



THE TRUST TIMES

18+ Care Leavers' Newsletter

June 2023

SUMMER OPPORTUNITIES FOR YOU

Hi everyone,

As we rapidly move into July and the long summer holiday time, it's time to find out about a wide range of education, employment and training opportunities available in Birmingham.

If you still have exams to sit then best of luck, we know that you will all do your very best.

Did you know there is a Youth Hub in the Library of Birmingham on the lower ground floor.

There are great staff and computers there, loads of info about opportunities and also mental health support. Read more on **Page 14** about a Mini Jobs Fair.

This month we are also sharing information about a new initiative called 'Next Steps'. Find out more on **Page 11**.

We have information about the Handsworth Jobs Fair taking place in July, see **Page 4**.

Enjoy this issue and stay sun safe!



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.



USEFUL APPS AND WEBSITES

Each month we will feature four apps or websites that you may find useful.

Scan the QR codes below for more information.

Too Good to Go



- App and website
- Get food with a big discount from select places



Be My Eye



- App
- Mystery shopping for cash



WeQ4U App



WeQ4U - Puts you through
Without the Queue!

- Free Android/iPhone App and service that puts you through to UK 01,02,03 and 08 numbers for FREE, without queuing.



FreeCycle



- App and website
- FREE items from local community



HANDSWORTH JOBS FAIR

JOBS & TRAINING OPPORTUNITIES

WEDNESDAY 5 JULY 2023

10.00AM - 2.00PM

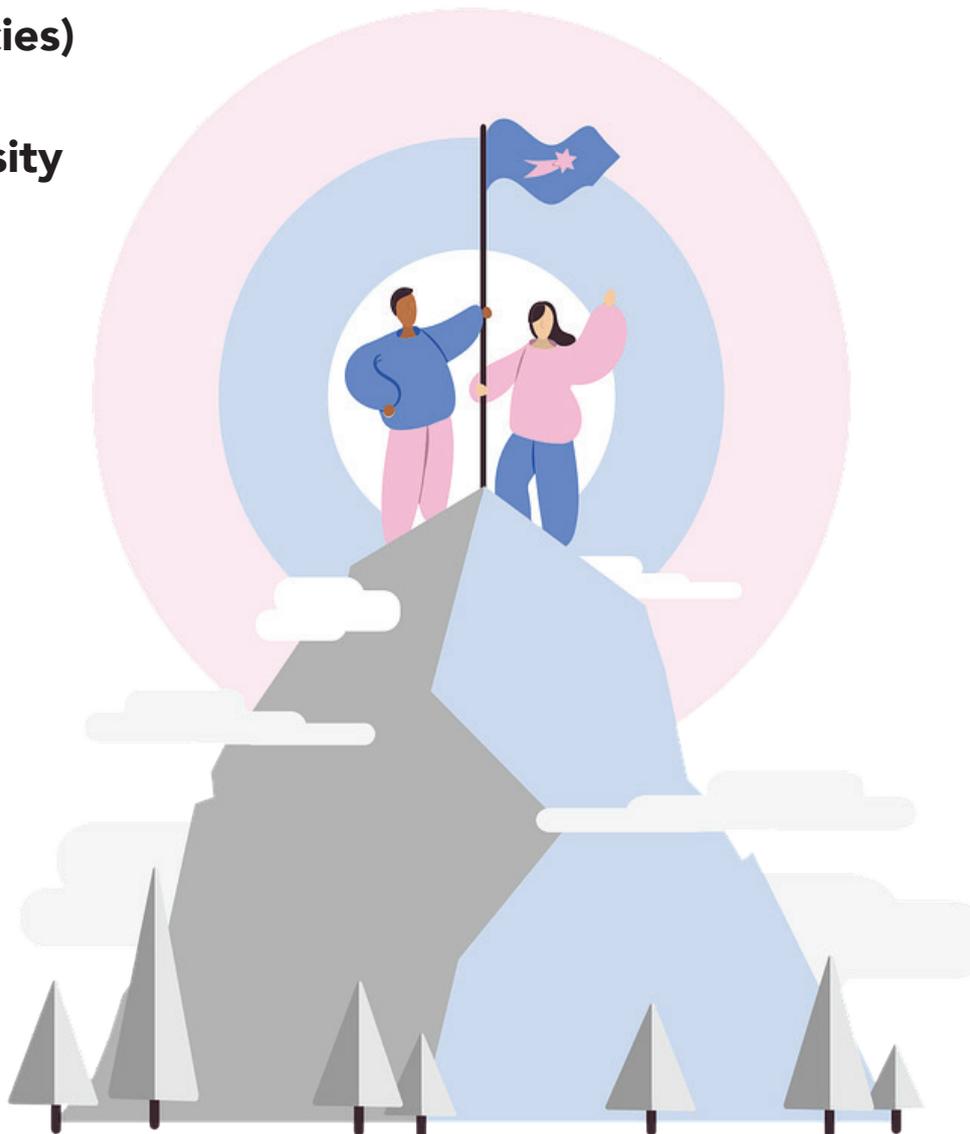
**@ HANDSWORTH JOBCENTRE PLUS 25
45 SOHO ROAD, HANDSWORTH,
BIRMINGHAM, B21 9SL**

