



THE TRUST TIMES

18+ Care Leavers' Newsletter

December 2022

SEASONS GREETINGS FROM THE TRUST

Hi everyone,

We have already had some snow in December, so what are the odds on a 'White Christmas'?

Regardless of how cold it gets we want to keep your spirits warm this winter. Some of you may be coming to the Brum Community Christmas. If you are we hope you have a fabulous day.

This month we have a 'sackful' of opportunities and announcements, from an update about the Look-in at The Lighthouse, to getting free mobile data. We also have some lifechanging employment and training opportunities.

We do realise that for many of you this time of year can be tinged with reflection or sadness, so **please remember to contact you PA if you have any questions** or concerns. We wish you all a Merry Christmas and a Happy New Year.

Here's a few classic Christmas jokes for you:

What athlete is warmest in winter?

A long jumper.

Why can't penguins fly?

Because they're not tall enough to be pilots.



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
CHILDREN'S TRUST

THE **LIGHTHOUSE**
YOUNG PEOPLE'S CENTRE

LOOK-IN AT THE **LIGHTHOUSE**



**EVERY
WEDNESDAY**

**GIVEAWAYS
EVERY
WEEK**

Come and join us for free home cooked food, pool and table tennis, board games, books, cards – or just to chill-out, or catch up on college work.

Free WiFi

Day-Savers & Shopping Vouchers available if needed
Children are welcome

Starting From
Wednesday 23 November 2022
1.00pm - 5.00pm

Lighthouse Young People's Centre
B19 2LN

No need to book, just turn up on the day. If you have any questions, contact Juliette Walton
07825 117 381

Juliette.Walton@birminghamchildrenstrust.co.uk

Look in at the Lighthouse



It has been great for staff in the Trust's Care Leavers' Service to see some of you at The Lighthouse on Wednesday afternoons.

We have played pool, made new friends, met up with old friends, eaten some lovely home-cooked food, had intense conversations about life, laughed, made plans and found out useful information about employment, training and learning.

- The last **Look-in** for 2022 is on **Wed 14 December**, from **1.00pm - 5.00pm**.

We really hope you can come. If you can't make it, please have a safe and peaceful Christmas and we'll see you all in 2023.

Care leaver Saf has been enjoying looking in at The Lighthouse, and had this to say:

"The Look In at The Lighthouse is an amazing event that helps young parents and care leavers interact and gain friends.

Going to these sessions makes life a lot less lonely, and gives the opportunity to not be so isolated.

"The food vouchers and bus tickets really come in handy to those that attend and are struggling.

"Food is also provided which helps a lot."

REES FOUNDATION December 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 December 2022



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

Our next session is:

Surviving Winter - 19 December - 1.00pm

Coming soon in 2023

The following courses will be coming soon:

- Mary Ann Hood - Impact of the care journey
- Parents circle
- Access to records support group

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 **4 January 2023**.

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 December.



- **DH** got a 2:2 grade Nursing degree from Birmingham City University.

Since graduating **DH** has received her nursing pin from the National Midwifery Council and will be starting work at a Birmingham hospital once her training and induction week is completed.

DH has ordered her cap and gown, to wear at her graduation ceremony in January 2023.



- **GW** has secured a full time job as a P.E. teacher in a Birmingham Primary School.

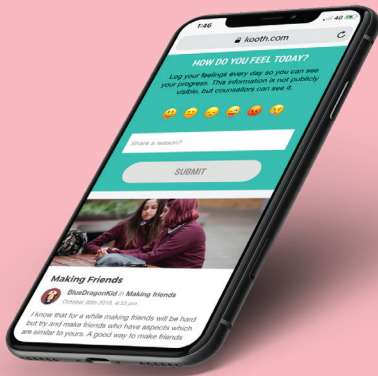
GW wanted to thank the 18+ care leavers team for all the help and support given.

- **ZA** who is currently doing a Photography degree (2nd year) successfully put on an exhibition of her own work.

