



THE TRUST TIMES

18+ Care Leavers Newsletter

MAY 2020

WELCOME TO YOUR TRUST TIMES

I would personally like to say a huge thank you and well done to everyone for coping so well and staying at home.

You are saving many lives by doing so.

We are all becoming a bit fed up and eagerly waiting for things to be normal again, however it is more important now than ever to take precautions and avoid a second wave.

In the meantime we have gathered all of the resources and opportunities still available for you.

If there is anything you need support with or anything you would like to see in the next newsletter please do not hesitate to email me on:

Kirstie.Cotton@birminghamchildrenstrust.co.uk



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Gladstone online study opportunities



To take part in these courses you must be 19 years or older from 31 August 2019.

These courses are for BOTH employed and unemployed people.

Courses Available:

Functional Skills English (Reading, Writing and Speaking & Listening)

Functional Skills Maths (Learners can study both subjects together or only one.)

Learners will be registered to BKSB to complete their Initial Assessment to ascertain your level of learning before enrolment.

Health and Wellbeing Course (NCFE Level 1 Mental Health Awareness, NCFE Level 1 Stress Management, Customer Service or Business Admin)- Learners' prior attainment Level for this course must be Level 1 or Level 2

Tutor Contact- Minimum 12 hours per week

Course Duration- Minimum 6 weeks

Course Structure- Group learning and some one-to-one learning for Functional Skills

What do I do if I want to register?

Please contact Juliette Walton by email or phone:
juliette.walton@birminghamchildrenstrust.co.uk
07825 117381

Hope on the Horizon

One of our care leavers has written a poem and she would like to share it with you all.

Big black clouds are rolling in
like a dark shroud as it wraps our world within
My body oh so frail from this toxin
I can't escape it, I can't contain it
Where hope lays within

Try my best and I will succeed
To watch the faces of my friends and scream,
with joy and laughter
and remember the day
when we'll play again
under the sunny sunshine of Albert Street

A wall that separates us,
just want to feel something
Alone walking down this sad street
Going nowhere just following my feet
Despair is in the air it's so suffocating
Despair everywhere
I know it can't just be me,
I begin to feel a bright spark
within my heart
This sad dark world
could really use a new start

There are others just like me,
all who are falling apart
I can change it. I can fix this
Life is just a roller coaster
with its ups and downs
The past is the past,
future hasn't come yet,
we're living in the here and now

Together let's help one another
and be there for each-other
watch out for your fellow brother
and grandmother
This is now my vow
Even though it may not be now
there's hope on the horizon
where rainbows will glow and glisten
for there will be a momentous time
on the other side

by Sabina

Coronavirus (COVID-19): fraud and cyber-crime



Here you can access advice on how you can protect yourself from fraud and cyber-crime.

How to protect yourself

<https://www.gov.uk/government/publications/coronavirus-covid-19-fraud-and-cyber-crime/coronavirus-covid-19-advice-on-how-to-protect-yourself-and-your-business-from-fraud-and-cyber-crime#how-to-protect-yourself>

Where to get help

<https://www.gov.uk/government/publications/coronavirus-covid-19-fraud-and-cyber-crime/coronavirus-covid-19-advice-on-how-to-protect-yourself-and-your-business-from-fraud-and-cyber-crime#where-to-get-help>

Advocacy for care leavers

Rights and Participation (RAP) provides advocacy for children in care, care leavers, young parents and those on child protection plans.

Our advocates are here to listen and support you with any issues you may have.

So whether you want to challenge a decision, need support at meetings, want information or clarity on something as well as any other issues-please email:

advocacy@birminghamchildrenstrust.co.uk

You can also ask your social worker, personal assistant or any other professional who works with you to make a referral to us.



We are currently providing **virtual advocacy visits** so please contact us via the email address provided and we will be happy to help.

Rights and Participation Young Parent's Project

RAP's Young Parents Project (YPP) aims to engage young parent's who are care leavers. They meet monthly to enhance their journey as young parent's and shape services they receive from Birmingham Children's Trust.

We have been busy looking at ways of supporting our young parents during COVID-19. Last month our lovely apprentice, Emily purchased a range of materials for the YPP including books, toys, games, colouring books and paint sets, the presents were delivered to individual homes via Amazon, some of the feedback from the parents included, "Very lovely gesture, that's our bedtime story every night" and "thank you so much means a lot".

We have checked in with our Young Parents and it was lovely to hear that some of them are looking at the 'positives' as 'opposed' to the negatives. Young parents facebook page is regularly updated to include educational resources and government updates to support our Young Parents. We have also been happy to assist our YP in obtaining food parcels via the resource HUB.

We are holding YPP virtual drop-ins, workshops and YPP meetings

If you would like to participate please email **tasneem.akhtar@birminghamchildrenstrust.co.uk** #stayhomestaysafe

Care Leavers' Forum

The Care Leavers' Forum is open as usual. Although we're currently unable to hold any group meetings face to face we are holding our Care Leavers' forums online virtually.

The forum meets every month and young people can help shape Birmingham Children's Trust policies, providing better outcomes for all young people. We also socialise and eat together.