**Over 1,000+ vacancies and career opportunities
with training available on the day**

Meet employers and training providers, including...

- Civil Service (800 vacancies)
- Embark Learning
- Birmingham City University
- Youth Promise Plus
- Sport 4 Life
- Nishkam
- Brook Street
- NHS
- Your Care Services
- Pet XI
- Release Potential
- Guard

**It's FREE to enter and
everyone is welcome.**



YOUR GOOD NEWS JUNE '23

We are continuing to celebrate your good news in this newsletter.

Congratulations to every one of you on your achievements in June 2023.



- **CC** has completed Dumper Training course and has successfully passed!

CC is a very hardworking and motivated young person and we are so very proud of his continued success and ambition. Well done!



- **LM** has been successful in obtaining a Level 3 Childcare Apprenticeship. It is 30 hours per week.

LM had her first 'official' day at work in May following interviews and training, and is really enjoying it!

LM is very happy with where she has got to and can't wait to continue.

Help getting your National Insurance (NI) Number

If you already have a National Insurance number and you've forgotten it, you can use your personal tax account to:

- view, print or download a copy of your confirmation letter, and
- save your number to your phone's wallet.

To view your National Insurance number online, you need a Government Gateway user ID and password.

If you do not have a user ID, you can create one when you use the service.

Register now for a personal tax account, if you do not already have one.

<https://www.gov.uk/personal-tax-account>

Scan this
QR code to
go to 'Get
your NI' page
on [gov.uk](https://www.gov.uk)



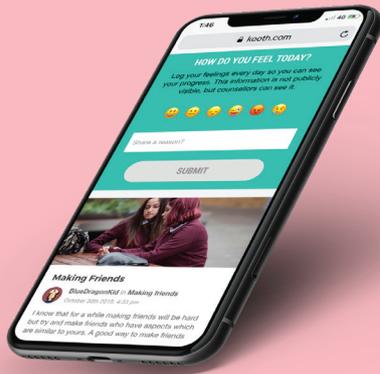
Trust Website Care Leavers' opportunities

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>

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>

REES FOUNDATION July 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 courses in July 2023



Attachment with Dr Rachel (10, 17, 24, 31 July, all at 1.00pm - 2.00pm)

- Learn more about the different types of attachment styles there are and understand yours better.

Circle of Support (5 July, 7.00pm-8.00pm)

- Group for care experienced people of all ages to discuss a range of topics. Each online session focusses on different topics.

Understanding the hormonal world three hour workshop with Dr Rachel (26 July, 9.30am - 12.30pm)

To sign up to any of the groups, please complete the form in the link below:
<https://form.jotform.com/203141499622353>

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**.

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."

Sail away with CGL

CGL have recently supported two groups of young people to complete an animal welfare qualification with the RSPCA, and basic motorcycle maintenance, skills and safety with Right Trax.

Feedback from both groups has been really positive: "Right Trax was really good, I have been bored a lot with not much to do but this let me get out and I even made friends. I now want to do something with bikes in the future and they have encouraged me to do this."

"Being around at both the RSPCA and Right Trax sessions has been lovely. I have been able to see the people we support develop, form friendship groups and thrive doing something they are passionate about" (Lucy Hipwood CGL)

Activities to book

CGL have a number of activities happening, soon!

If you are interested in taking part in any of the following, please contact your PA or CGL worker to reserve your place.

