



THE TRUST TIMES

18+ Care Experienced Newsletter

April 2023

CROWNING A **BONUS** BANK HOLIDAY

Hi everyone,

We are just days away from the first coronation in England since June 1953. The good news is that with the formalities of King Charles III coronation taking place we all get an additional bank holiday (**8 May**) to go along with the **1 May** bank holiday.

On the theme of celebrations Birmingham Children's Trust is this month happy to announce our most recent Ofsted inspection found children's services in Birmingham, including support for care experienced young people, to be 'Good'. This month we have a number of fantastic events for you to go to and opportunities to apply for. See details about two careers events on **Page 5** and the lanch of the Civil Service Internship Scheme (8 May) on **Page 10**.

BAD ROYAL JOKE SPOT

What do you call a monarch with no heirs?

Bald.

How does Good King Wenceslas like his pizza?

Deep pan, crisp and even.



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.



Cost of Living payment

The government has announced the Cost of Living amounts to be paid to people on benefits, this year. Please be aware of this to help you manage your money wisely.

Scan the QR code below to go to the Gov.uk Cost of Living Payment dates.



TALK TO TALENT RISE TODAY

For the last three years Talent Rise has partnered with our supporting company Talent International to connect young people with friendly recruitment experts.

Each September these individuals have volunteered their time and skills to:

- Provide advice on improving or creating a CV that stands out from the crowd.
- Provide support in preparing to smash a job interview.
- Act as ongoing job coach/mentors to keep young people motivated and on-track.

They offer this as an always-on service throughout the year and young people can book calls at times that suit them.

<https://talentrise.org>

If you have any questions, email **andy.chaggar@talentrise.org** or phone **07585 984 810**.

All volunteers have undertaken an Enhanced DBS check and training in advance of being connected to young people.

OUR NEXT CONFERENCE



The next Conference for care experienced young people is on Wednesday 31 May from 11.00am - 4.00pm at the Lighthouse Young People's Centre.

We will send out further info in the May 2023 newsletter, but just wanted to give you the heads-up so you can add this date in your calendar.

The conference is a day for finding out about opportunities and support services, meeting up with friends, eating loads of yummy food and making the most of freebies and prizes.

For further info contact

Juliette.walton@birminghamchildrenstrust.co.uk

Talent RISE

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 **3 May 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.



- **HT** got a super job for Network Rail and has already got a promotion, progressing in the company.

BIRMINGHAM CAREERS EVENTS

Birmingham City Council is recruiting for a wide range of jobs in all departments. There are jobs they really want to recruit young people for in parks, grounds maintenance and Streetscene.

For info and application support go to the Job Box event at the Library of Birmingham Youth Hub on Tuesday 9 and Wednesday 10 May.

For a whole range of other jobs there is info and application support on Wednesday 24 May at St Andrews football ground in Bordesley Green Birmingham.

www.birmingham.gov.uk/bhamjobsfair

Trust Website Care Experienced opportunities

The Trust care experienced 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 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 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.

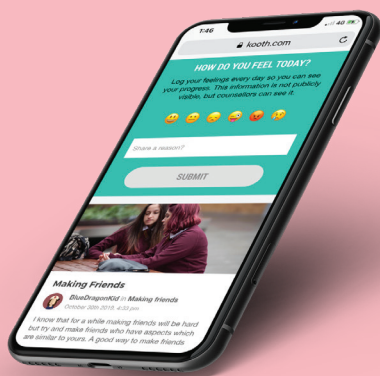
Guided Relaxation with Lisa Tue 9 May 7.30pm - 8:00pm

Join Lisa, our outreach support worker for 20 mins of guided relaxation! You'll leave feeling relaxed and refreshed for the rest of the day.

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 LEAVERS' FORUM

April 2023 update

The Care Leavers' Forum is a group of 18-25 year olds who aim to make things better. We push for the changes we know that we need, both in individual people and the services we use, based on our own experiences.

The staff who support us respect our expertise and people really listen.

