



# THE TRUST TIMES

18+ Care Leavers' Newsletter

September 2023

## TIME TO LEARN AND TIME TO GROW

Hi everyone,

Welcome to the September 2023 Issue of The Trust Times. For many of you this month will be your first steps into a new world, ranging from college and university, to the world of work or a training programme.

We have some useful content this month to help you prepare for your new environments, and if you are currently looking for a new opportunity, there are plenty to discover in this issue. Remember, learning is for life.

Thank you to our Trust Apprentice Kirstie Cotton for sharing this poem below. Enjoy!

*Some days are better,  
Some days are worse.  
Look for the blessing,  
Instead of the curse.  
Be positive, stay strong, get enough rest.  
You can't do it all,  
But you can do your best.*

by Doe Zantamata.



### 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



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



## Money House course

- The Money House course, run by the charity MyBnk, offers fully funded financial education to any young person aged between 16 – 25.

If you are interested, please contact the team by email:

**TMHmidlands@mybnk.org**

## Saros



- Get paid to participate in market research and focus groups.

The website is:

**[www.sarosresearch.com](http://www.sarosresearch.com)**



## Turn2US

- Get help with benefits, grants and find other types of financial support

The website is:

**[www.turn2us.org.uk](http://www.turn2us.org.uk)**





## .....key to your success

### LIFE SKILLS, JOB SEEKING AND WORK SKILLS

**Looking for a course or qualification that can boost your skills and help you make a change in everyday areas of your life?**

Perhaps you want to organise yourself and your home life more efficiently. Maybe you want to increase your confidence in job interviews or write a brilliant CV. Our courses can help, whatever kind of change you're looking to make.

#### LIFE SKILLS AWARDS AND CERTIFICATES

Our life skills courses give you the everyday skills you need to organise your home and family, or understand the world of work. They also provide a useful base for further learning and can help boost your confidence. You'll get a qualification too.

You'll cover subjects like:

- Managing your own money
- Healthy living
- Working as part of a group
- Community action.

#### JOB SEEKING AND WORK SKILLS AWARDS AND CERTIFICATES

Our job seeking qualification will help you prepare for finding a job, understand all about keeping a job and feel confident in interviews. You'll also learn how to:

- Search for a job effectively
- Fill in application forms
- Write a great CV and covering letter
- Be more confident in an interview
- Give a presentation
- Work in a team

If you want to develop some basic occupational skills to see what kind of industry you'd like to work in- our work skills courses can help you, whether you're looking for a job or already in work. You could cover:

- An introduction to retail
- Understanding customer service in retail
- Working in business and administration
- Creating business documents
- Delivering good customer service
- Meeting customers' expectations
- Working in health and social care
- Principles and values in health and social care

Whichever you choose, we'll help you gain the essential skills you need to get into work. You'll get a solid base for employment and further learning, and a qualification too.

#### HOW WILL I LEARN?

You'll enrol for your qualification through our training centre (meaning you get face-to-face support from our friendly staff). You can then continue to learn from home, work, or anywhere you have an internet connection. During your learning, you'll have regular progress reviews with your tutor at our Centre (or by phone or email), to make sure you're on track with your learning.

#### HOW LONG WILL IT TAKE ME?

Learning with us is flexible, so how long it takes to gain your qualification depends on your needs and circumstances. Before you start we'll agree with you a target end date for your learning so you know what you're working towards.

#### HOW DO I GET STARTED?

Just pop into Enterkey Training or call us on 0121 773 3410.



# YOUR GOOD NEWS SEP '23

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

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

- **BB** has secured a role with Royal Mail and is currently going through security checks. **BB** had a job offer from the Care Leaver Internship, however she withdrew the application as this role does not compare to Royal Mail and in the long term. Royal Mail are offering better pay and career options.

- **Thomas H** completed the Beyond your Limits course over the Summer.

On the course he covered:

**Day 1** - Induction

**Day 2** - Communication

**Day 3** – Entrepreneurship/Dragons Den Challenge

**Day 4** - Job Profile & Digital Footprint

**Day 5** - Careers Networking & Interview Skills

**Day 6** - Work Readiness

**Day 7 & 8** – Financial Literacy  
(delivered by MyBNK)

**Day 9 to 12** – Work Experience Placement

**Day 13** – Celebration Event

Thomas was part of the winning team that won the Dragon's Den challenge.