We are currently discussing what video streaming programme to use for all as communicating well is important in these times. We hope to have all members using the same programme.

Please feel free to add yourself to our Care Leavers' Forum FB to get involved in this discussion and become a forum member.

The Care Leavers' Forum virtual meetings are for all care leavers.

If you are interested in attending please contact Paul or Julia (details below) or check out the Care Leavers' Forum on Facebook.

Paul.AI-Naqib@birminghamchildrenstrust.co.uk

or

Julia.Balson@birminghamchildrenstrust.co.uk

or

Phone or text 07704 538 653.



Shining a Light-house

The Lighthouse Young Peoples Centre offers:



One 2 one music sessions

Mondays and Tuesdays you can book a slot to work on lyric writing or building a beat with a producer. To find out more or to book a slot, call or text the Lighthouse mobile on 07548 712857.

Talk 2 Jad

if you're feeling lonely or just want someone to talk to, we have a dedicated mobile number where you can WhatsApp, Text or call. if you do not have credit or minutes we will call you back so there's no need to suffer in silence! Phone 07548 712857.

Free food service

The lighthouse and partners have decided to utilise their Fareshare delivery each week to provide free food to those in need. This is a collection and delivery service.

to find out more information follow us on social media or email:

Jadiel.millwood@birmingham.gov.uk

Watch Catch 22's video

This short film was made by young people from the Catch 22 Young People's Leaving Care Benchmarking Forum to raise awareness about the importance of staying home during the quarantine.

Watch this on YouTube

<https://www.youtube.com/watch?v=IAB-FLOQSSlC#action=share>

Remembering Muhammad Islam

“Every man’s life ends the same way. It is only the details of how he lived and how he died that distinguish one man from another.”

Ernest Hemingway

It is with a heavy heart we must inform you that we have lost a dedicated member of our family. Muhammad Islam was very poorly and fought very hard against Covid 19 but unfortunately he passed away April 16 2020.

Muhammad worked very hard as a Personal Advisor in the leaving care sector and he always stood up for what was fair and right, defending both care leavers and Colleagues alike.

Muhammad could always be seen volunteering his help to anybody that needed it and would often take up tasks and challenges far beyond his job description because he wanted to help and support people.

Muhammad’s heart was pure and he achieved amazing things in his lifetime, his voice will resound around the office whenever injustice occurs, we will truly never forget him.

Here are just a few of the tributes colleagues have offered:

‘He had a big heart’

‘He was one of the kindest people I know, and a character.’

‘He was never phased by anything and that’s what made him special.’

‘He was an amazing man who impacted everyone he came into contact with.’

We hope you Rest In Peace Muhammad, your legacy will live forever.

If you are struggling with a loss you can find help and advice here:

<https://www.helpguide.org/articles/grief/coping-with-grief-and-loss.htm>

Suicide prevention information

If you or anyone you know is feeling suicidal, there is ALWAYS help available to make things easier, however bad you’re feeling right now, there is always another way!

Lots of people have felt like this and – with help – managed to get through it.

Here are some numbers and links to professionals and organisations who offer support to those feeling suicidal.

These links will be included in all future newsletters so they will always be here for you to access.

- **Papyrus** has a lot of useful advice and also a suicide prevention helpline.

<https://papyrus-uk.org/>

- **Samaritans helpline** 116 123

- **SANE helpline** 0300 304 7000

- **Campaign Against Living Miserably (CALM) (for men)** 0800 58 58 58

- **Help Guide suicide prevention**

<https://www.helpguide.org/home-pages/suicide-prevention.htm>

??? Monthly Riddle ???



Due to technical difficulties, we were unable to include a riddle for you last month; however we’re back with a tricky one!

This month’s riddle is...

A word I know, six letters it contains, remove one letter and 12 remains. What is it?

Email your answer to:

kirstie.cotton@birminghamchildrenstrust.co.uk

The local offer

The 18+ Care Leavers Service is here to help young people make the move from living in care to enjoying independent life as an adult.

We support young people from age 18 to 21, and this can continue up to the age of 25 if you wish. We understand that leaving care is a time of big changes in your life, and you will have lots of questions about the support you can get and the services available to you.

These questions are so important that the government asked every local authority to produce its own Local Offer including all of the services and information that care leavers would need.

The Local Offer was produced with the support of the care leavers' forum.

You will find the Birmingham Local offer via the following link:

<https://www.birminghamchildrenstrust.co.uk/birminghamcareleaversoffer>

Good news for Chelsea

We are really proud of Chelsea who has secured a job as a residential support worker with Care and Management Services.

Chelsea will be working with children in care and other young people in children's homes and hostels. Her first shifts will be night shifts.

This is a great opportunity for Chelsea to use her own experience of care to understand and support the young people. We are sure she will do a great job.



