overcome her internal and external challenges to see and believe that she has the ability to achieve, and have the life and future she hopes for.

Now we understand that Children and Young People enter the Care System filled with trauma, rejection and fear. We also understand that their journey into Care and through Care has an impact on their mental health and emotional wellbeing and on their outcomes and life chances.

With that in mind, Judith set about creating Intervention and Support Mentoring Programmes to change and improve the trajectory of Children and Young People in Care and Care Leavers who:

- are Age 8 – 25
- face social, emotional, behavioural barriers hindering them from achieving in education and in life
- are In Mainstream Education and at 'Risk of Exclusion'
- are Placed at a Pupil Referral Unit
- are Placed at an Alternative Provision, and
- are Not in Employment, Education or Training.

The programmes are specifically designed to guide our Mentees through a transformative process to change the way they think about themselves, and empower them with all the essential Skills they need, for them to Believe and See that they have the ability to achieve and have the life and future they hope for.

We also work in a joined-up way with Children's Social Care Professionals, to amplify and bring an understanding of the True Voice of our Mentee as they journey through the Care System.

With this formula we are able to see that Change Is Possible in the lives of our Mentees.

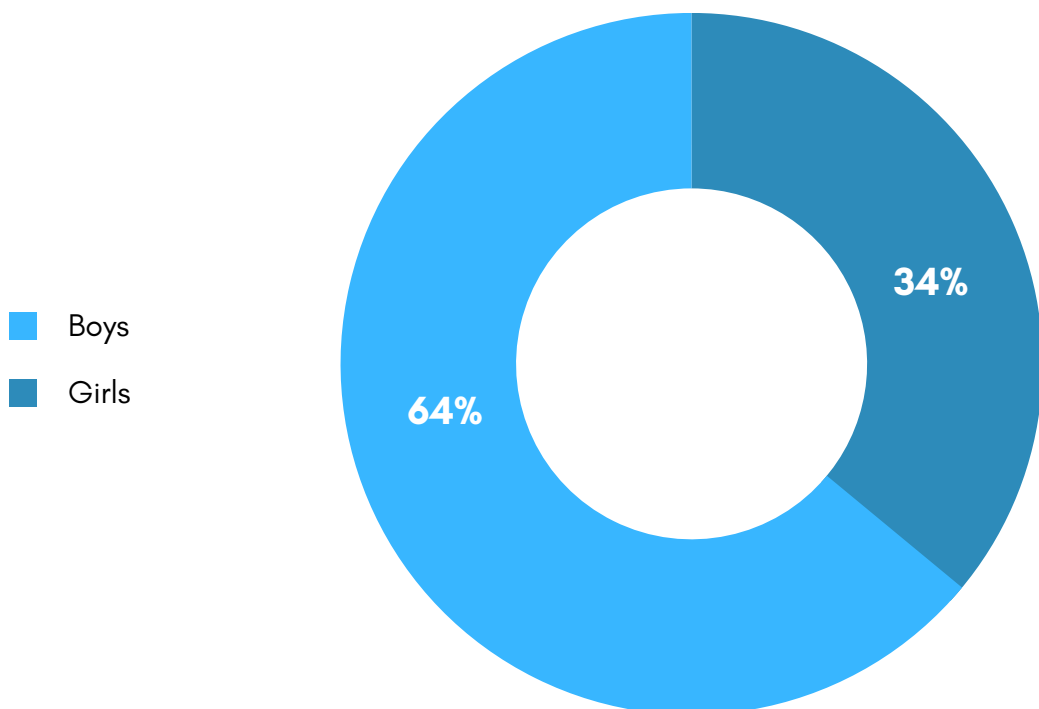
OUR 1:1 INTERVENTION AND SUPPORT MENTORING PROGRAMME

For a minimum term of 18 months (which is often extended), we guide our Mentees through a bespoke 1:1 Intervention and Support Mentoring Programme tailored to change the way they think about themselves, and empower them with all the essential Skills they need for them to Believe and See that they have the ability to achieve and have the life and future they hope for.

