



Zintarah Haven

The UK's First-of-Its-Kind Supported Accommodation for Black Girls Aged 16-17 in Care—Tackling Systemic Inequalities, Exploitation, and Violence.

EMPOWERING BLACK GIRLS AGED 16-17 IN CARE TO TRANSITION SAFELY AND SUCCESSFULLY INTO INDEPENDENT ADULTHOOD.

Who Are We

While Anima Youth supports all marginalised girls through its wider projects and services, Zintarah Haven specifically addresses the unique challenges faced by Black girls and those who identify as black, aged 16-17 leaving care, helping them transition smoothly into independent living.

Anima Youth | Zintarah Haven is a new and innovative 16-17 Supported Accommodation service by Anima Youth, a charitable youth support organisation dedicated to supporting marginalised girls and young women who are vulnerable to exploitation, violence, and abuse. Over the past five years, we have worked in schools and communities, delivering targeted support to girls through outreach, workshops, and one-to-one sessions.

- Recognised as **Top 3 Emerging Voices for Violence Against Girls and Women in London** by the London Community Foundation.
- Serving as the **Specialist Girls & Young Women's Organisation on the Croydon VAWG Network/Board** for the past five years.
- **Comissioned by Southwark Council to deliver our Girls Exploitation Early Intervention Project** borough-wide in Southwark for 2.5 years.
- **Opening Croydon's first girls-only Safe Space Day Facility** for Young Mums & marginalised girls aged 12-17.
- Partnering on the Croydon Taskforce and delivering on **Croydon Mayor Jason Perry's VAWG Delivery Plan as the Girls & Young Women's Outreach Providers.**



Introducing

WHY WE EXIST

Through years of working with care-experienced girls, we at **Anima Youth**, have repeatedly heard the same concerns:

- Black girls leaving care are **falling through the gaps**
- They are not receiving adequate support due to a **lack of an intersectional lens on care leavers**
- Systemic challenges such as **adultification, racial biases, and unmet cultural needs** leave Black girls transitioning out of care **disproportionately vulnerable** to exploitation, homelessness, and poor outcomes



Our Commitment

Zintarah Haven is our response to these gaps.

This service reflects our commitment to:

- **Addressing the intersectional needs of Black girls leaving care**
- **Creating a safe, empowering, and culturally sensitive environment.**
- **Supporting young Black women to heal, grow, and transition successfully into independent adult life**

As a Black girl in care, I was often told that I was 'too grown' or 'provocative,' even though I was just wearing the same clothes as other girls my age. This made me feel ashamed and like I couldn't tell anyone when I started getting attention from older men"

"I grew up in foster care with a family that had no idea how to care for my hair. I ended up wearing my hair in braids for months without them being taken out. My scalp became sore, and I didn't feel confident asking for help. It made me feel ashamed of my hair"

I remember being embarrassed in school because my foster family would tell the teachers that my love of bashment music and loud music was 'inappropriate.' It made me feel like my culture was always seen as a problem."

Whenever I showed emotions, I was labeled 'aggressive.' Even if I was just upset or frustrated, it felt like being a Black girl meant I couldn't be vulnerable or soft. It made it hard for me to express my feelings and seek help.

My biological family spoke Twi, but I wasn't encouraged to continue learning it in care. Now, as an adult, I feel like I've lost a vital part of my identity.



The voices of black care experienced girls

How We Create Positive Change



CULTURALLY SENSITIVE SUPPORT

Zintarah Haven provides tailored, culturally sensitive support, helping Black and mixed-black girls develop their self-identity, navigate the challenges they face and develop the skills they need to transition, while insuring they feel valued, heard, and empowered.

INTERVENTION OF EXPLOITATION

Our specialism and expertise in supporting girls and young women vulnerable to exploitation reduces the risks of violence, exploitation, and abuse once they transition out of care, and into independent adult life.

LONG TERM IMPACT

Our approach equips them with the life skills, confidence, and independence needed to thrive, while actively challenging the structural barriers that perpetuate cycles of poverty, marginalisation, and instability.

Why Choose Our Supported Accommodation Service

A photograph of two young Black women sitting on the ground and talking. The woman on the left is wearing a bright yellow sweater over a striped shirt and blue jeans. The woman on the right is wearing a white sweater, blue jeans, and a brown backpack. They are both smiling and looking at each other. The photo has a pink, hand-drawn style outline.

