



# THE TRUST TIMES

18+ Care Leavers' Newsletter

July 2023

## STAY SAFE STAY COOL STAY INFORMED

Hi everyone,

We are experiencing some very strange weather this month - one minute sun and the next rain.

The unpredictability can be tough to manage, so we want to eliminate some of that feeling for you by offering some advice and information.

This month we are highlighting some fantastic events, along with regular news items.

Find out about Youth Hub events this month on **Page 5**.

On **Pages 9-10** read about a terrific training offer from Equans, happening in August.

We also have a hand guide to college enrolment on **Page 12**.

Don't forget to also read about 'Next Steps', a new project to help you if you are leaving home and about to live independently, see **Page 11**.

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](http://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.

## Pouch

pouch

- Use Pouch to automatically find and apply every voucher code in one click.



## Fat Llama

Fat Llama 

- Borrow almost anything from people nearby for jobs at home, fun, or work.



GOV.UK

## Gov.uk Help to Save account

- A type of savings account.
- It allows certain people entitled to Working Tax Credit or receiving Universal Credit to get a bonus of 50p for every £1 they save over 4 years.



fiverr®

## Fiverr

- Online odd jobs site.
- Find the right freelance service, right away.





YOUTH HUB



## EMPLOYMENT EVENTS IN JULY 2023

### Brit Asia TV

#### Interested in working in IT and Digital Roles?

- Come along and speak to one of our colleagues on Wednesday 19 July at Youth Hub

**To register your interest click on to this link:**

**<https://www.eventbrite.co.uk/e/672982026357>**

### National Express

#### Interested in being part of our team?

- Come along and speak to one of our colleagues on Thursday 20 July at the Youth Hub.

**To register your interest click on to this link:**

**<https://www.eventbrite.co.uk/e/668253623577>**

### Utility Warehouse

#### Interested being part of our team?

- Come along and speak to one of our colleagues on Tuesday 25 July at the Youth Hub.

**To register your interest click on to this link:**

**<https://www.eventbrite.co.uk/e/668275629397>**

### HAYS

#### Interested in working in Customer Service or Business Support roles?

- Come along and speak to one of our colleagues on Wednesday 26 July at the Youth Hub.

**To register your interest click on to this link:**

**<https://www.eventbrite.co.uk/e/672959117837>**

### Equans

#### Interested in working in Construction?

- Come along to one of our 2 sessions taking place on Thursday 27 July at the Youth Hub.

**To register your interest click on to this link:**

**<https://www.eventbrite.co.uk/e/668133313727>**

# YOUR GOOD NEWS JULY '23

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

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



- **Mya** has achieved a 2:1 grade in her Business and Accountancy Degree.
- **Mya** did really well studying, working part-time and undertaking a placement year to gain experience - all the more impressive as Covid lockdowns were in place during her degree.



- **Ryan** has successfully completed his time at school and celebrated the event with a leavers' assembly which his PA attended.
- **Ryan's** teachers commented how kind and caring he is. Ryan will now be starting the next chapter of his education journey and starting with Nova Training in September.
- **Jessica** just completed her PGCE and is now a qualified Primary School Teacher.
- **Ahn** completed his Degree in Culinary Art Management and will be graduating in September.



Pathway CTM work with employers to generate apprenticeships, and young people to get them into those apprenticeships.

If you register (it takes 60 seconds) you will get all the latest info about apprenticeships with big companies, and you can get support to apply for posts in these companies.

On the drop-down it will ask you which school you are attending. You can put in your last school or put 'Left School'.

<https://pathwayctm.com/student-register/>

Scan this  
QR code to  
reach the  
**Pathway CTM**  
registration  
page



## Trust Website Care Leavers' opportunities

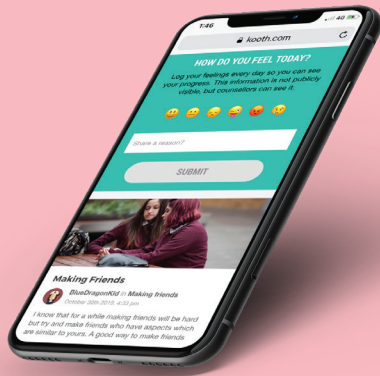
The Trust care leavers' opportunities page contains opportunities for you to get your hands on!

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/August 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 and August 2023

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



**Circle of Support (9 August 7.00pm - 8.00pm)**



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](mailto: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](http://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](mailto: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.**  
This began on 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](mailto:info@sharefound.org)

Or call

**01296 310400**

For further enquiries please contact:  
[Tracey.Britton@birminghamchildrenstrust.co.uk](mailto:Tracey.Britton@birminghamchildrenstrust.co.uk)



## Summer Skills Programme

We have put together a short summer project with Equans who are a partner of the Trust.

