



THE TRUST TIMES

18+ Care Leavers' Newsletter

September 2022

THE SAD LOSS OF OUR MONARCH

Hi everyone,

It has been a sad month, with the loss of our longest reigning monarch, Her Majesty Queen Elizabeth II.

Many of you will have watched some of the funeral on TV and took time to reflect on personal loss. Certainly a time to stop and think.

For all of you reading this we now have a King, in the form of King Charles III.

Whilst this will not affect you directly, this change will have a knock-on effect all around you, as coins and stamps will soon have the face of the King, which will initially appear strange.

Losing a loved one is incredibly hard to manage and so we want to remind you of some of the support we provide. You can see information about our **Therapeutic Emotional Support Service** on **page 4**.

This month's newsletter also has lots of tips, advice and information about projects and activities you can participate in, so please view.



We love your good news

On a lighter note, if you have anything you would like to be considered for next month's edition please email it to Juliette Walton.

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

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!

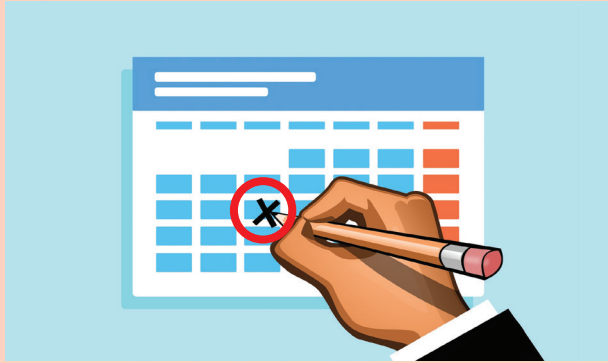
If you can't get hold of your PA, please call:
0121 464 1229.

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

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A BIG DATE FOR YOUR DIARY



Please put a big **red circle** around **October 26 2022** in your calendar or diary, as that will be the date of the next **Trust Care Leavers' Conference**.

The event will be taking place at The Lighthouse Young People's Centre, between 11.00am and 3.00pm.

There will be a fun mix of stallholders, ranging from training providers and employers to organisations offering support, guidance and activities to join.

The conference will be happening in the middle of **National Care Leavers' Week (24-28 October)**.

Please check your inbox for more information about the conference.



**Change
Grow
Live**

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

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

As a Volunteer Peer Mentor, you can encourage and motivate young people to make positive changes and support them to develop skills and appropriate attitudes to education, employment, and training.

We treat everyone as an individual and no two days are the same so being flexible, courteous and being a good listener are key attributes we look for in a volunteer mentor.

Do you think you could be a positive role model encouraging young people to invest in themselves for their future?

Full training is provided, and you will gain a Level 1 qualification.

If you are 18 years or older, would like more information, or to apply, click the link below:

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

Welcome Chanel to CGL



CGL have welcomed Chanel to their team. She will be supporting care experienced young people between the ages of 16 – 29 into education, employment and training opportunities.

Moving On September update

Join Moving On's final block of sessions!

The Young People's Stage

Moving On is a two-year creative project co-delivered with care-experienced young people, which aims to make changes, break stereotypes, and prepare young people to leave care.

Moving On Symposium - Thursday 24 November, Midlands Art Centre

To mark the end of Moving On, we are holding a Symposium (like a short conference) where we will invite our partners, funders, stakeholders, friends of the project and young people to join us to celebrate Moving On, discuss, in depth, aspects of the Care Review, and watch our theatre performance, Taking Steps.

Do you want to develop a short performance?

If you're aged 18-25 and care experienced, get involved! We're looking for young people to join this final stage of the project to perform short pieces of creative work, made and performed by you!

Key dates and locations

Our sessions will take place at both Midlands Arts Centre and Birmingham Hippodrome.

Saturday 24 Sept - 11am - 3pm - MAC
Saturday 8 Oct - 11am - 3pm - Hippodrome
Saturday 12 Nov - 11am - 3pm - MAC
Sunday 13 Nov - 11am - 3pm - MAC
Saturday 19 Nov - 11am - 3pm - Hippodrome
Mon 21 or Tues 22 Nov - MAC - Evening
Moving On Symposium - 24 Nov - MAC - 1.30pm - 9pm

Contact Us

If you're interested in hearing more or want to sign up, contact Katie on

katiwebster@womenandtheatre.co.uk
or **07864 642970**

REES FOUNDATION September 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.