- **Roseann S** has successfully gained a zero-hours employment contract with Birmingham Leisure Centre, Ladywood. This opportunity began from the care-experienced conference held in May, where-by **Roseann** had a discussion with Charlotte from SERCO. **Roseann** firmly believes that without attending the conference she would not of been offered an interview. This has really boosted her confidence, she can not wait to get started!

## POSITIVE FEEDBACK FROM KASH



**Kash Singh** wanted to tell everyone a bit about their experience at the Beyond Your Limits EY Foundation Course.

Said **Kash**: "At the EY Foundation course, I got to collaborate with diverse teams and engage in exciting business experiences.

"It gave me a wonderful opportunity to gain exposure and knowledge in the field.

"Not only that, but the course also played a significant role in honing my skills like confidence, communication, and time management.

"Overall, it was an incredible experience that enriched my personal and professional growth."

**Thank you for sharing your experience Kash.**

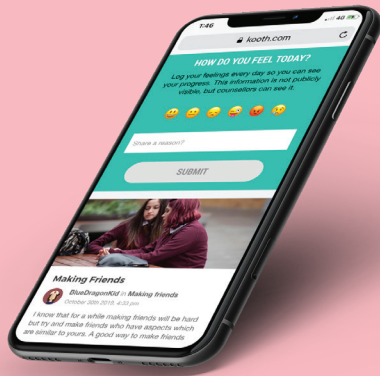
## Trust Website Care Leavers' opportunities

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](http://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 September 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](http://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 Sept 2023

**Access to Record Support Group with Jackie on Tuesday 12 September - 7.00pm - 8.00pm**

Our friendly and informal online Access to Records group is back this month. This support group is for care experienced people who have either already accessed their records or are in the process of accessing them and need support.

**Growth Mindset with Dr Rachel (1/8)  
Monday 2 October 1.00pm - 2.00pm**

Do you want to explore and develop your mindset? Do you need to examine and take ownership of your life? If so, come and join Dr Rachel as she delivers an 8-week virtual training course around Growth Mindset, to increase your passion for learning, increase higher self-belief and communicate better.

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 a **FREE** drink at any of our cafes. Please use the link below to apply for a Rees Café Guest Card.

<https://form.jotform.com/230232253163342>

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>

**Rees have partnerships with some new cafés around the Midlands in Wolverhampton, West Bromwich and Bromsgrove.**



## 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**

### 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."*

## Mental health and wellbeing: University support from UCAS



The UCAS website has a wealth of useful information and links to help you manage your own mental health if you are going to be attending university soon,

**Here is the link:** <https://bit.ly/44yOZKt>

### Care Leavers' Forum



The Care Leavers' Forum is a group where all care leavers can meet and engage with the Rights and Participation service.

When the group meet, they will discuss things that they can change for care leavers, such as better access to healthcare or financial benefits.

If you would like to know more please email:

**emily.blythe@birminghamchildrenstrust.co.uk**



# 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)

# HelpinBrum



### Are you worried about the rising cost of energy bills, food and transport?

You are not alone; the cost of living crisis is affecting many of us.

You may want help accessing grants and debt advice, support getting all the money you are entitled to, or simply want to know more about the government's recent support measures.

Whatever your money worries may be, Birmingham City Council have put together some helpful information in the links below to help you.

You can download a leaflet for advice and support on the cost of living, which is available in 11 languages. Scan the QR code below.



You can also download a Cost of Living booklet for more information and advice on how to keep your home safe and other helpful tips. Scan the QR code below.



If you are experiencing immediate problems, please call 0121 303 1116. Opening hours are Monday to Friday from 9am to 7pm and Saturday from 10am to 1pm.

# Health and Wellbeing Programme

**Do you find it challenging to cope with your mental health?**

**Do you live within the Birmingham area?**

**Our 4-week Health & Wellbeing programme is designed to help support you with managing your mental health and assisting you with your employment journey.**

## Why should you enrol?

- Develop confidence, increase motivation, and raise your self-esteem.
- Develop your understanding of the effects of mental health and strategies to deal with different conditions.
- To gain an understanding of coping mechanisms for stress.
- Receive support with creating/ developing your CV, completing job applications and practice interviews.
- To get support with progressing onto further training and/or into employment.

