



# THE TRUST TIMES

## 18+ Care Leavers' Newsletter

August 2024

# LIFELONG LEARNING IS THE KEY

Hi everyone,

With the new academic year just around the corner we hope you have investigated your future learning options over this summer.

Whether you will be going to college or university, or taking a job (potentially with training) we wish you the best of luck with your endeavours.

We have an article in this edition about further education (**page 13**) as well as many opportunities throughout, including the fantastic Care Leaver Internship Scheme (**page 25**).

**Do remember the words of former US President Barack Obama:** *“Don't be afraid to ask questions. Don't be afraid to ask for help when you need it. I do that every day. 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.”*

**NEW DATES** - We offer 45-minute drop-in sessions at The Willows to talk about careers - **see page 2**.



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**

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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## Careers **advice** and **guidance** appointments with Juliette at The Willows on Friday afternoons

- Do you have dreams and ambitions about what you'd like to do in the future?
- Are you hoping to get a job that will make you proud, connect you with people, earn some decent money, and give you independence?

Well everything is possible – you just need to know where to start.

If you would like a careers advice and guidance appointment, to talk through your ideas and options, work out where to start and which way to go, then book a 45-minute slot using Eventbrite.

**Venue:** The Willows, Emmeline St, Birmingham B9 4NG.

**How to get there:** Bus number 17 or 60 from Birmingham city centre.

Get off near the McDonalds by Bordesley Green roundabout, cross over the road and it is a three minute walk to The Willows.

### Times and dates

Slots are available to book for the following times and dates:

- Friday 6 September 2024
- Friday 4 October 2024
- Friday 18 October 2024

### Slots

- 1.30pm - 2.15pm
- 2.15pm - 3.00pm
- 3.00pm - 3.45pm
- 3.45pm - 4.30pm

### Book a slot

To book a slot please scan the QR code below, and then click on the Eventbrite link for the day you wish to book, or ring Juliette on 07825 117381 to secure a slot:



# USEFUL APPS AND WEBSITES

Here are four apps/websites that you can help you in daily life.



## Stellarium

- Stellarium: Just point your phone up at the night sky and see what stars, constellations, planets, comets and satellites are above you in real time.



## Mimo

- Mimo: Thinking about a career in tech? Learn to code in Python, JavaScript, HTML, CSS and more with quick, interactive lessons you can fit into your day.



## Coursera

- Coursera: Gain job-relevant, in-demand career skills by learning with experts from world-class companies and universities for free.



## Vocabulary

- Vocabulary: Learn new words each day and expand your vocabulary! No need to sign up for a paid account, just hit the X (top left) when prompted.



**All apps are available in the Apple app store or Google Play store.**



# SPOTLIGHT ON **B**FRIENDS CHARITY

Bfriends - Friends of Birmingham Children's Trust - is the official charity of the Trust.

Bfriends has three clear priorities:

- To create destinations and opportunities across training and employment.
- Community and inclusion.
- Transitions.

Bfriends stress the importance of friendships in all aspects of our work, as this creates a sense of camaraderie and teamwork.

This is essential when working with others, as friendship is built on trust and understanding, which are both fundamental to successful collaboration.



## OUR OFFICE BASE FOR THE 18+ DUTY SERVICE

Below is some important information for young people about access to our 18+ duty service for care-experienced young people. We are here to help, either by phone or in person.

To contact the 18+ duty service, please continue to call our duty line, 0121 464 1229. There is always a Personal Adviser and 18+ Manager available to give advice or help.

### Our office base

#### We are open:

- Monday – Thursday 8.45am to 5.15pm
- Friday – 8.45am to 4.15pm

You can call in at our new office, **One Avenue Road, Aston, Birmingham, B6 4DU** between these hours.

