



THE TRUST TIMES

18+ Care Leavers Newsletter

JUNE 2020

WE ARE STILL HERE TO HELP YOU

Well done for your continued efforts to follow the rules in place. As many of you will have seen the rules are changing slightly, however this does not mean we can return to normal.

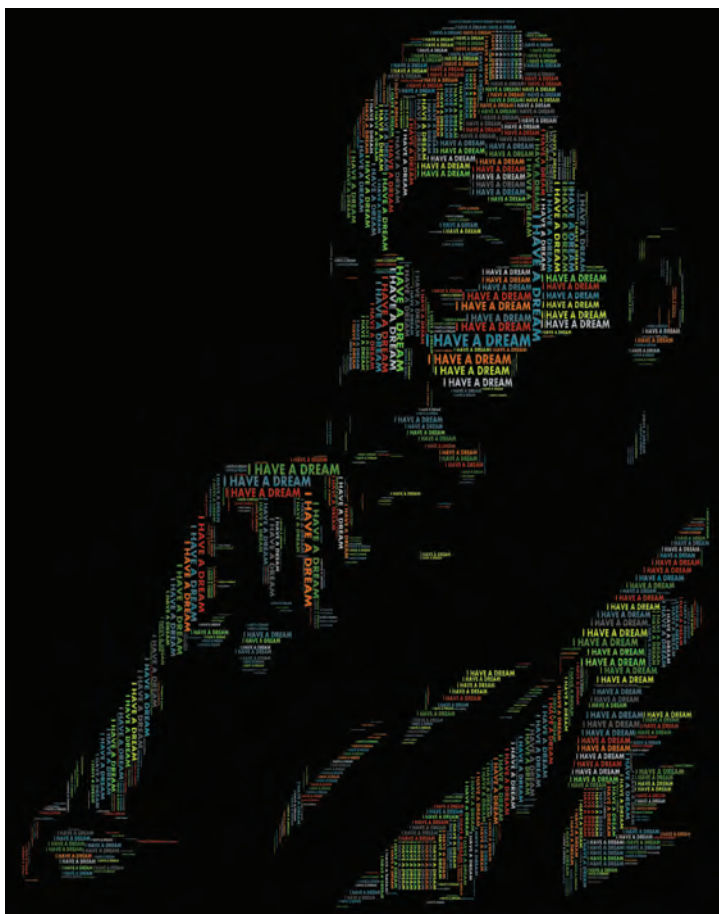
It's now more important than ever to be cautious so that we can avoid a second wave of Covid-19.

With the controversy in the news about George Floyd's death, a lot of people are taking to the streets in protest. Protests have been a consistent factor in social changes which have happened in the world throughout history.

If you do take part, please do so safely. Wear a mask and gloves, carry hand-sanitiser and try to keep two-metres away from people.

I hope you find some useful links and info in this month's edition of your newsletter. Stay safe and keep in touch by emailing:

Kirstie.Cotton@birminghamchildrenstrust.co.uk



*****NEED HELP ? CALL OUR DUTY LINE ON 0121 464 1229*****

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Miscellaneous Memoirs of the Mad

We are extremely proud of Zaynab who has written and published a book- Miscellaneous Memoirs of the Mad!

This book is written from the perspective of a beautiful soul who has been through more battles than one should have to face in a lifetime, we definitely recommend giving it a read!

If you attended our conference in October 2019, you will remember Zaynab's moving speech.

Buy the book here: <https://amzn.to/3e3eYQN>

Suicide prevention

If you, or anyone you know is feeling suicidal, there is always help available to make things easier. However bad you are 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 supportive professionals and organisations who offer help 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
www.helpguide.org/home-pages/suicide-prevention.html

Conference update

Over three-hundred of you have attended our conferences over the last two years.

We have loved getting together at the Light-house, hearing each other's stories, meeting each other's beautiful children, eating home-made food, getting involved in workshops, doing quizzes, getting prizes and generally having a great laugh.

Well – as we all know, those events aren't possible at the moment and we don't know how long it will be before we can meet again.

So – we are going to try and recreate some of that fun and connection through a video newsletter. It's a first for us and we need you to get involved:

If you would like to share anything about your life over the last three months – how you've been coping, what you've been doing, any new skills or hobbies you have started, any advice you would like to give, a poem you'd like to read or a song you'd like to sing, we would love you to get in touch.

We have technical support to pull everything together, so don't worry if you haven't got the right kit to record – between us we can make it happen. Thanks, take care and hope to hear from some of you soon.

Please get in touch with me:

Juliette.walton@birminghamchildrenstrust.co.uk
or text, phone or WhatsApp **07825 117 381**.



Find out about the Trust's Local Offer to YOU

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

The Local Offer was produced with the support of the Birmingham Care Leavers' Forum.

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

www.birminghamchildrenstrustco.uk/birminghamcareleaversoffer

Eve Brook Scholarship Fund

The Eve Brook Scholarship Fund is offering emergency payments to care leavers who are studying at University.

The payments can help with unexpected Covid-19 related costs such as food, data costs, travel, books or equipment for your course.

So far this emergency fund has supported ten young people with grants of around £150.

To apply for this grant please contact your PA.

Find out more about the Eve Brook Scholarship Fund on their website:

www.evebrookfund.org.uk



Sharing YOUR good news stories

- A massive well done to **Chloe** who is away at university studying and working on the NHS front-line as a Health Care Assistant taking care of Covid patients! Amazing work **Chloe**.
- **Zak** got a 1st for his final dissertation in his Sociology degree!
- **Ellesse** continues to work at the QE Hospital as an Assistant Housekeeper- keep up the outstanding effort, you are amazing!
- **Zackaria** got a 1st Class Honours with his dissertation, congratulations Zackaria!
- **Macauley** has secured a job with Birmingham City Council Housing as a trainee estate caretaker.
- **Keri** has secured a job as a care assistant with Caring Care.