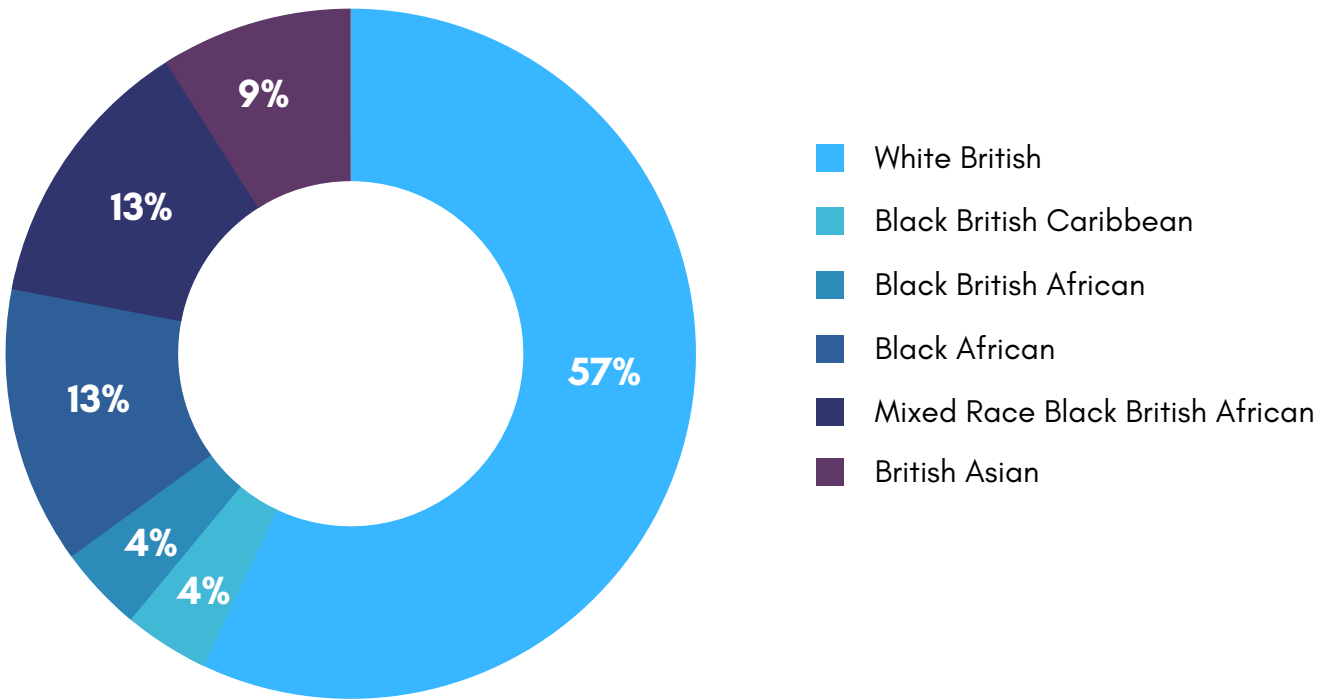
After their time on this Programme, our Mentees are able to remain in contact for ongoing support from The Transformed You.

