



THE TRUST TIMES

18+ Care Leavers' Newsletter

March 2023

HAVE AN EGGSTRA SPECIAL MONTH

Hi everyone,

We have a lot to celebrate over the next month, from the start of Ramadan (23 March) to the Easter Bank Holiday (7 and 10 April). We hope that if these dates are special to you, that you get to be with friends and loved ones to share any activities you have planned.

We are also about a month since our last 'Care Leavers' Conference'. This was by far our biggest and best ever conference. A big thanks to so many of you taking the time to attend and give your feedback. We are all delighted that those of you that did come along had the opportunity to meet employers, training providers and support organisations, and grab a boat load of goodies, including books.

You will find out about opportunities, offers, and get some fantastic advice and guidance by reading this month's newsletter.

BAD JOKE SPOT - How can you tell which rabbits are getting old?

Look for the grey hares.



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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Our help and support offer for care experienced young people (also known as our 'local offer')

We understand leaving our care is a time of big changes in your life. You will have lots of questions about the support you can get and what services are available to help you. We want you to leave our care at a time that is right for you.

We will start to discuss this with you and other people who are important to you around your 16th birthday. It doesn't mean you're ready to leave our care just that we want to really understand your views. You may be really settled where you live and want to stay on beyond your 18th birthday. You may already be thinking about what help and support you are entitled to and want to talk about it.

Around your 16th birthday we will also start to talk to you about whether you will benefit from the support of a personal advisor (PA) as well as your social worker. Basically, they will help and support you until you are 21yrs old, and beyond that if you need it. Just because you are leaving our care, we don't stop caring about you. We want to make sure you feel safe and supported and know where to go for advice and help.

This is called our 'offer' to you and sometimes also known as 'the local offer'. There's loads and loads of information about our 'offer' on our website.

Scan this QR code to take you directly to our website:

www.birminghamchildrenstrust.co.uk/Ouroffertocareexperiencedyoungpeople



You will find information on help with:

- Money
- Where you live
- Education, employment, training and activities
- Living healthily
- Plus other support available to you

There's always loads of helpful information and any updates in our monthly Care Leavers Newsletter too. If you're not sure about anything or want more information ask your social worker or PA. Birmingham care leavers helped us to design our offer. We will continue to listen to your views to make sure that the services we offer are what you need.





Every Wednesday afternoon, from 1.00pm – 4.30pm, we are at the:

Lighthouse Young People's Centre
100 Alma Way
B19 2LN

If you come along you will get:

Hot food, company, one to one advice and guidance, pool and table-tennis, preloved clothes, books and toys, a £20 Aldi voucher and a day saver for everyone who attends.

Every week we invite partners, such as:

Umbrella sexual health service, TESS (Therapeutic Emotional Support Service) and MyBNK – financial advice service.

If you just want to chill, or catch up on college work there is plenty of space, comfy seating and tables, a friendly atmosphere, coffee tea and other refreshments and Wi-Fi.

The remaining March date for your diary:

Wednesdays - 1.00pm – 4.30pm
29 March 2023.

Please note: Dates of April onwards have not been confirmed. There will not be sessions on 5 or 12 April due to Holiday Activity events.

If you have any questions, about dates from 19 April contact Juliette on 07825 117 381.

Breaking the Cycle (BtC) is a therapeutic service made up of a small, close, nurturing team. We have a team manager, six therapeutic social workers and three therapeutic support workers.

We are excited to talk about the launch of our new project on 17 April 2023.

The **New Growth Project** is a therapeutic support service for care experienced people who are pregnant or those who have a partner who is pregnant.

Pregnancy can be a difficult time for everyone and being care experienced can bring additional challenges.

The **New Growth Project** offers practical and therapeutic support that is tailored to meet individual need.

This is a voluntary, non-statutory service for 16 to 30 year olds. It is important that the person being referred is informed how The **New Growth Project** can support them and that they can choose if this is something they want or not.

Self-referrals are also welcome and the young person can contact our service directly to explore if working with Breaking the Cycle would be something they are interested in. The **New Growth Project** aims to provide the BtC model of specialist therapeutic services before a person experiences the trauma of their child being removed from their care.

To find out more or simply get more info about what we offer please contact us on:

breakingthecycle@birminghamchildrenstrust.co.uk
or 07927 665329

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 April 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.

