



# THE TRUST TIMES

18+ Care Leavers' Newsletter

April 2022

## RELAX AT OUR MAY CONFERENCE

Hi everyone,

I hope you have had an awesome April and enjoyed some Bank Holiday sunshine.

We are delighted to announce that we will be welcoming you to The Lighthouse for our **next Care Leavers' Conference on 31 May**.

As we move back to face-to-face events and activities, we hope to see you there. The conference will include a dedicated wellbeing space where you can chill-out.

More details can be found on **page 3**.

As a reminder the address of The Lighthouse is: **100 Alma Way, Aston, B19 2LN**.

We also have a powerful poem written by **CF** that you can read on **page 2**.

Remember, you can have your achievements, however big or small, shared in this newsletter.

**We love your good news.**



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!

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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# THIS IS ME - A poem by CF

I'm sitting here trying to think of what to write or how to say it so this is me  
I can be needy, I can be shy, I can be happy, and I can be high.

**I have my lows, I have my heights but one thing I don't do is give up on life.**

I strive and I strive to keep myself alive not for me but for all of you in sight and  
for my daughter too.

It's hard to say those words I have to be stern not to you but to my own fight.  
People come and go, that's what they say can't you please just this once stay?

A question to you and not to me, just be truthful with what you pray.  
I have some weight that I can't just sway growing up in care is what I say.

All I want is to be loved, and to be taught a lot of stuff along the way.  
I get attached i can't help that so this is why i ask you to please just stay.

6 years old that's when it first happened they took us from school.  
How can you do that and just walk away. Or was it that you thought we would  
never ever say I remember that day.

You left us hurt, you left us torn, but you were never there when we needed that  
call. I'd ask myself, how can this be so cool?

All I ever wanted was to have that warmth, the goodnight, I'll see you in the  
morning talk.

I get asked what do you feel? All I can say is that it's all so full.  
The fear of people walking away and leaving me so fearful.  
With all the emotions and all the questions of what did I do for it to be so dull.

23 now and all this pain is still so tough I just tell myself that one day it will be so  
good. I'm a mom now, can't let the bad things get in the hood.

Im sitting here trying to think of what to write or how to say it so this is me.  
I can be needy, I can be shy, I can be happy, and I can be high.

**I have my lows, I have my heights but one thing I don't do is give up on life.**

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Powerful words. A massive thanks to **CF** for writing and sharing this personal poem.



## YOUR GOOD NEWS 2022

We are continuing to celebrate your good news in this newsletter. Congratulations to every one of you on your achievements.

- Congratulations to **SAA** as he has received refugee status with 5 years leave to remain. **SAA** has waited for his status for 4 years and can now continue to plan for a happy future in the UK with this stability. We are very proud of **SAA** and all he has achieved since being in the UK!
- Congratulations to **RAA** who has passed his driving test. This is something **RAA** has wanted for some time and he is very happy. A truly awesome outcome.



- **JL** works with the Passport Office in Small Heath 11.00am - 6.00pm. Even though she has had a tough time and still trying to find accommodation she has not made it hinder her and has remained focused.



- **AH** is moving into her new house and has also found a job working at McDonald's.
- **MP** who has been in and out of prison, has managed to secure himself a full-time job at a warehouse in Cannock. Congratulations **MP**.

## CARE LEAVERS' CONFERENCE IN MAY



We are back at The Lighthouse for our next conference on **Tuesday 31 May** from **11.00am - 3.00pm** and we would love to see you there.

### What to expect

- There will be a marketplace of organisations offering jobs, apprenticeships, training, activities and courses.
- There will be a range of careers focused workshops that you can attend if you want.
- There will also be a wellbeing room to help you learn relaxation and confidence, a photographer if you want a **souvenir photo, lunch and refreshments, competitions and loads of great giveaways.**

You are welcome to bring a friend, partner, carer, and of course your children if you have them.

There will be more information sent out nearer the time, but please save the date on your calendars !

### Any questions

**If you have any questions**, or would just like to let me know you are coming, message 07825 117 381 or email [Juliette.walton@birminghamchildrenstrust.co.uk](mailto:Juliette.walton@birminghamchildrenstrust.co.uk)

**THE LIGHTHOUSE**  
**YOUNG PEOPLE'S CENTRE**

## 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>**

## ROUTE 2 WELLBEING



Route2Wellbeing Birmingham provides a guide to local voluntary and community health and care services in Birmingham.

Route2Wellbeing makes it easy to find local services and activities that promote good health and wellbeing.

The website has hundreds of links to health and care services.

Whilst Covid-19 protocols may have been eased you will find lots of Covid-19 related links to local services.

The Route2Wellbeing Birmingham website is:

**<https://r2wbirmingham.info/home>**

## 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**

# Higher Education - A quick guide (1)



by Juliette Walton

If you want to go into Higher Education, there are lots of benefits and it is achievable.