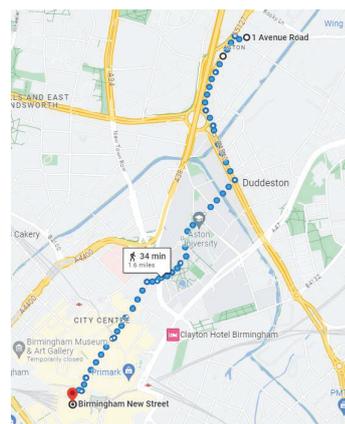
Ask the friendly reception staff, as you go in, to let the 18+ duty team know you would like to see a Personal Adviser. Reception will call us and a team member will come to reception to see you. We have access to a quiet space where you can speak in confidence.

**Buses to use:** The main bus routes are the Number 65 and 67, both go from the city centre. These buses will drop you right outside One Avenue Road, and the Number 8 route crosses nearby. The 65 and 67 buses go from outside the large B&M store in the city centre.



### Walking here

From Birmingham New Street Station there are a number of pedestrian routes you can take from New Street Station to get to One Avenue Road. This is the most direct route that follows a designated pedestrian path from the station, all the way through to the office and is well lit.



# **LIFE WILL BE DIFFERENT ONE DAY**

**A poem by Hali**

**Life will be different one day  
You will wake up one morning  
Remembering parts of your life  
That weren't meant to stay**

**Life will be more free**

**No more long nights and empty  
thoughts questioning me**

**Life has to be different**

**For they say people don't go  
through things for no reason**

**It has to be different**

**New feelings and memories with  
every season**

**One day life WILL be different.**

### Join the Mentor Me Project!

Are you looking for support with employment and mental health?

The **Mentor Me** project by Better Pathways is here to help you!

Led by Reni Nakra, we offer personalised mentoring and therapy sessions to help you achieve your goals and improve your wellbeing.

If you're interested in joining the **Mentor Me** project, you can self-refer by filling out our referral form on our website:

**[betterpathways.org.uk/mentor-me/](https://betterpathways.org.uk/mentor-me/)**

or contact Better Pathways directly  
**0121 773 1455 or 0121 296 595**

Don't wait – take the first step towards a better future with Mentor Me!



# FREE APPLIANCE FITTING SERVICE



If you are a care-experienced young person living in Birmingham, you are entitled to **free** appliance fitting from Birmingham City Council.

This includes fitting cookers (gas or electric), washing machines and other appliances.

### How to get this free service

To get this service please download a request form by scanning the QR code below.



Complete the form and send to **ALL** the email addresses listed at the top of the form.

Please copy in your PA.

# UCAS GUIDE



UCAS have shared a new guide helping care-experienced people apply to HE.

It is designed to support those unfamiliar with the UCAS process and offers detailed guidance from the discovery phase through to transition.

At each stage, there is information and practical tips specifically for those applying with care experience.

**Scan the QR code below to view:**

# UCAS



## AMAZON IS FINALLY COMING TO BIRMINGHAM!

### Message from Joshua Roberts, Project Worker at Barnardo's JOBS Project

The start date of the first cohort in Birmingham will be September 2 and it will be held at the YMCA Chris Bryant Centre in Erdington - 300 Reservoir Rd, Erdington, Birmingham B23 6DA.

This cohort will be a 8-10 week course and as you are aware there will be a guaranteed interview at Amazon if you complete the 8-10 weeks. If you are interested in this, please do let me know and I can reach out and have a chat with you regarding what we do.

Please find below some course info:

