

## **WAYNE BELASIS – MINI MACKEM MAD MAN BIFFA!**

Transition from care to independence was a big thing for me. Hands up, I massively underestimated how hard it was gonna be. Honestly I thought it was gonna be class, all the freedom, no rules, party at mine every night woop woop !! I think the staff at my last placement did try a bit to learn me things I needed but I wasn't really having it, just like 'I'll be fine man'. I didn't really have a clue. I suppose its an example of a transition that didn't go well and I try to think about what went wrong, what I could of done different and what other people could of done different.

Within a short time I'd got in a right mess basically. Not managing money, getting in bother off the housing people for not being a good tenant. Neglecting myself a lot so I ended up affecting my health cos I was just being unhealthy and that, bad diet, bad habits, that sort of thing. Worst bit of all though was how alone I felt I honestly just felt abandoned by everyone. Yes I had personal advisor and the housing officer but that doesn't help when you just need company or to talk or whatever. So I ended up knocking about with some people who I probably should of kept away from just so I had people there. They werent even real friends, I knew it, but at least it was someone. In the end I had a break down cos of the whole thing. Don't wanna finish on a bad note like I did pick myself up a bit again and now I'm coming to the transition of turning 25 (which I class as a kind of milestone) things are more settled. But what might of stopped it coming to that point. I think it would of helped me to know what to expect so I got a realistic idea. Having people to talk through any worries. I reckon looking over the whole thing and planning better would of helped. Like if I had chance to think about what things I wanted to be different. I suppose transitions can be a good chance of a fresh start. But also to think about what things I wanted to stay the same including ideally what people will stick with me. That's just some ideas I came up with trying to think back. Sometimes you have to learn things the hard way. That's why I think it's good having things like care convos so everyone can learn from that hard won knowledge that all different people got on their different ways. Maybes people will agree with my opinions maybes they wont. Either way looking forward to seeing what comes up in the chat.

**You can find Wayne on Twitter: @wayne24536203**