



Planning Star™

The Outcomes Star for young asylum seekers

where you live

education,
activities & work

physical health

Want to use this Star?

visit www.outcomesstar.org.uk

Contact info@triangleconsulting.co.uk

or 020 7272 8765

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Published by

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Edition 1 published July 2019

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The Outcomes Star™

This Star is part of a family of Outcomes Star tools. Each tool includes a Star Chart, User Guide or Quiz and guidance on implementation and some have visual and other resources. For other versions of the Outcomes Star, good practice and further information see www.outcomesstar.org.uk.

Acknowledgements

Many people have contributed to the development of the Outcomes Star over its long evolution and we would like to thank all the clients, workers, managers, funders, academics and commissioners who have generously given their time and expertise.

The original commission for an outcome measurement system came from St Mungo's, with financial support from the London Housing Foundation, and Triangle recognises their vital roles in the development of the Outcomes Star. We would also like to acknowledge Kate Graham's important contribution to the development of the suite of Stars, both as a founding partner of Triangle and as co-author of the original Outcomes Star (now called the Outcomes Star for Homelessness). We would also like to thank Jellymould for leading on the design and editing of the Stars from 2006 to 2017.

The Planning Star was developed by Triangle Consulting Social Enterprise in collaboration with the South East Strategic Partnership for Migration and Pathways to Independence UK. The project is funded through a Controlling Migration Fund bid which was hosted by Brighton & Hove City Council on behalf of the local authorities in the south east region. The development process involved local authority managers and practitioners along with managers and workers from Pathways to Independence UK. There have been a number of focus groups with young people and participation from the Refugee Council, the Enthum Foundation, the WISE project, the Hummingbird project, John Ruskin College and Sussex Community NHS Foundation Trust.

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Introduction to the Planning Star™

The Planning Star has been developed for use with children and young people who are separated from their families and have come to this country to seek asylum. It can also be used with children and young people who have come to this country to settle with relatives here. It is a version of the Outcomes Star, a suite of tools for supporting and measuring change when working with people.

Star areas

The Planning Star covers eight areas of your life and there is a scale for each:

1. Where you live
2. Education, activities and work
3. Physical health
4. People and support network
5. Money
6. Understanding life in the UK
7. How you feel
8. Immigration process

Journey of Change

Change doesn't happen in one go – it is a journey and it can help to understand the steps along the way. Everyone makes changes in their own way but the pattern is often similar. Most of the Planning Star is built on a five-stage Journey of Change:

1. It's not OK (red)
2. Accepting help (orange)
3. Stable (yellow)
4. Learning for yourself (green)
5. Managing well (blue)

This Journey of Change is described in more detail on the next two pages. The pattern for "Immigration Process" is slightly different.

Each area is described on a scale.

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The Journey of Change

The Journey of Change describes the different stages on the way to managing well, including getting on well in this country and preparing for the future, whatever the outcome of your asylum claim. It is not the same as the process of your asylum claim. Moving up the scale depends on having people who are able to help you, understand your needs and who you can trust. It also depends on you doing what you can to manage the challenges of separating from your family, settling in a new country and going through the immigration process.

1 It's not OK (red)

At this stage your basic needs are not yet met and you don't trust people to help, so things are **not OK** and are not yet improving for you. Perhaps you don't yet feel safe or understand what is happening and may have recently arrived or been moved around a lot. Perhaps you have not been offered help in some areas of life covered by this Star or workers don't yet understand your situation or how to help you.

You are likely to feel fearful and anxious and may be in survival mode or traumatised by what happened in your country, by leaving your family or by the journey here, so may seem shut down or cut off from people. You may not be able to say what you need or may have been warned not to trust people or to tell your story for fear of not being allowed to stay.

You move to the next stage when you have someone helping who you trust enough to start to work together with them.

2 Accepting help (orange)

At this stage your basic needs are not met, as at 1, but the difference is that you are **accepting help** and you trust the people offering help enough to try and communicate your needs to them and to go along with what they say. However, things are not yet in place or stable for you. Perhaps your accommodation is short term or coming to an end because of your age or you are waiting for a college place or other services.

You move to the next stage when your basic needs are met and this gives you the stability you need to start engaging with the challenges you face.

3 Stable (yellow)

At this stage your basic needs are met, so your life is becoming **stable** and no longer feels chaotic or out of control – for example you have somewhere to live and at least a basic routine in place. As a result, you are feeling a bit more settled and at ease, whatever the stage of your asylum application. Perhaps you can start to think about your next steps. You may be starting to feel safe and learning how things work but rely on workers and those supporting you and are not yet able to improve things for yourself.

In the "Understanding life in the UK" and "How you feel" scales, the emphasis is more on what you can do yourself than on what other people can do to meet your needs. It is this that gives you a sense of stability.

You move to the next stage when you start to take the lead to build on this stability, make a life for yourself here and plan for the future.

4 Learning for yourself (green)

At this stage you are **learning for yourself** and taking steps to build your life here, whether you have recently arrived or are facing changes. This may include developing the skills you need, accepting social and cultural differences and learning to respond and behave in ways that help you integrate.