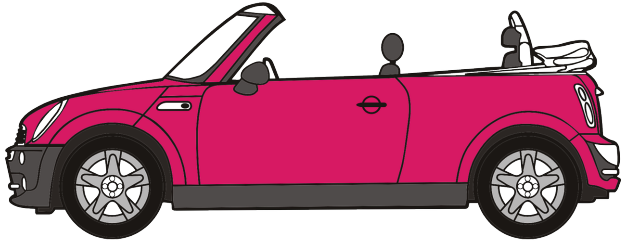
Staff available on the day:

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



YOUR GOOD NEWS 2023

We are continuing to celebrate your good news in this newsletter. Congratulations to every one of you on your achievements in March 2023.



- **ZB** passed her driving test.



- **CW** has started an animal care course with the RSPCA, she is loving it has made new friends and is enjoying learning.

CW hopes to go on to do some voluntary work with the RSPCA after the course has finished.

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>

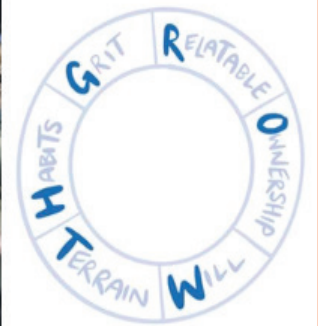
REES FOUNDATION April/May 2023 UPDATE

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.

Featured course in April and May 2022



Attachment (2, 9, 16, 23 May 1-2pm)

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

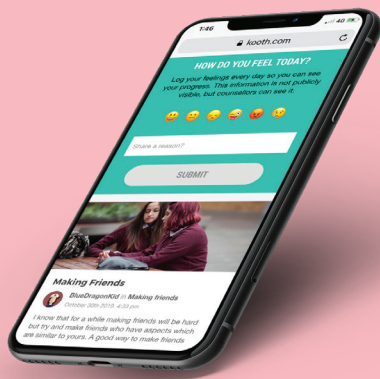
Access to records support group (12 April 7-8pm)

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.

To sign up to any of the groups, please complete the form in the link below:

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

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>

CARE LEAVER COVENANT

In the last few weeks there has been a lot of preparation around the promotion of the Care Leaver Covenant app and website and how to navigate around it.

The Care Leaver Covenant app and website is a gateway into so many opportunities, offers, discounts and information for care leavers.

By accessing the Care Leaver Covenant, you will find tailored opportunities and offers for you.

You will also find offers/opportunities that is not advertised anywhere else.

It is very easy and simple to use, and I recommend you take full advantage of the app and website and use it as much as you can.

Some of the things they offer on there are job opportunities in various sectors, apprenticeships, higher education, discounts, and many other things.

Below is a link to the website which you can have a look around. You can also scan the barcode. It will take you to the sign-up page.

If you would like to download this as an app all you have to do is go to App Store and type in 'Care leaver covenant' and it should pop up for you to download.

<https://mycovenant.org.uk/>



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**.

Conference Feedback

by Juliette Walton

A huge thank you to everyone who supported the Care Leavers Conference at the Lighthouse on 22 February.

It was a brilliant day with so much positive energy buzzing around. Everyone was tired but happy by the end of it.

There were seventy-five young people, seven little ones, six apprentices and twenty-eight visiting organisations.

Some feedback from the young people:

What was your favourite thing about the day?

- The food and talking to people, working at reception.
- Socialising, seeing new opportunities.
- Looking around and experiencing different things.
- Seeing my friends after long time and meet new people.
- Interacting with different organisations.
- The spiderman game on the Safe Families section.
- The prize winning.
- Socialising with new people.
- The support, and meeting people.

Favourite organisations attending?

Breaking the Cycle, the book stand, RSPCA animal stall, 'Develop Me', MyBnk, Birmingham Stories, TESS, Lifelong Links, and the NHS Dental Health team.

What advice would you give to make the next conference better?

- More diversity, more creative art
- Please do a popcorn stand
- Continue to bring the book stand
- Bigger space
- Bingo, more games
- More activities
- More workshops and dance.



Krystyna and Monica are pictured above having a great time at the conference.

(Permission granted to use this picture by both.)

Feedback from MyBnk:

"Just a quick thank you from Dan and I, today was brilliant, we met loads of potential Money House attendees and managed to do a lot of networking. It was a fantastically organised event and you and the team should be very proud of what you offer the Young people at the Lighthouse."

