



WHO CARES
CONSULTANCY

REAL LIVES REAL TOOLS.

Building confident, connected, and independent futures through lived experience, wellbeing and practical learning.



Real Lives. Real Tools. A Future You Own.

WHY WE EXIST

Too often, young people are expected to become independent without being supported to thrive.



**Housing
insecurity**



**Financial
pressures**



**Poor
wellbeing**



**Limited
opportunities**



**Lack of
confidence**



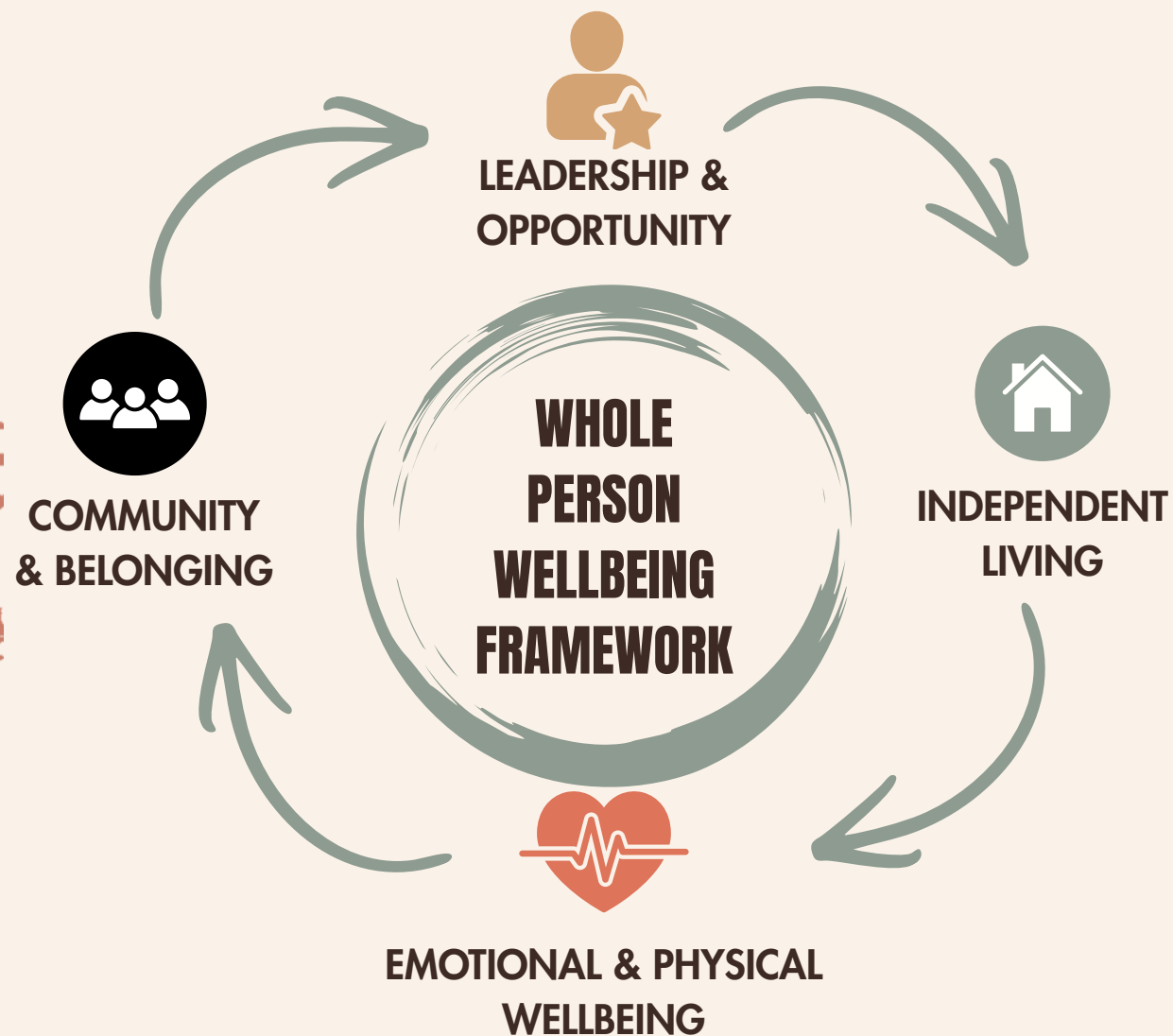
Isolation



We believe independence is built through confidence, connection, wellbeing and practical life skills working together.