AT ZINTARAH HAVEN, WE GO BEYOND THE BASIC CORE SUPPORT SERVICES OF SUPPORTED ACCOMMODATION. OUR UNIQUE SUPPORT PROGRAMME IS PROVIDED TO EVERY GIRL PLACED WITH US, ENSURING A CULTURALLY INFORMED, HOLISTIC APPROACH TAILORED TO THE UNIQUE NEEDS OF BLACK GIRLS LEAVING CARE.

In line with Croydon's Sufficiency Plan and Children's Social Care Strategy, Zintarah Haven tackles disproportionality in care by providing high-quality, culturally responsive accommodation that fosters stability, belonging, and successful transitions into adulthood.

HIGHLIGHTING OUR Unique Service Approach



CULTURAL AWARENESS & SELF-IDENTITY DEVELOPMENT

✓ Examples: *Heritage & Ancestry Mapping workshops, language activities, and cooking workshops*

✓ **Helping girls celebrate their heritage, counteract marginalisation, and build self-pride**

"THIS GIRL CAN" MENTORSHIP PROGRAMME

✓ Group dinners with *inspiring Black female role models*

✓ **Challenges stereotypes, expands aspirations, and builds confidence**

ACCESS TO UNCONVENTIONAL SPORTS

✓ Monthly participation in *horse riding, tennis, golf, and more*

✓ **Encourages resilience, teamwork, and self-belief**

UK CITY BREAKS & CULTURAL EXPERIENCES

✓ Organised *annual trips to cities in the UK* example: Edinburgh, Cornwall, the Cotswolds, and more

✓ **Expands perspectives, widens horizons and builds life skills**

Core Standard Support

Zintarah Haven provides a specialist, culturally sensitive supported accommodation service for Black girls aged 16-17 leaving care. Our service is designed to bridge the gap in support for young Black women, ensuring a safe, stable, and empowering environment for their transition into independent living.

24/7 Support & Supervision

- Staff on-site daily from 7 AM – 11 PM.
- Night staff sleep-ins 7DAYS A WEEK (11 PM – 7 AM).
- 24/7 on-call support for emergencies.

Keyword Sessions & Individualised Support

- Weekly 1:1 keyword sessions.
- min. 15-20 hours targeted support per week
- Bespoke support plans tailored to individual needs.
- Advocacy and guidance in navigating the leaving care process including claiming benefits

Life Skills Development & Preparation for Independence

- Budgeting, money management, and tenancy readiness training.
- Cooking, meal planning, and household management skills.
- Personal safety workshops.

Specialist Support for CSE-Exposed Young Women (Unique Service Offer)

- Safeguarding-focused interventions.
- Multi-agency collaboration with social care and specialist services.
- Protective interventions and safety planning.

Cultural & Identity-Based Support (Unique Service Offer)

- Culturally competent and trained team providing tailored support.
- Self Identity, Hair and beauty care workshops.
- Cultural activities, mentoring, and self-confidence workshops.

Well-being, Community & Social Support (Unique Service Offer)

- Monthly “This Girl Can” Mentorship & Dinners with Black women role models.
- Access to wider Anima Youth projects.
- Annual UK trip and unconventional sports activities.

Core Areas Of Support In The Support Plan

In addition to the foundational services outlined above, we specifically focus on these core areas to address the holistic needs of our girls and young women:

Independent Living Skills

Financial management.

- Household management.
- Self-management.
- Leisure activities.

Health

- Registration with health services within one week of placement.
- Access to culturally sensitive mental health and trauma support through our community partners.
- Health education workshops on Sexual Health and Black women's health issues.

Identity

- Heritage mapping, ancestry exploration, and cultural activities.
- Self-esteem and confidence-building workshops.
- Support in navigating challenges related to adultification and systemic biases.

Family and Social Relationships

- Guidance on maintaining positive family connections.
- Encouragement to develop healthy peer relationships.
- Support in managing complex family dynamics.

Education, Employment, and Training

- Assistance with securing education or vocational placements.
- Weekly one-to-one sessions to track progress.
- Mentorship and work experience opportunities.

Emotional Wellbeing and Behavioural Development

- One-to-one keyworker sessions on resilience and coping mechanisms.
- Support in recognising and addressing behavioural patterns.
- Referral to specialist behavioural support services.

Housing

- Tenancy readiness training.
- Practical advice on managing bills and understanding tenancy agreements.
- Support in navigating housing options and benefits claims for transition to independence.

Self-Care Skills

- Workshops on hygiene, time management, and well-being.
- Encouragement to develop daily routines and independence.
- Practical sessions on managing day-to-day responsibilities.