A special thanks to Claudette Bell and her team of cooks and assistants who made the delicious lunch.

The menu included Caribbean and Asian dishes (halal), jacket potatoes, pizza, chips, salad and pudding. By the end of lunch time they had fed at least a hundred and fifty people.

Prizes and other donations were provided by the Care Leavers service, Rights and Participation and other Trust Staff.

Not forgetting Kira and Steve our hosts at the Lighthouse – always helpful and friendly.

Finally I want everyone to know how hard Kirstie Cotton has worked on this conference. Kirstie is always committed to making the conferences the best they can be.

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:

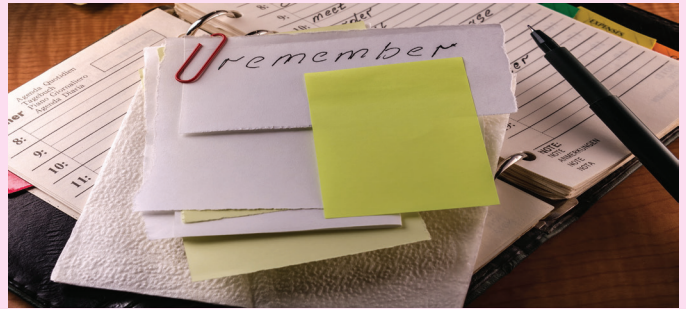
info@sharefound.org

Or call

01296 310400

For further enquiries please contact:
Tracey.Britton@birminghamchildrenstrust.co.uk

Student finance: Get ready for 2023 to 2024!



Please use the link below to access the Government website with all the details you need about applying for Student Loans for academic year 2023/24.

<https://studentfinance.campaign.gov.uk>

The application process has opened early this year, which is good news.

Please take time to click on the above link and read all about it.

It's really important you get your loan applications in as early as possible.

This saves so much worry and stress later in the year.

Care experienced young people will also need a letter to confirm their status.

I would be happy to advise on the process if there are any questions.

Thank you

Sarah Barker

Team Manager 18+ Care Leavers Service -
07917172614

Sarah.D.Barker@birminghamchildrenstrust.co.uk



Preventing Fraud

Fraud is when a person lies to you, or 'scams' you, to gain an advantage, such as taking your money or learning private information about you.

This could be via email, text, phone or in person, either on the street or on your doorstep.

Some young adults may be especially vulnerable to fraud and financial abuse.

With a little knowledge you can protect yourself from fraudsters.

Visit the **Metropolitan Police website** for more details:

<https://bit.ly/3lc0HtW>

- Learn the ten golden rules to prevent fraud
- Find out about the most common types of fraud.
- Download **The Little Book of Big Scams**



- The Little Book of Big Scams audio version is also available.

For more information and help and to report fraud, go to **Action Fraud**, the UK's national fraud and cybercrime reporting centre.

<https://bit.ly/3JJWt5X>

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."

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>

AUTISM RELATED EVENT LAUNCH - 3 APRIL



You are invited to the **Emotion Dysregulation in Autism Social Action Charity Launch Event.**

Emotion Dysregulation in Autism is a new mental health charity for autistic young people.

They are hosting an event for young people as well as other professionals. Policy makers will be involved and there will be young lived experience speakers!

#EDA-RISE Social Action Charity Event

Date: 3 April

Time and location: 9.15am - 2:30pm, at 3 Centenary Square, Birmingham B1 2DR

Book a place: <http://bit.ly/40bN7G8>

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.

Come along to the Career Cafe

Find out about the Career Cafe, based at the Maypole Youth Centre, B14, by reading the advert below. The Cafe is open to all 16 to 25-year-olds.



Maypole Youth Centre, Idmiston Croft, B14 5NJ



**CAREER
CAFE**

WEDNESDAYS

1-3PM

One to one support
Job vacancies
Free refreshments

Contact Stuart on
07548712852



**ALL YOUNG PEOPLE
16 - 25 YEAR OLDS**

Welcome to the Multiverse



Multiverse is an outstanding alternative to university.

Their mission is to create a diverse group of future leaders, by giving young people an outstanding alternative to university

It's a fast-track route to world-class education (without the debt!) and dream careers at the biggest and most innovative companies in the world (including Expedia, Barclays and Meta).

Since 2016, they have trained more than 10,000 apprentices in the most relevant skills of today – like data analytics, software engineering, and digital business.

