



THE TRUST TIMES

18+ Care Leavers' Newsletter

August 2022

BEING BOLD AS A BIRMINGHAM BULL

Hi everyone,

We hope you have enjoyed the hot weather, and the incredible sporting and cultural experience that has been the **Birmingham 2022 Commonwealth Games**.

It has been a memorable time, full of sporting excellence and opportunities to unite and celebrate the city and all of its amazing cultural offerings, from dance to poetry and beyond.

For many of you this month will be a time that you are eagerly anticipating exam results. On behalf of everyone here at the Trust we wish you the best of luck with your results.

Some of you may be preparing for a bold new college course, or be about to secure a place at university. Congratulations on your success.

We know you have worked hard to get there, so hopefully you have been able to have some sort of Summer break to recharge the batteries.

Please find some of the latest opportunities in this newsletter, as well as information about services and support available for you.



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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BEST FRIENDS

a poem by Jayden L.

Your hair blowing in the wind,
We have the best times when we
sing,
A friend like you is a good friend
indeed,
Wearing a filter is when you're best
pleased.



Flickering through your timeline,
I see how much you've grown,
A beautiful brown-eyed lady,
At 17 years old.

Pulling silly faces, laughs galore,
Many years of friendship shared,
I hope to have more.

Flickering through your timeline,
I see how much you've grown,
A beautiful brown-eyed lady,
At 17 years old.

College, university, training or work WHAT NEXT?



If you are struggling to work out what to do next in terms of your career plans, do get in touch.

The education, employment and training manager within the care leavers' service is available to give advice, information and guidance from Tuesday to Friday every week.

It can be really helpful to talk things through - so get in touch by email, WhatsApp or phone.

Face-to-face appointments are also available at the Lighthouse Young People's Centre on a Thursday afternoon.

Good luck to everyone waiting for exam results on 18 August and 25 August.

Remember – If your exam results are not what you were hoping for, there is always a way forward, so please keep in touch 😊.

Who to contact

If you have any employment, education, or training questions please contact Juliette.

Juliette.walton@birminghamchildrenstrust.co.uk
07825 117 381.

If you don't get an answer, send a text or leave a voice or text message.

Civil Service Internship Scheme

The Civil Service internship scheme aims to give care leavers opportunities to develop their work-based skills and be a launch-pad for a successful working life, giving them a voice in the heart of government departments.

Key information

The Care Leavers Internship Scheme is a 12-month fixed term role at AO (Administrative Officer), EA (Executive Assistant) or EO (Executive Officer) grade for one to two years depending on the requirements of the role. In order to apply for the Care Leaver Internship Scheme the individual must have been eligible for leaving care support when they left care. In order to qualify for leaving care support, they must have been in care for a minimum of 13 weeks, some of which must have been after their 16th birthday. These opportunities are only available to care leavers, who are aged 18-30 years. The young person must satisfy the Civil Service nationality rules. No qualifications are needed; however, the young person will need to provide good examples to demonstrate that they have the right skills and experience for the roles on offer. The young person will need to write a personal statement to demonstrate how they meet the essential criteria as outlined in the advert. The advert is live on Civil Service jobs website:

<https://bit.ly/3K0hhVk>

Key 2022 dates

5 September – Applications close
20 September – Successful candidates invited to interview
26 September – Interviews commence
7 October – Interviews finish
Mid-November - Successful candidates informed and allocation of successful candidates to departments

Should you have any further questions, please email leavers.care@education.gov.uk

REES FOUNDATION AUGUST 2022 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 lifelong 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 like you can meet to discuss matters of personal interest.



Courses in August and September 2022

Access to records support group

Tuesday 27th September at 7-8pm

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

Dr Rachel GROWTH Mindset courses

6,13,20,27 September and 4,11,18 and 25 October - all at 1pm

Dr Rachel delivers a number of courses for care experienced people consisting of Attachment Courses, Trauma & Anxiety, Growth Mindset and Surviving Winter.

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>

THERAPEUTIC EMOTIONAL SUPPORT SERVICE (TESS)

Come along and join the Trust's monthly TESS afternoon drop-in sessions for Birmingham's 18+ care-experienced young people, aimed at enhancing your emotional wellbeing.

Where will sessions take place:

TESS
67 Bournbrook Road
Selly Oak
B29 7BX

Phone: 0121 6751781

Dates: These will take place on the first Wednesday of every month starting from **7 September 2022**.

Time: 12.00pm – 4.00pm.

What can I expect:

- A relaxing and welcoming environment with an outside garden and indoor area.
- Connection with the TESS 18+ team, which will give you the opportunity to talk and engage in activities, learn coping skills and strategies, that will help you to improve your emotional wellbeing.

