



# THE TRUST TIMES

18+ Care Leavers' Newsletter

October 2023

## OUR NEXT CONFERENCE IS COMING UP

Hi everyone,

We are delighted to announce our latest **conference** date is set for the spooky date of the **31 October** at **The Lighthouse** Young People's Centre in Aston (see picture right). There will be a wide range of guests, such as the Prince's Trust.

We have more details about the conference on page **4**.

The conference takes place during National Care Leavers' Week (Wednesday 25 October to Wednesday 1 November). This NCLW 2023, the aim is to get the public, professionals, carers, decision-makers, and the media to **CARE**.

**CARE** stands for:  
**C**elebrate care leavers,  
**A**mplify their voices,  
**R**aise awareness of challenges,  
**E**ncourage change in policy and practice.

Find out more by scanning this QR code:



### Black History Month

October is Black History Month. Find out what is happening in Birmingham by using this link:  
<https://birminghamblackhistorymonth.co.uk>

### 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.

[Juliette.Walton@birminghamchildrenstrust.co.uk](mailto: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\*\*\***

### IN THE OCTOBER 2023 ISSUE OF THE TRUST TIMES:

- Our help and support offer - **page 2**
- Useful apps and websites - **page 3**
- October 2023 Conference - **page 4**
- Your Good News - **page 5**
- Eathan honoured at Chamber Awards - **page 5**
- Trust Website Care Leavers' opportunities - **page 5**
- Give Kooth a try - **page 6**
- Back issues of the 18+ newsletter - **page 6**
- Rees Foundation October 2023 update - **page 6**
- Grab a cuppa with...Rees - **page 7**
- Suicide prevention - **page 7**
- Advocacy Service - **page 8**
- Care Leavers' Forum - **page 8**
- Child Trust Funds - **page 9**
- Junior Individual Savings Accounts - **page 9**
- Sign up to our newsletter online - **page 9**
- Umbrella sexual health services advert - **page 10**
- Do you need a 'journey of a lifetime'? - **page 11**
- How to 'present' a Christmas CV - **page 12**
- Therapeutic Emotional Support Service (TESS) - **Page 13**
- Help create a thunderclap moment for CLW 2023 - **Page 14**
- Care Leaver Covenant - **Page 15**
- Become Young Trainer Programme - **page 15**

# 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.



## Airtime rewards

- No pointless points. Just powerful rewards. Join over three million members saving money off their mobile bill every month. Earn rewards with Boots, Argos, Greggs, New Look, Halfords....the list goes on! Download today.

[www.airtimerewards.co.uk](http://www.airtimerewards.co.uk)



## 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](mailto:TMHmidlands@mybnk.org)



## Airtasker

- Be your own boss. Earn up to £10,000 a month on **Airtasker** by offering to complete tasks. **Airtasker** is United Kingdom's largest job marketplace for all kind of jobs from handyperson to cleaners to gardeners.

[www.airtasker.com/uk/](http://www.airtasker.com/uk/)



## Freecycle

- **Freecycle** is a grassroots non-profit movement of people who are giving and getting stuff for free in their own towns. It's all about reuse and keeping good stuff out of landfills. Membership is free.

[www.freecycle.org](http://www.freecycle.org)



The 18+ Care Leavers service presents...

# October 2023 Conference

Led by, and for, care-experienced young people

**Tuesday 31 October 2023**

**11.00am - 4.00pm**

**@ The Lighthouse Young People's Centre, B19 2LN**

The care leavers' conference offers young people a chance to get in touch with organisations who can support them on their journey to independence. This includes housing and accommodation support, education and training opportunities, mental health information and more.

The conference also offers young people a chance to make new friends and get their hands on some freebies and prizes.

Many young people have benefitted from the conferences in all different ways, some have found work through the contacts they have made, and others have found a safe space for them to talk about things on their mind.

**We would love to see you there!**

- Find out about employment, education, and training opportunities.
- Get tips and advice about wellbeing and housing.
- Join in with workshops and competitions.
- Lunch, refreshments, prizes and giveaways for everyone!
- Children, friends and family are all welcome.
- No need to book a place, just turn up!

## **Some of the organisations attending this conference include:**

- Princes' Trust
- South and City College
- Sport 4 Life
- My BNK
- West Midlands Police

**If you have any questions about the day, please contact:**

**Juliette.walton@birminghamchildrenstrust.co.uk**  
or **07825 117381**





# YOUR GOOD NEWS OCT '23

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

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

- **Ryan** has successfully completed the four-week Prince's Trust 'Get into Nature' course.
- **Ryan** has consented for his picture to be shared in newsletter (see below). He has enjoyed every single minute on the course, made new friends and got to gain some valuable work-experience.



- **FM** has a new job full-time working as a warehouse assistant, at Amazon Warehouse in Minworth.
- **KB** has a new job at Asda Chelmsley Wood, working as a stock replenishment assistant.
- **MW** successfully completed her undergraduate degree in Criminology and Early Childhood studies.

