



# THE TRUST TIMES

18+ Care Leavers Newsletter

Noovember 2020

## WELLBEING WISHES TO YOU ALL

Hi everyone,

As I'm sure you are all aware we are now in lockdown number two.

I know this is frustrating and we are all struggling in our own ways right now, however it is important to do our best to protect our wellbeing and mental health throughout this difficult time.

There are lots of helpful resources online.

Remember you are not alone, everyone in the world feels the same way right now, and we will get through it and the world will open back up to us all if we all follow the rules.

We must continue to be patient and stay safe however desperate we are to go out and mingle.

Try to find something you can work on at home to pass the time.



You could try to learn a new instrument, develop a hobby such as writing, reading, drawing or dancing, and it is a great time to keep fit and work out. There are many ways we can maintain our wellbeing, however hard it may seem.

I hope you find some of the information in this month's newsletter useful and beneficial, please take care and stay in touch.

If you have ideas for articles, please email:  
**kirstie.cotton@birminghamchildrenstrust.co.uk**

Remember we are only a phone call or an email away. If you can't get hold of your PA, please call: **0121 464 1229**.

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

### IN THIS MONTH'S ISSUE OF THE TRUST TIMES:

- Future You - **page 2**
- The Local Offer - **page 2**
- BCAT providing Soothing pack - **page 2**
- Suicide prevention - **page 3**
- Good news about young people - **page 3**
- Pause advert - **page 4**
- Brum Xmas Dinner 2020 - **page 5**
- Care Leavers' health plans - **page 6**
- Kooth - **page 7**
- Civil Service apprenticeship scheme update - **page 7**
- Care Leavers' Walk 2020 - **page 7**
- A word from Women & Theatre - **page 7**

# FUTURE YOU



This year Birmingham Children's Trust held a Future You Campaign for National Care Leavers Week 2020.

The Future You campaign covered this year's theme employment, this was to ensure we were able to support you to raise awareness of aspirations and career achievements.

Over the week we posted out on twitter (@bhamchildtrust) a series of videos from staff and young people, we also had available on our website a series of employability virtual events.

Each event was held with one of our city partners including the Walk for Birmingham we did towards the end of the week.

We would like to especially thank Abba Loughran, Kirstie Cotton and the Birmingham Children's Trust apprentices for peer supporting 5 incredible young people to feedback their very own experiences to Andy Couldrick, Trust Chief Executive.

The workshop with Andy Couldrick was a huge success and this was all down to the young people who were brave enough to share their own aspirations.

If you were part of the week or attended any events and wanted to feedback your thoughts to us please get in touch with **Kirstie.cotton@birminghamchildrenstrust.co.uk** with any comments you would like to share with us.

Thank you!

# 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 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](http://www.birminghamchildrenstrustco.uk/birminghamcareleaversoffer)**

## BCAT providing a Soothing Pack



Birmingham Centre for Arts Therapy (BCAT) have put together a series of documents to help you stay calm and ease the stresses of this second lockdown.

The pack is full of:

- Self-help tips
- Meditation ideas, and
- Loads more to help you through lockdown.

You can find more info here: **[www.bcat.info](http://www.bcat.info)**

# 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.html](http://www.helpguide.org/home-pages/suicide-prevention.html)

## Good news to share



### • R

**R** has been getting on really well with her CGL Youth Promise Plus worker and she has stated that she would not have been able to complete the Care2learn application without Victoria's help.

**To get in touch with CGL- Youth Promise Plus contact your PA.**

### • B

**B** has started volunteering with CGL Youth Promise Plus where she will be supporting Care Leavers as well as other young people back into education and employment.

She was matched to her first young person and is happy to say that he has started college in September thanks to B's help. CGL are hoping to run a mentoring course in the new year- so watch this space if you are interested in getting experience working with young people.

### • S

We would like to say well done to **S** for writing a beautiful application for the Mental Health Foundation, we wish you the best of luck and really hope you get the role!

