



THE TRUST TIMES

18+ Care Leavers Newsletter

June 2021

I JUST WANT MY FREEDOM

Hi everyone,

I hope you are all well and have enjoyed another month! I am sure you have all heard that lockdown has been extended until 19 July. This is now being called 'Freedom Day' and will hopefully see the end of many restrictions. In light of this we at the Trust wanted to express how incredibly proud we are of all of you for how well you have handled things this last year and a half. We have had to adapt to something that nobody alive today had ever dealt with before and you have all coped exceptionally well! So have a fantastic Freedom Day, go and see your friends, family and loved ones, and enjoy meeting up again. Until then continue to stay safe and follow the 'hands, face, space' guidance, and as always, keep in touch!

Have a fantastic month and as always, email me at: Kirstie.Cotton@birminghamchildrenstrust.co.uk If you have anything you would like to be included in next month's newsletter, or if you would like to be featured in the 'Good News' section.



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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Care Leavers' Forum update

The Care Leavers' Forum joined other young people who took over June's Corporate Parenting Board.

We presented our Housing Journey work and shared our experiences. We got a commitment from Councillor Thompson to meet with us and look at how to make the process and experience better. Councillor Thompson is lead on Housing in Birmingham and will be able to get things done.

We were so happy to meet together face to face for the first time in over a year! We met with the head of social studies at Newman University to tell her what we thought needed to be in the new social work degree. She will share this with Social Work England.

We spoke with NHS Healthy Brum to help them in their work to reduce infant mortality in Birmingham by sharing our thoughts on pregnancy and contraception.

We had a table tennis competition with Sports4Life and the Commonwealth Games Volunteers co-ordinator, who shared what opportunities there are for care leavers.

Finally we looked at what the government wants to know in the Independent Care Review and told them exactly what we think.

In June we are interviewing new social workers and other staff who want to work for the Trust and designing a training package which all staff in the Trust will be expected to attend.

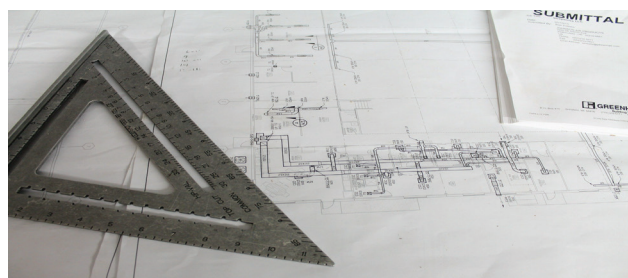
Contact us

If you want to be part of the great work we do, which makes real changes to other young people's lives, please contact Emily Blythe – Emily.Blythe@birminghamchildrenstrust.co.uk

Good News



- **SH** has been offered a place to complete a Masters course in psychology this September.
- **GB** has started on her maths and English GCSE course
- **KC, JM, MH, NP** and **EB** have all just been accepted onto level 4 apprenticeships with Birmingham Children's Trust as an extension of the apprenticeship programme. More apprenticeships are being worked on and will be coming soon!
- **Ilesha** has been offered a place at Newman University for Primary Education (Foundation year). It has been a long road for **Ilesha**. We are so proud she has got this far.



- **Sabbir** has been offered a place at Leicester De Montfort University to study Engineering. This is a great outcome for **Sabbir** because he was unable to access student finance due to Home Office delays. However, he applied and got the funding through a scheme called Article 26 (If you are in the same situation, please make contact with Juliette Walton 07825 117381). Well done Sabbir. We are so pleased that you didn't give up and can now move forward with your career.

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



COMMONWEALTH GAMES VOLUNTEERING (July 28 - August 8, 2022)

It may seem a long way off, but if you want to get involved in this you need to apply now and we can help you.