- **One care-experienced young man**, currently in remand, has taken the advice from both his 18+ PA and 18+ EET Manager, as he has enrolled onto 'Functional Skills Level 1 English' at HMP Oakwood. The young man is enrolled to do classes from Monday to Thursday all day and a half-day on Friday. **Well done you!**

## EATHAN HONoured AT CHAMBER AWARDS



**Eathan Robinson** was honoured in the Greater Birmingham Chambers of Commerce - Birmingham Young Person of the Year Awards 2023. The Awards took place in September, and whilst unfortunately not winning, **Eathan** was a celebrated finalist in the 'Apprentice of the Year' category.

Eathan works at Jericho, a company that operates seven social enterprises across Birmingham to provide work opportunities and individualised support for people who face real and significant challenges in getting a job.

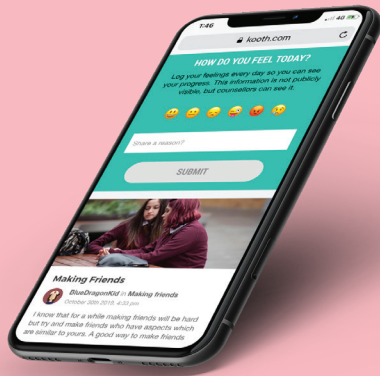
## Care Leavers' opportunities

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 October 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 Oct 2023

#### Careers drop-in with Lucy

**Date: 25 October**

**Time: 2pm-3pm**

Join Lucy our Careers Mentor as she hosts a session to give careers support to care experienced people looking for a new job, training or to get into higher education.

#### Guided relaxation with Lisa

**Date: 26 October**

**Time: 7:30pm-8pm**

Join Lisa, our outreach support worker for 20 mins of guided relaxation! Lisa has a background in mental health and hypnotherapy and will talk you through a calming session designed to release stress. 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>**

# 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](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."*

## Care Leavers' Forum

We are a group of care leavers who work together to use our experiences to make things better for other children in care and care leavers.

### We feel that the group:

- Stops us feeling alone and isolated
- Makes us feel like we are making a difference
- Builds up our confidence
- Builds up skills, such as speaking in front of other people

### What we do:

- Interview new Trust staff
- Use our experience in producing and delivering training
- Discuss issues – what works and what needs to change, and make changes happen

We tell people what we need and get people to work in a different way. We don't share anything that is painful or private and have lots of support for you. Some of this work is paid (in vouchers). We also organise days out – like a trip to Drayton Manor.

### How we do this:

- We meet every month, sometimes face-to-face and sometimes online
- When we meet face to face we have food together
- We get help with transport to the meetings if we need it

Over the next few months we are particularly going to look at **HOUSING** (including the state of housing, repairs and semi-supported) and **HEALTH** (including mental health, in-patients, autism and neurodiversity). We have work to do for the city council and NHS on these topics, so if you have experience please get in touch.

### Contact us today

Try **Julia Balston**, Children's Rights Officer  
[Julia.balston@birminghamchildrenstrust.co.uk](mailto:Julia.balston@birminghamchildrenstrust.co.uk)  
or **Emily Blythe** by text or call **07704 539 011**  
[Emily.Blythe@birminghamchildrenstrust.co.uk](mailto:Emily.Blythe@birminghamchildrenstrust.co.uk)

Emily is our Transformation & Improvement Apprentice!



# 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)

## SIGN UP TO OUR NEWSLETTER ONLINE

We are looking to provide future newsletters in a different way for care-experienced young people like yourselves.

The plan is to move to using an emailer platform called Mailjet to send you updates direct to your inbox.

To do this we will need your permission to send direct emails from this platform, so we kindly need you to complete a short online form on our website. **Scan the QR code below** to go to the form. There are just eight quick questions.



Once you click 'Sign up' at the bottom of the form you will be sent an email to verify that you wish to sign up to future newsletters. Please make sure you accept this invite, and your name and email will then be added to our database.

You can of course opt out of receiving these newsletters at any time, using the 'unsubscribe' link, but we hope you will stay with us for future newsletters and bulletins.



**Sign up for our care-experienced news and information**

Please add your details below.

First name

Last name

Email address



# **Sexual health and wellbeing services for young people (up to 25)**

**Did you know that Umbrella provides dedicated counselling and support for people up to 25 years with any issues that may impact on your sexual health and wellbeing.**

## **This includes support around:**



- Sexuality
- Relationships
- Pregnancy
- Body image and self-confidence
- Sexual assault and abuse
- Problematic pornography use
- Gender identity
- Domestic abuse



**You can expect a safe, non-judgmental and confidential environment**

**[umbrellahealth.co.uk](http://umbrellahealth.co.uk)**

**0121 237 5700**

**Monday 9.00am - 5.00pm  
Tuesday 10.15am - 5.00pm  
Wednesday 9.00am - 5.00pm  
Thursday 9.00am - 5.00pm  
Friday 9.00am - 4.30pm**



# JOURNEY OF A LIFETIME

**EXPANDING HORIZONS,  
ENRICHING YOUNG LIVES**

## Do you need a 'Journey of a Lifetime'?

Since 1984, JoLt (Journey of a Lifetime Trust) has been organising confidence building, challenging expeditions for young people (14-21 years old) who are physically, medically, socially or emotionally disadvantaged.