Staff available on the day:

- Davinia Burrell
- Paul Campbell
- Vibha Jivan
- Sally Burgess
- Emily Kigonya



YOUR GOOD NEWS 2022

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

- **YB** has recently secured her tenancy and passed her driving test. She has had a tough year but has not let anything get her down. We are all so proud of **YB**.
- **GC** has done absolutely amazing in her exams and has exceptional grades. **GC** is a devout catholic who believes that her faith has played a great part in her success. **GC** has completed a foundation course in Counselling at Newman University. The pass rate was 40% **GC** got 63%. **GC** was also amongst adult learners and was not even 18 at the time. All of this alongside passing an OCR Level 3 Extended Diploma in Health and Social Care at St Paul's School for Girls.
- **KK** has successfully completed her degree at Birmingham City University, a B.A.Hons in Education. **KK** has successfully gained a 2:1 classification grade. **KK** has successfully got a teaching post in Birmingham to start in September 2022. **KK** is super happy that she has completed her degree and has her dream job teaching 6-7 year-old students. **KK** has said that she has been grateful that the 18+ Care Leaver Service has been part of her journey to getting her degree.

Ever considered volunteering a couple of hours of your time each week?

CGL are looking for care experienced people to become Volunteer Peer Mentors.

If you are 18 years or older and would like more information or to apply please click on this link:

<https://bit.ly/3A5xwMr>

You can also contact Michelle Elliott
michelle.elliott@cgl.org.uk or **07836 516697**

ADVOCACY SERVICE

The aim of **Rights and Participation (RAP) Advocacy** service is to ensure that Birmingham children in care, care leavers and children on child protection plans (wherever they may live), are provided an advocacy service. You are entitled to have the support of an advocate and access to children's rights.

RAP Advocacy is the representation of your wishes and feelings, your views, and your voice, to professionals and services. This could be at meetings, through the complaints process, or wherever you wish us to do so.

RAP Advocacy is **ALWAYS** led by you the young person - our **BOSS**. Your advocate will work on your instructions alone.

RAP Advocacy is issue based, so it is provided for a particular purpose, and is there until there is an outcome for the complaint, or concern.

Advocacy referrals are normally allocated to an advocate within three working days of receipt. The advocate will then contact you and support you with your issue/s.

You can make a referral for yourself or anyone else can make a referral on your behalf.

To make a referral or if you have any questions about RAP Advocacy service please email advocacy@birminghamchildrenstrust.co.uk

Testimonials about the RAP Advocacy service

"Thanks so much my advocate - everything went the way I wanted."

"Thank you for helping me learn and grow as a young mum you stood up for me and believed in me. It's all paid off, you're truly amazing and I hope we can always stay in contact."

"My advocate helped me to have housing officials listen to my housing needs. Without her they would not have listened to me and fobbed me off."



MyBnk runs workshops that will help you to build the skills and knowledge you need to look after your money now and in the future.

There are no lectures, or classroom environments, and their trainers know how to make financial education exciting and interesting.

You'll even get a qualification at the end, which will look great on your CV.

Money Works runs over two days and is great for those not in education, covering things like budgeting and household costs, banking, borrowing, scams, wage slips and benefits.

The Money House is for those who need the financial education that Money Works offers and who are in, or due to move into, independent living.

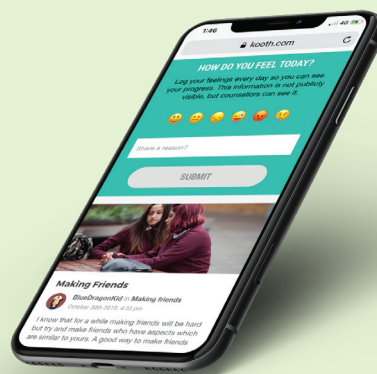
Sessions take place in a simulated flat environment in Birmingham city centre, and whilst we know not everyone is keen to come on a course, young people tell MyBnk that at the end of the week they've learned more than they could ever have thought.

MyBnk will cover your travel each day and hot lunch is included free of charge. It's generally a five-day course, with three and four-day options.

Find out more

For more information, speak to your personal adviser and they can get you a place on an upcoming course, or email **TMHMidlands@mybnk.org** for more information.

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

THE TRUST TIMES

Back issues of the 18+ newsletter

You can find the last two years worth of 18+ newsletters on the Birmingham Children's Trust website. Many of the feature articles, including those providing information and guidance are still valid.

Visit: <https://bit.ly/3yliug3>

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>

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>

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

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**

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 and self-harm prevention

If you, or anyone you know, is feeling suicidal, or wanting to harm themselves, 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

Also please see the **TESS offer** on **page 4**.

Cheaper internet is available to customers on benefits

Customers on means-tested benefits such as Universal Credit or legacy equivalents are eligible for cheaper home broadband tariffs from several providers. Prices start from £15 a month.

	Availability	Monthly price	Speed	
BT	UK wide	£15	36 Mb	
		£20	67 Mb	
Sky	UK wide	£20	36 Mb	
Now Broadband	UK wide	£20	36 Mb	
Virgin Media	Most of UK	£15	15 Mb	
Hyperoptic	Selected towns and cities	£15	50 Mb	
		£25	150 Mb	

Regional offers

London: [G.Network](#) £15 a month for 50 Mb.

Hull: [KCom](#) £14.99 a month for 30 Mb.

Wales: [CountryConnect](#) £15 a month for 50 Mb.

Mobile internet

[VOXI by Vodafone](#) offers unlimited data, calls and texts for £10 per month on a sim-only deal.

For more details on the tariffs provided and eligibility, follow the links provided or search for “Ofcom social tariffs”.