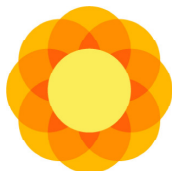


**February  
2020**

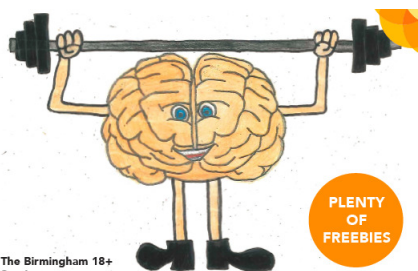


**BIRMINGHAM  
CHILDREN'S TRUST**

# 18+ Care Leavers Newsletter

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The Birmingham 18+  
Service presents....

## 1. Care Leavers Conference- Healthy= Happy

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 carer.

No need to book,

We look forward to seeing you there.

## **2. Employment, Education & Training support**

Employment Education & Training support is every Tuesday from 2 – 5pm and Friday from 11am – 4pm.

Our employment education and training manager can help you:

- Find jobs
- Explore career options
- Access training and education
- Apply for education grants and funding
- Complete a CV
- Complete job applications
- Prep for interviews
- Or.... just have a chat about your ambitions and aspirations

If you would like to book an appointment, tell your PA or contact Juliette;

[Juliette.walton@birminghamchildrenstrust.co.uk](mailto:Juliette.walton@birminghamchildrenstrust.co.uk)

07825 117 381 – or just turn up and ask for Juliette.



## **3. Fortem- management trainee scheme**

Are you a fantastic communicator, one that always challenges the norm to drive through creative solutions?

Fortem are offering trainee opportunities at two different levels, these are;

Graduate;

- Degree 2:1 or above
- 2 year programme

School Leavers;

- A Levels or equivalent
- 2 passes A-C
- 4 year programme

You must be flexible to travel nationally, however a company car will be provided for your use.

If you would like more information, please contact Fortem;

Email- [Claire.Holland@fortem.co.uk](mailto:Claire.Holland@fortem.co.uk)

Call- 01462 446220

Apply via the website- [www.fortem.co.uk](http://www.fortem.co.uk)



#### **4. Fortem Apprenticeships**

Fortem apprenticeships offer nationally recognised qualifications.

They also provide apprentices with important practical skills and experience whilst being trained by a fully qualified apprentice trainer and spending one day a week at college. Fortem apprenticeships last 2 to 4 years and are available to anybody aged 16 and over.

There are apprenticeships available in the following trades and more;

- Bricklayer
- Carpenter
- Electrician
- Plasterer
- Plumber

Fortem won an award for Most Inspiring Apprenticeship Programme 2018 at the Inspire awards

If you would like to see the range of apprenticeships offered please use the link below.

Website: [www.fortem.co.uk/opportunities](http://www.fortem.co.uk/opportunities)

**Closing date is Tuesday 31<sup>st</sup> March 2020**

#### **5. Antenatal 1st Time Parents - Teatime Course**

Birmingham Woman's hospital is offering a free course for First Time Parents for women either on their own or with a birth partner/companion.

It will run on Thursday 20 and 27 February 2:00-5:30pm. You must attend both sessions.

Sadly, if you are booked with another hospital, please note that you will not be able to attend.

Venue: Birmingham Women's Hospital, Lower Ground Floor, Parent Education Room. This class includes a tour.

For more information and to book your ticket, please use the following link;

<https://www.eventbrite.co.uk/e/bwh-antenatal-1st-time-parents-teatime-course-tickets-82259200483?aff=ebdssbdestsearch>

#### **6. Student Finance Links**

We're starting to approach the time of year where everybody will be applying for college and university.

To those of you who will be making applications we wanted to wish you the best of luck and remind you to make sure you apply for your student finance, you'll find relevant links below;

- Student finance official website:-  
<https://www.gov.uk/student-finance>
- Propel/Become-  
<https://www.becomecharity.org.uk/for-young-people/>
- UCAS- <https://www.ucas.com/>

## **7. Martin James Foundation, EPIC Youth Project**

Do you have a business idea and the skills to start a business? Or perhaps you need some support to progress your business?

Are you Energetic, Passionate, Innovative and Committed to realising your dreams, but just need a bit of help to move this forward? We believe in YOUTH!

Our new UK based Project, EPIC Youth is aimed at supporting young people aged 14-25 from care experienced or marginalised backgrounds by providing them with pathways to business and entrepreneurial success.

