



THE TRUST TIMES

17+ Care Leavers' Newsletter

Winter (November/December) 2025

WINTER 2025

SPECIAL EDITION

**EMPLOYMENT
AND TRAINING
OFFERS**

• **ADVICE AND
GUIDANCE
AND MUCH
MORE!**



WARM WINTER WISHES TO YOU!

Hi everyone,

Welcome to the November 2025 issue of the Trust Times, packed with useful articles and links.

We are in the middle of National Care Leavers' Month, a time to celebrate YOU and all you have achieved, however big or small.

A big thanks to Sumayya and Hamza for sharing their blogs (**read on pages 6 and 7**).

We have a special three-page job application guide on **pages 32 to 34**. Big thanks to Newton.

We hope this newsletter provides you with useful updates and information, along with plenty of opportunities and offers, so take some time to make a wintry hot chocolate and settle in to read this issue. **And remember if you are potentially on your own this Christmas then apply to come along to the FREE Bfriends Christmas Day Meal. The qr code and link to apply is on page 20.**

NEW DATES - We offer 45-minute drop-in sessions with Juliette to talk about careers - **see page 5**.



Share your good news

We love to hear your voice through poems, lyrics, stories and blogs.

If you'd like us to share any of your writing in the newsletter, send it to

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

We know every day isn't always easy, but we will publish good news, essential information and positive messages that will bring hope and inspire.

Wrap up warm, and stay safe everyone!

*****NEED HELP ? CALL OUR DUTY LINE ON 0121 464 1229*****

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USEFUL APPS AND WEBSITES

Here are four really useful arts, culture and mindfulness apps for you to try.



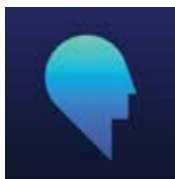
Google Arts & Culture

- Are you curious about what Van Gogh's Starry Night looks like up close? Have you ever toured the ancient Maya temples or met the inspirational figures of Black history? the app puts the treasures, stories and knowledge of over 2,000 cultural institutions from 80 countries at your fingertips.



Daily Art

- DailyArt is the #1 app to learn about art history. Every day, get inspired by beautiful classic, modern, and contemporary art masterpieces and read short stories about them. Join the community of art lovers for whom DailyArt is something that enlightens their day, every day. For free!



Waking Up: Meditation & Wisdom

- Thousands worldwide call Waking Up life changing. Whether you want better sleep, more clarity, or deeper meditation, Waking Up is your complete guide.



Kinnu: Superpower Learning

- The power to learn anything you want to, whatever your goals. Kinnu is a completely free and ad-free app to help you follow your interests, whether in science, history, art, cooking or much more.



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



SPOTLIGHT: Fare Share Midlands

FareShare Midlands is the largest food redistribution charity in the region, dedicated to rescuing surplus food and ensuring it reaches people facing food insecurity. Last year, they redistributed over 5,000 tonnes of food - equivalent to 11 million meals - helping 60,000 people every week.

There is a Fare Share depot in Erdington. Fare Share distribute food to churches, community centres, youth centres, mosques and temples so that they can distribute free food to the communities they serve. But Fare Share does so much more – they realise that food poverty can also be tackled by helping people into work – so they offer volunteering and employability as well.

<https://faresharemidlands.org.uk>

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.



Education, employment and training



Careers **advice** and **guidance** appointments with Juliette face-to-face 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 ring or message Juliette (details on the right of this page).

Venue: BCFC Foundation Community Hub, Emmeline St, Birmingham B9 4NG.
How to get there: Bus number 17 or 60 from Birmingham city centre.

Get off near the McDonald's by Bordesley Green roundabout, cross over the road and it is a three minute walk to the BCFC Foundation Community Hub.

Times and dates

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

2025

- Friday 21 November 2025
- Friday 28 November 2025
- Friday 5 December 2025
- Friday 12 December 2025
- Friday 19 December 2025

2026

- Friday 30 January 2026

Slots

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

How to book a slot

To book a slot please **ring or message Juliette** on
07825 117381

juliette.walton@birminghamchildrenstrust.co.uk

Connections That Shape Who We Become

We are in National Care Leavers' Month - so what better way to celebrate than to read a heartfelt blog from care-experienced young person Sumayya Mukith.

