



Ono:

Hi, I'm Ono. And I'm a Third Spacer and I'm part of the core team at Heart n Soul in Deptford and I work on Heart n Soul's adult taking part project, Allsorts.

Dora:

Hello, my name is Dora. I am a Third Spacer and a psychologist and a core team member in The Hub.

Dylan:

I'm Dylan, and I'm a Third Spacer. I take part in Allsorts, but I also work with the Heart n Soul radio as well.

Catherine:

I'm Catherine, I'm a Third Spacer. I'm an artist. I was involved in the creation of Who Cares? and the Third Space film, Come as You Are.

Ono:

Go back to the first film, Who Cares? I found that film very, very interesting because we get to find out what it's like to be supported,

Dora:

What it's like to be receiving care?

Ono:

Yeah.

Dora:

You don't often get people talking about receiving care and giving care at the same time. So, I found it really interesting hearing both of those perspectives together.

Dylan:

I think I receive care, but I don't actually give it.

Ono:

Yes, you do, Dylan, when you're with Louise.

Dylan:

Yeah, but that's when I'm with Louise. I mean when I'm not with Louise, I don't actually give care to anybody else apart from Louise, if you know what I mean?

Ono:

Yeah.

Dylan:

Because I have a carer myself anyway, so he cares for me, but I don't give him the care back.

Ono:

Yeah.

Catherine:

I wonder what our understanding of what care means because there's the sort of very practical type of care that a carer might provide. But I think there's also a variety of other forms of care, which is kind of what that film explored.

Dora:

Yeah. I really agree. And also, how we might be caring for others sometimes without even knowing it, which it was really nice to see the Who Cares? film with our film about Third Space together. That was the first time I've seen them together. And how I suppose the Third Space sessions felt like we were probably all caring for each other in those sessions, whilst having fun and doing creative things.

Dylan:

Because with the Third Space, when we're all meeting together, we could actually help each other with problems, like if we have a similar problem, we could actually talk it through.

Dora:

Yeah. And everyone was just allowed to be themselves. So everyone was responsible for everyone, and no one was responsible for everyone. We looked after one another and had fun together. So I found that helpful. I felt cared for as being part of the sessions. So I found that really interesting to see the two films talking differently about kind of being looked after.

Dylan:

I don't know about anybody else, but is there a difference between the first film and the second?

Catherine:

What do you think, Dylan?

Dylan:

I don't know. The first one, because it reminded me of when I'm with Louise, I'm looking after her as well as doing the radio stuff for Allsorts.

Dora:

For the different jobs you have?

Dylan:

Yeah. So I'm a bit of both. I'm taking part, but then I'm also a carer at the same time. And when I've got Louise with me, I can't separate the both.

Dora:

So did the first film, it reminded you a bit of that?

Dylan:

Yeah.

Dora:

And then the second film, was that similar or different?

Dylan:

No, the Third Space one is where I didn't have to be... I could just be myself, but I don't have to worry about being a carer as much.

Ono:

From the first film, about what Peter said is similar to what I have with my carers.

Dora:

What did Peter say?

Ono:

He treats Michael like family.

Dylan:

It's the same for me as well, because I got used to my carer. So the carer that I have, I treat him like friends and ask him how he is and everything.

Ono:

Yeah.

Dora:

Why I love that film is, the Who Cares? film, because it talks about all of that, about how powerful and important these relationships are. And often in the services I work in, it's kind of secret or you don't really talk about that. You're not really meant to, people are there to do a job, or you're there to be helped to open your post or something like that. But actually, that film really shines the light on how rich and important these relationships are and how people learn so much from it on both sides of the relationship.

There's this idea, that's there for important reasons that people, particularly for carers, need to be professional, that if they care too much, that they might overstep a boundary and that wouldn't keep people safe. And they're there to do kind of job. I think everybody knows that it's much more than that, but because people are worried about not coming across as professional, it just doesn't get talked about.

And actually, I would say, as a psychologist, that was the whole reason I got into the work, was to be with people and to learn from them and for us to have fun together. I think that's why lots of people decide to work in care. And so, it felt really good to hear it and be able to see how important it is for people. Because I felt like that myself. It's one of the ideas about why we wanted Third Space, was a chance for people to be together just as themselves, and to be able to be honest about what's important.

Dylan:

Dora, when you did the Third Space, did you feel like you could actually leave the job behind and actually just be without worrying about other people for one day?

Dora:

I did really powerfully in the session that we had on Zoom after the lockdown. I hadn't realised how much I needed to see everybody and to do something fun together. And that session I just loved. And I felt like I just got so much from it. I didn't expect it. I didn't realise how much I needed it. So it's hard to do it. I remember hearing Richard saying how long, it took him a few sessions to like relax and realise he could leave his job at the door, but it did happen for him. And it definitely happened for me once I've been given a bit of time.

Dylan:

What about you, Ono?

Ono:

When I first came to Third Space, I liked it because it was different to what I usually do at Heart n Soul. And I got to be in a different space.

Catherine:

Conversations that we were having with the people in Who Cares? when we were recording it, and I got the sense that the relationships between a lot of the people were really meaningful, and that was amazing. But at the same time, I was also aware that the kind of people who are able to come to Allsorts probably are the exception in lots of ways. And there are probably a lot of people who don't have the support to come to something like Allsorts. So we were talking to a select group of people who had very good relationships with their carers or the person they were supporting. And that was a privilege to be able to get a bit of an insight into that relationship.

But I guess the people who aren't there were the ones that I was also interested in hearing from as well. I think we didn't have that many negative stories about the relationships because I think those people probably just aren't there, aren't at Allsorts. Do you know what I mean?

Ono:

Mm (affirmative).

Dylan:

Mm (affirmative).

Catherine:

So I think whilst it's a beautiful film and a really amazing insight into what the relationship between a support worker and a person that

they're working with can be like, and how much each person gets out of it, or potentially can get out of it, I think there's a lot of other relationships that don't work quite so well, and I think it's important to acknowledge that.

Dora:

I also think it's so important too, often in healthcare services, we spend a lot of time looking at what's not working. We spend a lot of time looking at problems. So in my work, I know so much about the relationships that don't work, but I spend so little time talking about the ones that do. And the ones that do work are the ones we need to learn from. They offer us so many opportunities. And so, and I really agree it's important to acknowledge it and I think we should keep paying attention to the stuff that works, because that gives us opportunities to think about how could that be extended out into other places and into other settings.