



THE TRUST TIMES

18+ Care Leavers Newsletter

September/October 2021

CELEBRATING BLACK HISTORY

Hi everyone,

It's Black History Month in October, so please check out this fantastic website:

<https://www.blackhistorymonth.org.uk>

I hope you all had an amazing September and I hope those of you who received exam results were happy with them!

Fun Fact - Did you know that Friday 24 September was Native American day?

Wellbeing tip - oysters and mussels, other seafood, leafy greens, lettuce, peppers, broccoli, cauliflower, cabbage, kale, and Brussels sprouts all contain natural anti-depressants.

Free day out idea - You can visit the Birmingham Museum and Art Gallery completely free. Find it at: Chamberlain Square, Birmingham, B3 3DH.



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 the next issue of Trust Times.

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 SEPTEMBER/OCTOBER 2021 ISSUE OF THE TRUST TIMES:

- Research Opportunity - **page 2**
- Juliette's Education, Employment and Training Update - **page 2**
- Suicide prevention - **page 3**
- CLC Connects - **page 3**
- Half-Term workshops - **page 3**
- Summer Spectacular 2021 - A Thank you ! - **page 4**
- Care Leavers' Week 2021 - **page 5**
- Kooth - **page 5**
- Women & Theatre - Moving On - **page 5**
- Have you claimed your Junior ISA funds? - **page 5**
- Child Trust Funds - **page 6**
- Care Leavers' App Project - **page 6**
- Trust Website Care Leavers' opportunities - **page 6**
- The Local Offer - **page 6**

Research Opportunity



Staffordshire UNIVERSITY

Staffordshire University want to learn from you about your past experiences to help improve mental health services for young people in care.

They know that accessing the right mental health support can be difficult for children in care and they want to learn about the specific barriers that you've faced in order for them to understand what changes and improvements are needed.

Your experiences and ideas are really important to them and they would love to hear about them through an interview with their research team.

They would also like to ask you to take new or find old pictures you think shows what barriers you might have faced.

If you're aged 18-25 and recognise that you experienced difficulties with your mental health as a teenager but didn't access professional mental health support (e.g. through CAMHS, NHS mental health services, therapy, etc.) then they would love to hear from you.

For more information about the study and how you can get involved, please contact Helena at **h.rankin@student.staffs.ac.uk**.

With your voice, they hope they can start to make a difference.

Juliette's Education, Employment and Training Update

Drop in at the Lighthouse



Hello. Back in the good old days (BC – Before Covid), I met many of you at New Aston House on a Tuesday or Friday afternoon.

We had so many brilliant conversations about career plans and aspirations, we filled in job applications, made CVs, wrote supporting statements, contacted employers and training providers, laughed a lot (ate sweets) and got excited about the future.

When can I drop in?

Well from Thursday 23 Sept and every Thursday from 1.00pm – 4.00pm I will be at the Lighthouse and would love to see you there.

If you would like to arrange a meet-up, drop me a text, or WhatsApp message:

07825 117 381

or email:

Juliette.walton@birminghamchildrenstrust.co.uk

Alternatively, you can just drop-in if you are passing, or out and about with your 18+ worker.

Hope to see you there soon !

**Lighthouse Youth Centre
100 Alma Way
B19 2LN.**

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

CLC Connects



The Care Leaver Covenant is a national organisation that links up with employers to secure job opportunities for care leavers.

If you click on the link below you can put in your name and contact details, the kind of work you are looking for, and the area you live in.

Then you will be contacted by Martha and her team when a ring-fenced opportunity has been found. It's worth doing !

<https://bit.ly/39SFgVI>

HALF-TERM WORKSHOPS



Over the summer a series of live online workshops were held covering support in education, social skills and employment.

Thank you to every young person who attended the workshops over the summer. We hope you enjoyed them as much as we enjoyed them too.

Now the summer life skills workshops have come to an end we are planning our next workshops for October Half-Term.

If you are a young person and you are interested in attending life skills workshops please contact:

Abba.loughran@birminghamchildrenstrust.co.uk

Summer Spectacular 2021 - Thank you!

Over the Summer we secured funding from Street Games, using the Holiday Activity Fund.

This enabled us to successfully provide families and young people with an amazing opportunity to take part in FREE activities and have a FREE lunch.