See some **ZA** exhibition pictures below:



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>

CIVIL SERVICE INTERNSHIP SCHEME

We really hope that some of you will apply for this scheme.

Here is the key information:

- The jobs are ring-fenced for care leavers – so you stand a really good chance if you apply.
- Jobs are based in Birmingham, Solihull and nationally.
- Admin Officer roles pay £18,986 py.
Executive Officer roles pay £22,511 py (higher for London).
- The jobs are open to all care leavers 18 – 30.
- Applicants must be UK national or have right to work in the UK or EU settled status.
- Prison leavers or people with unspent convictions are also encouraged to apply.
- People with disabilities also encouraged to apply.
- No qualifications required but some relevant experience – which could be from work, education or life.
- Interviews will be in Feb'23 *.
- Start dates will be March '23 onwards.
- The jobs last for one year.

* = Candidates will be shortlisted for interview based on the strength of their personal statement. This is a 500 word statement about your experience and why you think you meet the essential criteria.

Visit the website

<https://bit.ly/3iU4uKM>



See the advert on page 7

If you would like help to write your personal statement – get in touch **07825 117 381**
juliette.walton@birminghamchildrenstrust.co.uk



Department
for Education

CIVIL SERVICE CARE LEAVER INTERNSHIP SCHEME

Are you a care leaver looking for a role in the Civil Service?

There is an exciting opportunity to take up a role in a government department. You will gain skills and experience that you will be able to take anywhere in the world of work.

Applications formally opened on: **5 December 2022**

What do I need to be able to apply?

- Be a care leaver.
- Aged 18-30.
- Satisfy the Civil Service nationality requirements.
- No qualifications needed!

How many local vacancies are there?

- **Birmingham** - 6.
- **Solihull** - 5.
- **Wolverhampton** - 2.

Where can I find out more?

Scan the QR code ----->

Email: leavers.care@education.gov.uk

Follow us on Twitter: @dfecareers



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**.

FREE 7GB of data for O2 users

What O2 is doing this Christmas

Between **7 Nov** and **31 Dec 2022**, O2 will be providing 1 million GB of free O2 data to people in need via their O2 Christmas sim cards.

The cards allow people who need a hand staying connected to redeem **7GB of 'pay as you go' data on O2**.

To benefit from the offer, you need an O2 Pay As You Go 10 Big Bundle sim, available for free via this link: <https://bit.ly/3FnKQ1e>

Once you have an O2 Pay As You Go sim card, follow the steps on the right of this page:

Instructions to get 7GB of data

- Scan the QR code or go to o2.co.uk/national-databank



- Enter an O2 PAYG mobile number and tick the consent box to receive a 16-digit voucher code
- Receive a 16-digit voucher code
- Call **4444** from an O2 PAYG number to activate your voucher
- Receive a 16-digit voucher code

If you need a further hand staying connected:

- We've donated over 60 million GB of O2 data to the National Databank, which we set up together with Good Things Foundation, to help keep the country connected year round.
- Find your nearest databank here and visit a centre to receive up to 12 months of support:

<https://www.o2.co.uk/national-databank/map>



MEET LUCY FROM CGL

I am Lucy Hipwood, one of CGL's ETE Intervention Workers who has recently returned from maternity leave. I am extremely excited to be working with care leavers again, doing what I am so passionate about. I work and support Care Leavers in East Birmingham to gain Employment, Education and Training through the Youth Promise Plus Programme.



I am enthusiastic and have great success when working with young people. I can help support you with any barriers you may need to overcome, to ensure that you are ready to enter education or the world of work.

I like to think that there is no barrier too big or too small that can stop you from pursuing your career goals and dreams!

For any referrals contact your PA or Juliette Walton (details below). If you aren't referred to myself you will be referred to one of my fabulous colleagues!

BECOME A CGL MENTOR

Do you want to be a mentor for care leavers?