#### The JOBS Project

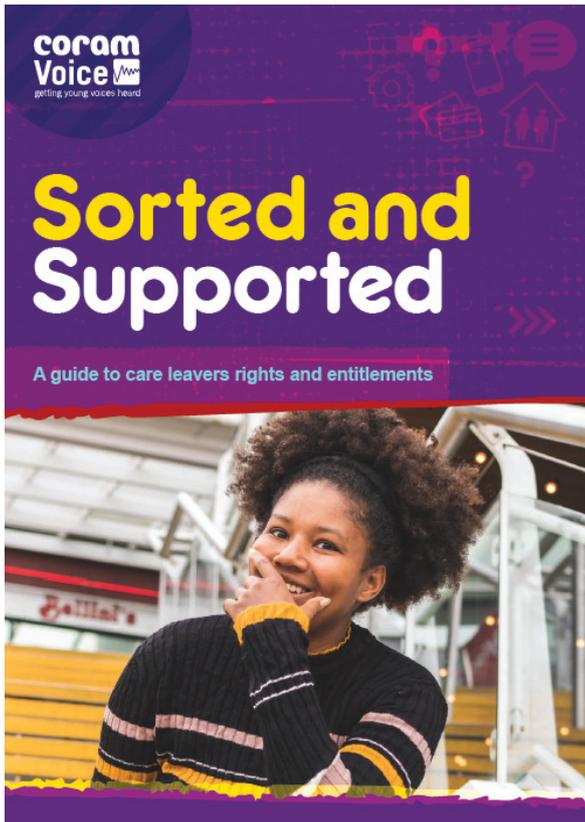
The project is 8-10 weeks, and it focuses on getting the young people ready for work, we help build confidence, develop 1 to 1 interaction and is a learner led programme that focusses on young people learning about lifestyle, routine, budgeting, and the benefits of working.

This project will develop confidence and skills in young people and includes:

- Travel and food expenses reimbursed (local travel prices considered).
- One-to-one mentoring.
- Guaranteed interview at Amazon upon completion of the 8 weeks.
- Much more!

**To find out more** ring Joshua Roberts  
**M:** 07546 760895  
(8:30am – 4:30pm Monday to Friday)

## SORTED AND SUPPORTED



Coram Voice produces a publication called 'Sorted and Supported'.

This is a guide for young people leaving care on their rights and entitlements.

'Sorted and Supported' explains what young people leaving care's rights and entitlements are and what to do if you don't feel that you are being properly supported.

'Sorted and Supported' also explains the support that should be provided by local authority Children's Services (sometimes called Children's Social Care or Social Services) and how and when you can get this.

To view the full 'Sorted and Supported' guide, scan the QR code below.



**coramVoice** )))  
getting young voices heard

## 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 14**.

# COLD WATER SHOCK

## An NHS guide

The term 'cold water shock' refers to a range of natural reactions that our bodies take to protect us when we enter cold water (although these reactions can sometimes work against us). With cold water being anything from approximately the temperature of a swimming pool and below, we are not just talking about icy cold water. All waters around the UK are cold enough to induce the cold shock effects.

### What are the effects of Cold Water Shock?

There are three stages that your body goes through during cold water shock, starting with one that you will be familiar with from getting into the swimming pool: a gasp for breath, followed by rapid breathing (hyperventilation).

At the same time as your breathing goes out of control, your blood pressure shoots up as your body tries to keep your blood warm by moving it towards the middle of your body (this is why you go pale when you're cold).

Once your breathing is back under control, this is your window to get out of the water before the further effects of cold water shock kick in.

As your muscles cool, your strength, endurance and muscle control reduce to the point when you can't swim any longer so can't rescue yourself.



The point at which you can't swim any more is called 'swim failure', and if you haven't got out of the water or managed to get hold of a buoyancy aid (like a lifejacket) by this time, you will drown.

### What should you do if you fall into the water?

Over 60% of drownings are of people who have ended up in the water by accident, so they're normally very close to the edge, but something stops them from being able to get out safely.

First, keep your mouth away from the water until you have your breathing back under control, you can do this by rolling onto your back and floating or paddling to stay at the surface.

Then, don't waste any time and swim towards an exit before your muscles start to cool, or swim towards something that will help you to stay afloat whilst you are calling for help.

Finally, once you are out of the water re-warm yourself as soon as you can to avoid hypothermia.



# YOUR GOOD NEWS IN AUGUST '24

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

Congratulations to every one of you on your achievements in August 2024.



