



# THE TRUST TIMES

18+ Care Leavers Newsletter

January 2022

## THINK MENTAL HEALTH FOCUS

Hi everyone,

Happy New Year! I hope this year is an amazing one for you all.

We have good news around Covid restrictions being eased, as we are now able to gain some sense of normality.

### Did you know?

- January is named after the Roman God Janus, who was the Roman God of doors and gates.
- The star signs for January are Capricorn and Aquarius.

This month we wanted to do something a little different. Therefore we will be focusing on **mental health support** and places you can reach out to if you need a bit of help.

Let's also get ready to celebrate Birmingham hosting the 2022 Commonwealth Games.

Always remember, you are never alone, you are a part of the biggest family in Birmingham, and we are here for you!



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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Birmingham Mind provides support in a variety of areas from mental health to accommodation.

If you head to the 'contact us' section of their website you can find a lot of useful phone numbers and websites to reach out to.

<https://birminghammind.org>

you can find a lot of useful phone numbers and websites to reach out to.

Birmingham Mind have their own helpline 0121 262 3555



If you are under 25 and registered with a GP in Birmingham, you can receive support from Pause.

Pause drop-in centre is run by Forward Thinking Birmingham.

Pause also provide support for parents and carers who are concerned about their child or young person's wellbeing.

Their service is currently experiencing high levels of demand which may result in a longer delay in them providing a support session.

Visit the website and make a referral below:

<https://forwardthinkingbirmingham.nhs.uk/pause/>



Anawim - Birmingham's Centre for Women - brings people together from a range of communities and backgrounds to help women understand the impact of trauma.

Anawim help women to begin the healing process by overcoming obstacles and learning how to move forward to a brighter future for themselves and their families.

Some of the services they offer include:

- Case management.
- Counselling.
- A range of courses.
- Domestic abuse support.
- Drop-in sessions.
- Helplines.
- Housing support.

Visit Anawim's website below:

<https://anawim.co.uk/>



Our vision is that care-experienced people have the same chances as everyone else to live happy, fulfilled lives.

Our mission is to help children in care and young care leavers to believe in themselves and to heal, grow and unleash their potential. We work alongside them to make the care system the best it can be.

Our values underpin every decision and action we take. We are committed to living these five everyday values: Integrity; Empowerment; Kindness; Respect; Optimism.

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

# YOUR GOOD NEWS

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



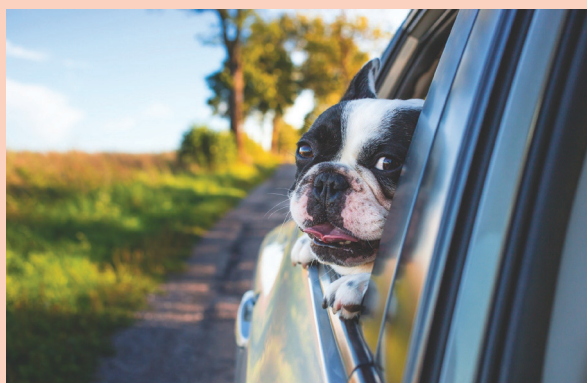
- Young person **T** lives in a very remote part of the country with very little public transport access. He is attending college around twenty miles away and has to travel for almost two hours each way to get there.

The young person has worked a Saturday job for the last two years earning a small wage, but has saved every penny of this up to be able to afford driving lessons.

He has been completing his driving lessons for the last few months and has recently taken his theory test and passed.

He is now waiting to do his driving test in February, and has continued to save up his wages, college bursary and his trust fund money to be able to buy himself a small car once he has passed his test.

This young person has shown commitment and dedication to achieving his goal of learning to drive and has been very disciplined with saving his money for him to be able to afford this.



- Young person **HP** and their PA Dino wish to share **HP's** success in securing an apprenticeship in Hair and Beauty through Birmingham Children's Trust. Well done!
- Dino the PA impressed that as well as studying for a degree **SR** has now got a part-time job at Superdry.

- **SB** now has the security of settled status in the UK and can now make plans for her future.

- **SJ** has been able to be united with her wider family in Poland over Christmas after extended periods of not being able to visit due to the pandemic.

- **KG** has been chosen at his college to support 2 students with hearing impairments to develop their proficiency in BSL (British Sign Language). We are so proud of him, as is his former carer B who he lives with. **KG** has said he wants to help other young people.



- **RT** passed his driving test (1st attempt) and is now a qualified driver. Now he can be more independent and is now planning to get a car.

- **SL** was successful with securing the role for the hairdressing apprenticeship with Birmingham Children's Trust. We are so proud of you.

- **N** has been looking for employment for some time and recently secured a job after a successful interview. We are really proud of **N's** motivation, commitment and perseverance to succeed. Well done!