OUR MODEL

Everything we do is built around our Whole Person Wellbeing Framework, placing lived experience at the centre of every programme.



OUR FIVE PILLARS



EMOTIONAL WELLBEING

Supporting mental health, resilience and emotional growth.



PHYSICAL WELLBEING

Building movement habits that improve confidence, mood, and health



INDEPENDENT LIVING

Practical life skills that create confidence and everyday independence.



COMMUNITY & BELONGING

Building trusted relationships and a sense of belonging.



LEADERSHIP & OPPORTUNITY

Developing skills, unlocking opportunities and shaping the future.

Each pillar works together because lasting independence is about more than practical skills alone.



THE REAL LIVES, REAL TOOLS JOURNEY



CONNECT

**Build trust
before the
programme
begins.**



DISCOVER

**Understand
your whole self
and create your
wellbeing plan.**



THRIVE

**Develop
confidence, life
skills and
wellbeing.**



GIVE BACK

**Support others,
co-produce and
make a
difference.**



GROW

**Move into
employment,
paid roles and
leadership.**



Your journey. Your pace. Your future.



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THE THRIVE PACKAGE

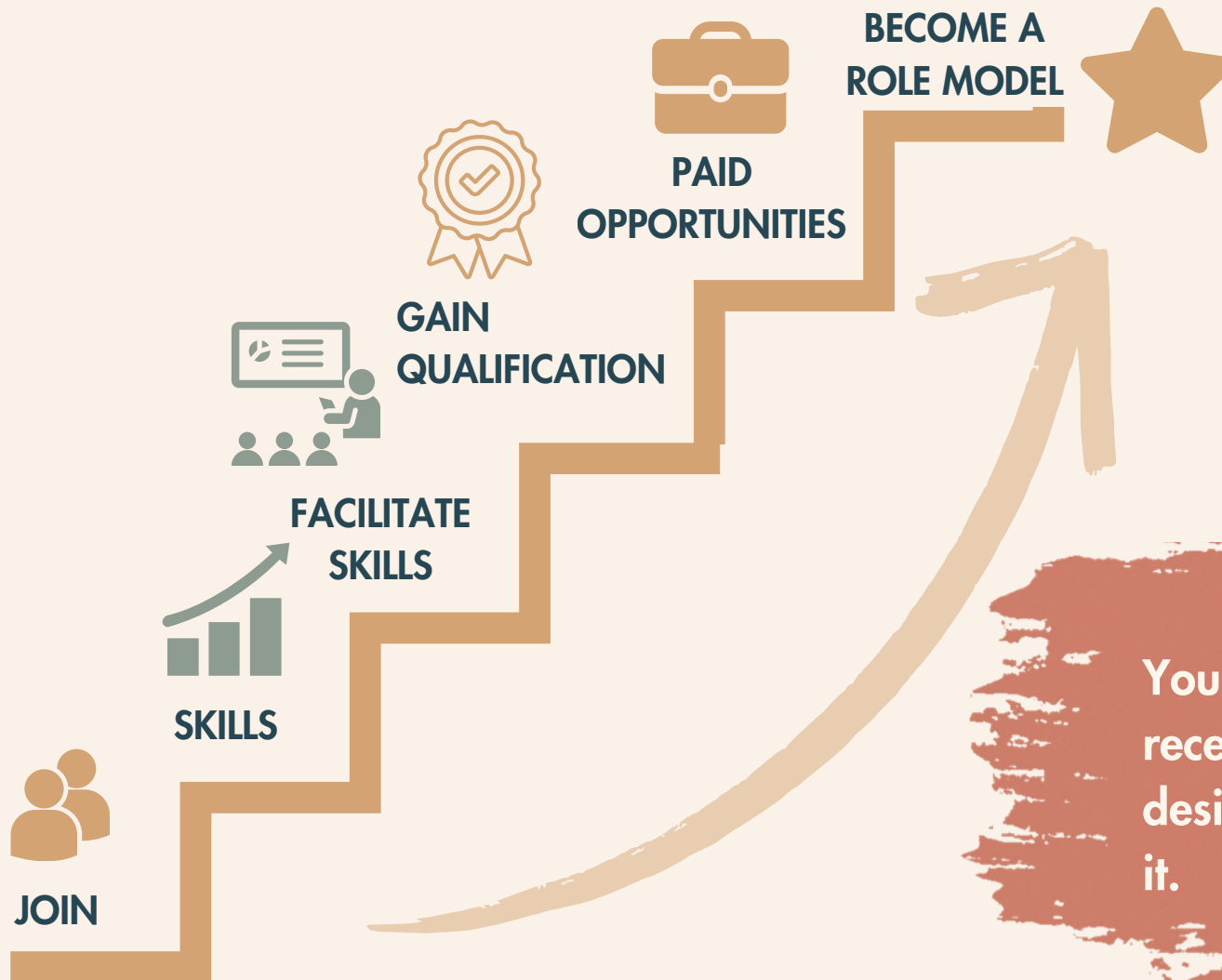


Every package is personalised
around the young person's
goals



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FROM PARTICIPATION TO EMPLOYMENT



Young people don't just receive support. They help design, deliver and improve it.



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MEASURING WHAT MATTERS

We measure meaningful
change, not just
attendance.



CONFIDENCE



WELLBEING



CONNECTION



INDEPENDENCE



EMPLOYMENT



PHYSICAL
WELLBEING

Our Whole Person Outcomes Framework
tracks progress from first engagement through
to long term outcomes.