Outcomes from 2013 – to present

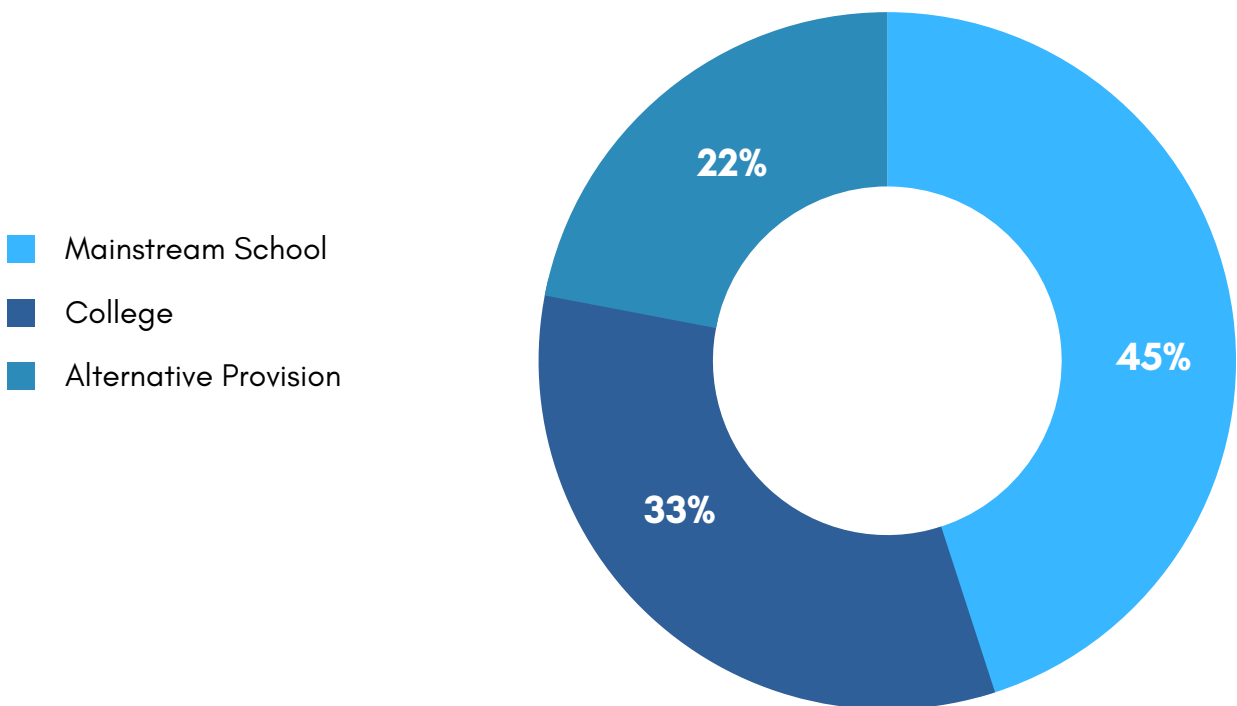
25 Mentees Aged 9 - 18



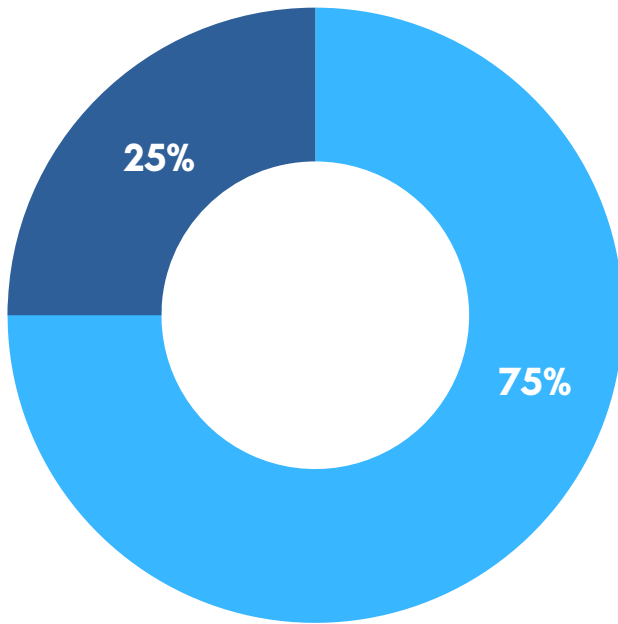
Ethnicity



Still on the 1:1 Programme



1:1 Programme Completed

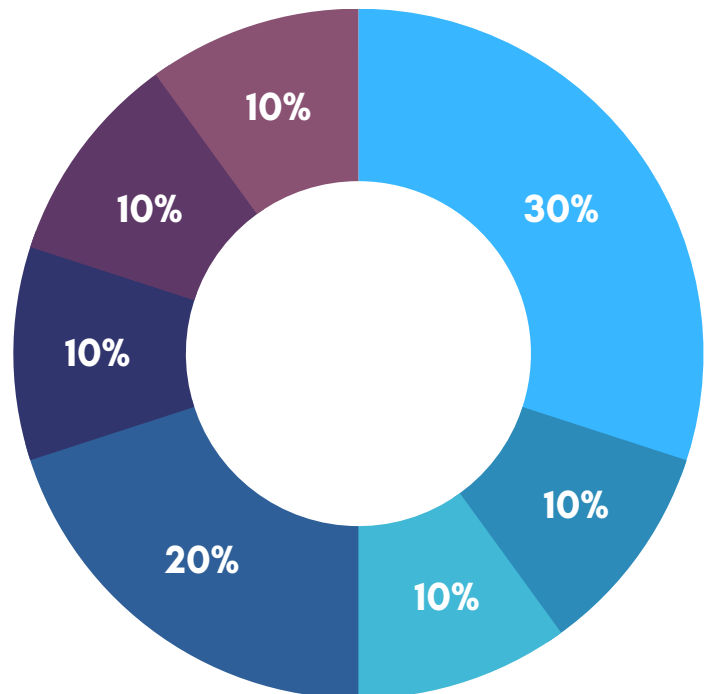


- Regular Contact
- Letterbox Contact

Please note: In Regular Contact and Letterbox Contact with The Transformed You.

Completed 1:1 Programme

- College
- Mainstream School
- Alternative Provision
- Employment
- Employment and College
- Employment and University
- Fulltime Parent



MEET PAUL AND SUZY

(Please note: We have changed their names to safeguard and protect their identity)



PAUL

Paul engaged in our 1:1 Intervention and Support Mentoring Programme, from 2016 - 2020.

Paul, had been taken into Foster Care after it was found that both he and his sister had suffered abuse and neglect at the hands of their Parent.

Initially Paul and his Sister were placed with the same Foster Carer, but were later placed in separate homes with Sibling Contact arranged.

Pauls' Care Journey consisted of being excluded from 2 Mainstream schools, attending a Pupil Referral Unit and Alternative Provision, 5 Social Workers, 3 Foster Care Placements, Missing episodes and Run in with the Law (however with no further action required).

Engaging in our Programme, Paul was able to identify the root causes to his emotional, behaviour and social difficulties, learn how to overcome his internal and external challenges, engage in Private Therapeutic sessions, recommended, sourced and provided by The Transformed You, rebuild his life through being equipped and empowered with life skills needed to develop and grow with confidence, to complete a Performing Arts College Course with Paul steadily moving forward towards his aspirations of becoming an Actor and Entrepreneur.

Paul continues to remain in contact with The Transformed You.

SUZY

Suzy engaged in our 1:1 Intervention and Support Mentoring Programme, from 2016–2018.

Suzy, had been taken into Foster Care after it was found that she had suffered abuse and neglect at the hands of family friends who she had been sent to live with by her Parents, hoping and trusting that she would be well looked after and have better opportunities in education and on into her life, whilst her parents remained in their native Country.

On being placed in Foster Care, Suzy experienced 4 Foster Care Placements, sharing that she felt misunderstood, lost her identity and any connection with her culture and sadly her family.

Suzy also shared that she experienced neglect and abuse at the hands of certain Foster Carers.

Suzy would often relive her experience in her thoughts, finding it hard to completely rest at night, causing her to feel mentally and emotionally exhausted and too tired to attend school for several days at a time.

Suzy was at risk of being excluded from School.

Engaging in our Programme, Suzy was able to identify the root causes to her emotional, behaviour and social difficulties, learn how to overcome her internal and external challenges, engage in specialist Counselling sessions with the NHS, rebuild her life through being equipped and empowered with life skills needed to develop and grow with confidence, to now be studying at a University in London and work part time, improving her outcomes and life chances.

Suzy continues to remain in contact with The Transformed You.

