



# THE TRUST TIMES

18+ Care Leavers Newsletter

December 2020

## MERRY CHRISTMAS TO YOU ALL

Hi everyone,

As we approach Christmas the restrictions around Covid 19 are being loosened a little so that we can all enjoy the day, however this does not mean Covid has gone away.

So please remember to remain cautious to protect yourselves and your loved ones.

That being said I hope you all have a wonderful Christmas filled with good food and good memories.

I will be sending out another separate article soon with some information about a special Christmas virtual event we are hosting just for you, there will be some celebrity names involved, so keep your eyes peeled for the email, and see our advert on page 6.

Sending you all love, light and happiness this Christmas. Take care and keep in touch.



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

**Thanks, and stay safe - Kirstie and the Trust team**

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

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# Georgia's Youth Promise Plus diary

Hi I'm Georgia and I have recently started working for CGL as an intervention worker.

I previously studied criminology, this is where I gained my passion for helping young people.

I could see how easy it was to slip through the gaps in the system and how detrimental it could be at such an important time of life.

I was so excited to get this role as it means I can support young people to overcome their barriers and achieve their goals around education, training and employment.

I didn't know the pleasure I would get working with such a diverse range of young people, but after just a month I have met some wonderful young people, I am super excited for the future.

I am helping a young lady called Becky. In the past she has struggled with sticking to education due to personal problems but when I met her, she was determined to get into work and make a better life for herself.

Becky is driven to start in business or administration.

Together we have explored traineeships in the hope this would boost her confidence and give her the chance to gain valuable work experience.

Becky is an extremely driven and determined young lady, who I know will succeed.

Starting this role during lockdown has pushed me to be creative with the kind of support I offer.

**Please let your PA know** if you would like help or support finding education or employment and they can make a referral to me and the team at **Youth Promise Plus**.

# 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)**

## Youth Futures Foundation



The Youth Futures Foundation (YFF) would like to invite you to sign up to their youth voice mailing list.

They are keen to hear from young people who have faced challenges in their journey to work, and will send out employment opportunities which might interest you.

Sign up here:  
**<https://mailchi.mp/9aea41a1c714/yffyouthvoice>**

# 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



- SZ has got a new job with her company Ingeus – she is now going to be an employment coach helping people who have lost their jobs in the pandemic to get back into work.
- TM was successful in the Civil Service internship scheme and has been offered a job as an Administrative Officer
- JP has been offered two jobs in one week: A job with the civil service and a job as a teaching assistant at Woodlands academy. He has decided to take the job with Woodlands and is looking forward to being part of the 'Woodlands Family'.
- BB passed her Driving Test this month, congratulations! B is also studying to complete an Open University course.
- DF has been successful in gaining a Level 3 apprenticeship with the Birmingham Children's Partnership. She will be consulting with young people and working with partners to improve children's services.
- Azizullah has achieved a 2:1 with Honours in his Computing Degree. He studied at both South & City Digbeth and Leicester De Montfort.
- SA was offered a job with the civil service last year but due to Covid she didn't actually start. Now - a whole year later she has an exciting job with the Office of the Public Guardian and will hopefully start in 2021.
- One of our young people applied to the mental health foundation to become one of their ambassadors – she was accepted and will start to represent the voices of young people to improve mental health services.

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

## Crisis funds help

**The Rees Foundation** can contact your utility supplier and advise them if you are experiencing financial hardship.

They will be able to provide credit to your meter. (Credit will have to be paid back at a later date).

[reesfoundation.org](https://reesfoundation.org)

The **Trussell's Trust** provides details of all local food banks in Birmingham.

[trusselltrust.org](https://trusselltrust.org)

**Birmingham's Local Welfare Provision (LWP) scheme** helps vulnerable people in short-term crisis with food and essential items.

It is grant-based, which means people who receive help from it will not have to repay anything.

There are two types of payment available:

- Crisis payments are made to citizens to meet their needs for subsistence in terms of essential food and/or clothing.
- Community Support Grants are paid to citizens to meet their immediate needs for essential furniture or white goods to sustain their housing needs and to gain greater independence within the community.