- **Chloe** has just been offered a job at the Q.E Hospital in Selly Oak as a Healthcare Assistant. We are all absolutely thrilled for her!!

The job is putting her in great place in relation to her wellbeing. She is so excited. Thanks to Nav Sharma for helping to organise this.



- **Kash** got a job with the DWP (Department for Work and Pensions) and has been working with them since April this year.

He sent a quick update this month: "Work is going very well – been learning a lot. I feel more responsible now since I have to pay bills and rent now from my own money – haha – it's a good journey." Well done Kash!

- **Aleesha** has passed her driving test first time! Well done Aleesha.



- **Zobia** has provided a quote following her Summer graduation: "Graduation was an idea I thought Terri (Zobia's PA) had made up to keep me going until the end. I had no faith in myself at all but the constant motivation from Terri (to the point where she shared her photo with the cap and gown!) kept me going and kept me pushing.

"It was unreal as a care leaver walking across that stage. I want to thank the Trust (specifically Terri) for your continued support and understanding throughout the hurdles of higher education and life.

I am eternally grateful."

NHS  
Birmingham and Solihull

## Care Leavers Prescription Form



NHS Birmingham and Solihull have published a form for you to apply for **free** prescriptions.

Simply scan the QR code below, complete the form, save it and send it to:

**nhsbsolicb.childrenincare@nhs.net**



You can get a copy of this form from your Personal Adviser or by sending an email to: **nhsbsolicb.childrenincare@nhs.net**



# WE NEED YOU

If you care about other care leavers and want to help make things better for them in Birmingham – we would love you to join our Corporate Parenting Board.



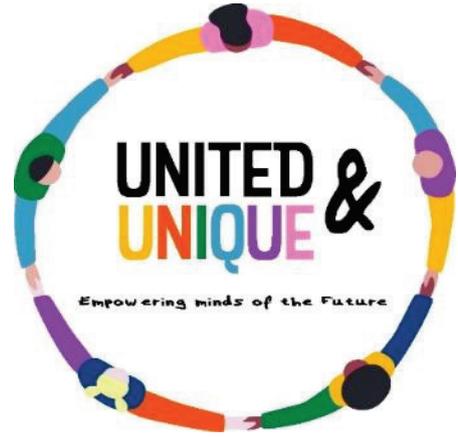
The Trust Corporate Parenting Board meets every two months in Birmingham (travel expenses paid).

Everything that matters is discussed, ranging from accommodation to funding, and mental health to opportunities, and much more.

Solutions are found and businesses and services are challenged to see how they can help.

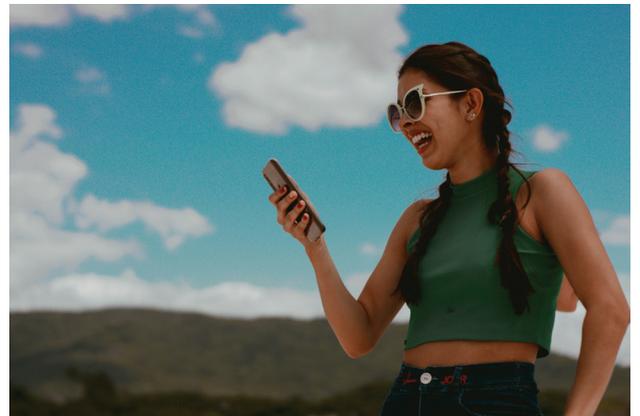
It's a great opportunity to really make a difference.

If you'd like to get involved contact:  
[CorporateParenting@birminghamchildrenstrust.co.uk](mailto:CorporateParenting@birminghamchildrenstrust.co.uk)



Thanks to Trust apprentice Rakia Gayle we now have three new social media accounts to share the great work and news of all of our groups that represent different children and young people in Birmingham.

'United & Unique' is the collective name for the different groups, such as the Care Leavers' Forum and the Children in Care Council.



The new social media accounts are on 'X', 'Instagram' and 'Tik Tok'.

