



THE TRUST TIMES

18+ Care Leavers Newsletter

March 2022

BOOK YOURSELF A POSITIVE FUTURE

Hi everyone,

I hope you have had an amazing February!

Pancake Day has taken place this month.

We would love to see some pictures of your pancakes so if you would like to share, send them to us to be included in next month's edition.

March 3 was **World Book Day**.

We hope you celebrated by gifting people books, did some research on your favourite author, or simply sat down with a nice book or comic!

If you have anything you would like to be considered for next month's edition please email it to Juliette Walton.

Juliette.Walton@birminghamchildrenstrust.co.uk

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



- The Trust is supporting a survey being conducted to help create a West Midlands Regional Care Leavers' Offer. **See Page 7** for more information, and a link to the survey.

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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JUNIOR ISA FUNDS

Have you claimed your Junior ISA funds?

If you turned 18 before 1 September 2020 (born after 3 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:

Email: info@sharefound.org

Phone: 01296 310400

For further enquiries please contact:

Tracey.Britton@birminghamchildrenstrust.co.uk

LGBTQ+ Meet-Up



Rees Foundation is excited that their LGBTQ+ Meet-Up is back in 2022.

The Meet-Up began in February, which was LGBTQ+ History Month.

Their first discussion topic was 'Coming out as a care experienced person'.

If you have experience of, or are going through it yourself currently, and would like to get involved the please sign up.

Rees Peer Networking form link

Complete the form to join the Rees Peer Network.

<https://form.jotform.com/203141499622353>



YOUR GOOD NEWS 2022

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!



- An update on some good news we reported in December. **P**, who is **D's** former foster carer, has shared with us that he is on the mend from his heart attack, and he is so proud of **D** for her prompt action that saved him from serious and life-threatening consequences.

A truly awesome outcome.

- **LD** was 18 last year. Since 2021 **LD** has been working closely with her PA to find a new home for herself and her young son. She has done really well and through her patience and perseverance, she has last week picked up the keys to her new flat.



She has been using her available funds to create a lovely new home for her and her son. Well done **LD**!

- Congratulations to **TD** who was successful with securing an apprenticeship via the care leaver apprenticeship event. **TD** was happy to find a way to earn an income and gain a qualification in the business admin area. Well done on this achievement!

- **KW** has received a conditional offer for Oxford University to study Chemistry.



KW has worked extremely hard over the last 2 years at Sixth Form, dedicating her time and efforts into her studies. This conditional offer demonstrates all her hard work and commitment. Well done **KW**!

- **MB** has been out of prison for one month and has been determined to turn his life around.



MB has secured employment in a warehouse and is enjoying being employed and this new chapter in his life. This is excellent news and we are sure that **MB** will continue to make positive progress.

- **Ibrahim Assafi** has consented to using his full name in the newsletter. Congratulations to **Ibrahim** he has passed his driving test and is applying to now participate in HGV training.

- Congratulations also to **HA** after successfully passing his driving test.



- **RM** applied for the latest round of Trainee Estate Caretaker jobs with Birmingham City Council. In early February he had his interview and later in the month he got the call and found out he's got the job!

We are all so chuffed and **RM** is really excited. This is exactly the sort of work he wants to do, the pay is good, and it will hopefully be the start of a long career with the city council.

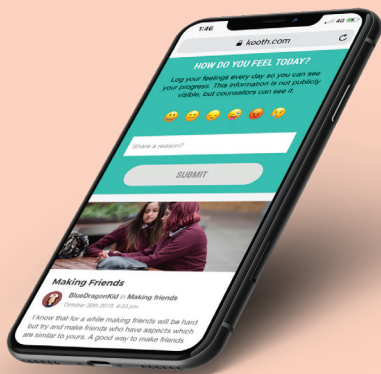
Life Skills with Barclays

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

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



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CHILDREN'S TRUST

The Household Fund

The Household Support Fund is a fund of up to £150 for households in hardship – to help with essential costs.

To access the fund, a family or household can only be referred by a professional working with them.

If you want to find out if you can access this fund, please contact your PA.

Tesco Mobile are offering support to disadvantaged and struggling individuals with a scheme called Little Helps.

You could be given a 3 month airtime allowance of 5,000 texts, 5,000 minutes and 25GB data to allow those who need it to get on their feet and get a start.

if you need support with this, contact your PA.

This is a link to the Tesco 'Little Helps' form:

<https://bit.ly/35W4WII>



Join the Moving On Group

Women & Theatre are looking for care-experienced young people to join the Moving On group for the next phase of the project.

The Moving On group have been working together since January 2021, to help make positive changes to the care system through art, theatre and creativity, as well as developing skills, making connections and having fun along the way!

The Moving On group meets regularly online and in person.

Earlier this year, the new piece of theatre created by the group called Taking Steps was shared both via Zoom and live at the Birmingham Hippodrome.

See more about Taking Steps on our Twitter page **@MovingOnBum**

Or watch this short video on YouTube <https://youtu.be/OudTxUYI4uo>

What's next for Moving On?

From March 2022, we will be developing a series of short films, which aim to help children in care and wider groups of young people prepare for independent living.

The films will touch on a range of relevant themes, and are likely to include different creative approaches.

We'll share these films online, and during live workshops, with accompanying discussions and resources. We hope the films will be used for years to come to help support children in care and other young people.

Want to get involved? Great!

If you'd like to know more, please contact Katie on katiwebster@womenandtheatre.co.uk

Care Leavers' Conference



On Wednesday 23 February, we had our first live conference, since the outbreak of Covid-19, at the Lighthouse Young People's Centre.

It was a busy day, with stalls, workshops, competitions and prizes. **Jayden** attended the conference and also did a presentation about her recent experience with Springboard Hospitality Training – this is her account:

Jayden's Conference Diary

"On Wednesday 23 February 2022, the conference that we had was about getting young people and care leavers to think about their career paths.

We had different events on, including Springboard.

Springboard is a course that is worth doing if you are interested in hospitality.

It lasts for 6 weeks, including an exam at the end, as well as your placement, which is for a week.

Once you have done your placement you will be told if you have got a permanent position to work for that company.

I have done the Springboard course and I am now just waiting to hear my results.

I can't thank Springboard enough (Melissa Jackson, Doug Bowden, Andrew Bisconti) and Juliette Walton in the Trust.

They are definitely inspirations to follow through a pathway."

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



REGIONAL **CARE LEAVERS' OFFER** SURVEY

- All local authorities have their own Care Leavers' Local Offer. We have one in Birmingham.
- These offers might not all be the same, and the support you get when you move from one local authority to another might be different. Some might call that a 'postcode lottery' in terms of the offer of support to you.
- We want to create a regional offer that gives all care leavers in the West Midlands some of the things that are most important to you, no matter which of the 14 local authorities you live in.
- This survey is anonymous, so no-one will know what your responses were, but we do ask a couple of questions about you to understand your answers better.
- Results of the West Midlands survey will be shared in May 2022.

HERE IS THE LINK: <https://forms.office.com/r/YzJwefC5UU>

Please complete by April 1, 2022.





BIRMINGHAM
CHILDREN'S TRUST



FUTURE YOU

AN INSPIRING FILM LED BY
YOUNG PEOPLE FOR
YOUNG PEOPLE,
SHOWCASING THE
REALITY OF GROWING UP
IN CARE IN BIRMINGHAM

7 APRIL 2022

5.30PM - 7.30PM



BIRMINGHAM,
B4 7XG

BOOK YOUR FREE TICKET:

<https://futureyoufilm.eventbrite.co.uk>