This month we have been interviewing newly qualified social workers who want to work for Birmingham Children's Trust. Young people get paid for interviewing and we run regular training so that everyone feels confident and knows what to do. We always have a member of staff with young people supporting them.

People who have been in care know what makes a good social worker – you have experienced it (good and bad) which is why we want you to help us pick the best.

The Trust just heard that Ofsted has rated us as 'Good'. We are really happy as they saw how well children are listened to.

This is some of what Ofsted said:

"The voice of children and young people is well embedded, influencing wider practice and service development. Care experienced young people feel that what they say is listened to and makes a difference, and they value the opportunities and feel less isolated as a result. They feel connected to senior leaders and feel part of a large family."

We have lots of times when young people can interview and also meet regularly to do other work too. We take your conversations and experiences and get people to listen and change. No one is expected to talk about personal or difficult thing.

Are you interested in joining the Care Leavers' Forum?

We would love you to get involved. Please get in touch with Emily on **07704 539 011** or emily.blythe@birminghamchildrenstrust.co.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**.

'Fair Offer for All' - YPBMF Event



The Young People Benchmarking Forum (YPBMF) South event takes place on Thursday 11 May 2023 at Brentford FC in London. Please book places by 4 May so that catering arrangements with the venue can be made.

This event is aimed at care-experienced individuals aged 16 – 25 years of age (who should be supported by a professional if under the age of 18).

The theme is '**Fair Offer for All**' and NLCBF local authority members can send young people to attend online or in person (or both).

Sessions and speakers planned are based around the following areas:

- **The Care Review** – consultation on the government's response
- **Protected Characteristics** – a presentation from a YPBMF Champion about how and why this was passed in their authority.
- **Local Offers** – examples of local offer ideas, discussion and networking to share ideas.

Attend in person

This YPBMF event takes place on Thursday 11 May at Brentford FC – GTECH Community Stadium, Lionel Rd S, Brentford, TW8 0RU.

Brentford FC is around 45/50 mins from London Euston, near to Kew Gardens and is very accessible from the M4 for those driving.

It starts at 10.00am and finishes at 3.45pm.

To book to attend in person follow this link:
<https://forms.office.com/e/xiM6d7Zxyt>

Online event

The online part of the event will be hosted on Hopin which is a virtual events platform – a bit like MS Teams or Zoom but easier to navigate and with extra features. Sessions from the live event will be streamed to the platform where care-experienced individuals can join on their own devices or where possible as a group in a hub or meeting room.

To book places on Hopin head to the registration page:

<https://bit.ly/3LB6u6k>

Please email Nat.OBrien@catch-22.org.uk if you have any questions regarding the event.



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:

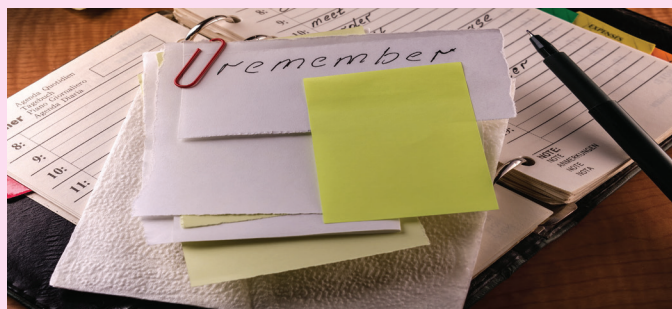
info@sharefound.org

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.

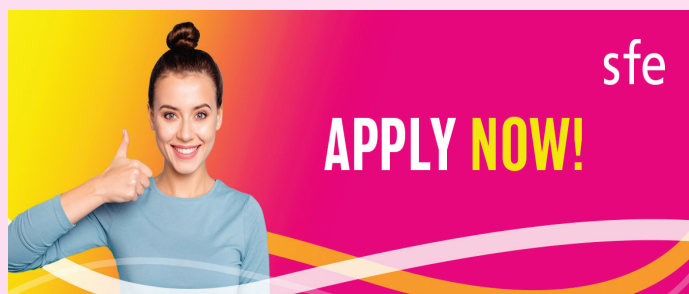
I would be happy to advise on the process if there are any questions.