**Here is a small extract;**

*"I am incredibly passionate about improving the mental and emotional wellbeing of young people. I spent my teenage years battling mental health difficulties and often felt underwhelmed by the support that was available to me."*

**We are so proud of you all !**



# Pause.

Need someone to talk to?  
Struggling to cope with feelings?  
We're here for you.

We are operating a telephone-based service while Pause in Digbeth is closed.

Register for support via our website:

[www.forwardthinkingbirmingham.org.uk/services/13-pause](http://www.forwardthinkingbirmingham.org.uk/services/13-pause)

Or call [0207 841 4470](tel:02078414470) and we will arrange for one of our friendly staff to call you back.

## Who can use us?

You can use us if you have a Birmingham GP and are:

- Under 25 years old (If you are under 14 you will need to have a parent / caregiver with you when we call to give consent).
- Or if you are a parent / caregiver looking for support for their child who is under 25 years old.

## How can we help?

We can offer:

- Self-help strategies, skills for managing difficult situations and feelings.
- A non-judgemental listening ear.
- Details for other organisations that might also be able to help you.
- Each call lasts around 20-30 minutes which focuses on ways forward.

## Our Opening Hours:

Monday to Friday: 10am-6pm, Saturdays: 10am-5pm.  
We are closed on Sundays and Bank Holidays.





# Brum Xmas Dinner 2020



**If you can't spend Christmas Day with family or friends, don't worry, you're not alone, and we'd love you to join us.**

Yes, it's a strange year and we don't really know what it will be like at Christmas, but we are determined to hold a dinner, in some form.

We are still planning it, so can't be sure how it will be, but we think it may have to be online through Zoom – but we still want to organise something you will enjoy, with food, games and presents.

If the dinner is on Zoom and you haven't used it before, or there are other problems such as not having enough data, we will try to help to ensure you can join us.

## **Who will be invited?**

The dinner is for care leavers, who can't spend the day with their family or friends, though if any have children they will, of course, be very welcome as well. If your partner is also a care leaver you can both join us.

## **How many people will join the dinner?**

If the dinner is on Zoom we don't need to put a limit on numbers. If we do find a way to have a meal together the number of people invited will be limited by the Government guidelines in place at the time.

## **Can I bring a friend?**

We know it can be scary joining us on your own, but you won't be alone – all the care leavers invited to the dinner are in the same place and in past dinners many have made new friends at the dinner. If you really do think you'll find it very difficult to join us on your own please ask your PA to talk to us and we will look for ways to give you that extra support you may need.

## **Where will it be?**

It looks as if it will be very difficult for us to meet up together this year, so it may be that everyone is in their own home and joining us on Zoom.

## **What food will there be?**

Again we can't be certain of this yet, we may have to arrange for food to be delivered, but whatever we will make sure your food needs will be met, including halal and vegetarian choices.

## **How will I get there?**

If the dinner isn't based on you being at your home we will arrange transport for you.

## **What if I can't use Zoom or if I don't have enough data?**

Don't worry, this is a problem for lots of people. We'll ring you as soon as we know you want to join us and will try to find a way to solve these problems. Also ask your PA to let us know if this will be a problem for you.

## **What will it cost me?**

Nothing, everything will be provided for you.

## **What happens now?**

If you want to come to the dinner you can ask your Personal Advisor to make a referral or you can contact us yourself – though we would still need to talk to your Personal Advisor.

When we've had a referral one of the organisers will get in touch with you so you can ask them any questions you have about the dinner.

## **Let us know as soon as possible**

It would be really helpful to know you are joining us as long as possible before Christmas Day (25 December) as we may need to sort out IT issues, food delivery, getting presents to you .... and doing this at the last minute will be difficult.

## **Contact us**

Email: [bxguests@gmail.com](mailto:bxguests@gmail.com)

Phone or text: **07585 140392**

[facebook.com/groups/BrumXmasDinner](https://www.facebook.com/groups/BrumXmasDinner)

We are happy for you to join us on Facebook but **please do not message anyone through this**, contact us by e-mail or text

Twitter: **@brumxmasdinner**

# Care Leavers' health pathway plan & support

## Health Passports when you turned 18

As many of you know, throughout your journey in care you received yearly health assessments to go over any health concerns you had.