"When I think about my journey leaving care, what stands out most are the people who chose to walk beside me. The ones who showed kindness when I was guarded, who listened when I didn't always know how to express myself, and who reminded me that I was more than the difficult experiences that shaped me.

"Leaving care can be a mixture of pride and uncertainty - a sense of freedom, but also a quiet fear of having to face everything on your own. What made the biggest difference were the staff who built genuine, relationship-based connections. They didn't just provide support; they took time to know me, to notice the small things, and to make sure I felt seen. That consistency gave me something solid to hold onto, especially when life felt unpredictable.

"I've learned that growth isn't a straight line. There were times when I stumbled or doubted myself, but the people around me understood that development looks different for everyone. Their developmentally-sensitive approach helped me realise that progress doesn't have to be perfect - it just has to be personal. They believed in my potential, even when I was still learning to believe in it myself.

"Looking back, I can see how important it was that so many staff approached their work with understanding and empathy. They were trauma-informed in the truest sense - they saw beyond behaviour, recognising that sometimes silence or frustration comes from pain rather than defiance.

"That understanding changed everything. It turned professional interactions into moments of trust, and those moments built the foundation for real healing.

"To me, National Care Leavers' Month is about celebrating those connections - the ones that help us grow, rebuild trust, and see ourselves through kinder eyes.

"It's a reminder that care leavers don't just need systems or services; we need people who care, who listen, and who stand beside us without judgement.

"So, to all the staff who dedicate their time, energy, and hearts to supporting young people — thank you.

*"Your hard work, compassion, and commitment don't go unnoticed. You make a lasting difference, often in ways you might never fully see, and for that, we are truly grateful. **Because when connections count, so do we.**"*

A huge thank-you to Sumayya for this extra-special blog.

Small Business Shout Out

We have some incredible young people that are setting up and running small businesses. We want to recognise your entrepreneurship here in the Trust Times. Our November star is Elliot. We want to apologise for an incorrect picture used in the last issue. Below is the real Elliot - sorry about that!



• **Elliot James Cranston** is a highly talented artist. Let's hear from Elliot:

"I am a solo artist and I started around this time in 2023! I started with vocal lessons and performing in college related gigs and then went on to perform at venues such as the Rainbow pub and Muthers studio."

"I say my genre is mainly singer-song-writer at the moment but I would love to lean towards folk at some point!"

"I write my lyrics about past experiences and a way to verbalise my feelings, as a care leaver I kinda resonate with a lot and I have a good few songs that I'm sure others relate to."

Check out Elliot on Soundcloud
<https://tinyurl.com/ECMUSIC2025>

Day in the life 'Trainee Site Manager'

by **Hamza Mohammad**

"As a graduate trainee site manager, the working day can be quite lengthy. I start work at 7.30am and I finish at 4.30 pm. It's just been over 3 weeks since I have started, and, I have enjoyed the role and responsibilities that have been assigned to me. I am currently working on a project in Birmingham, and my role is to take daily progress pictures, carry out site safety inspections and liaise with the client and sub-contractors in order to get the project completed within the correct time budget and quality expectations. This is just a small insight into being a site manager and over the coming weeks I expect the workload and responsibilities to increase."

"Currently, on this site there are two projects taking place and the company is looking to incorporate a third project which is a smaller project regarding replacing windows within a hospital I will be responsible for this project, and I will have a site manager overlooking the works. This will benefit me as it will equip me with the right skills to improve and manage bigger projects in the future."

"Credit goes towards Juliette Walton for putting lots of effort and time in helping me secure my first job after university. I cannot thank her enough. I would highly recommend anyone that is looking for a job to reach out to Juliette Walton as she is encouraged and motivated in helping care leavers do the best they possibly can. Thanks again for your help Juliette."



WE NEED YOU

Here in Rights and Participation, we have groups for our children in care and care-experienced young people to be a part of.