Every young person gets support from the moment they apply, right up to your graduation, and learners tell us that it's the incredible coaches who make their apprenticeship so impactful.

Who can apply?

The apprenticeship programmes are aimed at young people at the start of their careers (ages 16-24). They must have the right to work in the UK and GCSEs in Maths and English (Level 4 and above).

Want to find out more?

Sign up to a newsletter to hear the latest news, events and opportunities for young people.

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

You can also get in touch to speak to Multiverse directly at: outreach@multiverse.io

CHANGES TO VOTING



There have been changes to voting. You now need to have **photo ID** to vote.

Find out more by reading this online guide:

<http://bit.ly/3njVgd2>

St Basil's charity events schedule

Find out about three fantastic events that St Basil's have committed to this year which include their signature **Hike for Homeless** event in June.

The Canal Cycle Challenge - Saturday 13 May

The Canal Cycle Challenge gets you peddaling.

Find out more: <http://bit.ly/3lLx6aJ>

The Great Birmingham Run 10K and Half Marathon - Sunday 7 May

We also have places for the great Birmingham Run, always a good atmosphere and a real sense of achievement when you pass that finish line.

Find out more: <http://bit.ly/40eHkzm>

The Hike for Homeless event Saturday 24th June

Join us for one of our Iconic signature events, hiking/walking through beautiful Derbyshire countryside, starting and ending in Castleton in the heart of the Peak District National Park.

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

MyBNK Money House



The **Money House** is a free workshop 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 our 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.

And when you finish your course you can **apply to us for a bursary of £120** to help towards the cost of living.

It's easy to apply and you will hear back from us quickly.

Money House takes place in our specially designed flat environment in Digbeth over three or five days.

Whilst we know not everyone is keen to come on a course, young people tell us that at the end of the week they've learned more than they could ever have thought, and they've had fun!

We'll cover your travel each day in cash, and there's breakfast and a hot lunch every day.

For more information, speak to your Personal Advisor and they can get you a place on an upcoming course.

You can also refer yourself directly to us by emailing:

TMHMidlands@mybnk.org
or call **07562 665 234**.

EY FOUNDATION HUGE OPPORTUNITY

The Epic Youth (EY) Foundation are offering an amazing opportunity for care experienced young people.

Beyond Your Limits is a paid skills development programme designed specifically for care experienced young people, with up to a year of support to help them realise their future potential

The paid programme consists of:

- Employability Skills Training.
- Financial Literacy Training.
- A Work Experience Placement – with links to employer such as EY, NG Bailey, Shoosmiths and more.
- £400 Personal Development Grant.
- Monthly mentoring and progression coaching.

Please see more information on pages **15** and **16** of this month's newsletter.

Summary of opportunity

- Beyond Your Limits Birmingham launching 26 July 2023.
- For young people aged 16-19.
- Currently in education.
- Currently in care.
- Able to commute to the sessions which are expected to be held at the EY Birmingham office - 1 Colmore Square, Birmingham, B4 6AA (travel costs covered)
- Think this sounds like a good opportunity!

Apply using this link: <https://bit.ly/3Lum6cn>

The deadline for applications is **27 May 2023**, however we encourage you to apply early to avoid disappointment.

If you have any questions, please contact Andrew Tumusime.

andrew.tumusime@eyfoundation.ey.com

EY Foundation

Beyond Your Limits

Gain Paid Work
Experience and
more!

This Summer join the EY
Foundation for an
employability
programme for
care-experienced 16-19 year
olds in Birmingham.

APPLY NOW!





EY Foundation Beyond Your Limits

We offer a tailored 12+ month programme of support, wrapped around your education, with lots of insights into the world of work.

Each programme offers paid employability training, work experience, financial literacy, a business mentor, employment coach and personal development grant.

Are you eligible?

- Aged 16-19
- In care
- In education
- With Right to Work

Beyond Your Limits will be run from EY Birmingham

(1 Colmore Square, Birmingham, B4 6AA)

Induction - 26th July

Employability Skills Training - 27th July - 2nd August (not inc weekend)

Financial Literacy Training - 3rd and 4th August

Work Experience Placement - 7th- 10th August

Apply now through ...

Website: [Beyond Your Limits \(eyfoundation.com\)](https://beyondbeyondyourlimits.eyfoundation.com)

Questions? Contact

Email: beyondbeyondyourlimits@eyfoundation.ey.com