



THE TRUST TIMES

18+ Care Leavers Newsletter

JULY 2020

OUR FOCUS IS STILL ON YOU ALL

With the nationwide lockdown being eased, and places like shops and leisure facilities opening we remind you to continue to stay safe, and remember to follow government guidance.

Since our last written newsletter we have launched a video newsletter, and we hope you have found some time to watch it on YouTube.

We have full details about this video newsletter and a prize competition (find this on page 2).

We know that life is still not the same as it was six months ago, but we are still here to help you. In this month's newsletter we have loads of good news and fantastic opportunities for you to get involved with.

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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Video newsletter



As many of you will have seen, we have temporarily replaced our conferences with a video newsletter (hosted on YouTube) which we hope will help you to get some of the information that you would normally get from our quarterly conferences.

Here are some of the great feedback messages we have received:

'One thing that I liked is the Marvel superheroes intro for the West Midlands fire service.' **Michael**

'Video looks great and thank you for allowing me to be involved.' **Nathan**

'I loved Alan's – the message was really uplifting. It was great to see some of the young people in it too.' **Shaun**

'I loved the young people's video and your dog is sweet!' **Claudette**

A huge thank you to Nathan, Maisie, Kirstie, Lele, Zaynab, Celica and Khadija for their contributions.

Quiz winners

A big congratulations to Michael and Dimitri for getting the quiz right. Prizes are on the way! Now read the next article for your chance to win a prize yourself!

Competition

There are 10 questions below, based on our first video newsletter. If you can answer them all correctly before 1 August you could win a £20 LoveToShop voucher! If you get all 10 questions correct your name will go into a 'virtual' hat, and three winners will be selected.

Email your answers to:

Kirstie.Cotton@birminghamchildrenstrust.co.uk

You can watch the video newsletter here:

https://youtu.be/MIR601_RaM0

Here are the questions;

1. What is the name of Juliette's dog?
2. What skill has Alan Hepburn been learning during lockdown?
3. When did Karl start work?
4. Name one thing Kirstie has done in lockdown?
5. Which course did Khadijah pass during lockdown?
6. What is the name of Zaynab's book?



7. Name one thing Katy Willetts suggests to help you to sleep better.
8. Why is it important to plan a second escape route in case of a fire?
9. What are the two different methods of learning which Arden University offer?
10. Name two branches of support available from Arden University.

Our next video newsletter

We will be back with another video newsletter soon. If you would like to be involved please contact Juliette Walton:

Juliette.Walton@birminghamchildrenstrust.co.uk

Wear and Share

Wear and Share is a project which is helping people in Birmingham who are in need of clothing.

All clothes are washed and clean. They are also in excellent condition.

You can contact Wear and Share via their website:

<https://theaws.co.uk/wearandshare/>

Or call project leader Stacey on **07595 914685**.

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.htm

Your Life - Your Turn



We are excited to bring you the 'Your Life - Your Turn' live webinar event on 23 July 10am-2pm, to be held virtually on Zoom.

The event is a life skills event aimed at supporting young people to gain an insight into valuable life skills.

On the day there will be four workshops:

- **Introduction to the day**
10.00am- 10.20am
- **(1) Birmingham Careers Service**
10.20am - 10.50am
- **(2) Sport 4 Life UK**
11.00am-11.30am
- **(3) Barclays**
12.30pm - 1.00pm
- **(4) Engie**
1.10pm-1.40pm
- **Reflection and Close**
1.40pm- 2.00pm

Each workshop is 30 minutes long with a chance to ask questions the end of each workshop.

If you are a young person and would like to attend this event to learn about key life skills please contact:

Abba.loughran@birminghamchildrenstrust.co.uk

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

Artslink Connect and Create

Artslink Connect and Create offers arts and culture activities and experiences to do at home.

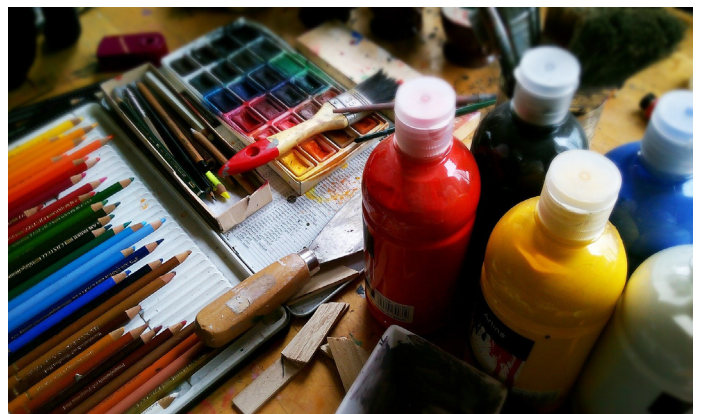
This includes art, music, dance, drama, creative literacy, and digital arts to take part in at home.

All activities are especially commissioned, and selected for care experienced children and young people and the people they live with.