## **Our Four Core Areas:**

1. Award in Mental Health Awareness Level 1 (NCFE)
2. Award in Stress Awareness Level 1 (NCFE)
3. Vocational Training in Customer Service
4. Employability training

**\*\*Minimum of 18 hours of learning per week for 4 weeks.**

**Are you 19+, unemployed and suffering with your mental health?**



**European Union**  
European  
Social Fund

**.... key to your success**

**ENTERKEY**



# FREE STUDIO SLOTS AVAILABLE

DO YOU NEED HELP  
MAKING YOUR MUSIC?

WE'RE OFFERING YOU  
UP TO 8 WEEKLY  
STUDIO SESSIONS

Are you:

- 14 – 19 years old?
- Looking for high quality studio facilities?
- Someone who could benefit from having a music mentor?

Scan here to find out  
more and register  
interest!



## FREE STUDIO MUSIC SESSIONS FOR YOUNG WOMEN

Every Wednesday there will be free studio sessions for care-experienced young women who want work on their music.

We're offering three one-hour slots between 2.00pm and 5.00pm each week.

Sessions will take place at the Lighthouse Young People's Centre in Aston (B19).

Young women can participate in up to eight weekly sessions. **You can be over 19** (beyond the age in the advert above).

If you or any young people you know would be interested, you or they can register interest using the link below or by scanning the QR code in the advertisement above.

<https://forms.office.com/e/DR1hVzZ9SJ>

## NEW TERM - FRESH START



If you are starting or going back to college or University, you might be feeling a bit daunted by what lies ahead.

Remember the reasons why you are doing it - and don't let worries stop you.

Here are a few great quotes to remember. If you've had a difficult day; tomorrow is a new day and:

"Investment in knowledge pays the best interest." – **Benjamin Franklin**

"Education is the passport to the future." – **Malcolm X**

"Education is one thing no-one can take away from you." – **Elen Nordegren**

"The future rewards those who press on." – **Barrack Obama**

And finally:

"Don't be afraid to ask questions, don't be afraid to ask for help...asking for help isn't a sign of weakness, it's a sign of strength.

"It shows you have the courage to admit when you don't know something and to learn something new." - **Barrack Obama**

Good luck with your studies.

# College enrolment advice

## Are you thinking about college in 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).

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**

Many courses may be full by now, but we recommend you still contact colleges directly to see what is still available.

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

**4 October 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 and 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

## Understanding Anxiety

**Anxiety** is what we feel when we're worried, nervous, or feel a general sense of unease – particularly about things that are about to happen, or which we think could happen in the future.

When we face new challenges or begin a new chapter in our lives such as moving home, starting a college course or going to university, it is normal to experience some worry and anxiety. Anxiety is manageable, and there are plenty of ways you can manage it such as:

**Practice breathing exercises:** Breathe in and out for the count of three. Repeat. There are some videos and websites to help you with guided breathing exercises to calm your body and feelings of anxiety. <https://bit.ly/3Z9efG8>

**Taking care of your sleep:** Sleep is important and can help you reduce any feelings of anxiety you may be experiencing. For further information on how to improve sleep please visit The Sleep Charity website: <https://thesleepcharity.org.uk/>

**Staying active:** Exercise is good for our mental health and helps control feelings of anxiety. For information and advice on this please visit this website: <https://bit.ly/3sifwrs>

**Talk about it:** Talking to other people about your anxiety is really important. Sharing your feelings can help them understand what you're going through and how to support you. This could be with a friend. Alternatively, if you are at college or university you can access support from pastoral support or student wellbeing services. Many young people experience anxiety and worry and student wellbeing services are there to support the unique needs of university students.

When anxiety and worry is having a significant impact on you and your ability to do everyday tasks and meet your responsibilities it is important to seek professional help for instance by speaking to your GP.

The NHS website provides helpful information and advice on this as does the Mind website: <https://www.mind.org.uk>

# Villa Catering Club

## FREE 8 Week Course

Upon completion of the course, you will receive:  
Hospitality & Catering Principles Level 2 Certification  
NCASS Level 2 Food Hygiene, LPG Gas Safety



Start Date:  
4th October 2023

Location:  
Villa Park, B6 6HE

Sessions:  
Wed 9:30 - 15:30  
& Thurs 9:30 - 15:30

To Register:  
[am35@avfc.co.uk](mailto:am35@avfc.co.uk)  
0748 490 2066

Digbeth  
Dining Club.



SOUTH & CITY COLLEGE  
BIRMINGHAM



NCASS  
NATIONWIDE  
CATERERS  
ASSOCIATION



ASTON VILLA  
FOUNDATION



# JOHN LEWIS & PARTNERS

## Jobs with John Lewis

We are working with John Lewis and Partners (John Lewis department store in Solihull) to help care-experienced young people get retail jobs.