TESTIMONIALS FROM THE COMMISSIONING LOCAL AUTHORITIES AND THE VOICE OF OUR MENTEES



"I am pleased to have known you and been able to support your organisation since you have been working in the borough. I know from the Virtual School about the high quality of your mentoring work with young people in care and the difference it can make for them to work with an adult with experience and understanding of their circumstances – one who can support them towards a positive future."

**Jane Hargreaves – Commissioning Director Education
London Borough of Barking & Dagenham**

"Judith, you have been a consistent support to our Looked after Children, almost a full member of the Aspire Virtual School Team. In working together with us you have been able to mentor and support a number of our most vulnerable young people who are at a point of crisis in their lives.

*The work that you have done is now enshrined in our Awards programme and we now proudly give out the annual Judith Denton Resilience Award: For a student from any year group, who has overcome difficulties and managed to stay in education and on track.
This is a testament to the high regard with which the Virtual School holds you."*

**Janet Cassford – Aspire Virtual School Head Teacher
London Borough of Barking & Dagenham**

"I'd like to take this opportunity to thank Judith for her invaluable help with the young people she supports from our local authority, Barking and Dagenham. Judith ensures that the focus is constantly on the needs of the young person, expertly tailoring her support to their specific needs both emotional and practical. Judith is always supportive of the whole professional group around the young person, informing and supporting us all when negotiating our way through some extremely complex issues and emotions."

Aspire Virtual School Team Member

"The Transformed You Service is the only provision known to the Aspire Virtual School to provide mentoring whose focus is the child's care experience. The service is advocacy based, ensuring the mentee is best placed to explore their care journey whilst equipped to express their view to the professionals who represent them."

Aspire Virtual School Team Member

"I have found this service to be great in making a positive impact on my Young Person (YP). I would highly recommend this service for vulnerable YP's in Care that need extra support and guidance."

**Sumiaya Begum – Social Worker, Children's Looked After Team
London Borough of Tower Hamlets**

"This (service) was particularly helpful in terms of the young person's voice being heard and important issues for (them) being brought to the forefront."

**Ashley Smyth – Social Worker, Children's Looked After Team
London Borough of Islington**

"This Mentoring service is 'First Class' and with Looked After Children disappearing into PRUs or APs being the biggest ceiling to attainment (according to the latest Rees Report on Attainment), I recommend The Transformed You to help you improve their outcomes and life chances."

**David Cregan – Virtual School Head Teacher
London Borough of Tower Hamlets**

"My Mentor is a very understanding person and very kind hearted and I couldn't of asked for anyone better to work with."

Mentee

"I am thankful for all the help The Transformed You has helped me with, over the years they have been with me."

Mentee

"My sessions are my safe space for me to just be my true self and discover more about myself."

Mentee

"I began working with my Mentor in May 2018. Before I met her, I was not happy at my Foster Placement and I was going to get kicked out of school. I found it hard to talk because I didn't think anyone would listen to me or believe me.

With my Mentors help, I can now speak up and she has helped me move to a better Placement. I am doing better at school. I have met her (my Mentor) at the right time and I think other kids like me should have a Mentor."

Mentee

"There is something very reassuring that Judith was also once a child in care and somehow she managed to manoeuvre through all the system and be where she is right now, it allows the advice she gives to hold more weight in comparison to some other people who work in children services as I know that despite the fact our stories are different, she is able to relate.

Judith is truly a God send and I would like to reiterate what I said in the beginning, words won't be able to truly voice how thankful I am for any and everything she has done for me, from buying my groceries so I won't starve to death, collecting information for me about colleges, helping me find a therapists and to just sitting there every Monday and Thursday evening and just listening to me. There is something very satisfying when you feel like someone is actually listening to you and taking everything, you say into account and for that reason alone I will forever be indebted to Judith."

Mentee

"When I first met my Mentor, she was very nice and understanding, but I was very shy and didn't say much. I've come so far because of my Mentor. I never used to say much at meetings or at school if I wanted to change something because I was scared, but now I can't shut my mouth because I didn't realise how much speaking up would change my life.