Together all these groups are called **United and Unique** – with the aim of '**Empowering Minds of the Future**'. All groups meet regularly, and their role is to improve children and young people in care as well as care leaver's experiences.

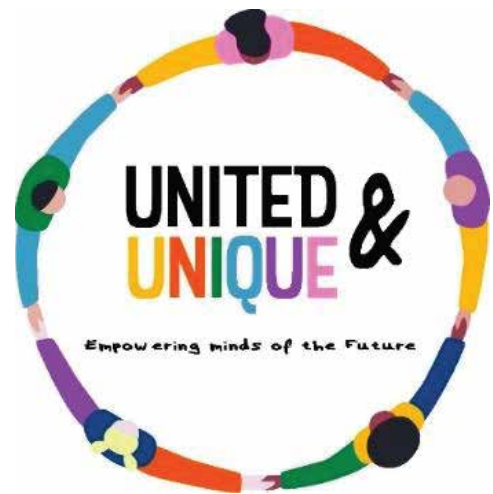
You don't need to disclose anything personal about why you may be in care. All you need to be able to do is commit to attending meetings and work with others to improve things for children in care and/or care leavers.

Our Forum groups provide opportunities to:

- Make friends.
- Feel part of a wider community.
- Have a voice and support the voice of others.
- Make change.
- Get paid and receive vouchers.
- Paid consultation opportunities.
- Be a presenter or deliver training at conferences and events.
- Be on young people's recruitment panels.
- Be part of trips, socials, and fun activities.

CLICK HERE to register interest in joining any of our groups and forums.

APPLY TODAY TO BECOME PART OF...



Together all our groups are called **United and Unique** – with the aim of '*Empowering Minds of the Future*'.

Groups available to join:

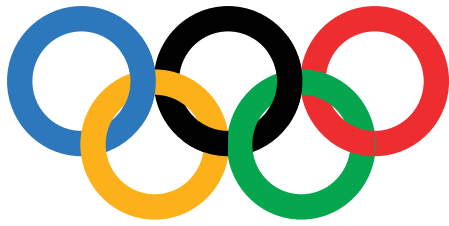
- Children in Care Council (age 12-18)
- Junior Children in Care Council (age 8-11)
- SEN (age 12-18)
- LGBTQ (age 12-18)
- Young Parents (up to age 25)
- Care Leavers' Forum (age 18-25)
- Group for young people who are Black, Asian or from any other ethnic minority background (age 11-18)

Click on the link below to register:

CLICK HERE



YOUR NOVEMBER GOOD NEWS



- **Aron Gebremariam** is now an official Olympian and will be part of the 2028 summer Olympics as part of the Refugee Team.

Aron is now supported by the Care Leavers' service however early on he was supported by one of my social workers (Chris) who pushed really hard for us to get funding and support his athletic ability.

<https://www.olympics.com/en/athletes/aron-gebremariam>

- **A young person** supported by Acre Wood Housing wanted to share this message:

"My boxing coach Martin really helped me after I was in trouble. He helped me to turn my life around and find something I'm passionate about."

- **Rachael Mold** has passed her apprenticeship with a distinction. Congratulations Rachael.



- **Tadala** graduated this summer from the University of West England with a 2:1 in Law. She then applied for the Civil Service Internship Scheme and has secured an 18 month contract with the Tax Tribunal Department – and started in November. Well done Tadala – what a star!

- **Carlene** has recently achieved a significant milestone by successfully completing her Master's degree with distinction. She has since been accepted onto a PhD research project at the University of Worcester, where she will focus on exploring equal opportunities for disabled foster carers. In addition to her academic achievements, Carlene has also recently passed her driving test. The 18+ team is proud of her progress and excited for the next steps of her journey.

- **Al-Khansa Marwan Sowidi**

A message from Shaheen Khan, Personal Advisor: *"I am so proud of Al achieving her Nursing Degree. She had a difficult start to this year but continued in her positive journey in life. She has worked hard to get where she is today and I wish her all the best in her next chapter in life."*

Shout out to our wonderful employer partners

A big thank you to our wonderful employer partners - Pam Green and Colin Robinson from Graham Construction – you have given **Luther** work experience and now his first paid job on a construction site.

