



THE TRUST TIMES

18+ Care Leavers' Newsletter

June 2022

ARE YOU READY FOR THE GAMES?

Hi everyone,

We absolutely loved seeing many of you face-to-face last month at The Lighthouse for our **Care Leavers' Conference on 31 May**.

Getting out and about is so important, and for those of you who did come along I hope you found out some new information about training, jobs, and ways you can help your self.

Birmingham 2022

Next month (July) sees Birmingham hosting this Summer's biggest sporting attraction - the Birmingham 2022 Commonwealth Games. We hope that you apply for some of the 5,000 tickets we have been donated by the Birmingham 2022 team. **SEE PAGE 2**

With world-class athletes coming from all different parts of the world, and hopefully (fingers crossed) some prolonged sunshine, I hope you get inspired to try a new sporting activity or start a new exercise routine.

If you do, please tell us all about it!



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.

*****NEED HELP ? CALL OUR DUTY LINE ON 0121 464 1229*****

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APPLY FOR **FREE** COMMONWEALTH GAMES TICKETS



As we want to make sure all children and young people known to the Trust have the opportunity to see the Commonwealth Games, we have extended the deadline to register your interest to **4.00pm on Wednesday 22 June 2022**.

Tickets have been provided for many different events taking place in Birmingham and the wider West Midlands region, so that you can cheer on the athletes as they try to win gold.

Please complete a register of interest to request tickets.

<https://bit.ly/3y1FXIV>

Please register your interest by 4.00pm on Wednesday 22 June.

Unfortunately, we cannot guarantee that everyone will receive a ticket to the Commonwealth Games.

Low income benefits

You may get a payment of £650 paid in 2 lump sums of £326 and £324 if you're getting any of the following:

- Universal Credit
- Income-based Jobseeker's Allowance (JSA)
- Income-related Employment and Support Allowance (ESA)
- Income Support
- Pension Credit

Eligibility

To get the first Cost of Living Payment of £326, you must have been entitled to a payment (or later found to be entitled to a payment) of either:

- Universal Credit for an assessment period that ended in the period 26 April 2022 to 25 May 2022
- Income-based JSA, income-related ESA, Income Support or Pension Credit for any day in the period 26 April 2022 to 25 May 2022

We will update this guidance when the government has announced the qualifying dates to get the second payment of £324.

When you'll be paid

Most of the first payments of £326 will be made between 14 July 2022 and the end of July 2022.

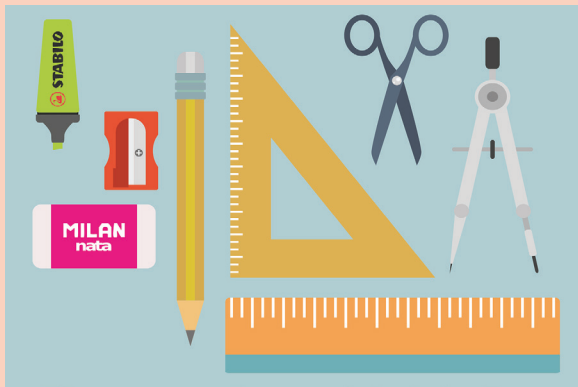
We will update this guidance when payments have been made.

You'll get the second payment of £324 in autumn 2022, if you're entitled.

If you also get a qualifying disability benefit, you may get an additional Disability Cost of Living Payment.

YOUR GOOD NEWS 2022

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



- **Harley Allen** has started employment as a Support Teacher. **Harley** started the new role in June 2022.

Harley states they are working at Hamilton School Handsworth. Harley states it's a Primary School.

- **CF** has successfully passed her Masters in Forensic and Investigative Psychology.
- **AQ** was recently released from prison and has now secured a job at a warehouse.
- **MP** has also started working at a warehouse.



- **Harmony Reid** consents about completing her one day nail course in nail acrylics which is going to lead to setting up her own business in the future.

REES FOUNDATION UPDATE

Rees Foundation run a number of groups called '**Let's Connect**', which allow you to connect with other members of the care experienced community. Rees find that these networks can lead to life-long and empowering friendships.

The groups are facilitated using a team who may be care experienced or individuals who are experienced by profession, with the ultimate aim of creating a safe place where care experienced people can meet to discuss matters of interest to them.

The groups include:

- **Circle of Support**

Group for care experienced people of all ages to discuss a range of topics. Each online session focusses on something different.



- **The LGBTQ+ Monthly Meet Up**

This monthly meet-up is for care experienced people from the LGBTQ+ community to build positive friendships.

- **Access to Records Support Group**

A support group especially for those that have accessed their care records. Talk to other people that have done the same in a safe environment.

