



THE TRUST TIMES

18+ Care Leavers Newsletter

August 2021

THE NEW NORMAL IS HERE

Hi everyone,

Hi everyone, I hope you are having a fantastic month! If you celebrated Eid, I hope you had a fantastic time! We are finally at what seems to be the end of restrictions so that life can resume, and we can all begin to adjust to the new normal.

It is now optional whether you want to wear a face mask and clubs, pubs, restaurants and events have resumed their normal workings, however Covid 19 is still out there so as always, stay safe!

We are exceptionally proud of how well you have all handled the pandemic.

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.



If you have received or are expecting to receive exam results I wish you the best of luck. If you need any support with education please contact your PA.

If you can't get hold of your PA, please call: **0121 464 1229**. Juliette Walton will be available from Tuesday 31 August to support you.

Thanks, and stay safe - Kirstie and the Trust team

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

IN THE AUGUST 2021 ISSUE OF THE TRUST TIMES:

- Forge Farm visit - **page 2**
- Good News - **page 2**
- A note from the Young Parents Project - **page 2**
- Suicide prevention - **page 3**
- Rees Guest Card- **page 3**
- Under the Sky trip to the Peak District - **page 3**
- Eid celebrations and ideas - **page 4**
- Young People's Leaving Care Benchmarking Forum - **page 5**
- Have you claimed your Junior ISA funds - **page 5**
- Next Steps - **pages 6**
- BT Broadband bills cut in half - **page 6**
- Kooth - **page 7**
- Women in Theatre Moving On - **page 7**
- Trust Website Care Leavers' opportunities - **page 7**
- The Local Offer- **page 7**

Forge Farm visit

This month two CGL Case Managers accompanied two young people on a visit to Forge Mill Farm, as part of Birmingham's Green Week.

It was an interactive workshop, filled with facts around farm life and its animals, alongside exciting opportunities to get stuck in with some daily farm tasks!

From walking the goats and alpacas, to learning how to milk a goat and groom a horse, it was an afternoon jam packed with activities that made you feel like a natural farmer!

With jobs in the animal industry being quite limited, it was a superb chance to gain extra insight and information on how to progress into the world of animals, farming and much more.

One young person loved it that much, they reached out afterwards and are now regularly volunteering on a weekly basis.

If you think these opportunities sound fun and something you would love to try, get in touch with your PA for a referral to CGL now, or keep an eye out on social media and online for Green Sector events near you!



Good News

- Lamar has been awarded a 2:1 in his Music Technology degree with the University of Wolverhampton. He has been accepted on to the Masters in Audio Technology. A massive congratulations to Lamar.



- MH has been offered a job with Birmingham City Council housing team as a trainee estate caretaker. Well done MH.



A note from the Young Parents Project

During the month of August there will be no young parents meeting, instead the Rights and Participation service have planned a 'Summer of fun' for all our participation groups.

We will be visiting Blackpool Pleasure Beach, Drayton Manor Theme Park, Telford Wonderland, along with trips to the cinema, bowling, laser quest, and trampolining to name a few.

We are looking forward to updating you all about our wonderful trips over the summer!



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

REES GUEST CARD



You can get 50% off food and free drinks from the Rees Café if you have a Rees Guest card.

It's really easy to apply, just click on the link below, fill out the form and get your card.

You can use the card at Evolve at the Adam & Eve, 201 Bradford St, Birmingham B12 0JD.

<https://form.jotform.com/202572650001340>

Under the Sky trip to the Peak District



Adventure Breaks trip on the 22nd to the 24th of August in the Peak District

This event is free for care leavers over 18yrs and welcomes care leavers with children over 8yrs.

This event will be a great opportunity to meet other care leavers and try out some new experiences in the outdoors, to feel the benefits it can have on your mental and physical health.

Spaces are available and free on this holiday to the Peak District.

Contact: sam@undertheskyevents.org

Eid celebrations and ideas

During August 2021 the Rights and Participation service took our care leavers and young parents out to celebrate Eid.

Everyone had a wonderful time, we shared lovely chats, chocolates and enjoyed the wonderful food.

All young people and children received Eid cards and chocolates from the team.

A quote from Ilesha about the day:

"I think it's a wonderful idea to meet up after Eid (because I know how hectic these times can be leading up to Eid) as I don't have anyone to spend the day with, so spend it alone most of the time or spend it doing some sort of work."

We also did some future planning, and all young people felt the Trust should hold an annual party to celebrate Eid for its young people.

Young people have made a list of things they would love to see in this event:

- Eid party to always take place after Eid
- All young people/children to wear their Eid clothes
- To have Dhol (drums) player
- Have an Asian buffet or Asian finger food
- Henna artist to do Mendhi on hands

Ilesha also said:

"If these events continue in the future I'm happy to be part of the planning and to help out on the day."



Young People's Leaving Care Benchmarking Forum

YPBMF will be holding regular meetings with the Care Review Team for care leavers to get involved directly with shaping the review findings.

If you have care experience and would be interested in getting involved, please read on. An independent review of children's social care is taking place this year.

This is a once in a generation opportunity to transform the children's social care system and improve the lives of children and their families.



This review involves getting those with first-hand experience of children's social care involved in this process, including children in care and care leavers.

The National Leaving Care Benchmarking Forum are working alongside Marvin Campbell from the Department for Education, to enable those involved in our forum to express their views and opinions in relation to children's social care.

Going forward meetings will be taking place monthly on the second Wednesday of every month, 11:00am – 12:30pm and 6:00pm – 7:30pm.

If you would like to be involved in these meetings, like some more information or cannot make the above dates/times but would still like to be involved please email:

billie.thompson@catch-22.org.uk

Have you claimed your Junior ISA funds?