Social Presentation

- Guidance on presenting positively in social, educational, and professional settings.
- Workshops on communication and personal presentation.
- Support in navigating diverse environments confidently.

Extracts From Zintarah Haven Example Support Plan

Young Persons Profile
Name: Alaya Obeng (example name) Age: 17
<ul style="list-style-type: none"> Status: Care Leaver (former looked-after child under Section 20 of the Children Act 1989). Challenges: vulnerable to sexual exploitation, financial manipulation, and peer coercion. Strengths: Resilient, interested in studying social care, enjoys art and creative writing, builds rapport well with trusted adults. Personal Goals: Develop independence, establish safe relationships, pursue education or training, and maintain emotional stability. LA's desired Outcomes: Reduce Risk of Exploitation, Attain transition into employment or training, ready for independent life Key Worker: Assigned to Lisa Brown, with secondary support from team staff.
The above information is made up of a fictional character

Support Plan Objectives and Support Framework

Safeguarding and Risk Management	Action
Objective: Ensure Alaya is safe from exploitation and develops the tools to identify and avoid unsafe situations.	<ol style="list-style-type: none"> Conduct weekly 1:1 safeguarding sessions with the key worker to explore: <ul style="list-style-type: none"> Healthy vs. unhealthy relationships. Strategies to recognise and report exploitation. Confidence in saying no and establishing boundaries. Ensure 24/7 emergency support is available via night shift support worker and on-call staff member. Collaborate with external agencies (e.g., social worker, personal advisor, local authority safeguarding teams) to review Alaya's risk profile quarterly. Restrict unauthorised visitors and monitor interactions via informal check-ins and team

Measurable Ourcomes	Alayaa's Views, Wishes & Feelings
<ol style="list-style-type: none"> Measured on Outcomes Star: <ul style="list-style-type: none"> Safety: Initial score (e.g., 3/10) → Target improvement to at least 7/10 over 6 months. Progress Indicator: Alayaa reports feeling safer, understands how to identify risks, and raises fewer concerns around unsafe relationships. No reports of exploitation during her placement 	<p>"I sometimes feel uncomfortable talking about what's happened to me in the past because I don't want people to judge me. I want my key worker to help me learn how to spot bad situations before they get worse and feel confident saying no. I also want to make sure that I have someone to talk to if I feel unsafe, and I'd prefer if we could do sessions somewhere private where I feel comfortable. It would help me if we focus on positive things as well, like how I can build safe friendships."</p>

Support Plan Objectives and Support Framework continued.

Education, Employment, and Training (EET)	Action
Objective: Support Alaya to engage in education, training, or employment , with a focus on culturally relevant opportunities that align with her interests in social care.	<ol style="list-style-type: none"> Collaborate with Alaya's Personal Adviser (PA) to identify and secure a college course, apprenticeship, or training program in social care, her chosen field of interest. Research and connect Alaya with networking events tailored to Black professionals in social care or related industries. Examples may include: <ul style="list-style-type: none"> Local or national organisations like the Black Social Workers Network or similar groups. Community-led initiatives or events promoting diversity in social care. Arrange for Alaya to attend career-focused workshops or events that include Black speakers or mentors who can provide inspiration and guidance. Key worker to support Alaya with CV writing, job applications, and preparing for interviews. Provide structured daily routines and reminders to encourage participation in EET opportunities.

Measurable Ourcomes	Alayaa's Views, Wishes & Feelings
<ol style="list-style-type: none"> Work and Learning: Initial score (e.g., 2/10): Target improvement to 7/10 within 6 months. Progress Indicator: <ul style="list-style-type: none"> Alaya attends at least one culturally relevant networking event or workshop within three months. Enrolls in a college programme or training related to social care within six months. Builds confidence through positive engagement with Black professionals in her chosen field. 	<p>"I'm interested in learning more about social care, but I sometimes feel out of place in big events or classrooms. I'd like to meet people who have had similar experiences to me and can show me what's possible. I want help finding opportunities that feel welcoming and inspiring, especially ones where I can see people like me who are doing well in this field. It would also help if someone could go with me to these events at first until I feel more comfortable."</p>

Support Plan Objectives and Support Framework continued.