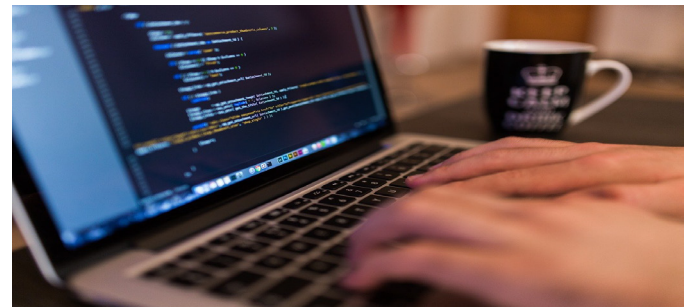
Message from Juliette Walton

'I've had so many really good careers conversations with young people since the start of lockdown.

I'm really impressed that, despite the challenges of this situation, it hasn't stopped you from wanting to get ahead with your education, training, work, Uni plans and business ideas.

In fact – I would say this situation has made you more determined than ever to get ahead.

Here are a few key things that have come up a lot:



> Laptops – if you need one for college work or applying for jobs – please tell your PA. There are different ways we can help you but there is help !

> Jobs – if you are happy to work in care, in a warehouse, cleaning, delivering, or on a farm – there is work. I am making employer links to help you get a foot in the door. If you need help, make contact.

> College – all our big colleges are taking online applications for September – if you're not sure, apply anyway. You are not committing to anything by applying.

> Gaining qualifications on line – now is a good time! If you want more information – make contact.

If you'd like to chat about any of these things, or anything else to do with your education, work and career plans, contact me on:

07825 117 381

Juliette.walton@birminghamchildrenstrust.co.uk

Thank you Matt Kendall Foundation

We would like to say a huge thank you to the Matt Kendall Foundation who have been so responsive and supportive since the start of lockdown.

As you know, it has been really difficult for some people – particularly those who have lost their jobs.

The Matt Kendall Foundation have given emergency grants to some of our young people who have found themselves to be suddenly out of work.

Also, the MKF continues to do their good work of helping young people reach their career goals by funding anything that helps them achieve their goal - recent grants have paid for mobile hairdressing equipment, a laptop for online study and fees to pay for a course.

<http://themattkendallfoundation.org/>

Cheers to Lindsey and the Martin James Foundation

We would like to say a big thank you to Lindsey Hyde from the Martin James Foundation.

Lindsey has been in regular contact with us since the start of lockdown and has managed to get emergency grants to some of our young people who have found themselves in financial crisis.

Also, Lindsey managed to secure five iPads which have been given to nominated young people.

All of this work has been in addition to Lindsey's usual job of running the EPIC Youth Project – it has taken up a lot of her time and I know she is juggling this with childcare as well.

We really appreciate everything you have done for us Lindsey.

Youth Promise Plus Naim's Diary

Hi I'm Naim I'm a Youth Intervention Worker for CGL. I've been supporting Arman.

He was referred to me because he was not in any form of education training or employment. He had nothing to do all day and this was starting to affect his well-being.

We discussed what his goals were in terms of moving forward in his life in a positive way and looked at the options available to him in terms of employment, education and training in different industries.

We also had a think about some of the barriers that might impact him and how we could tackle them while improving his confidence as well.

Arman had previously enrolled at college to study Fashion and Design but only attended for a few weeks. He considered doing this again but decided he wanted to work. I helped Arman decide what he wanted to do. He wanted to be a Security Guard.

I referred Arman a five week SIA Course! Unfortunately after the initial assessment Arman decided not to go back. Myself and Arman discussed how he was feeling and how I could help him.

Arman just needed a little time out. When we next met he was a lot happier and had a more positive outlook on life.

I supported him to get a place with another provider for the SIA course. He was provided with a month's bus pass and the Job Centre funded his uniform. During this time he moved to his own permanent accommodation.

This time round Arman went on to complete the course and passed his Level 2 Door Supervision, obtained his SIA badge and was offered employment straight afterwards! I just wanted to say a massive well done to Arman!

If you think you could benefit from what CGL are able to offer please contact your PA.

Are you in the Mood4Food live cooking lessons?

Birmingham Children's Trust is teaming up with Standing Ovation to deliver a 5 week virtual live steam cooking offer to you.

The Live stream will be run by Anthony Dualphin who will be cooking the dish of the week step by step while you watch.

At the end of sessions you will have the opportunity to ask Anthony any questions you have in the Q and A round at the end of each cooking session.

There will be one session held weekly starting this week so please share your interest to join in and cook with us this week. After each session you will get the opportunity to complete the 'rate my plate' survey and we would love to see your own attempt at the dish of the week.

You can do this by uploading to Twitter:
@bhamchildtrust @StandingOVproj
Use the hashtag **#mood4food**
<https://twitter.com/AAnt26/status/1258479198508920834>



Get ready to cook with Anthony



Get in touch with ideas

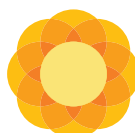
Thank you for taking the time to read this newsletter.

We want you to help shape this newsletter every month so we welcome your ideas for things like:

- Features
- Interviews
- Competitions
- Information article topics
- Recipes
- Diaries

If there is anything you need support with or anything you would like to see in the next newsletter please do not hesitate to email me on:

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