How to sign up

To sign up to any of the groups, and to find out when sessions take place, please complete the form in the link below:

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

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>

Child Trust Funds



If you were born in the UK, turned 18 after 1 Sept 2020 and don't have details of your Child Trust Fund (CTF), please use the online form below to find details and take control of your CTF.

<https://www.sharefound.org/ctf>

Any questions?

If you need to contact the Share Foundation regarding the online forms please email:

info@sharefound.org

Or call **01296 310400**

For further enquiries please contact:

Tracey.Britton@birminghamchildrenstrust.co.uk

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**

Learn about Lifelong Links

by **Becky Healy**

Practice Supervisor
Birmingham Children's Trust
Family Group Conference Service

Lifelong Links is for young people who have experienced at least two years in care, are aged between 14-25, and do not live with or have contact with their family.

Lifelong Links also helps to find and bring together people who care about you.

This can be people you know well, or people you have not seen for a while.

We try and bring together people who you want in your life that you have lost contact with that could support you in the future.

This could be:

- Family members including parents, siblings, extended family and relatives you have never met.
- Friends that you have made and no longer see.
- Foster carers who you previously lived with who were supportive.
- Any other trusted adult that is important to you.

Lifelong Links can also be an opportunity to:

- Learn about your family history.
- Help to develop your identity and sense of belonging.
- Look towards providing you with supportive and stable relationships during your time in care and into your future.

What will happen next

You will meet a Lifelong Links coordinator who will:

- Talk to you about who you want to build a relationship with and what you would like to get from Lifelong Links.
- Help you to complete activities to learn more about your background. This might include drawing a family tree, where you have lived and where you go to school.
- Try and meet with the people you want to have in your life and who can support you, if it is safe to do so.
- Arrange a family group meeting with you and invite all the people you would like to come if you would like one.
- The coordinators are independent and don't make decisions about your future. They will keep you, your carer and your social worker or personal advisor updated on their progress.

Find out more about Lifelong Links

If you would like to find out more information, or are interested in taking part in Lifelong Links, ask your social worker or personal advisor to contact the Lifelong Links service.



CGL are back

A message from Change Grow Live (CGL)

From 2020 to May 2022 CGL supported approximately 122 young people into education, training or employment, even through the Covid 19 epidemic.



How can CGL support you?

We are a dedicated team who work in partnership with organisations throughout Birmingham and Solihull to support young people aged 16-29 years who are not in any kind of work, education or training.

We offer support with finding apprenticeships, traineeships, writing CV, job applications, interview preparation and this is just the start.

Supporting you on a one to one basis, we are ready and excited to help you on your journey.

Jessica said: "My intervention worker was so committed to helping me, it was clear it wasn't just a job to her, she genuinely cared about my future."



If you would like to know more or feel you would benefit from our help, please ask your PA to complete a referral into **CGL Youth Promise Plus**.



Future You Premiere

In April over 100 specially invited guests attend the premiere of 'Future You', a young person's project that Birmingham Children's Trust and Bfriends have been supporting over the past year.

The film features four inspirational young people with care experience, who wanted to share their care journeys, their achievements, and what it was like for them to grow up in Birmingham and its surrounding areas.

The premiere was opened by Councillor Sharon Thompson who at the time, was Cabinet Member for Vulnerable Children and Families in Birmingham, and Abba Loughran, Corporate Parenting Health Mentor at the Trust and Co-Chair of the Bfriends Charity.



The short films saw Levi Allen, Musa Nela, Sabina Begum, and Zaynab (ZeZe) Sohawon share their experiences in the care system in front of staff from Birmingham Children's Trust, The Children's Society, local councillors and executives from local businesses.

"I'm so proud of what Levi, Musa, Sabina and Zaynab have achieved," says Abba, who also managed the project. "It's really important for people who work in and support children's services to hear real life journeys and how these services can impact young people in care."

The films were then followed by a Q&A session, led by Abba, where the audience asked questions to Levi, Musa and Zaynab.

Grab a cuppa with..



The Rees Foundation is proud to collaborate with a number of cafés across the country, offering a safe social space for care experienced people in the heart of the community.

The cafés offer affordable, high quality food and drinks and supportive staff who are mental health first aiders.



The Rees Guest Card is exclusively available to care experienced people and allows you discounted food and drink at any of our cafés. Please click here to apply for a Rees Café Guest Card

You'll find a full list of where you can use your card below. Rees Foundation website has a huge amount of information, resources and projects that you can get your teeth into.

<https://www.reesfoundation.org/rees-cafes.html>

Evolve Café in Birmingham

Evolve Café is based in Birmingham.

Evolve Café
201 Bradford Street
Birmingham, B12 0JD

evolve@aquarius.org.uk

01212 6228181



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