SUPPORTING PROFESSIONALS

WHAT WE OFFER



Training



Implementation



Resources



Professional Guides

HOW WE WORK



Co-production



Lived Experience



Implementation Planning



Ongoing Support

Helping organisations move from
training into consistent practice.





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THE IMPACT WE CREATE



We invest in the whole person so young people can build futures they own.



**Stronger
Communities**



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WHAT PEOPLE ARE SAYING

Our resources and training have already been welcomed by young people, practitioners and organisations. Their feedback reflects the practical impact of our work and our commitment to creating resources shaped by lived experience.



"It is packed with brilliant advice and guidance for any young person from how to explore your future goals, career, educational wishes to exploring housing options available and clear pros and cons to the options, to managing your bills including debt and helpful pages/organisations led by care experienced people. We would recommend anyone who works with young people to get a copy."

- Annie (Founder & Director) at Amour Destine



"As a care leaver myself, I found it really helpful. It breaks things down in a way that's easy to understand, especially for those who might feel unsure or overwhelmed about living independently. I think its a great resource for anyone preparing to leave care, and I really appreciate the effort and thought that went into it."

- Melca, 21

"Amazing Resource"- Power2Prevail



"I found the book engaging, informative and detailed. Thank you for writing it, it is personal yet professional."

- Y, 21

"Wow! I can't believe there is actually a resource like this now. They should be teaching this in schools."

