



# THE TRUST TIMES

18+ Care Leavers Newsletter

November 2021

## CELEBRATING WHAT YOU DO

Hi everyone,

I hope you have had an amazing November. Is anybody else amazed that Christmas is under a month away?

I always notice how people as a whole become happier around this time, they smile more when they pass in the street and interact more in stores.

Unfortunately as much as I want to see smiles, because of the new Covid variant we are now required to wear face masks in shops, so remember to take one with you when you go looking for festive gifts.

I hope you enjoy reading through the amazing good news stories (**pages 3 to 4**) we have for you in this month's newsletter.

If you would like to be featured in the good news section please speak to your PA.

**Day trip idea** - Take a stroll around the Birmingham Frankfurt Christmas Market and enjoy the festive atmosphere.



**Fun Fact** - 28 November to 6 December 2021 is Hanukkah, the Jewish holiday commemorating the rededication of the Holy Temple in Jerusalem at the time of the Maccabean Revolt against the Seleucid Empire.

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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# Perinatal survey

There can be extra challenges to becoming a parent if you haven't grown up with your birth family.

The Perinatal Pathway group are trying to think about how they can design the best possible support services for parents and parents to be who are in care or are care experienced.

The Perinatal Pathway group are gathering information from children in care and care experienced young people to include their voice and experience of perinatal services.

They are asking young parents to complete the following online survey:

**<https://bit.ly/3d5aDNT>**

The deadline for completing the survey is **12 January 2022.**

For those who are happy to answer some more in-depth telephone questions, there is guidance on who to contact within the introduction information of the survey.

Amazon vouchers have been agreed for those who engage in the telephone questions.

If you have any questions about this survey please contact:

**07388712829**  
**[nhsbsolers.childrenincare@nhs.net](mailto:nhsbsolers.childrenincare@nhs.net)**



# EPIC.

In the last couple of years EPIC Youth have helped many young people and some are now running their own successful businesses.

They particularly want to help care experienced young people. Their support includes making a business plan, having a mentor, marketing, training and some funding for start-up costs.

If you are interested in this offer you will need to fill out this 'expression of interest' form:

**<https://forms.gle/M5dEv5fZoFjqatrYA>**

If you want to find out more about what EPIC do, go to EPIC (@epicfutures) on Instagram to see photos and videos.

If you just want to send a quick enquiry to the team email:

**[epicyouth@martinjames.foundation](mailto:epicyouth@martinjames.foundation)**

## Young Parents' Project update

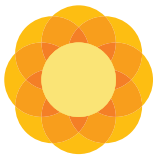
The Young Parents' Project is open to all young parents, care leavers and children in care. They aim to encourage positive parenting by supporting individuals to develop their skills and knowledge, and offer a wide range of opportunities to shape the service.

Last month the young parents visited Millennium Point and took part in the co-production of the Planetarium, sharing their wonderful ideas and bringing the Planetarium to life. Young parents also went for a sensory walk with Debbie from Future Parks.

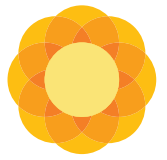
If you know of any young parents, or parents to be, who would like to join they would be happy to hear from you. They are always welcoming new members.

Please contact Tasneem Akhtar in the Trust's Rights and Participation team:

**[Tasneem.akhtar@birminghamchildrenstrust.co.uk](mailto:Tasneem.akhtar@birminghamchildrenstrust.co.uk)**



# GOOD NEWS EXTRA

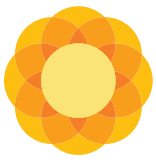


**We are celebrating lots of good news in this newsletter. Congratulations to each and every one of you on your achievements. You are proving you can do anything!**

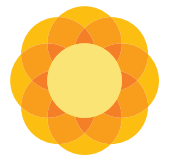
- T received confirmation she has passed her Level 3 Business apprenticeship with distinction! I'm so pleased for T, she is focused, sets herself high standards in all she does and has a 'can do/will do attitude'. T has now moved onto higher education and we are sure she will do well.
- GB has been successful in getting a care home job.
- DBC is one of our care leavers and he has announced a couple of days ago he is going into the Army, and aims to become a marksman. He will be based in Hounslow. Well done! We are so proud of you.
- Y has graduated with a 2:1 in Electrical and Electronic Engineering from Coventry University and is now working as an electrical engineer.
- MA would like to share this month that she has been nominated to be an ambassador at her university, Birmingham City University. With this, M will be responsible for tours around the university and presenting presentations to schools. M has already completed one of the training sessions for this role. M attended the Care Leavers Christmas dinner last year (virtually) and has volunteered to help out for the Christmas Dinner this year.
- Despite a very difficult 1st year at UCB, COVID19, distance learning, new home, isolation from family and friends, H has remained committed to achieving her goals and secured a place on the Youth and Community degree at Newman University. She is thoroughly enjoying the course and the support she receives from her tutors.