To find links to them all, please scan the QR code below:



# College enrolment advice

## Are you thinking about college for September 2024?

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 started on 22 August 2024.**

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. 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 our monthly TESS afternoon drop-in sessions for Birmingham's 18+ care-experienced young people, aimed at enhancing your emotional wellbeing.

## Where will the 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 September 2024.**

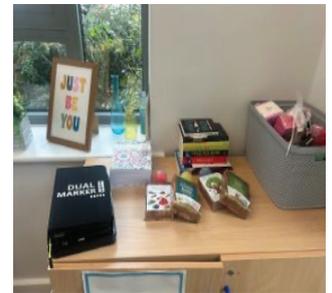
**Time:** 12.00pm – 4.00pm.

## 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.

## Staff available on the day:

- Davinia Burrell • Paul Campbell
- Vibha Jivan • Sally Burgess
- Emily Kigonya • Rachel Quinn



## Racism, fear and trauma

The Trust have recently published an article on their website '*Supporting our children and young people experiencing racism, fear, and trauma*'.

Whilst the key audience is children, we felt it would be useful for you to read too.

This article features part of a statement made recently by the British Association of Play Therapists (BAPT).

To read the article simply scan the QR code below:



## Employment and Emotional Wellbeing

Why not explore volunteering opportunities to help build your self-confidence. There are lots of opportunities to volunteer with local charities, for example food banks or charity shops. Please click on this link for the Birmingham Voluntary Service Council for more information:

**<https://www.bvsc.org/>**

Returning to work provides you with a routine, gives you a sense of identity and purpose, opportunities to form friendships, better financial security and the feeling that you are playing an active part in society.

Please note the following links for tips on maintaining good mental health:

10 ways to maintain your positive mental health on Spunout - **<https://bit.ly/495lqRK>**

Top tips for care-experienced young people - IMO - **<https://bit.ly/4ar0BCw>**

# SKILLSHARE

## Do you want a fresh start?

Our **I-Can personal development programme** offers you a package of personalised support to help you on your journey to success

### We can help you to

Boost your confidence

Improve your wellbeing

Learn new skills

Prepare for employment

Access local job opportunities

#### Accredited qualifications include:

- 🍏 Forklift Truck License
- 🍏 First Aid
- 🍏 Food Safety and Hygiene
- 🍏 Health and Safety



Check out our website to find out more



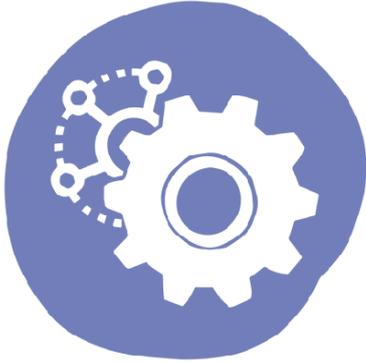
**Fighting Hunger, Tackling Waste, Creating Opportunities**

[faresharemidlands.org.uk](http://faresharemidlands.org.uk)



# I-Can Project Aim

Our goal is to **support** and **uplift** you by building your **confidence, wellbeing and employability skills**, making your journey back into employment easier.



The programme will run for 12 weeks, with each week designed to boost confidence levels and self-esteem to facilitate employment.



## We offer

- ✔ Refreshments
- ✔ Free travel pass
- ✔ Safe learning environment
- ✔ Personal Protective Equipment



- Induction to program
- Action planning
- Wellbeing activities
- On the job training
- Accredited training
- CV, interviews & Job search
- Progress reviews

**We would love to hear from you!**

**Email:** [ican@faresharemidlands.org.uk](mailto:ican@faresharemidlands.org.uk)

**Website is:** [www.faresharemidlands.org.uk/ican-employability](http://www.faresharemidlands.org.uk/ican-employability)



Funded by  
UK Government



West Midlands  
Combined Authority

## SUPPORT FOR PARENTS WITH CRYING BABIES



In 1981 a small group of parents, who were experiencing problems with their crying and sleepless babies, set up a support group.



