

**March
2020**



**BIRMINGHAM
CHILDREN'S TRUST**

18+ Care Leavers

Duty number-
01214641229

Newsletter

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NEWSLETTER



If you have a cough or high temperature, please don't come to the office. Please go to the NHS website for further advice.

<https://www.nhs.uk/conditions/coronavirus-covid-19/> IF you do not feel the website has answered your queries then call NHS 111. Please follow the advice that has been given to you.

1. Care Leavers Conference Feedback- Healthy=Happy - 19th February

We received some fantastic feedback from you about our conference and we would like to share it with those of you who couldn't make it.

We asked each person to score sections of the conference out of 10 and these were the average results and some of the comments that we received;

- Food- 8.9
- Presentation- 9
- Marketplace- 8.61
- Workshops- 9.65

"I have learned that even though I dropped out of sixth form and college I can still access university through different paths"(Health Studies)

"I learned that you use two fingers for CPR compressions on a child"

"I learned that fire is black and blinds you when it engulfs the house so you can't see anything. That was scary because it was reality"

2. The Trussel Trust

The Trussel Trust is focused on ending hunger for those living in poverty or struggling with money, they support more than 1,200 food bank centres in the UK to provide a minimum of three days' nutritionally-balanced emergency food to people who have been referred in crisis, as well as offering support to help people resolve the crises they face,

There is also information on where to find the closest food bank to you.

You can access the website via the following link;

<https://www.trusselltrust.org/get-help/find-a-foodbank/>

3. 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

4. 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>

5. Turn 2 Us

Turn 2 Us is a fantastic support charity for those experiencing financial difficulties. On their website you can access a benefits calculator to help you figure out your entitlements, you can search for grants which you would be applicable to apply for and you can also access help and support for a massive range of issues. You can visit their website via the following link; <https://www.turn2us.org.uk/>

6. University of Birmingham

The University of Birmingham offers some amazing support for all of its students but specifically, they have a lot of available support for care leavers who choose to study with them. These include wellbeing officers who you can meet with regularly during your studies, grants, bursaries and a lot more. If you would like to see what support you can access with them, please use the following link;

www.intranet.birmingham.ac.uk/supportforstudents

If you are seeking asylum without leave to remain, you can access Article 26 at this university, this is a project that works in partnership with universities to provide advice and guidance on creating packages of support for students seeking asylum, you can ask for more information at your next open day / visit.

7. Women into Construction

Women into Construction are partnering with HS2 Ltd, to provide an exciting opportunity for young female care leavers to explore the diverse scope of careers available within HS2 and related construction and engineering sectors. 4 work placements are available and will be based in the Central Birmingham area.

Placements will rotate around various teams giving you experiences of a number of teams and occupations.

There is funding available for travel and childcare.

Work Placements were due to start on 2nd March, but it has been necessary to postpone these. We are in discussions with HS2 about a new start date, which is likely to now be in June. However, if you are ready to start in the next couple of weeks they may be able to accommodate you.

Following the placement, Women into Construction will provide support for you to gain employment or further training in the industry. In addition Women into Construction are able to support you with training such as Health & Safety and CSCS if that is something you are interested in.

If you are interested please contact Juliette Walton;

Phone – 07825117381 **Email**-
Juliette.Walton@birminghamchildrenstrust.co.uk



8. Stay Strong- Advice from one care leaver to another

One of our care leavers created this piece of spoken poetry/rap which we would like to share with you;

“No matter what going on inna ya life. no matter how stress u are. how down you feel. don't worry, it's just a period of ya life and just like many other periods inna ya life, it will pass. even if there is a storm beating down on ya it will pass. even if you feel like u building a building with ya bare hands and the pain that you have will soon pass. cos the Strong things and times inna ya life dem will pass. no matter what people say and do. u must make that bounce off you and stand tall and shine. no matter what craziness happen inna ya life u must still smile and be happy inna the knowledge there is people inna ya life and this world that are going through worse. think about this. how many times u have something happen and u think u won't last it so far inna ya life. and u still here today? why? cos it passed. so inna ya life you must show you are strong. cah u see the strong people inna ya life dem no pass. dem always last. mek me tell u one more time. the strong people inna life dem last. everybody know dem strong. nothing hit dem and knock dem down. them are the people that will survive this crule world”

