



THE TRUST TIMES

18+ Care Leavers Newsletter

December 2021

CHEERS TO YOU THIS WINTER

Hi everyone,

Firstly, and most importantly, I hope everyone is staying safe in this snowy, icy weather, make sure you wrap up warm and stock up on **hot chocolate!**

Christmas is approaching so fast this year, I hope those of you who celebrate have a wonderful time, and if you have nowhere to go on Xmas day please do speak to your PA about making a referral to the Brum Xmas Dinner.

The next time I write an editorial it will be 2022. How crazy is that?

This year has gone by so fast. I just want to take a moment to say, don't be too hard on yourself if you haven't achieved all that you wanted to over the last year.

Do pat yourself on the back because you're getting through a WORLDWIDE pandemic!

Here's to a great year ahead!

Merry Christmas and a Happy New Year!



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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CGL WINTER UPDATE - THINGS TO DO

We know that sometimes, trying to find things to do that don't cost the earth but keep us occupied, can be really hard. Especially during the festive period.

This is why here at CGL, we thought we would share some inspiration we had regarding things you can do to keep yourself busy and happy over the festive period.

Lickey Hills

Based in the south of Birmingham.

This space offers different things to different people. It's a place for spotting wildlife, for sport, day trips, or maybe just to enjoy the views and have a cup of tea.

There is an independent café on site that offers indoor and outdoor seating.

Birmingham's Frankfurt German Market

Based in the heart of the city centre.

The Frankfurt German market offers a wide selection of food and drink, including hot chocolate and bratwurst.

There are also a variety of stalls for you to browse, from jewellery and toys to fur hats and traditional German-made wooden products.

Entry is free so you can just have a wander and enjoy the Christmas music.

Christmas baking

Always a fun activity that you can do alone or with friends/family.

There are plenty of recipes where ingredients that come to less than £10 but give delicious results!

Try baking gingerbread cupcakes or Christmas cookies.

A perfect way to spend your day and enjoy a well deserved treat! Recipes can be found at Recipe Tin Eats website and the Baking Mad website!

Looking for a daytime or evening activity?

The Hippodrome Theatre have a variety of shows going on over the festive period, with tickets starting at £17.50.

Shows currently being shown include the Nutcracker, Cinderella, Dear Santa and Goldilocks. Tickets can be purchased from the Hippodrome website.



YOUR GOOD NEWS

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

- **HA** is very focused and motivated for his future with aspirations to become an IT engineer.

HA is attending both Mathew Boulton and Erdington Skills Centre to complete his GCSE Maths, Level 1 and 2 English and digital skills qualifications.

HA also works part-time at a local Tesco, based in the warehouse.

HA took the time out of his busy schedule to attend the Trust Jobs Fair at the Lighthouse where he was supported applying for the Trust business support assistant apprenticeship.

HA has shown dedication to his development and is a positive role model to other young people. Good luck HA!

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- **SNG** is studying ESOL full time at Halesowen College and recently began his tenancy with Birmingham City Council.

SNG is very independent and has adapted well to this transition by managing rent, bills and spending his Independent Living Grant wisely.

SNG attended the recent Birmingham Children's Trust Jobs Fair at the Lighthouse and won a voucher in the raffle.

SNG is now using the music recording facilities at the Lighthouse to record his own music.

We look forward to listening to the finished products **SNG**.

Season's Greetings from Moving On

We can't believe Moving On has been running for a whole year. With another year to go, we're so excited for what's ahead.

From everyone at Women & Theatre we want to say a huge thank you to everyone who has been a part of Moving On throughout 2021.

All your hard work, dedication, creativity, and passion has made the project what it is. We're so glad to be working with each of you.

Coming Up in 2022!

Taking Steps - A professional theatre production with post-show discussions at Birmingham Hippodrome. With live performance, networking opportunities and discussions co-facilitated by young people, these events promise to be entertaining, inspiring and thought-provoking, and well worth a few hours of your day!

We welcome care experienced young people and Trust staff to attend, as well as anyone interested in taking steps to make a change.

There are three free stakeholder event times to choose from, we really hope you can make it.

- Wednesday 19 Jan 2022: 9.30am - 12.00noon
- Wednesday 19 Jan 2022: 1.30pm - 4.00pm
- Thursday 20 Jan 2022: 1.30pm - 4.00pm

For more details please contact:
katiwebster@womenandtheatre.co.uk

Join our weekly sessions!

Are you a care leaver and interested in joining the core Moving On group? You can do! We'll be focussing in 2022 on creating new pieces of creative work to help prepare children in care for independent living.

For more details please contact:
katiwebster@womenandtheatre.co.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

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



**BIRMINGHAM
CHILDREN'S TRUST**

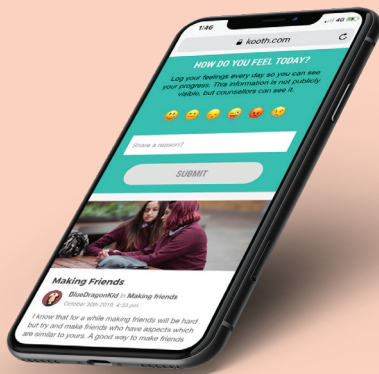
Life Skills with Barclays

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

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