You mostly have the support you need and are learning what works for you. However, there are still changes you need to make in order to manage as well as possible in this country.

You move to the next stage when things are as good as they can be, you are managing as independently and as well as possible for now and have done the planning and preparation needed for different possible outcomes.

5 Managing well (blue)

Integrating into life in this country is an ongoing process, but at this stage you are mostly feeling settled, growing into your life here and **managing well**. Perhaps you have a sense of belonging and resilience, whatever the future holds. You may be managing the effects of any trauma so that it doesn't hold you back.

If your asylum claim has not yet been resolved, this includes having a plan for the different possible outcomes and managing the uncertainty that involves, so you are ready to build a future here if your claim is granted or to appeal or deal with the next steps in your life if you are not granted the right to remain.

The "Immigration process" scale follows a slightly different pattern of change. This is because a lot of this process is beyond your control as a young asylum seeker or of the people supporting you in the process. The scale combines the process of your asylum claim and also preparations for different possible outcomes. Where you are on this scale will highlight whether action is needed now to address concerns or to sort out the next steps. Stages 3 and 4 have different names to reflect this.

These stages are colour-coded as well as numbered.

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1 Where you live

Safe and suitable housing, support from caregivers, housing options, tenancy skills

5 Managing well

I'm comfortable where I live and have the skills I need to manage in the future

4 Learning for yourself

I'm finding ways to settle in and learning skills to live independently, but there are a few issues

3 Stable

I feel OK about where I live and the people I live with, but need to settle or build my independence

2 Accepting help

There are big problems with where I live but I'm talking to someone about it

1 It's not OK

There are big problems with where I live. I don't have help or don't trust anyone to help

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1 Where you live (detail)

This scale is about where you live just now, which may be with a foster family or relatives, or in supported accommodation, independent housing or a reception centre. It's about feeling safe and comfortable and getting on well enough with the people you live with. It's also about carers or accommodation staff supporting you in the way you need. It includes understanding housing options and learning tenancy skills.

5 Managing well

I'm comfortable where I live and have the skills I need to manage in the future

- You feel settled and at ease with your accommodation and understand your housing options if things change
- You are supported by your foster family, relatives or the carers or staff there. If you share with other young people, you mostly get on well
- If you are living independently or will be soon, you are prepared, have the tenancy and other skills you need to manage and know your plan for the future
- You are managing well enough with the ups and downs of home life and things are as good as they can be for now

4 Learning for yourself

I'm finding ways to settle in and learning skills to live independently, but there are a few issues

- You are finding ways to feel comfortable where you live, getting used to how things are done there and learning your options for housing in the future
- You are learning to understand the people you live with and to get on with them better. They are also learning to understand and support you
- You are learning relevant skills to live as independently as possible, now and in the future, such as cooking, cleaning or how to manage a tenancy
- This learning is new, and some things still need sorting out with your home life

3 Stable

I feel OK about where I live and the people I live with, but need to settle or build my independence

- You are living somewhere stable, at least for now. You feel safe and there are no major problems but you don't yet feel settled there. Perhaps everything feels different or you don't yet know the people you live with or the local area
- If you need to move soon, you understand what needs to happen and have some support
- You are not yet developing the independent living skills you need or have only just started

2 Accepting help

There are big problems with where I live but I'm talking to someone about it

- You don't feel safe, happy or comfortable where you are staying
- **Or** you are unsettled because you have to move or because you don't understand how this will work
- You are talking to a worker about this and they may be helping you with where you live or trying to find you more suitable accommodation if possible

1 It's not OK

There are big problems with where I live. I don't have help or don't trust anyone to help

- Perhaps you don't feel safe, happy or comfortable where you are staying
- You may feel unsettled because your housing is short-term or you have to move soon. You may not understand your options for housing. You may be homeless
- You may not get on with your foster family, relatives, carers, staff or others you live with
- You may not have your own room or a space that is yours or other basics you need
- You don't talk about this or engage with support if it's available

2 Education, activities and work

English language skills, training or employment, positive activities

5 Managing well

I have enough English to manage and am getting on well with education and other activities

4 Learning for yourself

I'm finding ways to get on better with education and activities, but there are a few issues

3 Stable

I'm starting to settle in education, training or work and have a few activities in my week

2 Accepting help

I don't speak English or am not doing any learning but I'm getting help with this

1 It's not OK

I don't speak English or am not doing any learning. I don't have help or don't trust anyone to help

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2 Education, activities and work (detail)

This scale is about how you are getting on with education, training or work (if allowed), and how you spend your free time. It includes learning to speak, read and write English if needed so that you can study and settle. It's also about having activities and interests that you enjoy or that develop your skills and perhaps give you a sense of achievement. These might be within your own culture, in music, sports, arts or the community.