The program is called 'Building Happier Futures':

**Stage 1** – Attend a drop-in and tour round at the store on Thursday 7 September or Wednesday 13 September (11.00am – 2.00pm, lunch provided and travel paid for).

**Venue details:** John Lewis, Touchwood Solihull West Midlands B91 3RA

**There are still spaces available on 13 September for the drop-in and tour.**

**Stage 2** – Three days work trial / work experience in the store.

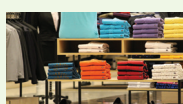
**Stage 3** – Help to complete a job application.

**Stage 4** – Guaranteed interview.

For those who do all stages and do well in the interview, there are part time and full time retail assistant jobs available from October onwards.

If you are interested please contact **Juliette.walton@birminghamchildrenstrust.co.uk** or message **07825 117381**.

John Lewis and Partners is a really supportive company that cares for their staff. We hope some of you go for this!



# BECOME.

THE CHARITY FOR CHILDREN IN CARE  
AND YOUNG CARE LEAVERS

## YOUNG TRAINER PROGRAMME

Sign up to start this month and join Become's second cohort for a free Level 3 training programme, gain a qualification, and learn new skills and techniques too!

- Plan and co-deliver online workshops.
- Manage online video conferencing platforms and interactive training tools.
- Prepare a workshop session/activity plan.
- Widen your knowledge of the rights and entitlements of young people leaving care.
- Review and evaluate training sessions and materials.



This free programme takes 10 hours in total (two x 3 hours training sessions via Zoom, plus 4 hours of independent study) and includes High-Street vouchers for participants.

**Use this link to register:**  
**<https://bit.ly/47YhoMT>**



# UPLIFT

*for ages 16-25*



Uplift is a **FREE** online 10 hour programme aimed at empowering care leavers aged 16-25.

The course is designed to improve confidence and enhance life skills in venturing into the world of work. It includes the following modules;

**1**

## What makes you - you?

Why do some people behave and act in certain ways? How is our personality different from the people around us? You will be able to learn what makes you – you.

By developing an awareness of yourself and others and how you interact with them you will be able to understand your personal needs and others better.

**3**

## Motivation

How do we get and stay motivated? How is the brain wired and why do we find it challenging to embrace change and stay motivated?

We will develop a toolkit for getting and staying motivated.

**2**

## How do you like to learn new things?

We all learn differently and that's what makes great teamwork!

We will find out what your preferred learning style is. A learning style is a set of factors, behaviours and attitudes that enable you to learn in any given situation.

**4**

## Managing Anxiety and Trauma

This session will look into the following aspects of trauma and anxiety;

1. What is anxiety?
2. Why do we sometimes sabotage situations or think negatively?
3. How do you live with anxiety? Managing anxiety toolkit session
4. Understanding trauma and how it affects us
5. How do you grow as a person with anxiety and trauma?

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## GROWTH mindset - how do we grow and recover?

Learning how to;

1. To develop and grow as a person
2. To persevere when it is difficult to
3. To find role models, what they can do to help and inspire us
4. To own and take responsibility.
5. To gain autonomy and trust in our decision making
6. To examine our environmental conditions and discern what is a toxic or a tonic
7. To look at habits, gaining an objective viewpoint on how we may sabotage
8. To create an 'exit strategy' with our learnings

7

## Understanding the benefits system and how payments work

The Department for Work and Pensions (DWP) will be joining us online to offer a session on Universal Credit. It will cover all that you need to know about the system of payment and your financial entitlements including how they work when you are in employment.

9

## Making the most of your money

We offer top tips on making your money go further.

11

## The power of intention

We look into what is intention and why do we need it. The module also runs through processes and offers a chance to reflect, connect and ask any questions.

6

## Getting work ready

You will be offered a one to one with a work coach to determine what you enjoy and what you may like to do as a career.

We will support with CV development and interview techniques, so you can 'ace' your interviews and know what employers look for and how to impress them.

8

## Self employment

We look at what any budding entrepreneur may need to consider if they want to work for themselves.

10

## How to manage relationships at school, college and work

The ability to build effective working relationships and work effectively with others is vital to success. You will learn how to communicate with diplomacy and tact and how to navigate challenging work relationships professionally and effectively.

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## Relaxation and reflection

We will take those participants (if they wish) through a guided mindfulness and meditation session to unwind and relax.

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