Thank you

Sarah Barker

Team Manager 18+ Care Experienced Service -
07917172614

Sarah.D.Barker@birminghamchildrenstrust.co.uk



2023 Civil Service Internship Scheme opens 8 May



On Monday 8 May applications open for the 2023 Civil Service Internship Scheme (these are 12 month contracts).

We will send out the link when it goes live as a special mailout to this email group, or you can find the internships on the Civil Service jobs website.

Five reasons why you should apply:

- The internships are ringfenced for care experienced young people.
- They are well paid £18,000 - £22,000 depending on job and location.
- Since 2014 - 800 care-experienced young people have completed internship with the Civil Service.
- In 2022 - 166 care-experienced young people were offered internships.
- In the last 12 months, over 100 care experienced young people have been given permanent roles with the Civil Service.

Applications are open from 8 May to 9 June. Interviews will take place in July online. Provisional job offers (subject to security checks) will be made at the end of July. Job roles will start from August 2023 onwards.

If you would like to find out more, there are two online info sessions:

- Wed 10 May 11.00am – 12.30pm
- Thurs 18 May 4.00pm – 6.30pm.

If you would like to attend an info session, email leavers.care@education.gov.uk tell them your preferred date and they will send you the meeting link.

This scheme is well established and gets better every year – with additional workplace support, training and progression opportunities. We hope some of you go for it and apply.

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, Help in Brum leaflet, is 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>



Change Grow Live



Hi I'm Brendan, I work for CGL on the Youth Promise Plus project. I support young homeless people and unaccompanied asylum seekers between the ages of 16-29 years old with education, training, and employment.

We have a variety of providers who offer ESOL courses for UASC. We also have several providers who have work and training opportunities available. If you have your 'right to work document' I can help you. If you feel you would benefit from mine or my colleagues support, please ask your PA to make a referral.

Pop in and say 'Hi'

Unsure about receiving support? Why not pop into The Lighthouse and have a chat?

I am at The Lighthouse every Wednesday afternoon from 1.00pm.

101 Genners Lane, Bartley Green, Birmingham, B32 3NU

Taster Day:
Monday 12th
June 2023

Andrew Simpson Centres

Achieve a Sailing Qualification!

Taster Day Schedule:
10:30 Meet the Team, Brief & Gear-Up!
12:30 Lunch
14:30 De-Brief & Session End

6 Week Course Begins Monday 19th June 2023!
Runs on Mondays & Tuesdays, 10:30 - 14:30

General Schedule:
10:30 Brief & Gear-Up!
12:30 Prepare & Eat Lunch
14:30 De-Brief & Session End

Achieve the following RYA Certifications:
RYA Level 1 Sailing Certificate
RYA Level 2 Sailing Certificate

andrewsimpsoncentres.org
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Change
Grow
Live

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).

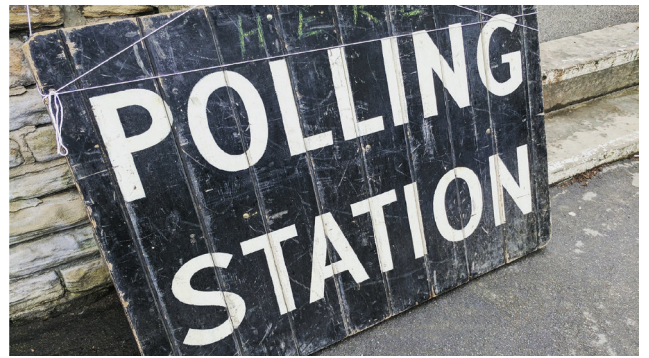
Want to find out more?

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 pedalling.

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 24 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 Awards 2022

Graduate of 2022
Smart Futures
programme

This is to certify that

.....
has successfully completed the
EY Foundation's Smart Futures programme

EY Foundation



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)

Questions? Contact

Email: beyondyourlimits@eyfoundation.ey.com