There are changes in HE and things you need to know.

HE stands for Higher Education – it covers courses from Level 4 upwards.

## Levels of Higher Education

- Foundation Year (1 year) = Level 4
- HNC (Higher National Certificate – 1 year) = Level 4
- Foundation Degree (2 years) = Level 5
- HND (Higher National Diploma – 2 years) = Level 5
- Degree Apprenticeship (3 – 6 years) = Level 6
- Bachelors degree (3 or 4 years) = Level 6

## Careers advice

Try and get some careers advice, this will help you to make well-informed and realistic decisions about career plans:

- All colleges have careers advisers – book an appointment through Student Services in your college
- Or contact Juliette Walton – Employment, Education and Training Manager  
07825 117 381  
juliette.walton@birminghamchildrenstrust.co.uk

And always talk it through with your PA.

<https://nationalcareers.service.gov.uk/>

0800 100 900

## What are the entry requirements?

- Level 3 qualifications = A levels, Level 3 Diploma, Access to HE.
- English and Maths – GCSE level 4 or above (Grade C) or Functional Skills Level 2.

Many universities will accept mature students (21+) onto Foundation Years and Foundation Degrees with level 2 qualifications and relevant work experience.

This is called RPEL (Recognition of Prior Experience and Learning) .

## Applying for a HE course



You can apply for a HE course any time in the academic year.

UCAS is the central administration point for all HE applications

**<https://www.ucas.com/>**

It costs £20 to apply for one course on UCAS, £25 to apply for more than one.

If you are applying for just one course, you can apply direct to the Uni and save yourself £20.

If you are 21 or older, and don't have the UCAS Tariff points specified on the UCAS website, always contact the Uni direct. They can apply RPEL to your application.

Whether applying through UCAS or direct to the Uni, you will need to write a personal statement. Get in touch if you need help.

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# Higher Education - A quick guide (2)



## Funding

If you are currently getting a service from us, the local authority will consider supporting you financially in the following ways (includes 21+ but discuss with your PA first):

- Help with the cost of HE applications and attending Open Days
- £2,000 bursary paid in instalments
- Help with accommodation costs (max £130 per week)
- Help with living costs (weekly personal allowance - check current rate with your PA)

To get this funding from the LA, you will need to provide evidence that you are attending, for example:

- Copy of offer letter, copy of registration letter and student ID, evidence of enrolment and copy of timetable.

All HE plans will need to be discussed and written into your Pathway Plan.

Many Unis have bursaries, scholarships and grants for care leavers – check on this website:

<https://propel.org.uk/UK/>

### Other useful websites for care leavers going into HE:

<https://www.becomecharity.org.uk/about-us/>  
<https://www.nnecl.org/>  
<https://www.careleavers.com/>



Student Finance England covers the other costs. For young people waiting for their home office decision –there is funding and advice available through this website:  
<http://www.star-network.org.uk/>

**STAR** is Student Acton for Refugees.

The main funding is Article 26 Scholarships and Sanctuary Scholarships – but these need to be applied for, so get on it asap.

[http://www.star-network.org.uk/index-  
php/resources/access\\_to\\_university](http://www.star-network.org.uk/index.php/resources/access_to_university)

### Other sources of HE funding:

<http://www.evebrookfund.org.uk/>  
<https://www.capstonecareleaverstrust.org/>  
[https://www.unite-group.co.uk/responsibility/  
unite-foundation](https://www.unite-group.co.uk/responsibility/unite-foundation)

## Accommodation

Please speak to your personal adviser about this as soon as possible.

You might be asked for a deposit and / or rent up front – we need to know so we can help you

Any questions about HE

For advice and info about anything to do with education, career planning, training and employment – contact Juliette Walton  
[Juliette.Walton@birminghamchildrenstrust.co.uk](mailto:Juliette.Walton@birminghamchildrenstrust.co.uk)  
07825 117 381



# REES FOUNDATION



The Rees Foundation website has a huge amount of information, resources and projects that you can get your teeth into.

Projects include:

- An Arts Project
- Career Coaching
- Financial Assistance
- Time to Talk and Let's Connect

The link below will take you directly to the Projects homepage:

<https://www.reesfoundation.org/projects.html>

## BECOME CHARITY

Become is a charity that is there for you.

Become has produced a wellbeing guide that you can download for free from their website:

<https://becomecharity.org.uk/our-wellbeing-guide/>

There are lots of other resources on the Become website.

# BECOME.

THE CHARITY FOR CHILDREN IN CARE  
AND YOUNG CARE LEAVERS

Recently Become worked with some care experienced young people to complete a photoshoot for their website.

If you would like to get involved with Become you can fill in a short form on their website:

<https://becomecharity.org.uk/our-wellbeing-guide/>

## 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](http://www.helpguide.org/home-pages/suicide-prevention.htm)