We ended the four week programme, called the 'Summer Spectacular' with a celebration event.

We want to say a huge thank you to all our families and young people for getting involved and sharing the experience with us.

A huge thank you to you all.



Pictured above:

The 'Summer Spectacular' team along with Perry the Bull - the official mascot of the Birmingham 2022 Commonwealth Games. You can even see Trust Chief Executive Andy Couldrick.

Care Leavers' Week 2021



We are looking for care leavers to help us develop a Birmingham Care Leavers' Week campaign to celebrate the achievements of all of our young people.

We know you are an incredible bunch of young people. We would like you to come and work with us to create a campaign you can share with your peers and the rest of Birmingham.

Last year we did the 'Future You' campaign where a group of you presented your achievements and aspirations to Andy Couldrick, Trust Chief Executive, and West Midlands Mayor Andy Street.

See more about it here:

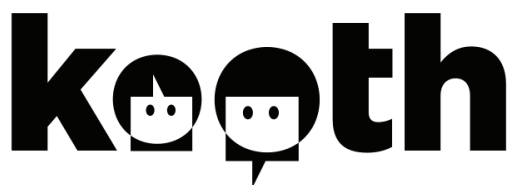
<https://bit.ly/3uoPZAk>

We are now looking to launch a new campaign where we aim to reach even higher heights than in 2020.

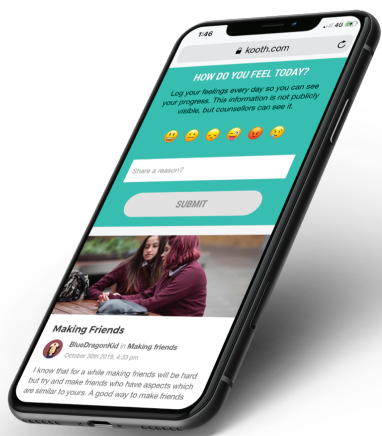
Please email Abba if you want to help:
Abba.Loghran@birminghamchildrenstrust.co.uk -

To find out more about Care Leavers' Week from 2020 click in the link below:

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



Kooth is a fantastic free, safe and anonymous space for young people to find online support and counselling.



Find out more at: www.Kooth.com

Women & Theatre - Moving On

Women & Theatre is excited to announce details of Moving On activity taking place this Autumn. This includes in-person sessions at Birmingham Hippodrome, a day in a recording studio, as well as regular sessions on Zoom!

Do you want to be involved with supporting a new piece of theatre at Birmingham Hippodrome in January 2022?

You will be able to:

- Find out what a producer does.
- Learn presentation skills.
- Record spoken word and poetry in a recording studio.
- See a show at Birmingham Hippodrome.
- Make new friends and have fun.

We meet fortnightly on Zoom on Wednesday evenings and in person at the Birmingham Hippodrome every other Saturday afternoon.

For more information about getting involved, please contact Katie at Women & Theatre:
katiwebster@womenandtheatre.co.uk
07956 773 196

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

Child Trust Funds

If you were born in the UK and turned 18 after 1 Sept 2020 and don't have details of your Child Trust Fund (CTF), please use the online form below to find details and take control of your CTF:

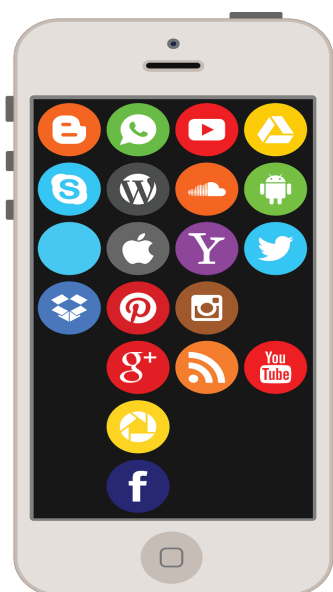
<https://www.sharefound.org/ctf>

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

Care Leavers' App Project



If you are a young person and would like to share any ideas you have for an app for care leavers please contact Abba:

Abba.loughran@birminghamchildrenstrust.co.uk

Please share your ideas with us. This project is in early stages and we are interested to hear what you have to say and what ideas you have.

As young people it is important we have the best and easiest ways of accessing information that could help us improve. Please contact us if you would like to find out more.

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**