- **Hatch Programme - KFC paid placement and training.**
- **Exciting sailing programme.**
Commencing 12 July 2023
- **CGL staff member Naim Iqbal, will be present at the Job Box (Library of Birmingham) – Thursdays 11.00am - 1.00pm for advice on education, training, and employment.**



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:

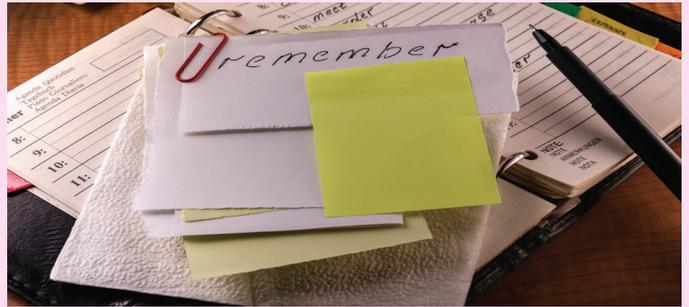
info@sharefound.org

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



LATEST CONFERENCE FEEDBACK



Last month (May 2023) was our thirteenth conference for and with care experienced young people - with a focus on education, employment and training opportunities and support services.

Sixty two young people attended with four little ones. There were over twenty five organisations in the marketplace, four presentations and two workshops - Dream Job Toolkit and Boxercise.

Thank you to Sarah B, Nina, Georgia, Pat T, Smitta, Pam T and Dareth for a beautiful home cooked lunch which was commented on by loads of people. Needless to say, there was nothing left. Thank you to all the teams for making up hampers which are always appreciated and make great prizes.

Thank you to Michael G and Vanessa for organising and running the photo room. Around fifty framed photos were taken away by young people. Thank you Pam M and Natalie for running reception and to Tracy and Shaheen for running the sign-up table, and for being dynamic, fun and always ready with a binbag!

James spent the whole day with his young person and also kept an eye on the pool tables. Lots of other PAs came with their young people which makes the day great, but many young people came independently. This was encouraging.

Thanks to Terri, Colette and Ria for running the pre-loved giveaway – the young people went away with tons of great stuff.

Thank you to lovely apprentices Jameela and Emily for their help in lots of different ways throughout the day, and to Steve, Kira, and David from the Lighthouse who are always very patient and accommodating.

Finally big thank you to Kirstie Cotton for doing a great job organising and running the marketplace. Kirstie wasn't feeling well but soldiered on like a true professional.

Feedback

We didn't have an evaluation at the end but a consultation with the young people about finding a new name for the care leavers service.

We had some interesting suggestions including: Star Care Plus, The Care Bears, Independent Young People, Living Independently Youth Centre, The After Care Service, Care 1st, and The Independent Living Service. Some young people said they were quite happy with it remaining as the Care Leavers Service.

The next conference will hopefully be in October half term. Have a great Summer and keep in touch 😊

NEXT STEPS



If you are a young person and you have recently moved into your own accommodation, or plan to do so, please get in touch with the team about the support you might need.

**LET'S DO THIS TOGETHER
LET'S SUPPORT EACH OTHER**

WHAT SUPPORT WE OFFER

**One to one mentoring
Advice on moving out
Vouchers to support you with moving home costs and paint
Workshops- finance/ money management,
energy saving home tips, benefits, UV advice
and Mybnk- advice around money**

A 12-week support programme aimed at supporting 16-20 year olds moving out of home

If you would like to get in touch, please email:

NEXTSTEPS@BIRMINGHAMCHILDRENDSTRUST.CO.UK

Scan QR code to go to referral form:



A referral needs to be made for under 18s and self-referral can be made for over 18s.



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**

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 July 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





Job Box Mini Jobs Fair - for 16-29 year olds

Date and time

Wednesday 12 July 2023 - 11.00am - 2.00pm

Location

Library of Birmingham, Broad Street, Birmingham, B1 2EA

- Come and join us at **The Job Box Recruitment Event**, we will be joined by colleagues from Birmingham City Council.
- Please bring your CV with you and contact details for two references.
- Interview support and clothing for job seekers can be found at Suited for Success website:

www.suitedforsuccess.co.uk

- If you are aged 16-29 and would like to sign up to Youth Promise Plus, please email:

Yog@birmingham.gov.uk

#findyourfuture #jobs #nextsteps

- Please note photos for promotional content may be taken on the day

Scan the **QR code** to go to the event booking page.

Registration is **FREE**.





Birmingham Settlement Neighbourhood Futures Festival

26th June - 1st July

Join us at the Edgbaston Reservoir
Nature & Wellbeing Centre!

Connecting with **The Big Green
Week** – help us to imagine greener,
happier, healthier neighbourhoods
open to everyone!



79 Selwyn Road
Birmingham
B16 0SL



To find out more please visit
www.birminghamsettlement.org.uk
Or scan the QR code to the right!



**birmingham
settlement**
developing communities, changing lives
Charity no: 517303
www.birminghamsettlement.org.uk



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**.