They discovered how important support is and how reassuring it can be to talk to someone.

Today that support group has become The Cry-sis Helpline, the only UK charity offering help and support to parents with babies who cry excessively or have sleeping problems.

### CRY-SIS helpline and website

**0800 448 0737**

Lines open 7 days a week 9am-10pm

<https://www.cry-sis.org.uk>

## TASTY SHOUT OUT

Shout out to our wonderful PA Collette Jeffrey who has cooked food for the Willows drop-in. Pictured here is Harley with a chicken curry.

Thank you Collette – your food is really tasty and much appreciated by all of the young people 😊



Harley (right) collects a tasty curry made by Collette (above).

# PLAY SPORTS AND FIND WORK WITH STREET LEAGUE



## ARE YOU AGED 16-29 YEARS OLD?

- Build life skills
- Optional sports activities
- 8 week employability support
- Work experience
- Maths and English support (qualifications if needed)
- Job interviews and opportunities
- Travel reimbursements
- Gift vouchers on completion

## FIND OUT MORE

Email:

[westmidlands@streetleague.co.uk](mailto:westmidlands@streetleague.co.uk)

Phone or Message:

07584504977 or 07590408915



STREET  
LEAGUE



Funded by  
UK Government

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**LEVELLING  
UP**

# 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:

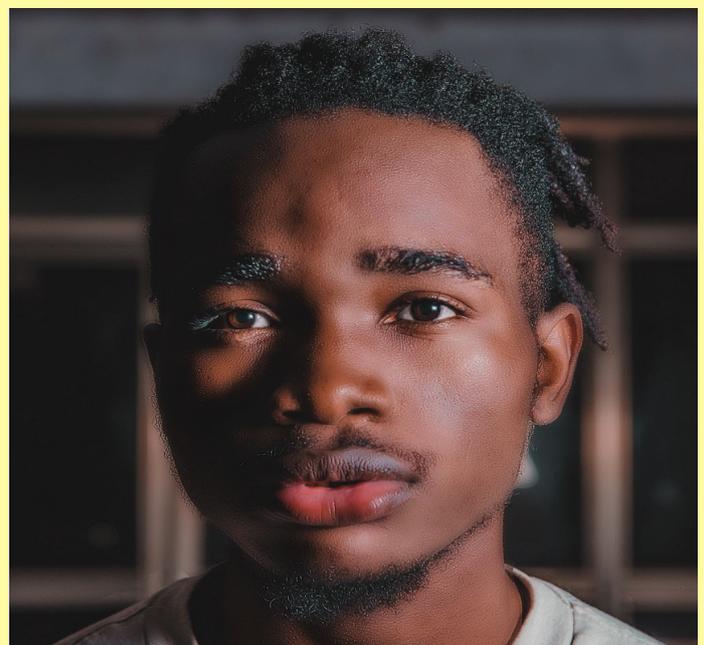
- We meet every month, sometimes face-to-face and sometimes online
- When we meet face-to-face we have food together
- We get help with transport to the meetings if we need it

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).

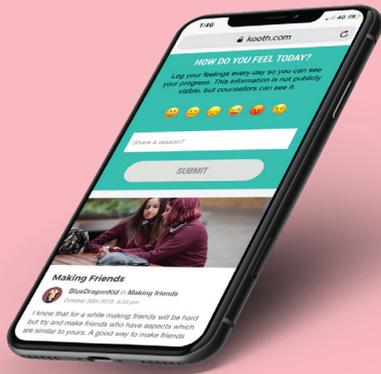
We have work to do for the city council and NHS on these topics, so if you have experience please get in touch.

## Contact us today

Email:  
[advocacy@birminghamchildrenstrust.co.uk](mailto:advocacy@birminghamchildrenstrust.co.uk)



## 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 2024 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.

### Courses in September 2024

#### Attachment with Dr Rachel

**Dates:** 2, 9, 16, 23 Sep 2024

**Time:** 1.00pm - 2.00pm



Join Dr Rachel's Attachment course to understand attachment and learn effective strategies for better managing it in the future.