Website: **www.reesfoundation.org**

The groups are facilitated using a team whose members 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 September and October 2022

Access to records support group

Tuesday 27 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

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 to book: 0121 675 1781

Dates: These will take place on the first Wednesday of every month.
The next session will be on
5 October 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.

- We are all proud of **HC** who has passed her Access course and has successfully secured a place at Coventry University to study for a B.A. in Childhood, Youth and Education Studies. Well done **HC**.



- **AW** has recently secured her own tenancy and is starting university this month to study for a degree in Music Production. **AW** has been waiting to get onto this course for a couple of years so is really excited about starting, and is turning one of the large cupboards in her flat into a music studio, with the money she has been saving.
- **LE** has just been given a two-bedroom flat for herself, her partner and their baby after a period of living with family, and time being homeless. The Trust applied to her local authority to get her white goods, which have been successfully awarded. **LE** is now working on doing up her forever home, and is delighted her daughter has her own bedroom.
- **AAA** received refugee status with five years leave to remain. **AAA** has worked incredibly hard whilst waiting for this decision and is now feeling more stable and positive about achieving his goals of studying to become a Pharmacist in the future.
- **SA** is not yet a care leaver but she has successfully secured the role of Transformation and Improvement Apprentice (Digital Marketing and Social Media) with the Trust, having recently been granted refugee status. **SA** has only been in the UK for a relatively short time, so this is a significant achievement.

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."

CrimeStoppers.

Speak up. Stay safe.

We all want to stay as safe as possible in our daily lives. Here, you can find detailed information about various crimes, some simple precautions you can take, and learn how you can report these crimes, 100% anonymously.

When you are traveling



Taxis and Ubers: Getting a taxi? Use a valid taxi service or online cab checker to confirm it is licensed. You can send the registration number to a friend so that they know which car you've got in. **Feeling uneasy about a driver?** Listen to your instincts: if in doubt, don't get in the car.

Cars: Make sure your car has enough fuel to complete your journey. Check it for broken lights and windscreen cracks.

Cars: Park in busy areas where there is good lighting, especially at night. Never give a lift to a stranger.

Trains and buses: Waiting for the 18:03 or the number 42? Stand in a well-lit place near other people.

Trains and buses: Someone bothering you? Tell the guard or driver - you can stay with them if you continue to feel uncomfortable.

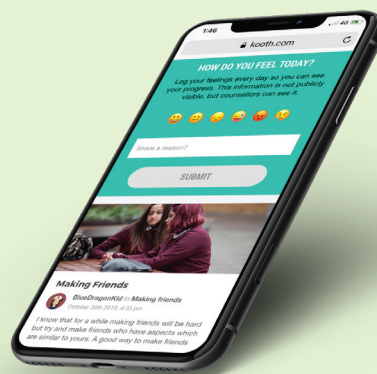
Crime Stoppers

0800 555111

100% anonymous. Always.

www.crimestoppers-uk.org

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**



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.

Paid work and supported accommodation - the FACTS

In September 2022 Trust staff received an information session from some of our colleagues at the DWP (Department for Work and Pensions).

One session specialised in how paid work affects people in supported accommodation.

Some really important things were said that you need to know if you live in supported accommodation:

- **Your landlord should not threaten you with eviction if you start paid work.**
- **You can still get housing benefit as long as you receive the minimum Universal Credit award.**
- **There is no 16 hour rule - earnings are calculated on pay, not hours.**
- **Even if you have to pay a rent contribution, you should still be better off by working.**

We were shown different examples of people working, claiming some Universal Credit (UC) and making a rent contribution.

It was all calculated on this website:
www.entitledto.co.uk

The A-Z help page is really useful as well:
www.entitledto.co.uk/help-page-index

If you are in supported accommodation, you want to start paid work and you are having issues with your landlord, get in touch.

We can intervene and help you work your way through this. Everyone should be allowed to work and be better off through work – it is all part of becoming independent.

Juliette.walton@birminghamchildrenstrust.co.uk
07825 117381

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**.