The cost of the trip is met by JoLt, although they do encourage youngsters to do some additional fundraising where possible.

As a small, voluntary organisation they are dedicated to making a positive, lasting difference to those most in need.

Trustees of JoLt are currently seeking nominations for the 2024 expedition across Cambodia and Vietnam.

On past trips a large proportion of the youngsters they have taken were nominated by their social work team.

For many the journey is a life-transforming event, 'jolting' them out of their old lives, helping them grow in confidence and self-esteem and giving them the ability to take control of their future.

JoLt's two most recent month-long expeditions took eighteen young people and six leaders (including two doctors) to Singapore, across Indonesia and on to Northern Australia (2016), and to Peru, down the Amazon, through Ecuador and on to the Galapagos (2018).



JoLt were unable to run trips in 2020 and 2022 because of Covid restrictions but are now once again able to accept nominations for deserving young people.

Full details can be found on their website, including the forms that need to be completed.

If you are intersted in applying please talk to your Personal Advisor or Social Worker, and get them to complete the application forms on your behalf.

Please scan the QR code below for more details:



The closing date for nominations is  
**24 November 2023.**

# How to 'present' a Christmas CV

Claire's, River Island, Selfridges, Morrisons, Card Factory and loads more are recruiting sales staff. I just put 'Xmas retail jobs in Birmingham UK 2023' in a Google search – and there they are.

When you hit 'Apply' it might take you to a short form and you might have to register with the website. Usually you will need to upload your CV.

If you haven't got a CV – you need to make one so you can be in with a chance of getting one of these jobs. Follow this advice below and good luck.

## Essential sections to include:

**Name and contact details** – you don't need to put your age or your address.

**Personal statement** – see below what to write – even if you've got no experience.

**Work experience** - if you haven't got work experience, you can say 'Relevant experience'.

**Education** - employers want to know if you've got English and Maths at Level 2 or GCSE Grade 4 or above, and anything else at Level 2 or higher. If you don't have Level 2 qualifications, list your Level 1s and you can say 'working towards L2'.

**Work related skills** – this could be a driving licence, SIA badge, CSCS card, First Aid, Food Hygiene certificate or an additional language.

**References** – don't put names and addresses – this would be a breach of data protection – just put 'References available on request'.

**Optional sections** - but only if there is something that is really positive or interesting to include :

- Hobbies and interests
- Achievements and awards
- Volunteering

## How to write a personal statement for retail if you have no experience:

Focus on the skills and qualities that you do have and how they could be applied in a retail role. These are the top skills and qualities you need to have to work in retail: desire to help others, patience, friendliness, quick to learn, able to multi task, physically active and resilient.

## Here is my example:

*"I'm a hard working and friendly individual with lots of energy, enthusiasm and the ability to multi-task. I am keen to work in retail as I feel this is the sector where my strengths and qualities could really benefit a retail business and its customers. I love helping people and have always wanted to make a positive difference, this makes me patient with customers and understanding of their needs."*

There are loads of helpful websites for layout and advice, but this one is really helpful. Just scan the QR code.



For CV help and advice please contact:  
Juliette.walton@birminghamchildrenstrust.co.uk  
07825 117 381, or ask your PA or your work coach at your nearest Job Centre.



# 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

**1 November 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/3s1fwrs>

**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>



## HELP CREATE A **THUNDERCLAP** MOMENT DURING NATIONAL CARE LEAVERS' WEEK 2023

The charity Become want you to create a **thunderclap**\* moment on TikTok that raises awareness for National Care Leavers' Week.

The theme this year is **CARE**.

- C** – Celebrate care leavers
- A** – Amplify their voices
- R** – Raise awareness of challenges
- E** – Encourage change in policy and practice

You can take a letter from CARE (or all four) and talk about it in whatever format you like, for example a GRWM (Get Ready With Me) video or day in the life vlog – anything that feels genuine, and you are comfortable with. Make sure you tag **@BecomeCharity** and use the hashtag **#NCLW23** so we can repost it. Become will post your content on **Wednesday 25 October**. Throughout the week, at Become will be highlighting their **#EndTheCareCliff** campaign. Become want to permanently **#EndTheCareCliff** and the expectation of 'independence' asked of young people as they approach 18. If you feel comfortable, you could talk about what it means to turn 18 as someone who has experienced care. Any questions please email **Kirsten.Graver@becomecharity.org.uk**

\*= A **thunderclap** moment on social media is where a lot of people put something out at the same time to generate a buzz, amplify a message and create more chance of more people seeing it.





## CONNECTS

A NETWORK OF OPPORTUNITIES

Care leavers and your support workers can sign up to Connects, managed by the Care Leaver Covenant.

You will be kept up to date with relevant work, education and recreational opportunities, as well as information about the support that you may be able to access.

In addition to this, you will be automatically entered into our give-aways!

To sign up, scan the QR code below, and complete the short online form.



### Contact the Care Leaver Covenant

Can't find the answer? Need more information? Get in touch using the details below.

**Phone:** 0800 077 3557

**Email:** [info@mycovenant.org.uk](mailto:info@mycovenant.org.uk)

# 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>