- **AM** has recently been successful in gaining an apprenticeship with Birmingham Children's Trust. This is a fantastic achievement and a really good opportunity for **AM**. Congratulations and we wish you well with the apprenticeship.





# NATIONAL APPRENTICESHIP WEEK

## 7-13 February 2022

- Theme for 2022 - **Build the future**
- Lots of activities have been planned throughout the week.

### Apprenticeship Application Support Day

- On Wednesday 9 February we will have an **Apprenticeship Application Support Day**
- Meet us at the Lighthouse on Wednesday 9 February 2022, between 12.00pm and 3.00pm, to get support in applying for apprenticeship opportunities.
- Light refreshments provided throughout the day
- Raffle tickets for prizes on the day for if you arrive between 12:00pm and 12:30pm

To register your interest or if you have any questions about **Apprenticeship Application Support Day** please email: [dawn.crooks@birminghamchildrenstrust.co.uk](mailto:dawn.crooks@birminghamchildrenstrust.co.uk)

**Hashtags to use throughout the week: #NAW2022 #BuildTheFuture**

# MORE GOOD NEWS

- **ZA** who is studying at Swansea University has been involved with a new art exhibition looking at the impact of climate change. Called Alternative Futures the exhibition brings together a range of multimedia visual responses to the COP26 conference and the climate.



**ZA** has had a range of her photography displayed as part of the exhibition which has received national media interest. Fantastic achievement **ZA** and you should be so proud as we are!

- **HA** has worked extremely hard academically to get into Coventry University so he could begin his Psychology course in September 2021. However, this was delayed due to the university having mis-placed **HA's** coursework from his Foundation year, which resulted in **HA** receiving a fail. A lot of teamwork between **HA**, the University and his PA took place with various meetings, telephone calls and emails, including an appeal to the Fail mark that **HA** received as he could prove that all work was submitted. This caused **HA** a great amount of stress and worry.

Finally, in December 2021, **HA** won his appeal and was able to enrol on the Psychology course, starting January 2022 and has now moved into halls. It is an understatement that **HA** is now over the moon about this outcome and furthermore,

**HA's** future aspirations and goals are now within his reach once again

## 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](https://www.birminghamchildrenstrustco.uk/birminghamcareleaversoffer)



BIRMINGHAM  
CHILDREN'S TRUST



Hey everyone, I am Abba and I am now a member of the National Leaving Care Benchmarking Forum which is a nationwide forum for care leavers across the UK.

Sometimes we meet virtually to discuss big topics across the UK, with young people from different areas. This month (January 2022) we met and had two days to discuss our access to records and identities as care leavers.

Below is some of what we talked about.

### **What does 'Identity' mean to you and how can care experienced individuals be supported to understand and explore their identities?**

On the day we discussed that identity is a personal label, it's what it means to be, who we are, the things we like, the things we do, our goals, and our lifestyles. All these factors are part of what makes us who we are.



To us, identity means:

- Doing the things you like doing - hobbies, people you surround yourself with, favourite foods, favourite films, etc.
- Not being a label or fitting into a label, or views of other people.
- The things that could help us would be for any staff to encourage 'who we are' and celebrate 'who we are'.
- We don't want to be viewed as different or special we want to be who we are for example "I'm Emily" I am not just "a care leaver" I am not just "a man or a woman".

### **Access to Records - Recording and Support, and Religion and Culture**



We want professionals to just be up front with us, we know there may be things we don't want to hear but we don't want things to be sugar-coated, we want to know what our circumstances are.

We would like someone who we have a good relationship with to support us accessing records, someone who we trust and can have an open conversation with once we reach or hear the things we didn't expect.

We would like after care support, after accessing our records. It's about how can we be supported after these conversations.

Imagine telling somebody something very challenging that happened to them and then they go home and have to carry on living their life?

We need an after-care support system around us to help us come to understand our individual circumstances.

It's important to us that our religion and culture are respected.

This makes our experience all inclusive to everybody, but also makes us feel valued and respected for our beliefs and backgrounds.

Find out more about the **National Care Leaving Benchmarking Forum**: <https://bit.ly/35qpH8d>

## Care Leavers' Offer Review



The Children's Rights & Participation Service are looking for young people to look at the current Care Leavers' Offer and discuss any improvements that they think need to be made. This is a paid opportunity.

Please contact Julia Balston, Children's Rights Officer, for more information and to sign up.

**Julia.balston@birminghamchildrenstrust.co.uk**

### The Care Leavers' Association (CLA)



The CLA have a programme called The Young Person's Project, which has been set up so that they can offer care leavers the necessary advice and skills to get on in life.

They offer advice and support on leaving care, rights and entitlements, as well as signposting to other services that can help.

If you would like advice or advocacy support on any aspect of leaving care then get in touch.

Email: **carrie.wilson@careleavers.com**

Phone: **0161 236 5665**

## 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)**