- Alex, 19

"I love the two books that you wrote. Very educative. Very good and I will share it with the team"

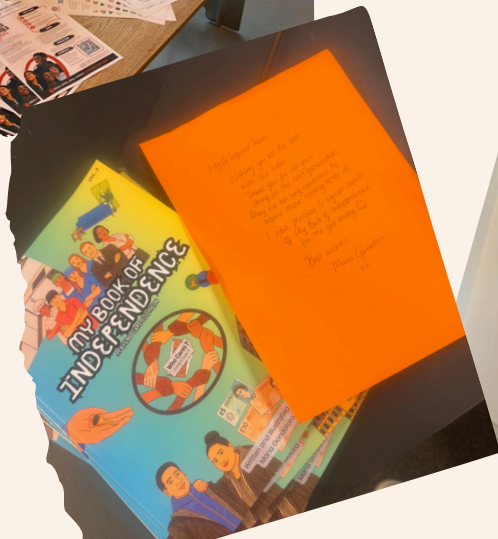
- Juliana (Team Leader) at Evolve Housing and Support



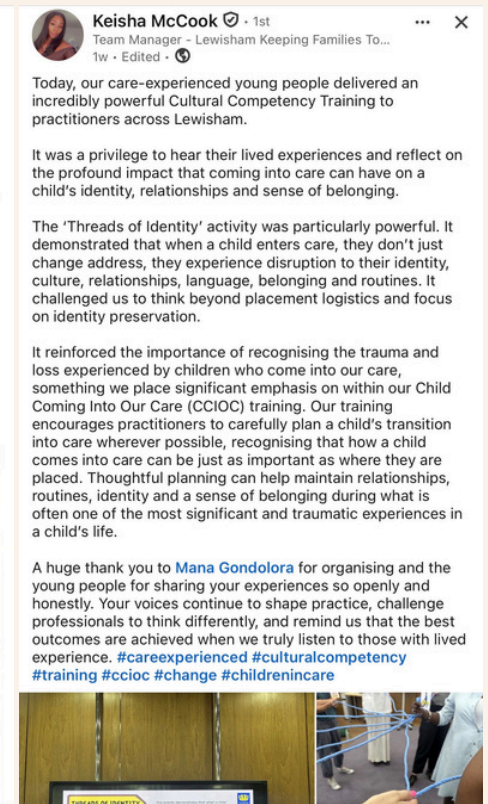
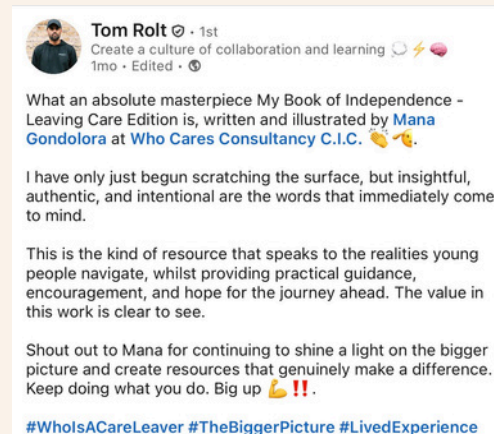
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BUILDING PARTNERSHIPS AND IMPACT

Our recent showcase brought together professionals from across the sector to explore the Real Lives, Real Tools Project, My Book of Independence and our training offer. The event generated valuable new relationships, invitations to present to professional teams, opportunities to explore future partnerships, and growing interest in commissioning our work. Alongside this, the launch of the prototype My Book of Independence (Volume 2) resulted in over 40 book sales, demonstrating strong early demand and helping build a sustainable foundation as we continue to expand our reach, strengthen partnerships and increase our impact.



Our work is rooted in years of experience developing and delivering co-produced training alongside young people. The feedback featured here reflects the value practitioners place on authentic lived experience, meaningful co-production and practical resources that strengthen professional practice.





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WAYS TO WORK WITH US



MY BOOK OF INDEPENDENCE

Practical resource books to support independence and wellbeing



PROFESSIONAL TRAINING

Trauma informed, lived experience training for professionals



REAL LIVES, REAL TOOLS PROJECT

Our youth-led project supporting young people aged 18-25



STRATEGIC PARTNERSHIPS

Co-create, deliver and drive change together.



*Let's build stronger
futures together.*



We'd love to work with you'

- Commission our programmes
- Refer young people
- Become a strategic partner
- Support our work



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←
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