E.g In the past no one really listened and I was frightened that I would get told off for sharing my feelings and worries, but I am now finding my voice with The Transformed You!

My question to you is do I think that children like me should have a Mentor from The Transformed You? My answer is Yes! Because they truly help you even if you think you can't be helped, they will help you in one way or another."

Mentee

*“Working with my Mentor has changed everything about me.
I used to be very angry but now I have calmed down and I am much better.*

The sessions with my Mentor are good because I have someone to talk to about my feelings and she helps me to speak up about how I feel to my Social Worker. She also gives me advice and I believe she cares about my future.

I think children in care should have a Mentor because some kids are put down by their Parents, Carers and other people and a Mentor will help them to build their confidence and self-esteem as she has done with me.”

Mentee

*“Having a Mentor helps me to speak freely without the fear of being judged.
My Mentor also encourages me and understands my problems.*

I recommend everyone should have a Mentor because it will help them to understand the right way to go in life.”

Mentee

Please note: The names of our Mentees have not been included in order to safeguard and protect their identity.

DELIVERING A WRAP AROUND SERVICE

Working with our Mentees, we learnt that they need a consistent safe space to express their truth about their Care Experience, to individuals they can connect with and relate to.

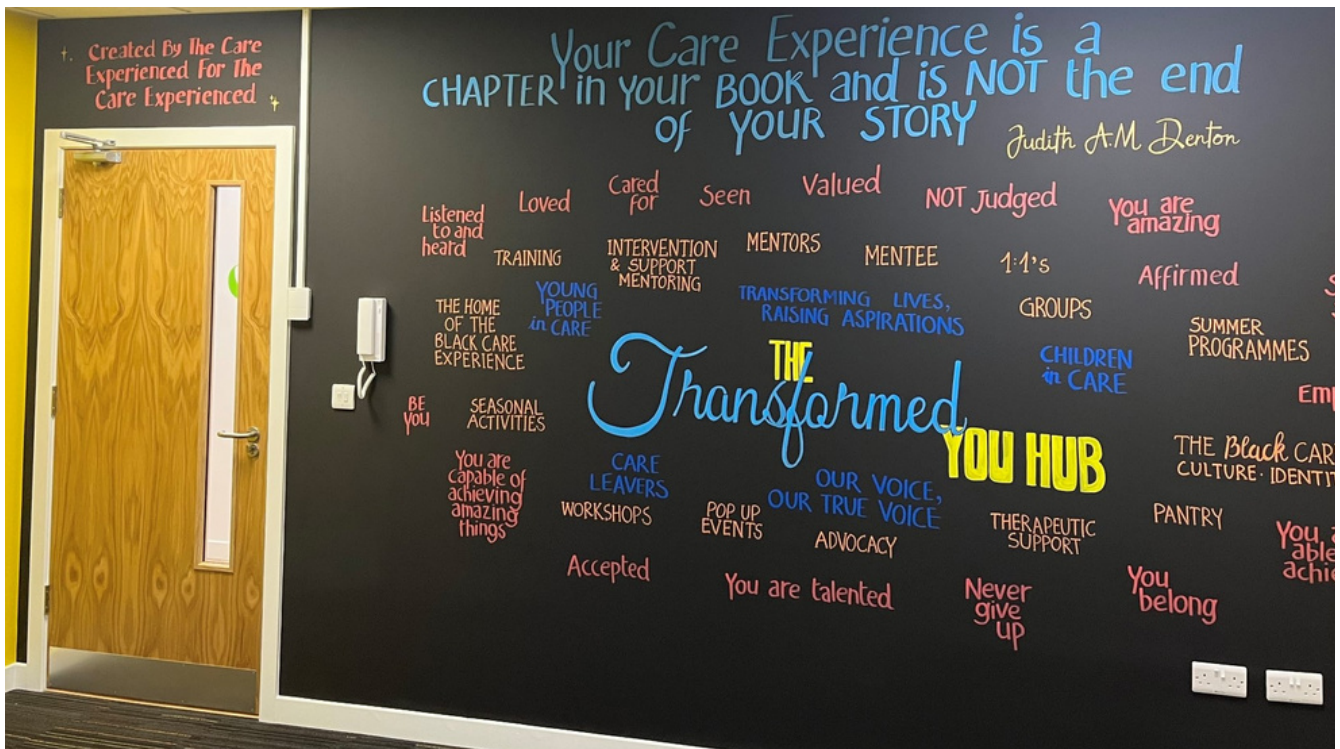
With this consistency, they are able to feel and know they are genuinely supported and not judged or stereotyped, which helps them to trust in The Transformed You process, build their confidence to grow and develop, go on to achieve their