Birmingham Children's Trust work with a company called CGL. They help lots of our young people to find training and employment. They are recruiting mentors, and ideally want care experienced young people.

Apply here: <http://bit.ly/3UGfJo2>

For help with applying contact **Amy** at **CGL:** amy.hall@cgl.org.uk or **07584 333547** or contact **Juliette Walton** at the **Trust:** juliette.walton@birminghamchildrenstrust.co.uk or **07825 117 381**

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."

Child Trust Funds



If you were born in the UK and turned 18 after 1 September 2020 and don't have details of your Child Trust Fund (CTF), please use the online form below to find your details and take control of your CTF (usually worth £250 or more): <https://findctf.sharefound.org>

Junior Individual Savings Accounts

If you turned 18 before 1 September 2020 (born since 3rd January 1994) you may have a Junior Individual Savings Account (JISA) set up with £200. To be eligible you must have been in care in the UK, continuously for 12 months or more, since 2 January 2012. Please use the online form below to find your details so you can take control of your JISA:

<https://myjisa.sharefound.org>

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

TRY SOME £1.00 MEALS

The BBC Food website contains £1.00 meal recipes and a shopping list planner which can easily be printed. That's £1 per person.

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



There's also a range of oven-top meals on Jack Monroe's website, where you can find similar budget meals.

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

IMO XMAS COMPETITION



write, speak, share

Merry Christmas and Happy New Year from IMO and the Children's Commissioner's office, who have launched the IMO Christmas competition: <https://bit.ly/3BrgIX4>

The deadline is Wednesday 14 December 2022.

Every person who enters will get a Christmas present and they will be entered into a prize draw to win a bungee jump and Love2Shop vouchers.

The messages you share will also be published to support other care experienced people through the holiday period.

HELP WITH THE COST-OF-LIVING CRISIS



Birmingham City Council and partners are working hard to support and guide residents through the cost-of-living crisis.

A great, comprehensive, new Help in Brum leaflet, is just out that covers everything from warm welcome spaces, to benefits and money advice, energy efficiency and food.

<http://bit.ly/3EE1H0v>

Hours are also being extended at two council Neighbourhood Advice and Information Centres, in Erdington and Northfield, to help support people.

<http://bit.ly/3XcKpik>

Find out about goods and services to help you in Birmingham by visiting:

<https://birmingham.connecttosupport.org>

Birmingham Warm Welcome Spaces

The city council is working with the local community and a partnership of voluntary and community sector organisations to expand a network of warm spaces.

These spaces will be available for people to use and visit during the winter period and beyond.

Find out more: <http://bit.ly/3EjpbGO>

FOOD VOUCHERS GOING UNCLAIMED

Healthy Start Food Vouchers for families are going unclaimed, according to Birmingham City Council's Public Health Team.

To qualify for Healthy Start vouchers, applicants must be 10+ weeks pregnant and/or have at least one child under four, and be in receipt of benefits such as Child Tax Credit or Universal Credit.

Healthy Start food vouchers can be exchanged for milk, infant formula, fruit, vegetables, and pulses.

For more information - Healthy Start Website
<https://www.healthystart.nhs.uk>

To find your local Healthy Start Vitamin collection site please use the postcode finder:
<http://bit.ly/3EEzZkj>

If you have any questions, please contact Kathy Lee in the Public Health team.

Kathy.Lee@birmingham.gov.uk

CONNECTS
A NETWORK OF OPPORTUNITIES

Care leavers can sign up to **Connects**, managed by the **Care Leaver Covenant**.

Connects is an online service that 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 their giveaways, including draws for £50.00 Amazon vouchers.

Sign up here: <https://bit.ly/39SFgVI>

Trust Website Care Leavers' opportunities

The Trust care leavers' opportunities page contains opportunities for you to get your hands on! It is regularly updated, so be sure to favourite the page to keep an eye out for updated opportunities.

<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.