Also to Sam Shaw from BSN – Sam you have given **Hamza** such a great opportunity with his first site manager job. (**See Hamza's blog p21**).

It is really hard for any young person to get their first job – and for care leavers its even more difficult. We need employers who will give the young people a chance, and by doing that they can turn that young person's life around.

Employers like Pam, Colin and Sam are like gold to us. We really can't thank them enough.

The Trust's Care Leavers' Service is currently working with Evolve, and through their mentoring service, they are helping the young people get into training, education and work.

Here are of some achievements in October 2025:

- One young person has started college, while another has signed up for a construction course and is preparing to begin soon.
- A major highlight this month was seeing a young person show real growth by wanting to attend two meetings in one week, maintaining excellent communication throughout. It is the small growth that makes a big difference!
- Two young people have completed work experience placements, and another has signed up for a virtual work experience opportunity.
- Two young people have started a virtual warehouse course with Boots which includes a Level 2 qualification and guaranteed interviews.
- A mentee shared that he is "loving the construction course" he's currently doing - gaining valuable experience and building new friendships along the way.
- One young person was supported by her mentor to develop a relationship with a member of NHS staff. This partnership has led to direct support with personal statements for applications and referrals for opportunities within the NHS.

While this is a snapshot of outcomes, there are countless moments of personal development that the young people are able to achieve along this process.

Who to contact:

If you are trying to move into education, training or employment, and would like the help of an Evolve mentor, please email - leap@evolvesi.com



DAD, HOW DO I? USEFUL LIFE TIPS

Big thanks to Kirstie Cotton for sharing this fantastic You Tube channel that shows you how to do a whole load of practical things from a Dad with a wide range of real-world skills.

The channel covers a wide range of tasks, from changing a tyre and putting up a tent to DIY skills and cooking skills so you can learn how to make all sorts of recipes.

The channel has over 500 videos for you to learn from, and has had over 5 million views in 5 years.

Visit the YouTube site:

<https://www.youtube.com/dadhowdoi>

Gov.UK - lifting of Local Connection requirement for housing applications

The Government announced guidance in July on the lifting of the 'local connection' barrier for care leavers applying for housing away from their home area.

It used to be the case, that a young person had to have lived locally for a length of time, but this has been lifted for care leavers and other vulnerable housing applicants.

Please click on the link below to read more:

<https://tinyurl.com/LFTCLCLCL>

CHRISTMAS WELLBEING TIPS

From the Trust's Therapeutic Emotional Support Service (TESS)

"It's the most wonderful time of the year!" We are constantly told that Christmas is a time to be happy. This is the message on social media and TV. It feels like pressure to be happy. It gives the illusion that everyone is having a wonderful time at Christmas, but this is what we are led to believe is happening for everyone else!! Even if we don't celebrate Christmas it can be a difficult time of year.

Christmas can be a challenge if you are living alone, especially with the cost of living constantly rising.

If this is your first experience of living independently it takes time to get used to and it is important to have support to help adjust to this new stage in your life. While many young people look forward to having their space and not being told what to do, others might find this difficult.

If you are struggling with living alone and have mental health difficulties Christmas can be even more stressful.

Christmas can highlight the things that we miss the most – including those we are close to but unable to be with. Spending too much time thinking about things that make us feel sad is not helpful.

It is important to do things that are a healthy distraction when we feel like this.

Here are some tips and resources that you might find helpful:

- For some of us being on your own on Christmas Day feels like the only option. An idea could be to reach out to a friend and spend Christmas with them.
- If you are on your own at Christmas it might be helpful to make plans for the day. These plans could include where you might spend the day and what you might do so that the day does not feel as difficult.
- Also think about how much time you spend with others – sometimes we need to set boundaries and spend time that is manageable for us.
- Being kind to yourself involves thinking about the ways we cope when we feel overwhelmed – it is good to have a range of these – like a menu of options. Such as gaming, face-timing friends, reading, listening to music or watching TV.
- Reaching out to others and seeking support can feel daunting. Think of it as an act of kindness and positive self-care.