- **Saajid** has received an award from EBSF to pay for his Access to Science online course with the Distance Learning Centre.
- **Ginny** has finished her final year at BCU and achieved a 2:2 on her dissertation.
- **Christine** has been very busy baking with her career and created some amazing desserts!
- **Bomani** has just been offered a job as a trainee estate caretaker with BCC Housing. Well done!

We are **so proud of you all**, these are some amazing achievements. Keep working hard and achieving your goals!

David's Story

David is an 18+ Personal Advisor, and he has written a piece about one of his young people which we wanted to share with you.

"The relationship was built on trust, authenticity, talking and listening. When we first met, I told him, that I understand that he had no reason to trust me, as we did not know each other but I promised that my primary wish was to see him succeed and achieve the goals that he has set for himself and not what others have set for him.

I promised him that I would always be honest with him with the intention of encouraging him to reach the goals he had set for himself and to keep him safe.

Well that day came, and I was forced to risk our relationship and be honest with him about his loss of focus and honesty with me.

This led to a period of him disengaging with me. I just kept checking in on him and letting him know that I was here for him whenever he was ready and believed in him.

Very recently, it appears that he finally understood what I had said to him and why, and that I was one of the very few people in his life that would always tell him the truth in his best interests and not my own. He sent me a long voicemail, apologising to me and explaining his journey to that realisation.

The voicemail was so powerful that I could actually feel the sincerity.

Then yesterday I received an email informing me that the young person had started applying for universities. I had woken up in a very low frame of mind. I was tired and a little anxious about what today would bring. When I read the email, my spirit rose, my anxiety disappeared, and I was re-focused on my task at hand.

Most important, I am re-motivated and happy that I have my relationship back with this young person and he has re-found his focus and ambition."

FREE digital courses



JobSkills at BMet have launched five brand new, FREE digital courses, all leading to accredited Level 1 qualifications:

- Customer Service
- Cleaning
- Healthy Living
- Managing Personal Finance
- Preparing for Work

Regular course start dates throughout June and July 2020.

You must be 19+ as of 31 August 2019 to qualify for a free course, and you must have suitable IT capabilities, such as an internet connection and computer/laptop.

If you are interested please email:

Jobskills@bmet.ac.uk or

Luke.Millard@bmet.ac.uk

Phone: **0121 362 1174** or **07526 178782**

Pause for a chat

Pause is here for you, if you are under 25 and have a Birmingham GP. We offer a non-judgemental listening ear, self-help strategies plus skills for managing difficult situations and feelings. We are open 10am-6pm, seven days a week.

Drop us an email on:

askbeam@childrenssociety.org.uk or call

02078 414470 and we will arrange for one of our friendly team to call you back.

For more info visit:

forwardthinkingbirmingham.org.uk

RSVP

RSVP is an independent, trauma-informed, sexual violence agency, supporting survivors of rape and sexual abuse in Birmingham and Solihull for 41 years.

Referrals can be made to RSVP by email **isva@rsvporg.co.uk** and by phone **0121 643 0301 (option 2)**.

You can also visit their website:
www.rsvporg.co.uk

RSVP supports anyone of any age, gender or ethnicity.

Government Covid-19 advice

The Department for Education has provided lots of useful information for care leavers, around coping during the Covid 19 pandemic.

Topics include:

- Pregnant care leavers and single parent
- Being self-employed and zero hour workers
- Housing support
- Covid 19 and Universal Credit
- How to stay happy, healthy and safe

To read this information and all the latest government Covid-19 updates visit:

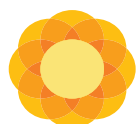
www.gov.uk/coronavirus

Signing off for June

That's all this month, if you have anything you would like to be considered for the July newsletter, please give us an email:

Kirstie.Cotton@birminghamchildrenstrust.co.uk

Stay safe and keep in touch.



**BIRMINGHAM
CHILDREN'S TRUST**

SAFE AND WELL CHECKS



WEST MIDLANDS FIRE SERVICE

West Midlands Fire Service are now offering FREE 'Safe & Well' visits to Birmingham care leaver's homes - so request one today.

WMFS personnel will visit your home to check there are no immediate fire hazards, fit smoke alarms and other specialist equipment.

They will leave a handbook along with details of any actions or referrals made by the visiting fire officers.

Simply download and complete a referral form and you will get a booking arranged.

To download the form visit the Trust website:

www.birminghamchildrenstrust.co.uk/safeandwellform

WEST MIDLANDS FIRE SERVICE
Making the West Midlands Safer, Stronger and Healthier
wmfs.net @WestMidsFire

KEEPING YOU



SAFE AND WELL WHAT YOU NEED TO KNOW

Our 'Safe & Well' visits aim to:

- ▶ Improve Safety in the home
- ▶ Give Home Security advice
- ▶ Give Road safety advice
- ▶ Empower & Motivate toward positive changes that affect health & well being
- ▶ Signpost to appropriate services

WMFS personnel will visit the home to check there are no immediate fire hazards, fit smoke alarms and other specialist equipment. They will leave a handbook along with details of any actions or referrals made by the visiting fire officers.

Did you know: over 65's are more at risk from dying or being seriously injured in fires?

Did you know: that over half of people who die from fire are known to service providers?

To find out more information or book an appointment, contact our **Home Safety Centre** on **0800 389 5525**.