



# THE TRUST TIMES

18+ Care Leavers Newsletter

April 2021

## PLEASE STAY SENSIBLE AND SAFE

**Hi everyone,**

Welcome to the April 2021 newsletter filled with useful links and information for you. I hope everyone had a fantastic Easter and filled up with chocolate! We also celebrate Ramadan.

Fantastic news this month as the rules of lockdown are finally easing and we are beginning to resume normal life. Many shops and pub gardens are open again, theme parks have re-opened, and will soon be followed by other amusements and larger gatherings, such as theatre performances and concerts.

This means it is more important than ever to ensure that we follow the rules in place, wear a mask and remain socially distanced to ensure that things go smoothly, so we prevent spikes in the number of Covid cases recorded.

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If you have ideas for articles, or even want to share your own blog, 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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# Join the Care Leavers' Forum



The Care Leavers' Forum (CLF) is open to all care leavers to the age of 25.

We meet every month (currently online) and run campaigns based on what young people themselves want to change.

We are currently working to improve the housing situation for care leavers.

The CLF works on improving the Trust by using your experiences and views to push for changes.

Members also interview for senior staff, create training packages and work within the West Midlands and nationally to influence how people and organisations think and work.

We are relaxed & friendly, there is no long joining process and you can do / attend as much or as little as you like.

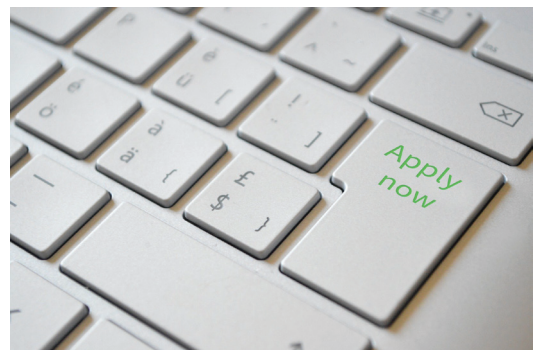
## Get in touch

Contact Julia Balston  
[Julia.balston@birminghamchildrenstrust.co.uk](mailto:Julia.balston@birminghamchildrenstrust.co.uk)  
to talk or to be involved in making things better.

# ATTENTION JOB HUNTERS!

Preparing to leave care is stressful enough, even without having to plan your future career. Unfortunately, like buses, these challenges often arrive all at once.

Don't worry, Birmingham Children's Trust is here to support you. We've joined forces with Pell Frischmann – a major business local to Birmingham – which can provide you with additional help.



As a part of their commitments to support Birmingham's care leavers and the city's wider prosperity, they're offering personalised one-on-one discussions on the following three topics:

- **CV / Job Application Writing:** This 30-minute support session will try and help you identify the ways that you can stand-out from the crowd via your CV.
- **Interview Techniques & Mock Interview:** Some helpful tips and a mock interview over a 1-hour session. Giving you experience of what a real-life interview might be like.
- **Careers Advice / Mentoring:** Still trying to decide what career path is right for you? It's a complicated jobs market and sometimes it's helpful just to have a sounding board.

For further information or to book in your appointment, contact Juliette Walton  
[Juliette.Walton@birminghamchildrenstrust.co.uk](mailto:Juliette.Walton@birminghamchildrenstrust.co.uk)

# Suicide prevention

If you, or anyone you know, is feeling suicidal, there is always help available.

However bad you are feeling right now, there is help that you can get.

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)

## BEATFREEKS REPORT

Beatfrees have just launched their latest National Youth Trends report, 'Institutions of the Future'.

At the end of 2020, they spoke to nearly 2,000 Gen Zs about the issues which matter most to them.

The report is now live and available for free download at the link below:

<https://bit.ly/3x6aO4u>

Whether it's about Black Lives Matter, sustainability, inclusivity, or any other social issue, young people are determined to create positive impact and change society for the better.

By sharing this report, and helping to put Gen Z voices in front of those who don't often hear them, you can help young people build the future.



# REES FOUNDATION



During April the Rees Foundation are hosting a Wellbeing Week.

Events in April 2021 to book on are listed below.

## Wednesday 21st April

### 1pm – 2pm

Life coaching with Sarah, find more joy in your life by getting to know your inner warrior, an empowering and energising session.

### 7.30pm – 8.30pm

Understanding care for trauma.

## Thursday 22nd April

### 10 am – 11am

Dr Rachel, the discovery of joyful meaning and experience.

### 7.30pm – 8.30pm

Circle of support with Jacqui (Rees ambassador)

### How to book and find out more

Visit their website to find out more about the week, as well as other services they offer to support care experienced young people.

The website is:

[www.reesfoundation.org/peer-networks.html](http://www.reesfoundation.org/peer-networks.html)

## HELLO FROM JULIETTE

Hello - It's Juliette here, the Care Leaver's Service employment, education and training manager! As you can see from this month's newsletter, there is loads going on!

We have been doing some research about higher education recently and have found so many universities with great offers for care leavers (money, accommodation, activities, extra support).

Also, there are many universities who are making it easier for young people to get in: there are Foundation years and Access courses and degree apprenticeships and all sorts.

So, if you have ever thought about going to Uni, but need to take the next step – just pick up the phone or send me an email or a text and we can talk through your options. You can also talk about it with your PA and get it on your pathway plan.

Every week I send out lots of really good training and employment opportunities. This info goes to my 'Opportunities' email group, but also the personal advisers and intervention workers.

If you would like to be on the Opportunities email group so you hear it first – just let me know.

