



BIRMINGHAM
CHILDREN'S TRUST

January 2020- 18+ Care leavers newsletter

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1. Crisis Café

Do you ever feel like you just need to have a cuppa with someone and talk things through?

Birmingham mind have a Crisis Café that you can visit to access short term support during a mental health crisis.

You don't need an appointment and you don't need to be a care leaver so if you have any friends that you think could benefit, invite them along! There is staff available on site, to give medical and wellbeing support and advice.

The café is located as follows;

**Beechcroft Centre,
501 Slade Road,
Erdington
B23 7JG.**

It is accessible on the bus routes **11c, 11a and 65**

If you would like more information please call **0121 608 8001** however, please understand that this is not a crisis line and is only for finding out more information on the café.

2. Care Leavers Conference

The next care leavers' conference theme is Health and it will be taking place on;

Wednesday 19th February 2020

11am-3pm

At

The Lighthouse Young People Centre

100 Alma Way

B19 2LN Birmingham,

United Kingdom

This will be a great opportunity for you to learn about how to live a happier, healthier life and meet with organisations and people who can offer you the best advice and support as well as taking home loads of great freebies and information.

A few of the guests you can expect to see include Street League, Barnados, Birmingham Centre for Arts Therapy, LGBT Birmingham and more!

Lunch and refreshments will be provided on the day, your child/children are welcome to come along too as is a friend or supporter.

Please contact your PA or Juliette Walton on 07825117381 or email at Juliette.walton@birminghamchildrenstrust.co.uk to confirm your attendance.

3. The Princes Trust- Get into Technology

“Join our 12 week programme, where you’ll learn everything you need to become a Cloud Support Practitioner– from coding languages to databases and how networking works, as well as the key employment skills.

At the end of the programme, you’ll have a guaranteed interview for a well-paid role – which we’ll help you prepare for”

You need to be curious about technology to join this programme. And you need to be...

- Aged 18-29
- Not currently in education, training, or stable employment
- Ready to launch your full time career in 2020

Please contact your 18+ worker if you are interested.

4. The Princes Trust- Fairbridge programme

Our Fairbridge programme runs from The Princes Trust Birmingham Centre, 5 minutes from the city centre. With one to one support and group activities, our trained team members will help you develop the skills you need to move forward.

Your Fairbridge journey will start with a personalised induction period and then you will join in one of our fun and engaging Access sessions. Next you’ll start our individually tailored Follow On programme which focuses on personal and social development through outdoor pursuits, music, cooking and much much more!

The programme continues for as long as you need and, once ready, we’ll support you to get where you want to be, including finding a job, going to college, training or volunteering.

Our next access dates are;

- 24th January 2020
- 31st January 2020
- 14th February 2020
- 6th March 2020
- 27th March 2020

Please contact your 18+ worker to be involved!

5. Princes Trust- Get Hired Opportunities

The princes’ trust is holding a Get Hired event; this is an amazing opportunity for you to get an idea of what job opportunities are out there for you.

WHEN: Friday 31st January 2020.

The event will run from 1pm-3pm.

We suggest arriving at the start of the event in order to get the most from the afternoon however you can arrive later on.

Live Opportunities in Engineering, Fitness, British Academy of Jewellery, Security, SIA (Security industry) and Sector based work academies.

Please contact your 18+ advisor if you require assistance to attend

6. Holiday Inn Opportunities

The Holiday Inn is offering young people between the ages of 16- 25 work placement and work experience tasters; the placements are optional and will be a day long or can be extended by you up to a week.

Work experience will be a day-long and will give you a taster into different departments such as travel and leisure, event management and bar work.

The first placements and work experience dates start in February

Please contact Abba.loughran@birminghamchildrenstrust.co.uk for more information and to refer yourself.

7. Suicide Prevention Help

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!

- <https://papyrus-uk.org/> - The Papyrus page has a lot of useful advice and also a suicide prevention helpline!

- 116 123 – Samaritans helpline

- 0300 304 7000- SANE helpline

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

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

- Birmingham Children's Trust is always here to help and you can approach your 18+ worker if you need to talk or need some support.

8. Conversations for Care

Conversations for Care are a knowledge exchange project funded by TORCH, at University of Oxford.

This project was created to encourage better engagement with those who are care experienced and get a greater understanding of the lives of care experienced people,

Working with a range of partners they plan to;

- Host monthly discussions on Twitter at #CareConvos
- Facilitate workshops for young people to tell us what's important for them
- Organise coffee mornings to meet foster carers, social workers, people working in education and any other professional who wants to join
- Host seminars and workshops with our partners and those who want to make a difference
- Listen to feedback from our partners about other activities we might organise

Please click the following link to visit the website-

<https://conversationsforcare.org/>

9. 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>

10. Money Mules

We live in a world in which technology is ever changing and always developing, therefore it is becoming harder for criminals to get away with their crimes, as a result of this many of them are using money mules to move and clean their dirty money, making it harder to trace back to their crimes.

Please take 5 minutes to browse this page and learn how to stop yourself becoming a money mule, it could save you a lot of trouble to be able to recognise this issue.

<https://www.moneymules.co.uk/index.html>

Here's some advice from Barclays;

1. Keep control. Don't give away any of your bank account details, unless you know and trust the person receiving them – and never let anyone else access your account. Alarming, nearly one in seven (14 per cent) students have shared their pin number with someone else
2. Money for nothing? Be cautious of unsolicited offers of easy money as this is a common tactic used by criminals to recruit money mules
3. Tell someone you trust. Whether it's a parent, tutor or friend, make sure you tell someone you trust about any concerns you might have
4. Take time to think. Remember that letting someone else use your bank account is a potentially serious crime which could damage your financial future – is it worth it?
5. Too good to be true? Remember the simple rule of thumb about offers of easy money: if it looks too good to be true, it probably is.

11. Good News

- 'Michelle has secured a level 3 Business Administration apprenticeship with the Children in Care team - NHS community partnership. Michelle was extremely impressive in the interview. Well done!

Massive thanks to Jaime Hindmarsh – NHS admin manager - for her excellent communication with us throughout the recruitment process. Jaime is committed to employing more care leavers in the NHS '

- Khad has been benefitting from our YPP workers; here is a lovely quote from her "I just wanted to say a big thank you for allocating me Sav. Can I just say that she has helped me so much and because of her support I am becoming a better person. She's hands on heart one of the best workers I've ever had"

12. Coram Voice

Coram Voice has launched their creative writing competition for 2020 for care experienced young people up to 25.

'Dreams' is the theme for this year's competition and entrants could win up to £100.

Entries could be a story, a poem, rap, or newspaper article, or in fact anything as long as it fits the theme and is no more than 500 words long.

If you'd like to enter you can find more information here;

<https://coramvoice.org.uk/get-involved/voices-2019-winners-and-shortlisted-entries/>

That's all for this month,

Thanks for reading,

Take care and keep in touch

If anyone has any ideas for future editions please email me

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