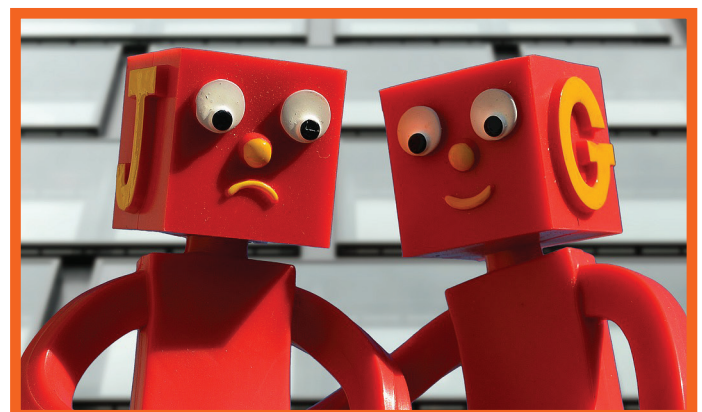




# GOOD NEWS EXTRA



- K is a young person who has physical disabilities and is a wheelchair user. K started another course after successfully completing health and social care but then found Sandwell could not support her needs. As a result K left the course programme and instead of dwelling on the negatives, K took matters into her own hands and found an alternative course. K travels independently on the bus to her classes and has finished all her coursework.
- BB completed her BTEC Level 3 Business course with top grades this summer and is now at BCU studying Accountancy and Finance. BB achieved all this whilst taking care of her baby daughter who recently turned one.
- L passed his University degree in Music Technology and achieved a 2:1. L has since started a Masters Degree in Audio and Creative Technology at Wolverhampton University. Excellent - well done!
- Having previously completed her degree, AM has recently been successful in passing her Masters Degree in Criminology. This is a fantastic achievement! AM is now considering different career options. We wish her well with this and look forward to hearing how she is doing in the future.
- L is in the second year of her Business Degree at Arden Uni. She has a beautiful son R and he keeps himself busy at nursery whilst L is studying. She gets a childcare grant which covers nursery fees. Next year she has to write a dissertation of 10,000 words. But L is already planning what it is going to be about - leadership. When she has completed her degree, L wants to set up her own business in counselling.







# 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](mailto:Samantha.J.Hall@birminghamchildrenstrust.co.uk)
- 07921 239823



BIRMINGHAM  
CHILDREN'S TRUST

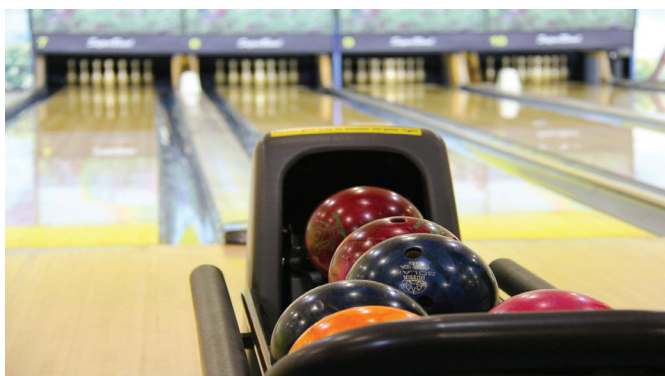
# BECOME AN INDEPENDENT VISITOR

## What is an Independent Visitor?

An Independent Visitor or 'IV' visits a child in care once a month, and takes them on fun and exciting activities. You get to have fun too. Unleash your inner child and try out some different activities that might range from a visit to a park, to going rock climbing, bowling or even a trip to the theatre.

## What is my role as an Independent Visitor?

As an 'IV' you will be an important person in your child or young person's life. You get to be their friend and someone they look up to and enjoy spending time with.



## What is my commitment to a young person?

We ask that you will be able to meet the young person once a month and be able to commit to being their IV for at least twelve months. We will provide you with a training programme, give you support and cover all reasonable expenses.

## How can I find out more about becoming an IV?

If you would like to know more and attend a briefing session please email:

**IndependentVisitors@birminghamchildrenstrust.co.uk**

Website:

**<https://www.birminghamchildrenstrust.co.uk/IV>**

## 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](http://www.birminghamchildrenstrustco.uk/birminghamcareleaversoffer)**



**BIRMINGHAM  
CHILDREN'S TRUST**



# United Nations Convention on the Rights of the Child CELEBRATING 30 YEARS

Birmingham Children's Trust Rights and Participation Service  
invite you to celebrate 30 years of the  
**United Nations Convention on the Rights of the Child**

Come and have some fun and meet the teams  
that look after your rights.

**Date:** Saturday December 18, 2021

**Time:** 11.00am - 2.00pm

**Location:** The Lighthouse Young People's Centre  
100 Alma Way,  
Birmingham, B19 2LN

Featuring the following **FREE** activities for you to do:

- Quiz
- Debate
- Consultation
- Petting Zoo
- Colin the Entertainer
- Food

## How to register

To register your place please email your name and date of birth  
to: [advocacy@birminghamchildrenstrust.co.uk](mailto:advocacy@birminghamchildrenstrust.co.uk)



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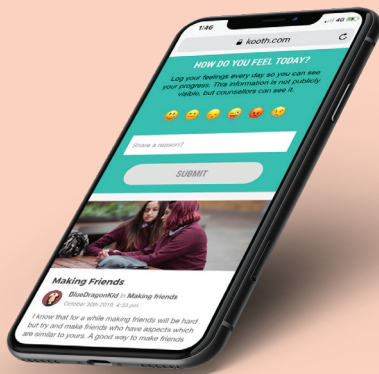
## Life Skills with Barclays

Barclays is inviting you to use their 'Digital Wings' support to better manage your money,

If you are a young person and would like money advice and tips please use the link below to register for 'Digital Wings' support.

<https://digital.wings.uk.barclays/register?code=BCT>

## Give Kooth a try



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.

Visit the Kooth website to see the features listed above and much more!

[www.kooth.com](http://www.kooth.com)

## 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)