Emotional Well-Being	Action
Objective: Support Alaya's emotional well-being and help her build resilience, confidence, and coping strategies to manage day-to-day challenges.	<ol style="list-style-type: none"> Weekly 1:1 check-ins with the key worker to explore Alaya's thoughts, feelings, and any concerns in a safe, supportive environment. Encourage Alaya to engage in creative outlets that promote emotional expression, such as: <ul style="list-style-type: none"> Weekly art or journaling sessions to help her process emotions through creativity. Writing activities to explore her goals, dreams, or challenges in a reflective and positive way. This Girl Can group mentoring sessions to provide peer support, empowerment, and opportunities to share experiences in a supportive group setting and learn from other inspiring black women. Regular participation in community-based activities, such as group outings or hobbies (e.g., sports, nature walks), to encourage positive emotional connections and enjoyment.
Measurable Ourcomes	Alayaa's Views, Wishes & Feelings
<ol style="list-style-type: none"> Measured on Outcomes Star: <ul style="list-style-type: none"> Emotional Well-being: Initial score (e.g., 4/10) → Target improvement to 8/10 over 6 months. Progress Indicator: Alaya engages regularly in creative and group activities, demonstrates improved confidence in expressing her emotions, and reports feeling calmer and more positive about managing daily challenges. 	<p>"Sometimes I feel like I don't know how to talk about my feelings, so writing things down helps me a lot. I like being creative, and drawing or painting helps me calm down when I feel overwhelmed. I also want to learn ways to feel less anxious when I'm stressed. It would help if my key worker could remind me to focus on the things I'm good at and the positive things happening in my life. I'm excited about the group mentoring sessions because I'd like to meet other girls who understand what I've been through."</p>

Review and Monitoring

- Frequency:**
- Support plan reviewed monthly in collaboration with Alaya and her social worker/Personal Advisor.
 - Outcomes Star scores updated at each review to assess progress in key areas.
- Adjustments:**
- Goals/actions adapted based on Alaya progress and feedback.
- Documentation:**
- All interactions, assessments, and outcomes are recorded and shared with stakeholders for transparency.

The above information is made up of a fictional character

Priority Access To Wider Anima Youth

- ✓ beingHER Day Facility – Additional mentorship & support
- ✓ sheCEO Project – Entrepreneurial mentoring & funding opportunities



ZINTARAH HAVEN Homes

Zintarah Haven is a safe, nurturing, and empowering home, ensuring Black care-experienced girls transition smoothly from care into independent living, equipped with the skills, confidence, and culturally sensitive support they need to thrive.

SERVICE NAME: 64 ZINTARAH HAVEN

📍 Location: Croydon, Addiscombe, South East London

🏠 Capacity: Up to 4 girls

👤 Support Level: 24/7 staff presence, minimum 20 hours of tailored support per young person

🔧 Facilities: External Staff Garden Office, Internal Staff Room, Shared Bathroom with Additional W/C (one room for a young person is ensuite).





selection of photos of the home

Social Value Statement



Through our intensive wraparound support, we expect to see improved education and employment outcomes, reduced risk of homelessness, reduced risk of experiencing violence and exploitation post-care, and stronger independent living skills among care leavers

At Zintarah Haven, we recognise that Black girls leaving care face unique, intersectional challenges that require specialist, wraparound support to ensure a successful and sustainable transition into independent life. Our approach goes beyond standard supported accommodation, we provide a holistic, culturally responsive framework designed to break cycles of disadvantage and equip young women with the skills, confidence, and resilience to thrive.

We understand that without the right support at the right time, young Black women leaving care are disproportionately vulnerable to exploitation, homelessness, and re-entering crisis services. That is why our model is robust, intensive, and necessary, not just offering accommodation, but embedding long-term strategies for independence. Through tailored education, employability, emotional well-being, life skills, and identity-based support, we empower young women to transition successfully and avoid relapsing into instability.

COST-BENEFIT CONSIDERATION

Investing in Zintarah Haven ensures that preventative, high-quality support reduces long-term costs for the local authority, particularly by:

- Minimising crisis placements and emergency accommodation costs.
- Reducing interactions with the criminal justice system through structured interventions.
- Lowering dependency on statutory services by embedding sustainable life skills.
- This long-term savings model ensures that Black care leavers are equipped with the right tools to transition successfully, reducing the need for costly reactive interventions.

Croydon First Approach

At Zintarah Haven, we are committed to ensuring that girls from Croydon receive priority access to our supported accommodation based in Croydon, before placements are offered to other local authorities. Our "Croydon First" approach is designed to align with Croydon's Sufficiency Strategy, supporting the borough's goal of reducing out-of-borough placements and ensuring young people remain within their local community, close to vital support networks.

OUR CROYDON FIRST APPROACH WILL ALWAYS ENSURE THAT LOCAL YOUNG PEOPLE RECEIVE PRIORITY PLACEMENT BEFORE SPACES ARE OFFERED EXTERNALLY.