aspirations and take their place in their community and the wider world.

We also identified the need to provide a consistent wrap around service to continue to help improve the outcomes and life chances of Children and Young People in Care and Care Leavers.

With that in mind, we moved into The Transformed You Hub in May 2023.

THE TRANSFORMED YOU HUB



Located in the heart of Barking, our Mentees are able to:

- Engage in their 1:1 Intervention and Support Mentoring sessions (these sessions can also take place at our Mentees School)
- Engage in Group/Peer Mentoring Programme. This new programme will focus on preparing our Mentees with the Life Skills they need now and will need after being in Care. Our Mentees will also be equipped with the Employability Skills they need to achieve their Aspirations.
- Access our Pantry of essential Food items and essential Household items (for Care Leavers)
- Drop In for ongoing support as and when needed

We will also be hosting **Summer Activity Programmes** and **Pop-Up Events** to build a community of support for our Care Experienced, which will continue to help improve their outcomes and life chances.

At the Hub, we'll continue to deliver **Training Courses** to equip Children's Social Care Sector with the knowledge, skills and solutions to make a positive difference in the life of the Child or Young Person in their Care; and through our Courses, bring an understanding of the True Voice of the Care Experienced, as they journey through the Care System.

This is also the base for **The Black Care Experience™**, shaping a better Care Experience for Black Children and Young People.

OUR 10 FOR 10

Whilst we take this time to celebrate 10 Years of progress and prepare for our next chapter, we'd like to share 10 insights into the Care Experienced Journey, that we hope will help to shape your practice in whatever role you play within the Children's Social Care Sector, and also inspire you if you are reading this as Care Experienced.

1 We are Capable of Achieving Great Things

As Care Experienced, we go through traumatic experiences that impact on how we see ourselves and also impacts on how we respond or engage with those around us. As a result of how we respond or engage, we are often labelled as hard to reach or hard to engage on route to poor outcomes and poor life chances. This perception of us is untrue. The truth is that with the right support, from those who are willing to invest the time and patience to get to know and understand us, we are more than capable of achieving great things.

2 Meetings

On our journey through the Care System, statutory meetings (and more), take place to put in place and review the plans detailing who will be caring for us, how we will be cared for and how we will be supported to achieve our full potential.

Our Mentees often share with us *"There's no point in going (to the meetings) because all they talk about is the bad stuff"* or *"They keep bringing up my past. I'm not there anymore"*.

Now whilst we understand that there will be challenges for all on this Care Journey, would it be possible to balance the meetings agenda to have a focus on the achievements and progress of the child or young person in Care and their bright future. Doing so will help us to see that you care and accept us, even on our not so good days.

3 Please be on the Same Page

Within Children's Social Care, we have the Children's Social Care Department who is responsible to protect, care and raise us and we have the Virtual School who is responsible for supporting us to achieve in education.

In our eyes, both departments are co-corporate parents to the Child or Young Person in their Care, however that said, we often notice that both are not always on the same page when it comes to sharing information or agreeing on the best course of action to take, with our care and future at the centre of the conversations. This impacts on our view and confidence in a System that is designed to care for us and raise us.

4 Too Many

When a Child or Young Person in Care, is experiencing a challenging time, please be mindful not to sign them up to and overload them with support and interventions from too many different organisations, to support and work on each and every outburst or behaviour that is being displayed by the Child or Young Person.