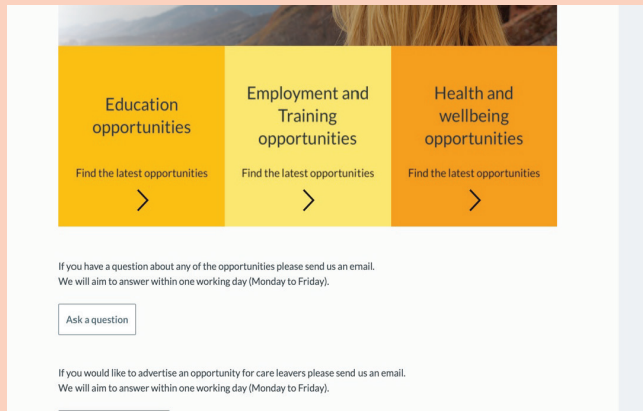
Just fill in your name and contact details on the expression of interest form and one of the Trust Corporate Parenting team will be in contact to tell you what to do and help if you need it:

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

There are lots of benefits to being a volunteer. All your food will be paid for, during the two weeks, and you will get kit and other freebies. You will also get to see events, and most of all you will be part of something great.

If you would like to find out more please contact Juliette on **07825 117381** or email Juliette.Walton@birminghamchildrenstrust.co.uk

BOOKMARK OUR WEBSITE FOR OPPORTUNITIES



We have been working hard to get some opportunities listed on our website so that you can access them easily whenever you need them.

Opportunities include:

- Education opportunities;
- Employment and Training opportunities; and
- Health and Wellbeing opportunities.

Content is regularly being uploaded but we wanted to give you the link now so that you can **bookmark it** and keep an eye out for more opportunities as they are uploaded.

<https://bit.ly/3A4P0aW>

National Care Leavers' Forum news

Great news - Five Care leavers are now attending sessions on Birmingham's behalf to see what other local authorities are working on with young people.

These events they attend will be key to sharing outside opportunities with you and sharing the good news of our work with you in Birmingham.

Please look out for future updates and opportunities to be shared.



Kooth offers free, safe and anonymous online counselling and support, with many different features and sections to offer you support such as:

- Magazine- Helpful articles, personal experiences and tips from young people and our Kooth team.
- Discussion Boards- Start or join a conversation with our friendly Kooth community. Lots of topics to choose from!
- Chat with the team- Chat to our helpful team about anything that's on your mind. Message us or have a live chat.
- Daily Journal- Write in your own daily journal to track your feelings or emotions and reflect on how you're doing.

To visit their page, click here to see this and much more!

www.kooth.com



CAREERS

Wed 30th June 1 – 2.30pm

Our friends in the NHS are doing an online session, just for us, about careers in the NHS and how to apply.

You will learn about different jobs – clinical and non-clinical – and you will find out how to use the NHS jobs website so that you get shortlisted every time!

If you would like to attend the event, contact Juliette Walton by text, phone WhatsApp or email you will be sent a link.

The Rees Foundation



The Rees Foundation offer help and advice to care experienced individuals about any concern and are always here to listen.

They run a number of projects that can make a real difference to care experienced people of any age. They want to celebrate any and all personal and professional achievements of those who have experienced being in care, no matter how big or small.

The Rees Foundation have been working hard to improve their offer for Birmingham Children's Trust care leavers and we would really like to share some of the opportunities they are offering right now.

You can see what's on offer on their website:

<https://www.reesfoundation.org/projects.html>

Feedback from Life Skills Week

31 May to 4 June 2021

The Trust's Corporate Parenting team and partners led the latest 'Your Life Your Turn' group events for the half term week.

They held a public speaking workshop, a mental health in the workplace workshop, a women in theatre comedy session, and a session about job skills and C.V. building.

Young people who attended fed back that it was a great and insightful experience.

In the Summer we would like to do more events like this to prepare care leavers for adulthood.

If there are any ideas you have or you would like to be involved in the group please contact:

Abba.loughran@birminghamchildrenstrust.co.uk

CGL workshops

CGL (Change, Grow, Live) will be running numerous workshops throughout the year including Preparation to Work and more Motivation Workshops.

If you are not in Education, Training or Employment and you are interested, speak to your PA about a referral to CGL.

<https://www.changegrowlive.org>

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



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