And they are all free of charge!

To see the range of activities and opportunities go to the Artslink website:

<https://www.artslinkwm.org.uk/connect-create>



Sharing your good news stories

- Anh Tuan Do completed his degree in Electrical Engineering.
- Bella-Rae Hartwell completed her degree in Criminology.
- Jack Goodby completed his degree in Construction.
- Anthony has secured a lab technician apprenticeship with Balfour Beatty Vinci. These apprenticeships are really competitive and young people from all over the country applied.

Anthony has done extremely well to secure this apprenticeship opportunity.

- Corey has secured a job at Bromsgrove Food Warehouse and is doing very well.
- Jason has secured a job at ASDA.
- Rikki has gained a 1st class degree this year.

We are **so proud of you all**, these are some amazing achievements.

Keep working hard and achieving your goals!

Youth Promise Plus Rosie's Diary

" Hi, my name's Rosie and I'm one of the new Intervention Workers for Birmingham Youth Promise Plus (YPP) for CGL.

I worked on the previous round of the project, and I am excited to be back and working on it again with the team.

Working from home during COVID-19 has definitely been challenging, but we have managed to continue on through, and work with young people despite the circumstances.

I have been working with a young person supporting him in building his C.V. and completing job applications.

It's been really hard for most people to stay motivated and positive in such uncertain times.

I have also been here to support him in his mental and physical wellbeing.

He really wanted to go into the retail industry.

We have only been working together for a short period of time, his C.V. is now complete and he has applied for a couple of roles.

I plan on continuing his support with some interview preparation so that when he is sat in front of a potential employer, he has more self-confidence, and is able to sell himself for the great person he is.

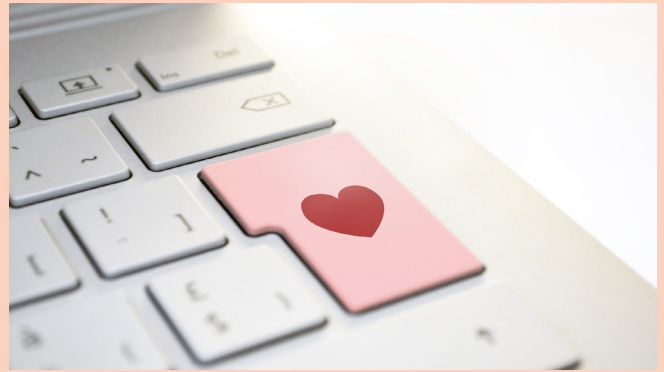
The great thing about YPP is that I can continue to support him for up to a month after he has started employment so if there is anything more he needs or has any concerns I am there."

How do I get support from Youth Promise Plus?

If you would like support from one of our intervention team please tell your PA or email:

Juliette.Walton@birminghamchildrenstrust.co.uk

Be inspired online



Would you like to be part of an inspiring and entertaining virtual experience for care experienced young people across the UK?

This is a live event which focuses on careers information and advice and gives you a chance to connect with others.

The event will take place from 27 to 31 July 2020.

The following website is where you register and find information about the events:

<http://www.beinspiredonline.org.uk>

Want to earn £50 writing a blog?

The Care Leavers Association are looking for care leavers to create content for their Care Leaver Network Website.

This could be a poem, blog, video or vlog.

You could cover themes such as health and wellbeing, relationships, education and training.



You will be paid £50 for each piece you submit which gets used.

For more information or to get involved please email: **Carrie.wilson@careleavers.com**

A big thanks to the Martin James Foundation

We would like to say a massive thank you to Lindsey and her co-workers, from the Martin James foundation, who have been offering grants to young people to help them through these difficult times.

The Martin James Foundation have currently supported care leavers with £100 grants.

Donations have added up to around £5,000.

This is amazing and really makes a difference.

Care Leaver Covenant Connects

The Care Leaver Covenant have created a new database which care leavers can use to see opportunities and information.



Once you have signed up, you will receive tailored communications from the Covenant based on details you submit, and they will include job and volunteer opportunities.

Visit the website below for more details:

<https://mycovenant.org.uk/connects/>

Learn how to animate



Screenskills have been releasing masterclasses about creating animations.

The animation masterclasses are open to all by visiting their website:

<https://summerofanimation.com/videos>

There are useful downloads available too.

The masterclasses are using Blender, which is free software and can be downloaded here:

<https://www.blender.org/download/>

Rees Foundation Wellbeing Week

The Rees Foundation will be holding a wellbeing week from 3 August.

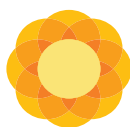
Workshops will include meditation, pilates, healthy eating, budgeting, life coaches.

For more information email:

polly.jones@reesfoundation.org

The final word

Thanks to all of our contributors this month. We look forward to getting your competition entries and will be back soon. Stay safe and keep in touch.



BIRMINGHAM
CHILDREN'S TRUST