Scan the QR code or use this link <https://bit.ly/3iWWfxl> to go to the Birmingham Local offer:



BIRMINGHAM
CHILDREN'S TRUST

ARE YOU INTERESTED IN A CAREER IN ENGINEERING OR SCIENCE?



UNIVERSITY OF
BIRMINGHAM

- Would you like the opportunity to study at the University of Birmingham **FREE** for a year?
- Do you have or expect to get A levels in any subject (or equivalent BTECs) at grades **CCC** or better?
- If the answer is **YES** then the EPS Futures Foundation Year might be for you!

This is a year-long foundation year in the engineering and physical sciences (Maths, Physics and Chemistry). The course leads to your choice of degree course in a related subject at the **University of Birmingham**.

This could open careers to you in computer science, aerospace engineering, chemistry and more other exciting fields.

The EPS Futures Foundation Year supports you by being **FULLY FUNDED**. Successful applicants get tuition fees paid, university accommodation paid and a monthly living allowance. They also get specialised careers mentoring and teaching from experts in their subjects.

Applications for the course are through UCAS. More detailed information about entry requirements and eligibility can be found by scanning the QR code below:



You can also ask questions, or express interest, by sending an email to: science-eng-foundation@contacts.bham.ac.uk
Don't forget to mention EPS Futures.

See more info on pages 14 and 15 of this newsletter.



UNIVERSITY OF
BIRMINGHAM

COLLEGE OF
ENGINEERING AND
PHYSICAL SCIENCES



EPS FUTURES

FOUNDATION YEAR

Funded, Flexible, Fulfilling

Are you *interested* in engineering or physical sciences?

Do you have the *talent* and drive to succeed?

Do you want to come to the University of Birmingham for a *one-year, fully funded* foundation year to aid your pathway into a degree?

EPS FUTURES

FOUNDATION YEAR

The College of Engineering and Physical Sciences (EPS) at the University of Birmingham offers a bold new pathway specifically for students from disadvantaged backgrounds. We believe that many young people have the talent to succeed in an engineering or physical sciences degree at the University of Birmingham but because of their background or circumstances may not have considered it as a possibility.



EPS Futures aims to be transformative. It will be.

A flexible one year foundation programme following a mixed science and maths curriculum allowing progression to a range of subsequent three- or four-year engineering and physical sciences degrees including:

- Aerospace Engineering
- Chemistry
- Chemical Engineering
- Civil Engineering
- Computer Science
- Electronic and Electrical Engineering
- Mathematics
- Mechanical Engineering
- Materials Science and Engineering
- Physics and Astronomy

Choices about which particular degree you want to progress on to will be made mid-way through the foundation year.

Restricted to students from the lowest participation in higher education backgrounds identified using quintile 1 of the 2018 POLAR4 data published by the

Office for Students. Find out if you qualify by entering your home address postcode at www.officeforstudents.org.uk/data-and-analysis/polar-participation-of-local-areas

Fully funded for one year. This covers all tuition fees and living costs including the opportunity to live in students accommodation on campus if required.

Supportive of your particular learning needs. We will help support you with integration into university life, alongside assigning mentors and industrial links to facilitate work experience, employment or further study.

Reduced entry requirements. Typical A level offers of CCC with GCSE Maths at level 5 or higher.

BIRMINGHAM ACTION

Alumni and friends are generously supporting the EPS Futures Foundation Year as part of Birmingham In Action, making gifts and becoming mentors to enable young people to fulfil their potential.



Find out more and check your eligibility

Website: www.birmingham.ac.uk/HF0F

Email: epsfutures@contacts.bham.ac.uk



This is intended to provide prospective students with a general picture of the programmes and courses offered by the School. Please note that not all programmes or all courses are offered every year. Also, because our research is constantly exploring new areas and directions of study, some courses may be discontinued and new ones offered in their place.

Please note the information in this leaflet is correct at time of publication but may be subject to change (24/9/2021).

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