This multiple support system from multiple directions, can result in the Child or Young Person becoming overwhelmed and vote with their feet, or engage in body and not in spirit, with the desired outcome not being achieved.

5 Hear Our Voice

On our journey through the Care System, there are times when we'd like to speak up about some aspects of the Care we receive, but we aren't sure of how to express this and we're unsure as to whether you will believe us. This causes us to stay silent, go missing or act out in school.

With that in mind, please understand that our behaviour is sending you a message, and please create a safe space for us to share our views without being judged or labelled.

6 Good Endings

Please don't wait until the last minute to let us know we are being moved to a new Placement. The sudden moves from Placement to Placement has an impact on our mental health and emotional wellbeing, with racing thoughts keeping us highly alert and unable to relax, unsure of what is next and unsure of whether we are safe.

It also adds to our feelings and thoughts of being rejected, unwanted and unloved.

So where possible, please allow us to have good endings.

7 Be Good

Too many times, we hear the direction to 'Be Good' or we are promised incentives if we display 'Good Behaviour' for long periods of time.

With that in mind, please remember we are human and are not exempt from making mistakes.

That said, please stop telling us to be good, instead encourage us to do our best, show us how, be patient with us and celebrate our small steps of progress.

As is known, we enter the Care System because our parents, for whatever reason were unable to raise us, care for us or keep us safe.

Some of us are still in communication with our parents and some of us are not. It is here that we want to ask you to be mindful of what you say about our Parents.

Too many times we see Interventions being put in place as the last resort, when the Child or Young Person is in complete crisis after a number of school exclusions and placement breakdowns.

Early consistent intervention is key to help regulate and navigate our way through Care. Early consistent intervention is key to help prepare us to navigate life after Care.

We understand that sharing Our Story and Our Expertise comes at an emotional cost, of us having to relive every deep and painful traumatic experience, in our quest to speak out and be a part of the change to Children's Social Care, for the next generation who will enter the Care System.

We also understand that sharing Our Story is advantageous to certain aspects of the Sector and to certain organisations within the Sector, enabling them to keep their doors open and their inspection ratings consistent.

We also understand that Our Story and Our Expertise is advantageous for the purpose of Research within the Sector.

That said, the repeated requests to share our stories and engage in research that seems to be recycled from another organisations efforts, can sometimes be interpreted as organisations trying to outdo each other wasting valuable time, when the solutions they profess to seek are already written and published in Reports that are easily accessible.

With that in mind, we want to encourage the Care Experienced to only share Your Story when you have made peace with and have healed through each detail of Your Care Journey.

Only share if you will be remunerated for your time of preparation to share and for your time required to share. You too have financial responsibilities, no matter how small and a Voucher will not always meet that need.

If you do decide to share, please don't over share, be mindful that you'll be unable to retract what may have already been released to the targeted audience and possibly the wider world; and where needed, ask for Therapeutic Support Assistance to be put in place to help settle the triggers that may surface as you share.

REFER TO US

Referrals to book our 1:1 Intervention and Support Mentoring Programme and our Group/Peer Mentoring Programme must be commissioned by Local Authority Children's Services Departments and/or Local Authority Virtual Schools.

Referrals for a Care Leaver to access our Pantry, must be made by Local Authority Children's Services Departments and/or Local Authority Virtual Schools.

To make a Referral, please contact us via the details below.

For more information about:

- 1:1 Intervention and Support Mentoring Programme
- Group/Peer Mentoring Programme
- Our Pantry (for Care Leavers up to age 25)

- Summer Activity Programmes (coming in 2024)
- Our Pop-Up Events (coming in 2024)

- Our Training Courses
- The Black Care Experience

- Donating to Our Pantry
- Helping to Support Our Mission

Visit our website: www.thetransformedyou.co.uk

Email us: office@thetransformedyou.co.uk

Phone us: 0203 128 7061

Thank You!
Here's to another 10 Years and Beyond!
CHANGE IS POSSIBLE!



www.thetransformedyou.co.uk

Created
By The Care Experienced
For The Care Experienced