Apply for a grant or see more information:

[https://www.birmingham.gov.uk/info/20017/benefits\\_and\\_support/308/help\\_in\\_a\\_short-term\\_crisis/5](https://www.birmingham.gov.uk/info/20017/benefits_and_support/308/help_in_a_short-term_crisis/5)

**The Care Leavers' Foundation** exists to make small grants to care leavers aged up to 29.

Their grant-making is primarily targeted at care leavers aged 21+ who have no recourse to any statutory support or alternative sources of funding.

Apply for this grant:

[thecareleaversfoundation.org/About\\_Grants](https://thecareleaversfoundation.org/About_Grants)

## National Autistic Society opportunity

The National Autistic Society and Mind are collaborating on a new mental health project.

They are both seeking to understand what barriers there are for autistic people (both adults and children) accessing mental health therapy, and what adjustments can be made so therapies better suit autistic people's needs.

As part of this project, we will be working with the Improving Access to Psychological Therapies team to develop guidance on how better to deliver talking therapies for autistic people which means there is a large focus on this style of therapy.

If you are interested in getting involved with this research, please contact:

[Felicity.Stephenson@nas.org.uk](mailto:Felicity.Stephenson@nas.org.uk)

## Birmingham Forward Steps



BFS deliver early years health and wellbeing for children aged 0-5 in Birmingham.

If you have a child between these ages have a look at what they can offer you:

[bhamforwardsteps.co.uk](https://bhamforwardsteps.co.uk)

## Birmingham with love

Birmingham Children's Partnership has put together some information about support you can receive during the pandemic.

To view what they are offering, click the following link; [birmingham.gov.uk/love](https://birmingham.gov.uk/love)



# 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**



BIRMINGHAM CHILDREN'S TRUST

# VIRTUAL CHRISTMAS PARTY



WE'RE  
BRINGING  
BIRMINGHAM'S  
BIGGEST FAMILY  
TOGETHER THIS  
CHRISTMAS!

**TUESDAY 22ND DECEMBER** <sup>6 TO 6:30 PM</sup> ↻

HOSTED BY ROB HOWARD FROM CAPITAL FM  
& GEMMA HOWARD FROM HEART FM

MAKE A SNOWMAN WITH SANTA'S ELF / A SECRET MESSAGE FROM  
SANTA HIMSELF / CHRISTMAS SONGS / CELEBRITY MESSAGES & MORE!  
PLUS A LIVE PERFORMANCE FROM 2020 VOICE UK WINNER, BLESSING ANNATORIA

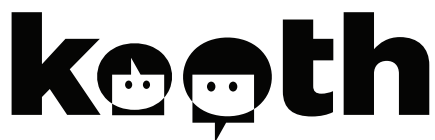


BIRMINGHAM  
CHILDREN'S TRUST

TUNE IN **LIVE** TO THE BIRMINGHAM CHILDREN'S TRUST



CHANNEL



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)



# Stonewall

Stonewall is a charity that supports people from the LGBT community, this is their mission statement;

"We're here to let all lesbian, gay, bi and trans people, here and abroad, know they're not alone. We believe we're stronger united, so we partner with organisations that help us create real change for the better. We have laid deep foundations across Britain - in some of our greatest institutions - so our communities can continue to find ways to flourish, and individuals can reach their full potential. We're here to support those who can't yet be themselves. But our work is not finished yet. Not until everyone feels free to be who they are, wherever they are."

See more or get in touch by visiting;

[stonewall.org.uk](http://stonewall.org.uk)

## Moving on project



Women & Theatre want to collaborate with care experienced people, aged 18-25, of different genders and cultural backgrounds, to produce new cultural work together.

This might include making theatre productions, short films, podcasts and workshops.

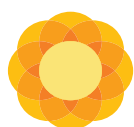
Weekly Zoom sessions will begin on Wednesday 20 January 2021, from 6.30pm - 8.30pm, with face-to-face activity to follow.

You will be able to gain experience in:

- project management;
- event planning;
- research;
- marketing;
- workshop facilitation;
- devising theatre & film;
- performing;
- music making; and
- evaluation.

Moving on is a two-year creative project with Women & Theatre, in partnership with Birmingham Children's Trust and Birmingham City Council.

For further details please contact Jess:  
[jesspearson@womenandtheatre.co.uk](mailto:jesspearson@womenandtheatre.co.uk)  
**07956 773196**



## BIRMINGHAM CHILDREN'S TRUST