#### Circle of Support

**Date:** 11 September 2024

**Time:** 7.00pm - 8.00pm



Group for care-experienced people of all ages to discuss a range of topics.

Each online session focuses on something different.

To sign up to any of the groups, please complete the form in the link below:

<https://form.jotform.com/203141499622353>

# NATIONAL LEAVING CARE BENCHMARKING FORUM

Applications have gone live this month to be a Young People's Benchmarking Forum (YPBMF) Champion for 2024 – 25...the deadline is Sunday 15 Sep 2024.

- This volunteering opportunity is for a minimum of 12 months and care experienced young people can become involved with delivering events both online and in person.
- We will offer an YPBMF Champion Induction, training sessions and regular meetings for those selected.
- Up to 12 Champions will be offered opportunities to attend events between November 2024 and November 2025.

**Complete your application by the end of Sunday 15 September 2024.**

Talk to your Personal Advisor/Leaving Care Worker/Leaving Care Manager and ask for their support with your application.

**Scan the QR code below to go to the application form:**



The **Money House** is an award-winning workshop that helps young people, 16-25, prepare for independent living and adult life through a three or five-day workshop in our flat-style space in Digbeth.

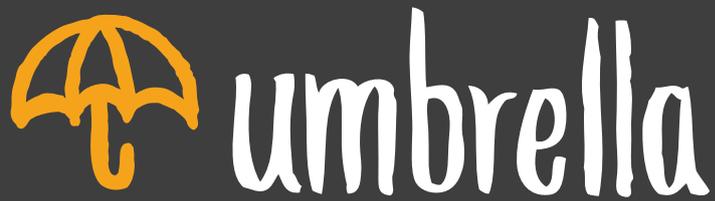
You get vouchers once you finish the course (£30 or £50), AND you can also apply to the **MyBnk** grant scheme for £100. Since December 2023 we've awarded almost £5,600!

We reimburse you for your travel each day, there's breakfast and hot lunch, Wi-Fi, free hygiene and period products, a mental health first-aider on site, chill out spaces, a signposting board, gender-neutral toilets and a fully stocked kitchen!

It's much more than money management though – young people tell us that they like going to a new place, the routine is good for them, they never thought they'd like something like this, sometimes they make new friends, and they feel safe and respected. The money bit is often secondary to the overall experience for them!

**Find out more and sign up**

Speak to your PA, or contact us on **TMHMidlands@mybnk.org** or **07562 665234** and ask for **Danielle**.



# 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

# 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."*





## CLEANSING OUR DATABASE

We are cleansing the newsletter mail-out group. Young people who are 26 or older will be taken off the group unless you tell us you want to stay on it. If you are aged 26 or older and would like to stay on the email group, please let us know by emailing:  
[alamin.rahman@birminghamchildrenstrust.co.uk](mailto:alamin.rahman@birminghamchildrenstrust.co.uk)



## OUR OFFER TO YOU

This is our support offer to you, so you know what to expect as you leave our care and beyond. Our website contains information you need about our support offer to you. Scan the QR code below to go to the offer page.



### 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>

## DO YOU WANT FREE BT BROADBAND?



We want to give you an update on the BT care leavers' broadband project where you can apply for a 24 month broadband contract with BT. Birmingham Children's Trust will pay for using funding from an HSF grant.

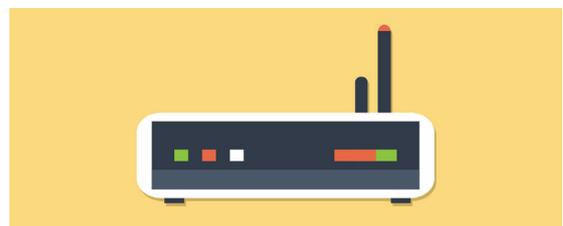
We have the finance to pay for 1,000 young people to have broadband fitted by August 2026.