Then when you turned 18 you should have received a **Health Passport** containing information from all of these assessments and an overview of your health.

## What if I did not get a Health Passport?

If you did not receive a passport you can contact the duty line on **0121 466 3648** (Open Monday - Friday 9.00am to 5.00pm) or you can call **07725 223686**.

## What if I am over 18 and need help?

All care leavers will continue to have access to the CIC Nursing service from the age of 18 to 25.

You can access this service through a call, text, or email.

**Duty Line:** 0121 466 3648  
(Open Monday to Friday 9.00am - 5.00pm)

**Mobile:** 07725 223686

**Email:** BCHNT.dutynurse@cic@nhs.net

When you contact us, the nurse on duty will speak to you or call you back or respond to your e-mail and from this suggest a way that they can support you.

The nurse that supported you as a child in care will, wherever possible, support you from this first contact post 18.

## From this:

1. You can visit the Stephen's Centre (travel expenses covered by the Trust by way of day saver) where the nurses are based.
2. Arrange a telephone contact with a nurse.
3. Arrange a visit from a CIC Nurse at an agreed time and venue.
4. The Nurse can signpost you to other health services and support.
5. With your consent refer you to other health services.

This list is not exhaustive.

## Care Leaver's clinic

Also, from April 2021 a Care Leavers' clinic will begin.

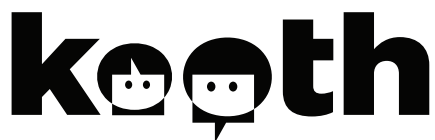
This will be a monthly clinic with 1 hour for drop in and 2 hours for bookable 30 minute slots.

These slots can be booked by you or if you wish booked by your personal advisor.

Further information will be shared with you regarding venue and bookings early in 2021.







Kooth is a digital, wellbeing platform where young people can seek support from their moderated message forums, magazine, mini activities hub, live forums and their online counselling team.

Kooth is available 365 days a year and there are no criteria for the service, meaning no matter how small or big the issue is, young people have access to support straight away.

Their team is online until 10pm every single day, providing a much needed out of hours service.

Talk to your personal adviser about Kooth, and find out more on the Kooth website for yourself:

[www.kooth.com](http://www.kooth.com)

## Update on Civil Service apprenticeship scheme



The Civil Service runs a paid Internship scheme for care leavers every year.

This year six of you applied and were shortlisted for interview.

This is a great achievement and shows that you wrote quality applications that showcased your knowledge and experience.

Interviews are ongoing throughout November, so we won't know about job offers for a couple of weeks.

**"Good luck to all of you and well done for getting this far."**

## Care Leavers' Walk 2020

Walk and more walking. This year we did something different towards the end of care leavers week. We worked with future parks to do a walk for care leavers (on our own and within households) to raise awareness for care leavers week.

On the walk your challenge was to capture a picture of your walk and share it on twitter with the Trust. The images would then be put into a prize draw and the winner selected will receive a £25 pounds voucher.

If you would like to let us know if you sent in a picture or sent in yours and tagged us on twitter please email:

[Abba.loughran@birminghamchildrenstrust.co.uk](mailto:Abba.loughran@birminghamchildrenstrust.co.uk)

Quotes from young people who took part:

**"I enjoyed getting out of the house - it is so important to look after yourself even in lockdown."**

**"I loved spending time with the people that matter the most to me, my family, and it was fun to be outdoors in open space."**

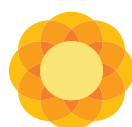
**"The park needs you and you need the park."**

## A word from Women & Theatre

It was great to kickstart our new project 'Moving On' during Care Leavers Week 2020.

Women & Theatre are really pleased with the numbers of care leavers and staff that came to our sessions and are grateful to all at the Trust who helped promote the project.

If you would like to find more about this project and get involved please contact Juliette Walton on **07825 117381**.



**BIRMINGHAM  
CHILDREN'S TRUST**