



THE TRUST TIMES

18+ Care Leavers' Newsletter

October 2022

TIME FOR OUR AUTUMN CONFERENCE

Hi everyone,

We hope you are all having a good month so far, and you are busy carving out pumpkins and settling in to watch your favourite scary movie.

Starting on Monday 24 October it's **National Care Leavers' Week 2022**, a time to put you all directly in the spotlight.

We will be holding our next Trust Care Leavers' Conference in the middle of Care Leavers' Week, on **Wednesday 26 October**. You can find out more details on **Page 2**.

We look forward to seeing you in person, as there will be lots of people to talk to, and there will be lots of free goodies to collect.

This month's newsletter has lots of tips, advice and information about projects and activities you can participate in, so please make sure you read throughout.

We will leave you on an awful Halloween joke:
Why don't mummies take time off?
They're afraid to unwind.



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.

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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Birmingham 18+ service presents:

THE CARE LEAVERS CONFERENCE

- Find out about employment, education, and training.
- Get tips and advice about wellbeing and housing.
- Join in with workshops and competitions.
- Lunch, refreshments, prizes and giveaways for everyone!
- Children, friends and family are all welcome.

If you have any questions about the day, contact
Juliette.walton@birminghamchildrenstrust.co.uk

Wednesday 26 October 2022

11am - 3pm

@ The Lighthouse, B19 2LN

Pre-register via Eventbrite

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

or turn up on the day!



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

Moving On October 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 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 October 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 October and November 2022

Dr Rachel's GROWTH Mindset courses

31 October, 7, 14, and 21 November - All 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
2 November 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 in October.



- **AQ** has started up his own barbering business and is currently doing very well.
- **SA** has graduated from University of Wolverhampton and is now a qualified Social Worker.
- **KF** has moved into his first flat which he acquired through Bournville trust.
- **JD** has completed her B.A. degree, gaining at 2:1, and has now successfully started her Post-Graduate Certificate in Education (PGCE).
- **HB** has achieved a 2:1 degree in Media and Theatrical Make-Up. **HB** has been working at Primark all through her studies and is now taking the next step in following her career choices. Her PA attended her graduation and was incredibly proud.



- **PL** met the King this month. **PL** was invited by the Prince's Trust. Having completed their course **PL's** tutor invited two students, **PL** being one of them.

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."



Beatfreeks are working with Birmingham City Council to gather insight from young people aged 16-25 on the next steps in their lives. The information we collect will feed into wider City Council plans to support opportunities for young people living in Birmingham.

The focus groups will take place later this month

What do we want to know?

- What is important to you right now?
- Where you go to find out information about these things?
- Who supports you in your decision making?
- What's missing to help you get where you want to be?

We're looking for people who:

- Have lived experience of disability and/or are getting ready to leave the care system
- Have the confidence to speak their mind but also listen to the opinions of others
- Are passionate about the future of young people in Birmingham
- Would like to make a genuine difference in what's available for young adults living in Birmingham

What you'll do:

- Attend a 2-hour co-design (virtual) session in October.
- Provide us with insights and opinions based on your experience living in Birmingham
- Not worry if you haven't done anything like this before!

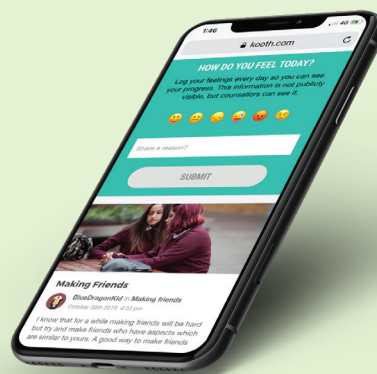
How to get involved

There is a digital application form available for you to complete.

<https://forms.gle/4ByMbmXMerGoe1RD9>

Please apply by Tuesday 25 October, 5.00pm

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>



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.

Disability Resource Centre

The Disability Resource Centre (DRC) is a charity run by disabled people, for disabled people.

Working across the West Midlands and South Staffordshire it offers a variety of services to help improve the lives of disabled people, including those with physical disability, learning disability, sensory impairment, long-term health conditions and mental ill-health.

- **The Centre can support young people with PIP applications and work capability assessments with DWP, however the young person needs to have a disability to access this support.**

If you or someone you know needs help, please contact them on their main number **03030 402040** or email **drc@disability.co.uk**

Are you MacsMAD?



MacsMAD is 'Macaroons that Make A Difference' training programme, which consists of eight training sessions over four weeks led by Miss Macaroon, followed by six months of mentoring and coaching.

The course is designed to give our trainees the confidence, motivation and practical skills they need to enter into stable employment. This could be in the catering industry, in retail, or any industry to which the skills gained with us could be transferred.

For further information about the MacsMAD course, please contact Helen at:
programmeleader@missmacaroon.co.uk
07539 842381

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**.



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develop
me

LAUNCH EVENT

Join our launch celebration and learn about the new mentoring programme from Birmingham Children's Trust for children in care and care leavers.

Book your place

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

Wednesday
2 November

11.00am
- 3.00pm

The Lighthouse,
B19 2LN



Sign up to Connects today.

We're a network of opportunities.

Care leavers and support workers can sign up to Connects. We will keep you up to date with relevant work, education and recreational opportunities, as well as information about the support that care leavers may be able to access. In addition to this, care leavers will be automatically entered into our give-aways!

Your benefits.

- ✓ It's completely free.
- ✓ Financial Support.
- ✓ Apprenticeships.
- ✓ Work Experience.
- ✓ Exclusive Giveaways.

Scan me!



To register, you must be:

A Care Leaver aged 16 - 25.

OR a Support worker.

Living in England.

Talk to us!

0800 - 0773557
<https://mycovenant.org.uk>
@CareLeaverCov



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



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