



THE TRUST TIMES

18+ Care Leavers Newsletter

AUGUST 2020

STAY SAFE AND ENJOY SUMMER

Hi everyone,

Another month has passed and the world still isn't back to normal!

We are beginning to see the lifting of restrictions and this has been welcoming for many of us; but we all still need to play our part as the number of 'new' infections begins to rise in parts of the UK and Europe.

However this doesn't mean we should forget about the last few months and the challenges this has brought us all.

It is still so important that you wear your mask when going out to a public place. Even if you don't feel at risk yourself, there are many vulnerable people around you and it is very possible for you to be a carrier without actually having Covid. Please be mindful of others.

Well done to everyone who is figuring out how to manage life under these conditions.

You are amazing and you are doing so well coping with everything.

We are facing something which not many people alive have ever experienced and we can only be patient and abide to the rules which are set up for our safety.

Pubs and restaurants are opening back up everywhere, a lot of them are even selling their food half price (Monday to Wednesday)!



Take care, we are only a phone call or an email away. If you can't get hold of your PA, call 0121 4641229.

kirstie.cotton@birminghamchildrenstrust.co.uk

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

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Youth Employment UK aim to support young people into employment. Here are some of the ways they are currently supporting youth:

- Giving young people a voice on the youth employment issues that affect them
- Supporting young people with the skills and careers support they need to progress
- Supporting employers to develop and be recognised for their youth friendly employment practice
- Connecting young people to Youth Friendly Employers
- Providing expert insight across all youth employment policy areas

To find out more about the support you can access visit the Youth Employment website:

www.youthemployment.org.uk/employment-help-young-people/

Health costs



If you qualify for help with NHS charges you could be entitled to free prescriptions, help covering travel costs to NHS appointments, vouchers for glasses and more!

To find out if you are eligible and to find out more about what you could be saving **visit:**

<https://www.turn2us.org.uk/Benefit-guides/Help-with-health-costs/What-help-does-it-provide#guide-content>

MIND Survey



Birmingham MIND are working in partnership with the local NHS to understand what is working well with local health and care services and also what needs to be improved.

You can really help them by taking part in a short 5 minute survey, by clicking here:

<https://www.surveymonkey.co.uk/r/bham-so-lihull-COVID19>

The information you give will help with: the recovery of local services after COVID-19; how services will be designed and provided; and improved communication going forward.

Gateway Family Services

Public Health England have launched a major new adult health campaign to reduce obesity and help people to live healthier.

There is lots of information about how to live a healthier life and support you can access to help you to lose weight.

Visit the website for more information:

<https://gateway-fs.org/2020/08/03/ready-for-a-re-set-start-your-journey-to-better-health/>



Under the Sky

Under the Sky is an organisation which arranges holidays and trips for care leavers who would benefit from some time outside.

Some of their trips are currently postponed due to Covid but we highly advise that you keep an eye on their calendar so that you don't miss out on some amazing opportunities.

Visit their website for more info:

<https://www.undertheskyevents.org/events-calendar.html>

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

Good news to share



- **Sophie**

Sophie has been on a business administration apprenticeship with the council since May 2019.

Sophie has now secured a permanent post with the City Council Customer Services Team and started on 3 August 2020.

- **Shaela**

Shaela recently made contact about opportunities for care-experienced young people to work in children's homes.

She did a brilliant application and interview.

She wrote and spoke clearly about wanting to help children in care and showed a good understanding of the key issues: safeguarding and trauma-informed practice.

She has been offered a job as residential support worker with Meadows Care.

- **M.I.**

M.I. has been offered his first tenancy by Birmingham City Council and picks up the keys this month, which he is excited about.

Juliette's Education and Employment update

I've had the great pleasure of talking to so many of you over the last few months while I've been working from home – helping sort out all kinds of things so you can achieve your ambitions and make progress through education, training and into work.

I thought it would be a good opportunity to put a few key points in this newsletter.

College and training

- Colleges, sixth forms and training centres will all be open from September 2020
- There will be no open enrolment this year
- If you want to go to college in Sept 2020, you have to apply online
- You will have a telephone interview unless you're invited into an appointment
- 7 and 8 September are induction days – this is when you will complete enrolment paperwork.
- If you are enrolled onto a course, you are expected to be in college unless you are ill
Colleges will be preparing their campuses to be 'Covid safe'

University

- Universities and other Higher Education institutions will all be open from September 2020
- Universities can make their own decisions about how they teach courses safely
- Depending on your course, some of it might be taught online
- Tuition fees are £9,250 per year (undergraduate)

- You'll need to apply for a tuition fee loan.
<https://www.gov.uk/student-finance>
- Keep in good contact with your 18+ PA so they can help you sort out your accommodation
- Halls of residence will be open with extra precautions in place to keep them safe



Employment

- The number of people claiming UC has doubled since March 2020 because of lockdown.
- There are 84% more people applying for every job than there were in March.
- Employment sectors under threat: Hospitality, tourism and leisure, performing arts, events, airlines, non-food retail.
- Employment sectors recruiting: Supermarkets, warehouse, IT and digital, lorry drivers, health and social care, construction, cleaning, and education.
- Current employers linking in with the care leavers service: Meadows, Beacon, NH Care (children's homes), Caring care (elderly care), City Council Housing (estate care takers), West Midlands Fire Service (fire fighters).
- A level results day was Thursday 13th Aug, GCSE results day is Thursday 20th Aug.

If you would like to talk through anything related to education, training or employment call Juliette on **07825 117 381** or email Juliette.walton@birminghamchildrenstrust.co.uk

Being a paramedic Kellie's Diary

Kellie is currently a second year paramedic student, being supported by the Care Leavers Team.

At the start of the Covid-19 pandemic in March, students were asked to volunteer to work as Vehicle Prep Officers for the Ambulance Service, as well as continue with their university work.

Kellie volunteered and spent the first four weeks cleaning and prepping ambulances. After this time, students were offered the opportunity to work in front line operations, as part of a two person crew, which Kellie agreed to do.

For the last three months, Kellie has been working alongside paramedics, dealing with 999 calls and emergencies.

Kellie has really enjoyed the opportunity she has been given to help her colleagues and the general public during the current pandemic.

She feels that it has given her experience that she would not have had otherwise.

Kellie has found the second year of her degree hard going, but she has been determined to see it through and, as her PA, I'm very proud of the effort and dedication that she has put in to her work, as well as her empathy for her patients.

When I spoke to her, Kellie told me that she feels that her time in care has really given her a better insight into the lives of some of the people that she has been called out to and helped her to advocate on their behalf.

Kellie told me: "I'd really encourage anyone that has dreams to go for it."

For more information on becoming a paramedic, see here:

<https://www.bcu.ac.uk/courses/paramedic-science-bsc-hons-2020-21>

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/>

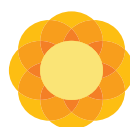
Kooth

is an online mental wellbeing community for young people. It offers a range of services such as health articles, discussion boards, chat with the team, text based services, a daily journal and much more.

To see more information and to sign up below:
<https://www.kooth.com>

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.



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