9. Apprenticeship and Opportunities Event*

Birmingham Careers Service is hosting an apprenticeship and opportunities event to help young people to access careers opportunities, this will take place;

April 22nd 12.00pm – 2.30pm

The Factory Young Peoples Centre- Longbridge opposite Bournville College

25-30 Colleges and Training Providers – offering a wide range of opportunities covering a range of vocational areas

Careers Advice and ongoing support after the event from Birmingham Careers Service for Young People aged 16-19 or up to 25 with an EHCP

If you need help with your travel costs please speak to your personal advisor (18+ worker)

10. Miss Macaroon Opportunities

Miss Macaroon is an organisation which works with unemployed young people between the ages of 18-35 and supports them by offering a 10 week training course in a variety of employability skills

Whilst you are on the course you will have opportunities for;

- 2 hour sessions with a psychotherapist and counsellor,
- Three two hour sessions with a recruitment agency
- One two hour session with a national bank working with financial safety.

Learners will gain;

- Food Safety and Hygiene Level 2
- BTEC Workskills Level 1 or 2
- Functional Maths and English Level 1 or 2
- Professional work experience
- An interview with a professional employer

The next induction is on the 19th of March but don't worry if you've missed it, they have multiple inductions throughout the year.

To express your interest please contact Juliette Walton;

Phone - 07825117381

Email-

Juliette.Walton@birminghamchildrenstrust.co.uk



11. Good News

- Liam has just secured a job as a food and beverage assistant with Holiday Inn
- Adil has just started training with Street League and hopes to achieve a job with Pepe's
- Conan has just got the keys for his new flat. It is his first tenancy so good luck Conan.
- Ethan has secured a warehouse job with Sainsburys – he starts on Monday !
- We'd like to welcome two new PAs to the Care Leavers service – Savina and Carl – we hope you enjoy working with us
- Three young people have secured grants from the Matt Kendall foundation



12. Save the Date!*

Our next conference will be Careers themed and will take place on

Wednesday 27th May-11am

At

The Lighthouse Young Peoples Centre

100 Alma Way

B19 2LN



13. Monthly riddle

Congratulations to last months's winner Chloe!!

The answer to **how many hairs in a rabbits' tail?** None, they are all on the outside.

This month's riddle is... What month of the year has 28 days?

Email or call me with your answer first to win a prize.

Email: Kirstie.Cotton@birminghamchildrenstrust.co.uk

Phone Number: 01213038498

14. HCL Employment Workshops

One of our partner companies, HCL Workforce solutions will be holding monthly employment workshops, hosted at their Birmingham office.

Sessions will be broken down to cover different aspects of the recruitment journey with the aim of giving attendees training and support around the following areas;

- CV Writing/formatting
- Searching for job roles
- Job application process
- Telephone Interviews
- Interview Preparation
- First days in a new role
- Gaining work experience

Follow up sessions can be booked off the back of these initial workshops and HCL will support with any real life interview preparation if required.

HCL will also offer advice and guidance on different career paths and where possible, signpost attendees to relevant specialist employers/agencies. There is also the possibility of attendees gaining work experience and apprenticeship opportunities within HCL.

The first session will be on Tuesday 31st March at 2pm. If you would like to attend, contact Juliette on 07825 117 381 or juliette.walton@birminghamchildrenstrust.co.uk regarding travel arrangements.

We would just like to say a huge thank you to Ian, Naheeda and Katie for their fantastic speeches at our latest conference! Great job guys!!!



That's all this month, please check if these events are going forward in light of Covid-19*, take care and keep in touch!!