



THE TRUST TIMES

18+ Care Leavers Newsletter

October/November 2021

SPOOKTACULAR TIMES AHEAD

Hi everyone,

All Hallows Eve is this editor's favourite time of year! In the spirit of that, here are some fun facts about Halloween I bet you didn't know!

Also make sure you read about the brand new **TRUST** apprenticeship opportunities (on page 2).

Fun Fact - Michael Myers's mask is actually a Captain Kirk mask!

The movie was actually filmed on such a tight budget that the crew used the cheapest mask they could find: a \$2 Star Trek Captain James Kirk mask. They spray painted it white and reshaped the eye holes, making William Shatner look incredibly creepy.

Fun Fact - The White House is haunted! The White House has had several reports of ghostly appearances and eerie sounds!!

The most common ghost sighting is of Abraham Lincoln who has been spotted by First Lady Eleanor Roosevelt, Queen Wilhelmina of the Netherlands and Sir Winston Churchill.



Fun Fact - Jack 'o' Lanterns are inspired by an old Irish Folktale-The name jack-o'-lantern is rooted in an Irish folktale about a man named Stingy Jack who fooled the devil and in turn was forced to walk the Earth with only a burning coal in a hollowed turnip to light his way. The Irish began to call him "Jack of the Lantern," and then just "Jack o'Lantern."

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**.

Thanks, and stay safe - Kirstie and the Trust team

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

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TRUST apprenticeship opportunities

We are very pleased to announce that we are recruiting for eight new Trust apprentices.

This is an incredible opportunity to get paid, get fantastic work experience and gain a qualification at the same time.

There are five different apprentice roles available. **Click on the links below** to view the opportunities on our jobs site.

The deadline for applying for the jobs is **24 November 2021**.

Business support (3 posts)

LINK - <https://bit.ly/3nQeLX5>

Transformation and improvement - Participation and Engagement (2 posts)

LINK - <https://bit.ly/3pZ7SFz>

Project Worker (Music) Apprentice, Youth Offending Service

LINK - <https://bit.ly/3BHcH8K>

Hospitality & Catering Apprentice

LINK - <https://bit.ly/3nOTnSe>

Hair and Beauty Assistant

LINK - <https://bit.ly/3nWLSy>



EFL employability course

Kick-Off is a free programme with Aston Villa that will improve your skills and get you ready to start your career, opening the door to the workplace or further education or training.

Learn the skills that will get you a job:

- Digital Skills
- Learning about assistive technology
- Money Management
- Customer Service Principles
- Interpersonal Skills

You will be guided through each step of the programme by your own personal mentor from the Football Club.

Travel costs will be covered by DWP and refreshments will be available.

The course will take place at;

Aston Villa FC,
Villa Park,
Birmingham
B6 6HE

Ask your **work coach** for more details or

Email: foundation@avfc.co.uk

or

Phone: Pete Ezard on 0121 327 2299 ext 1628.



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.htm

GOOD NEWS

- **JB** has started working in the kitchens of a local pub. He's working on the grills, the fryers and prepping salad and said that he is "loving it!"



- **Macauley** has started an apprenticeship with Birmingham City Council as a caretaker. He's had a great first week and is really enjoying being in work. Great achievement.



Sharing YOUR good news and updates

If you have some good news that you would like to share in Trust Times please send any words, pictures or video clips to:

Kirstie.Cotton@birminghamchildrenstrust.co.uk

CGL update



**Change
Grow
Live**

Are you looking for a new opportunity or a fresh start?

With the new academic term under way, there's still time left to get stuck into something new and exciting!

No matter what your interest, age or background, the Case Managers at CGL are determined to help you reach your goals and aspirations, knocking down those barriers you may feel hold you back.

With lots of opportunities still available, it is the perfect time to make yourself known and grab what you deserve.

CGL workers are here to support you in multiple ways. A fresh start can be scary, but we are here to help!

We also welcome Khayra Choundry and Hella Kruithof to our team. They are looking forward to meeting and supporting lots of care experienced young people.

Recent ETE opportunities achieved via CGL:

- Traineeships
- Paid employment in warehousing and construction
- Hospitality programme in partnership with Turtle Bay College
- Paid employment in hospitality
- Health and social care training

Visit the CGL website:
www.changegrowlive.org

CONNECTS

A NETWORK OF OPPORTUNITIES

The Care Leaver Covenant is a national inclusion programme that supports care leavers aged 16-25 to live independently.



They create meaningful opportunities for care leavers in five key areas and support care leavers to access those opportunities.

- 1 Independent Living**
- 2 Education, Employment & Training**
- 3 Safety & Security**
- 4 Mental & Physical Health**
- 5 Finance**

Sign-up to **Connects**, a service managed by the **Care Leavers Covenant** and they will keep you up to date with relevant work, education and recreational opportunities as well as information about support you may be able to access.

In addition to this you will be automatically entered into the giveaways that they will be running each month!

To sign up to Connects register on this website:

<https://mycovenant.org.uk/for-care-leavers/-connects/>

Contact the Care Leavers Covenant:

Phone: 0800 077 3557

Email: info@mycovenant.org.uk



MENTORING PROGRAMME FOR CARE LEAVERS

- Do **you** need help or advice getting a job?
- Do **you** need help settling into your new home?
- Do **you** want a friendly voice on the end of a phone?
- Do **you** have goals but need help to achieve them?

If you have answered YES to any of these questions
we have a **MENTOR PROGRAMME** for you

Contact Sam or scan this QR code to apply

- Samantha.J.Hall@birminghamchildrenstrust.co.uk
- 07921 239823



BIRMINGHAM
CHILDREN'S TRUST



MOVING ON: Opportunities at Birmingham Hippodrome



Women & Theatre is delighted to have secured Birmingham Hippodrome as a Moving On project partner.

As well as regular Zoom sessions on Wednesday evenings, there are also fortnightly in-person sessions on Saturday afternoons at Birmingham Hippodrome – and they even have a trip to see Blood Brothers in November!

Their focus of work this autumn will be helping to develop a theatre production which will be at the Hippodrome's Patrick Studio in January 2022.

There will be opportunities for you to record spoken word and poetry in a recording studio (which will form part of the production), develop presentation skills, and learn about theatre production, marketing & evaluation.

For more information, please contact:

katiwebster@womenandtheatre.co.uk
or call **07956 773 196**.

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**