**Keep  
in  
touch!**



Do get in touch by email, phone, WhatsApp or text – whatever is best for you.

If I don't answer, please leave a message!

**07825 117 381**

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

# Young Parents Project



Young Parents Project is open to all young parents. We aim to improve outcomes through access to support and guidance for young parents.

Currently the forum meets virtually every month via Microsoft teams. Young parents contribute to the agenda for the meetings and an annual plan of action is drawn up in consultation with our parents.

This month (April) we have had our Young Parents representative feed back to the Corporate Parenting board about the wonderful things we have been up to which included an update on our cook book, our logo, panel training which young parents attended as well as discussing their involvement in Women and Theatre.

We had our very own Easter egg competition, young parents designed an Easter egg with materials from their home, our winner was Chelsea and she received a hamper full of Easter Goodies.

Our next meeting will be held on May 5th 2021 at 12:30pm, we are hoping to do some work around the May take over board where young people will compile the agenda and present to the board.

## Contact us

If you know of any young parents or parents to be who would like to join we would be happy to hear from you as we are always welcoming new members, please contact Tasneem Akhtar:  
[Tasneem.akhtar@birminghamchildrenstrust.co.uk](mailto:Tasneem.akhtar@birminghamchildrenstrust.co.uk)

## JAMES'S SUCCESS STORY

James initially applied in 2020 to join the police force, passed the written aspect of the interview but failed the role play but this did not deter him. After a period of time, James applied again to join in January 2021 and successfully passed the assessment and is currently waiting for a start date.

Apart from this James has worked his way up to becoming an officer in the cadets and is also a very good football player.

This shows how you should never give up on your dreams (if at first you don't succeed, try and try again).



In March young people who are working on the YPP Project at CGL attended a workshop with TEDx Youth. The workshop was focused on public speaking and looked into what young people of Birmingham want the future to look like.

The four care leavers who took part participated in fun activities that included voice warmups, calming anxieties, avoiding unnecessary 'erm' words in public speaking and they even got their tongues tied in tongue twister activities.

The feedback we received was extremely encouraging.

One young person said they "Found the exercises to be engaging and fun and it was good hearing everyone's points of view". Another young person said "I enjoyed listening to the others explain their stories and felt honoured to hear their personal stories".

## How to get involved in future CGL events

We will be looking at further workshops with TedX so if you are interested speak to your PA/Social Worker about a referral to CGL.

# New **Trust Charity** needs YOU

Birmingham Children's Trust is starting an independent charity and we need YOU to be part of it!

## **So what is a charity and being a Trustee about?**

A charity collects donations (items, time, and money) and 'spends' these based on what their priorities are. A charity has a board of trustees who run the charity. A trustee makes sure that the charity only works and spends money on the things that they should be, things that are the charity's priorities. A trustee votes with the other trustees to make decisions about what should happen and how money is spent.

## **Why young adult Trustees?**

We want the charity to do the things which are really needed – not what we as adult professionals think or guess at. This is why two of the 12 trustee posts in the new charity will be for young people aged 16-25

## **The other option – become a member**

Charities also have 'members', they make decisions such as changing the charity's constitution (rules and priorities) and appoint and remove trustees. We are looking for two young adult 'members'.

## **Ok, I'm interested, what should I do now?**

Awesome! We would like to know more about you. Could you please write a short piece (no more than one side of A4) which tells us:

- Whether you want to be a trustee, member or either?
- Your motivation (why you want to do this)?
- What you have to offer (your experience, skills and knowledge? This doesn't need to be formal qualifications, everyone has something to offer).

Please send the words to Julia Balston:

**[Julia.balston@birminghamchildrenstrust.co.uk](mailto:Julia.balston@birminghamchildrenstrust.co.uk)**

If you have any questions, or want to talk about this, then please use this email address too.



## **What will the charity do?**

The charity will make it easier for businesses and individuals to donate time, money and support to help the children and families the Trust work with.

The charity set up has been led by the Corporate Parenting Team. They have worked with the Rights and Participation service so that they know what children and young people tell us they need.

They have based the charity's priorities on:

- Volunteering and mentoring - having someone there for me.
- Work experience apprenticeships and career support.
- Transition into independent living and life skills.
- Enhancing our digital offer for young adults.
- Wellbeing.
- Creating a hub for young people and adults that is a home of BFriends.
- Fundraising activities to develop further or bespoke projects, programmes and events for young people and adults.

# Moving On

Women & Theatre have been collaborating with care-experienced young people, working together creatively over Zoom to explore the needs and experiences of care leavers.

Moving On will result in a new piece of creative work, which will help shape services for care leavers and support children in care.

Our first term culminated in a Zoom event where we shared some of Moving On's progress so far.

We were really pleased with the response and feedback included:

*"It is important we're confident talking about these issues so we can all learn how to support young people better."*

*"It struck me how supportive the group is to each other."*

*"So much has been done in such a short space of time."*

We want Moving On to grow and involve more young people. Come along to our information session and find out more! There are lots of different ways to get involved:

Join our Wednesday group which meet weekly on Zoom to help plan all aspects of the project. Attend specific drama days to devise creative work. Get involved in research activity to share your opinions, experiences and ideas.

Moving On sessions take place on a Wednesday (6:30-8:30pm) on Zoom.

Come and join the Zoom to see what it is all about! If you're interested in joining the group please get in touch by contacting Katie.

## Contact

katiwebster@womenandtheatre.co.uk  
07956 773 96

# 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.

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)**



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