Activities take place in August.

A full list of dates can be found on **Page 10**.

### The venue is:

The Ladder Skills Centre, 10 Mill Street, Aston, B6 4BS.

It is a ten minute walk from Aston University, or you can catch the 853 or 8C/8A bus.

If you attend, you will be sent a day-saver for the first day and then given a day-saver for the next day.

It will be a small group, delivered and supported by caring helpful staff.

If you want to come with a friend, that's fine, as long as we know in advance.

The cooking sessions will include ingredients that you can take away to practise the recipes at home.

On Wednesday 16 August, the final day, there will be a celebration event where you all will receive a DIY starter kit, a certificate of completion and a £20 Aldi voucher.

It will be a really lovely short course and it's open to any care experienced young people.

You can **register** using the **QR code** on **Page 10** or contact:

[Juliette.walton@birminghamchildrenstrust.co.uk](mailto:Juliette.walton@birminghamchildrenstrust.co.uk)  
**07825 117 381**.

If you have any questions, don't worry – just ask!

# SUMMER SKILLS PROGRAMME

A short practical and awareness programme  
to support your skills for life including;

## **DIY session –**

Practical session designed to support your DIY skills at home

## **Cooking session –**

Practical session to upskill your cooking skills for lunch and dinner

## **Have a go sessions –**

Looking at different career options

## **Employability and budgeting skills session**



## 4 SESSIONS OVER 2 WEEKS

Tuesday 8th August

Tuesday 15th August

Wednesday 9th August

Wednesday 16th August

**10 Mill Street, Birmingham B6 4BS**  
**11.00 am – 3.00 pm**



# 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.





# College enrolment advice

## Are you thinking about college for September 2023?

Further Education (FE) colleges offer academic and vocational (job-related) courses. There are courses for adults as well as 16–19 yr olds in FE colleges (adult learners are aged 19+). Sixth Form colleges offer mainly academic courses, some offer vocational courses as well.

All the FE colleges offer Higher education courses as well (fees apply).

It is best to do an online application, but if you don't manage to, it can be done at open enrolment which starts in the last 2 weeks of August.

The issue with waiting for open enrolment is that the course you want might be full. Sixth Form colleges don't do open enrolment.

The list on the right of this page tells you which colleges offer adult learning (19+). All the FE colleges offer a one-year Access to Higher Education course for students aged 19+. (That is if you want to go onto Higher Education, but haven't got A levels or BTEC Level 3.)

If you want advice about career plans and college courses, speak to your PA, or contact Juliette Walton:

**juliette.walton@birminghamchildrenstrust.co.uk**  
**07825 117 381**

Alternatively, contact the college using the number on the website and ask to speak to 'course enquiries'.

### **BMet**

Academic and vocational 16–19 and adult learning.

**LINK:** <https://bit.ly/44slURH>

### **Cadbury Sixth Form College**

Academic and some vocational, 16–19, no adult learning.

**LINK:** <https://www.cadcol.ac.uk>

### **Halesowen College**

Academic and vocational, 16–19 and adult learning, also has an offer for care experienced learners.

**LINK:** <https://bit.ly/3Q0LTep>

### **Joseph Chamberlain Sixth Form College**

Academic 16–19 and adult learning.

**LINK:** <https://www.jcc.ac.uk/>

### **Sandwell College**

Academic and vocational, 16–19, and adult learning.

**LINK:** <https://www.sandwell.ac.uk/>

### **SCCB**

Academic and vocational, 16–19 and adult learning.

**LINK:** <https://bit.ly/43tTAgg>

### **Solihull College**

Academic and vocational, 16–19 and adult learning.

**LINK:** <https://www.solihull.ac.uk/>

### **Solihull Sixth Form College**

16–19, academic and some vocational, no adult learning, online applications closed 23 March. Late applications go onto a waiting list.

**LINK:** <https://bit.ly/3Y2caLy>

### **University College Birmingham**

Academic and vocational, 16–19, and adult learning.

**LINK:** <https://www.ucb.ac.uk/study/courses/>

### **Walsall College**

Academic and vocational, 16–19, and adult learning.

**LINK:** <https://www.walsallcollege.ac.uk/>



# THERAPEUTIC EMOTIONAL SUPPORT SERVICE (TESS)

Come along and join the Trust's monthly TESS afternoon drop-in sessions for Birmingham's 18+ care-experienced young people, aimed at enhancing your emotional wellbeing.

## Where will sessions take place:

TESS  
67 Bournbrook Road  
Selly Oak  
B29 7BX

**Phone to book:** 0121 675 1781

**Dates:** These will take place on the first Wednesday of every month.  
The next session will be on  
**2 August 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