By embedding this approach within our operational model, Zintarah Haven aims to be a trusted, long-term partner in providing safe, stable, and empowering accommodation for care-experienced young women in Croydon.




Refer A Girl

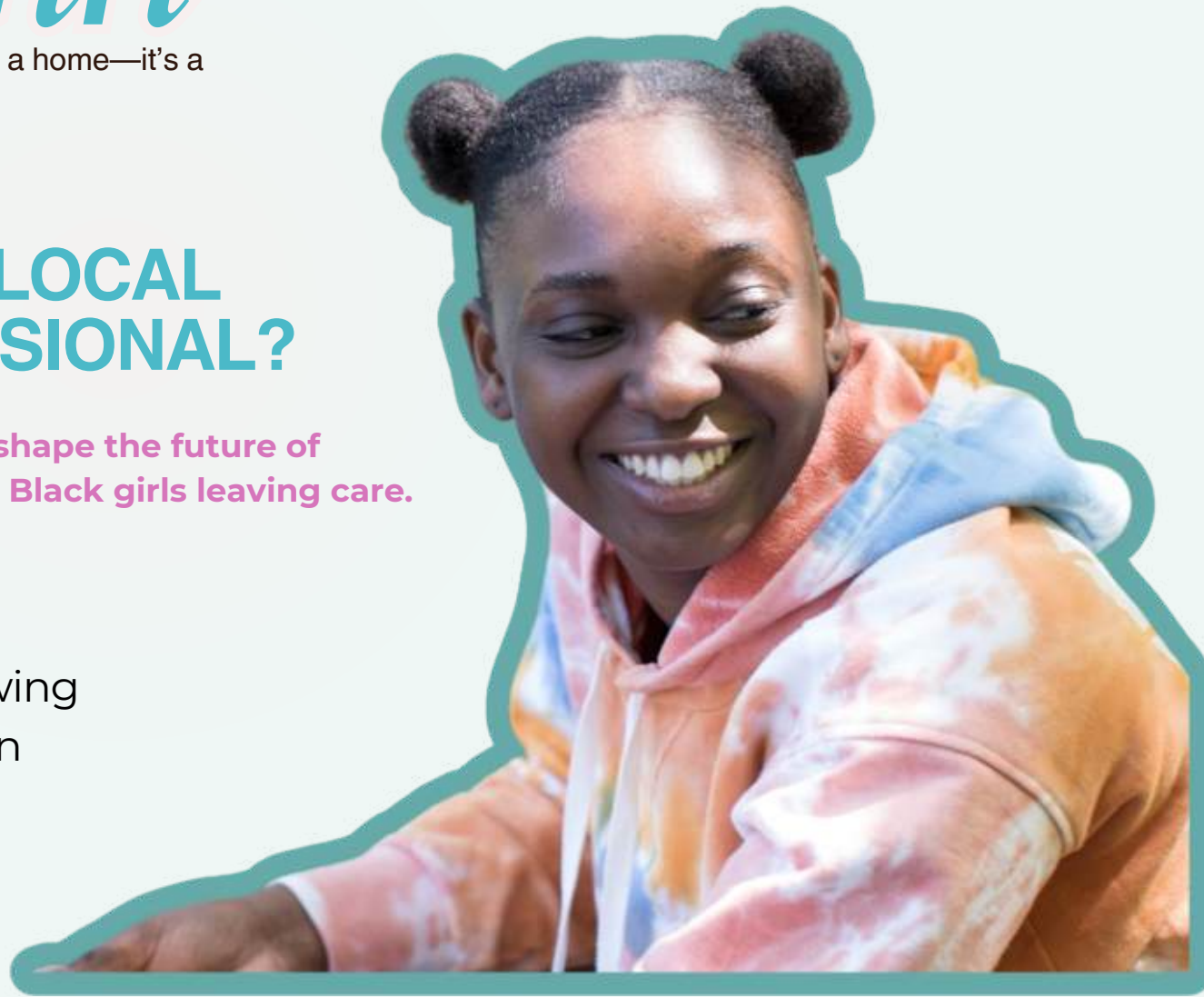
Zintarah Haven is more than just a home—it's a blueprint for systemic change.

COMMISSIONER OR LOCAL AUTHORITY PROFESSIONAL?

Let's discuss how we can collaborate to shape the future of specialist supported accommodation for Black girls leaving care.

 Make a Referral Today

 Visit the Home: Schedule a Viewing
Contact Us for More Information



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*Thank
You*