We will do this by providing:

- Small business grants to help you develop your business idea
- Access to entrepreneurs who can offer mentoring and coaching to help you enhance your business skills and confidence
- Work placements and business experience within our extensive network of companies
- Opportunity to participate in a variety of 'creation' workshops, to develop and learn new skills

If you wish to apply for business grants and mentoring support please send us a short video or email us at [info@martinjamesfoundation.co.uk](mailto:info@martinjamesfoundation.co.uk) telling us about your idea, business or the skills you would like our help to develop.

In your video/email you should:

- Introduce yourself
- Describe your idea, product or service and how it could be sold
- Give a summary of how much progress you have made so far
- Tell us how you think the funding and support will help you

If you would prefer to tell us about your idea via phone instead of video or email and then send us your contact details (to the same email above) and we will call you back.

To contact Epic Youth please email; [epicyouth@martinjames.foundation](mailto:epicyouth@martinjames.foundation)

If you'd like help please contact

Juliette Walton- 07825117381/ [Juliette.Walton@birminghamchildrenstrust.co.uk](mailto:Juliette.Walton@birminghamchildrenstrust.co.uk)

## 8. Right Trax opportunity

Right Trax is looking for people with a passion for motor bikes, cars and motor mechanics who want to gain team building and employability skills.

Youth Promise Plus is offering an opportunity to gain a qualification in level 1 employability with Right Trax.

Candidates will need:

- To arrive at 10am on Monday 17th of February 2020 for registration
- Candidates MUST BE registered on Youth Promise plus to qualify for a place
- Candidates MUST NOT be in Education Training or Employment
- Let your Intervention Worker know as soon as possible if you are interested in a place as there are only 9 spaces available.



Sessions will include:

- Practical Sessions with Motorbikes
- Motorbike maintenance
- Employability Level 1 accreditation
- Teamwork skills
- Health and Safety Skills

Incentives:

- Preparation and potential funding for CBT test
- Learn to ride off road Motorbikes
- FREE Travel Support
- Support with gaining FREE Provisional driving licence

**The course will run;**

Monday 17th to Friday 21st of February 2020

From 10:00 am - 3:00 pm

**Address of venue;**

Moseley Rugby Club, Billesley Common,  
Yardley Wood Road, Billesley, Birmingham  
B13 0HN

If you are interested please speak to your YPP intervention worker.

## 9. Council tax Reduction

The council provides a local discount for its care leavers to reduce their council tax bills to zero until they reach their 25th birthday.

If you are a Birmingham care leaver, you still need to apply for any other reduction to which you are entitled such as;

- Student discount or exemption
- Single resident discount
- Council tax support (CTS)

The discount does not apply if;

- The bill is in someone else's name (for instance a friend, relative or landlord)
- You are a care leaver living outside Birmingham

It does still apply if;

- You are jointly liable for council tax with someone who is not a care leaver, or
- You would be named on the bill if you were not a student.

Sabrina has  
successfully passed  
her driving test!!  
Congratulations  
Sabrina!!!!

## 10. Good News

Said received his 5  
years refugee status  
and shared "I am so  
happy".

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!

Choman picked up  
his keys for his  
Birmingham City  
Council tenancy on  
10/2/20 and shared  
that he is very  
happy with his  
home.

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

## **11. 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>

## **12. 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!

- <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.html> - Help Guide suicide prevention page

### **13.Opportunities with Holiday Inn**

We now have an agreement with **Holiday Inn** that any application from a care leaver for their **Food and Beverage Assistant** jobs will get a **guaranteed interview**. This puts you ahead of all the other applicants.

The food and beverage assistants start on zero-hours contracts however, there are lots of permanent contracts for reliable people (8 hours, 16 hours and 24 hours pw).

Progression from Food and beverage assistant can be to the restaurant, bar, kitchen reception and sales.

**If you are interested – here's what to do:**

>Email or text [Juliette.walton@birminghamchildrenstrust.co.uk](mailto:Juliette.walton@birminghamchildrenstrust.co.uk) / 07825117381 saying 'I'd like to apply for Holiday Inn'

>Complete the application **which will be sent to you** in a link

>You will then be invited for interview.



**Holiday Inn®**

### **14.Monthly Riddle**

Every month we will include a riddle or challenge, **the first person** to email or call with the answer will win a small prize.

This month's riddle is - **How many hairs in a rabbit's tail?**

Email- [Kirstie.Cotton@birminghamchildrenstrust.co.uk](mailto:Kirstie.Cotton@birminghamchildrenstrust.co.uk)

Call- 0121 303 8498

**The Care Leavers duty service is available every day from 8.45 – 9.15 Monday – Thursday and 8.45 – 4.15 on Fridays. Tel 0121 464 1229**

That's all this month, thanks for reading.

Take care and keep in touch ☺