5 Managing well

I have enough English to manage and am getting on well with education and other activities

- You are learning as much as you can. Perhaps you are enjoying education, training or work and understand what is expected of you
- You have good enough English to manage in most situations
- You have positive goals for the future, such as university or a career, but don't put yourself under too much pressure
- You have regular interests and activities, such as sports, music or a youth club, that may help you develop skills, feel part of something positive, have a sense of achievement or connect with your culture or faith

4 Learning for yourself

I'm finding ways to get on better with education and activities, but there are a few issues

- You mostly know what is expected at school, college, training or work, are coping OK and have any extra help you need
- If you didn't have enough English, you are making progress in speaking, reading and writing
- You are developing ambitions or goals
- You are developing interests and activities that allow you to relax and have fun and that may improve your skills. These may also connect you with your culture or faith
- This learning is new and some things still need sorting out with education or other activities

3 Stable

I'm starting to settle in education, training or work and have a few activities in my week

- You are going to school, college, university, training or work
- You are starting to understand what is expected of you and to learn there. If you need extra help, teachers or employers are trying to put this in place
- You have at least some basic English that you are using there
- You have one or two activities during the week outside of education or work. You may be finding out what you enjoy or starting to make links with your own culture or faith

2 Accepting help

I don't speak English or am not doing any learning but I'm getting help with this

- You are talking to someone – perhaps a worker, foster parent or teacher – about your difficulties with English or with school, college, university, training or other activities
- They are trying to support you, for example by getting you extra help with English, talking to the school, college or workplace, or finding activities for you

1 It's not OK

I don't speak English or am not doing any learning. I don't have help or don't trust anyone to help

- One or more of these apply:
 - You have very little English – you mostly can't understand people and they can't understand you
 - You don't go regularly to school, college, training or work or are not involved in sports, music, arts or other activities you might enjoy or that connect with your culture or faith
 - You are not yet coping with your education, training or work. Perhaps you have never done this before, don't understand the lessons or rules or don't know what is expected. Perhaps you are very unhappy there
- You don't talk about this or engage with support if it's available

3 Physical health

Doctor and dentist, immunisations, treatment, nutrition, sleep, healthy lifestyle

5 Managing well

I have a healthy enough lifestyle and take care of myself. I can access health care well enough

4 Learning for yourself

I'm finding ways to have a healthy lifestyle and take care of myself, but there are a few issues

3 Stable

I have basic health care and any immediate health problems have been addressed

2 Accepting help

I don't have all the health care I need but someone is helping me

1 It's not OK

I don't have the health care I need. I don't have help or don't trust anyone to help

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3 Physical health (detail)

This scale is about your physical health and covers getting any treatment you need, registering with health services and getting immunisations and check-ups. It's also about eating and sleeping well, being active, having good hygiene and spending time outdoors. It can also include pregnancy and sexual health if relevant for you now. At 5 you may still have health problems but you are doing everything you can to look after your health.

5 Managing well

I have a healthy enough lifestyle and take care of myself. I can access health care well enough

- Your lifestyle is mostly healthy enough. You are mostly managing to eat well enough, get enough sleep, be active and to look after your sexual health
- If you have a health condition, you do what you can to manage it yourself, and have any support you need
- You access health services as independently as possible, including keeping appointments
- Things are as good as they can be for now with your health

4 Learning for yourself

I'm finding ways to have a healthy lifestyle and take care of myself, but there are a few issues

- You are learning how to have a healthy lifestyle and trying to do this, for example by eating better or being active. Your foster family, relatives or accommodation staff may also be learning to help you
- You are learning how to access health services. If you have a health condition you are learning what you can do to manage it
- You take care of your personal hygiene and appearance. You may be finding ways to sleep better, such as not using phones close to bedtime
- This learning is new, and some things still need sorting out for your lifestyle to be healthy

3 Stable

I have basic health care and any immediate health problems have been addressed

- You are registered with a doctor and a dentist and have any support you need with appointments. You have access to sexual health services if needed
- You have had treatment for any immediate illness, injury, infection or health condition, but may still be continuing with this. If you are pregnant you are getting the health care and support you need
- You have had immunisations, testing for sight and hearing and other key health checks
- You have basic health care but don't yet have a healthy lifestyle or still need treatment for health problems

2 Accepting help

I don't have all the health care I need but someone is helping me

- Someone is helping you to see a doctor and dentist and get immunisations and health checks
- You are talking to health professionals or perhaps a worker or foster parent about your health and getting help if you are in pain or have immediate physical health needs such as injury, infection, scars, pregnancy or problems with nutrition

1 It's not OK

I don't have the health care I need. I don't have help or don't trust anyone to help

- You are not registered with a doctor or dentist and may not have had health checks or immunisations. You may not know your medical history. You may not know how to get health care or specialist help such as sexual health services
- You may be in pain, ill, injured or have an infection as a result of what you have been through
- You may have problems with eating or be malnourished or may be getting very little sleep
- You may not be taking good enough care of yourself or of your personal hygiene
- You don't talk about this or engage with support if it's available

4 People and support network

Friends, family, people who support you

5 Managing well

I have friends here and supportive adults in my life

4 Learning for yourself

I'm building friendships and connections with people who support me but there are a few issues

3 Stable

I have a few supportive people in my life

2 Accepting help

I don't have positive friends or enough support here but I'm talking to someone about this

1 It's not OK

I don't have positive friends or support here. I don't have help or don't trust anyone to help

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