Since August 2023 we have had 66 young people referred to BT for a broadband connection, and 40 now have an internet connection.

The average wait from sending BT the order to the order being completed was four weeks plus when we started the project in August 2023. For the majority of young people, the wait is now just 2-4 weeks

### How do I find out more?

To find out more about this terrific offer, please contact your PA (personal advisor), and ask them to support you in applying for a BT Broadband line where you live.





# Care Leaver Internship Scheme

*Realising Potential*



## About the scheme

The scheme offers interns an 18-month job role in one of our government departments. Here, you will be able to gain key skills and knowledge in a professional environment.

Whilst on the scheme, you will receive the same salary as other employees who are your grade in the department. You will also be eligible for civil servant benefits such as a competitive pension and generous annual leave. After the first 12 months, there is a chance that you could be made a permanent member of staff. Please see our website for further information.

## Eligibility criteria

- Aged 18 - 30 as of 30/09/2024
- Eligible for a leaving care package
- Satisfy the Civil Service nationality requirements
- No qualifications needed!



Visit our website for  
more information

## Application Process

### 2nd- 30th September

Apply to the scheme via Civil Service Jobs

### 16th October

Successful candidates invited to book interview

### 23rd - 31st October

Interviews take place

### November onwards

Successful candidates matched to roles

Contact us: [leavers.care@education.gov.uk](mailto:leavers.care@education.gov.uk)

Follow us on Twitter: [@dfecareers](https://twitter.com/dfecareers)

We are holding an application support session at **The Willows, Emmeline Street, B9 4NG** on **Friday 6 September 2024** from **1.30pm**. For more info contact [Juliette Walton@birminghamchildrenstrust.co.uk](mailto:Juliette.Walton@birminghamchildrenstrust.co.uk) or message **07825 117381**.

# Better Housing Better Health

The Warmth & Wellbeing Service



## HOME ENERGY ADVICE

If you're worried about paying your energy bills, want to know how to make your home warmer or need advice on accessing financial support, Better Housing Better Health are here to help. We're a charity working locally to improve residents domestic warmth and wellbeing and improve the energy efficiency of your property.

### BETTER HOUSING BETTER HEALTH CAN HELP WITH:

**ENERGY  
SWITCHING**



**HOME  
ENERGY  
VISITS**



**ENERGY  
BILL  
DISCOUNTS**



**PRIORITY  
SERVICES  
REGISTER**



**WE ARE HERE.**  
[www.bhbh.org.uk](http://www.bhbh.org.uk)



**GET IN TOUCH**  
**0800 107 0044**

THE NATIONAL ENERGY FOUNDATION

THE NATIONAL ENERGY FOUNDATION - REGISTERED CHARITY NO. 296624 - REGISTERED IN ENGLAND WITH LIABILITY LIMITED BY GUARANTEE NO. 279524

# EXPERIENCES OF THE UK COVID-19 PANDEMIC

CHILDREN AND YOUNG  
PEOPLE'S VOICES

This research is on behalf of the **UK Covid-19 Inquiry**. This is a really important project that will help the government learn lessons for the future.

## Share Your Experience

We want to speak with **young people aged 9-22yrs, to understand their experience of the UK Covid-19 pandemic.**

Sessions are running throughout August and September; either online or at a local community venue.

**You will receive £60 as a thank you for taking part.**

We are interested in hearing from those who were in contact with any of the below UK services during the pandemic:

Criminal justice system  
Asylum system  
Care system  
Prison service  
Young offender institutions

## How to take part

Scan the QR code:

Register your interest through this link:

<https://survey.researchopinions.co.uk/index.php/458895?lang=en>

Email us directly at [enquiries@researchopinions.co.uk](mailto:enquiries@researchopinions.co.uk)

Call us on: 0161 242 5210