If you turned 18 before 1 September 2020 (born since 3rd January 1994) you are very likely to have a Junior ISA.

Junior Individual Savings Accounts were set up initially with £200 and managed by the Share Foundation.

To be eligible you must have been in care continuously in the UK for 12 months or more since 2 January 2012.

At age 18 you can access your account and can choose to keep the money in the savings account or to withdraw some or all of the balance.

To take responsibility for your account (if you have not already done so) please complete the Share Foundation's online form via the link below.

<https://myjisa.sharefound.org>

The Share Foundation will let you know when they receive your form and will arrange for the account provider to get in touch.

If you need to contact the Share Foundation regarding the online forms please email:

info@sharefound.org or call **01296 310400**

For further enquiries please contact:

Tracey.Britton@birminghamchildrenstrust.co.uk

Next steps

by Juliette Walton

Some young people will have received level 2 results this month (GCSE, Functional Skills and BTEC L2):

GCSE level 3 = grade D

GCSE level 4 = grade C

GCSE level 5 = high C/low B

GCSE level 6 = grade B

Functional skills level 2 is equivalent to GCSE level 4/C

Functional skills level 1 is equivalent to level 3/D or below

College enrolment can be done in different ways:

- Enrol or pre-enrol online on the college website.
- Go to open enrolment (check dates on websites – some have started, but don't panic because it continues throughout August).
- If they have already applied, they should be invited in. If they haven't heard, or checked their emails, phone the college.
- If they have not yet applied – that's fine, it can all be done (application and enrolment) at open enrolment.

Here are the details for our two main colleges :

BMET – MBC, James Watt, Erdington Skills, Sutton Coldfield <https://www.bmet.ac.uk/>

SCCB – Hall Green, Digbeth, Fusion, Longbridge, Bordesley, Golden Hillock, Handsworth <https://www.sccb.ac.uk/>

Other main FE colleges are Solihull, Sandwell, Walsall.

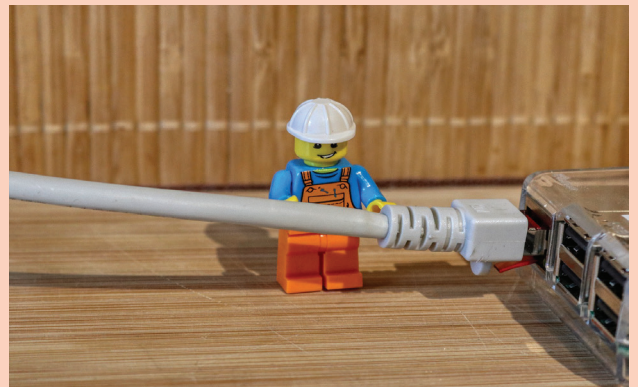
If you need any support with applications you can contact your PA or email

Juliette.Walton@birminghamchildrenstrust.co.uk
after Tuesday 31st August.

BT Broadband bills cut in half

To get the special tariff, households must be in receipt of one of the following benefits: universal credit, jobseeker's allowance, income support, or employment and support allowance, or the guarantee credit element of pension credit.

BT says existing customers who qualify for the deal can switch immediately without any early repayment charges.



Those applying will need their national insurance number and must fill in an online form stating the benefit they receive. Most approvals take 24 hours, BT says.

Those who qualify will get the Home Essentials deal for a year, even if you come off benefits.

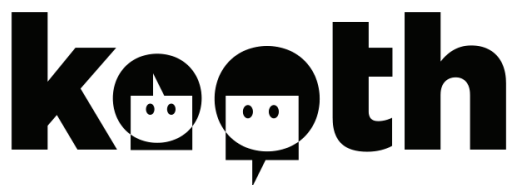
Those with a low credit score may have to pay a deposit. All customers face a £9.99 router delivery charge.

Customers of other phone and broadband suppliers who wish to switch will need to check their existing contract and may face early termination fees.

Customers will need to weigh up such charges against the potential savings.

Find out more below:

<https://www.bt.com/exp/broadband/home-essentials>



Kooth - What's on this month

August 25th 7:30pm- 9pm
Kooth Live Forum- Socialising On A Shoestring

Feel free to join us to discuss some nifty ways to thrift, budget, and still enjoy time with others without spending big bucks this summer!

August 30th 7.30pm to 9pm
Kooth Live Forum- Preparing for Transitions

As we approach the start of a new academic year, why not come along to this forum to talk all about it? Whether you're moving up a year, or starting a new venture at high school, college or university.

Find out more at: www.Kooth.com

Women In Theatre - Moving On

Moving On is a care leaver led creative project to make changes, break stereotypes and prepare young people to leave care. By care leavers for care leavers.

Since January 2021 WIT have been collaborating with care experienced young people between 18-25, working together creatively over Zoom and in person to explore the needs and experiences of care leavers.

We meet on Wednesdays and Saturdays once a fortnight. Wednesday sessions are on Zoom - 6:30pm - 8pm. Saturday sessions are in person (in Birmingham) during the day.

Together we:

- Plan all aspects of the project
- Add to our social media pages
- Feedback on scripts
- Make poetry and films
- And much more!

If you're interested in learning more, email:
Katiewebster@womenandtheatre.co.uk

Trust Website Care Leavers' opportunities

The Trust care leavers' opportunities page will be full of opportunities for you to get your hands on very soon! It is still being developed but you can see it here, be sure to favourite the page to keep an eye out for updates!

<https://www.birminghamchildrenstrust.co.uk/opportunitiesCL>

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



**BIRMINGHAM
CHILDREN'S TRUST**