Go to pages 19 and 27 for help.

Alex's Opportunities of the Month

Our new Trust Corporate Parenting Manager, Alex Hillman, has kindly agreed to share some fantastic opportunities that you can apply for, starting with Willmott Dixon.



Willmott Dixon Management Trainee roles

Anyone applying for these roles to include the name 'Jordan Rees' in the referral section of the application and to include 'BCT' on your CV. Apply for roles by 7 December 2025.

More on the roles available

- **Info about the trainee scheme**
<https://www.willmottdixon.co.uk/trainee>
- **Early careers info**
<https://www.willmottdixon.co.uk/earlycareerPECIFIC>

Specific roles

- **Building Services role** - <https://tinyurl.com/39xvs842>
- **Quantity Surveying role** - <https://tinyurl.com/bdhd6cxw>
- **Planning role** - <https://tinyurl.com/rv7rae3>

Application Timeline

- October 2025 – Applications open (get ready now!)
- December 2025 – Application deadline
- January 2026 – Shortlisting and video interviews
- February/March 2026 – Assessment centres
- April 2026 – Job offers made
- September 2026 – Your management career begins!



Alex's Opportunities of the Month



Health Mentor & School Mentor Roles

Evolve are recruiting passionate and confident individuals to work in secondary schools across Birmingham and beyond, to support children and young people in developing confidence, emotional wellbeing, and life skills.

Who Evolve are looking for:

We welcome applicants from care-experienced backgrounds, especially if you:

- Enjoy physical activity, sport or creative pursuits
- Have experience working with young people (professionally or voluntarily)
- Are calm, patient, resilient and emotionally intelligent
- Want to make a difference in the lives of children and teenagers
- Are open to training, personal growth and long-term career development

Some experience supporting young people from harder-to-reach backgrounds is helpful, but if you're passionate, open, and ready to learn, we'd love to hear from you.

All mentors receive:

- A full induction and structured support from day one.
- Sponsorship for a university-level mentoring qualification in your first year.
- Paid time to complete training and CPD.
- Ongoing learning and development, plus our Leadership Development Programme.
- Full-time salary: £23,985 per year.
- 29 days paid holiday, plus 8 bank holidays.
- Laptop, uniform, and access to an employee perks package.

Fast-tracked support for care leavers

Care-experienced applicants will be fast-tracked to interview, ensuring a fair chance to demonstrate their potential. Even if you're not selected, you'll receive constructive feedback and interview experience to help you progress.

How to Apply

- Send a CV and covering letter to: rebecca@evolvesi.com
- All roles are subject to enhanced DBS and recruitment checks.

Meet Senior Personal Advisor Maria

Independence and interdependence

by Maria Taylor, Senior PA

I am sure you will have heard the phrase Independent Living Skills so many times!

As a PA we want to help you to learn and practice the skills one day needed, to look after yourself, and the home you are responsible for.

The thing is, these skills are so important, but being independent isn't the end goal. All of these skills help you on your journey through life.

They help you to do things for yourself, that when you are little, someone else has to do for you.

But, there is more to life than independence.

Have you heard of the term, **interdependence**?

It is where two or more people are reliant on each other. Imagine having a pet dog.

The dog provides love and companionship to you and you provide food, water and walks to the dog. You both rely on each other!

And it is the same with your community. Every part of a community needs to contribute something to the rest of the community for each part to survive.

Someone might lead a running club, someone might fetch shopping for their neighbour, someone might clear the leaves on the flat steps, someone might be a smiling face at the bus stop.

And together we form a community.

As you grow to become independent, I hope that you don't stop there.

I hope that you continue to grow into interdependence.



May you learn that you can do lots of things for yourself, but you can rely on others to help you sometimes too.

There is a community of people around you who want to help and support you.

There is someone at the doctors who will help you to understand your health needs, someone at the library who knows how the printer works, someone in the supermarket who knows where to find the eggs (why is there an egg tray in the fridge if they are always on the supermarket shelves?).

Someone might be at the gym looking for a workout partner, or there could be someone who's experiencing something you have, that needs a little encouragement.

As you get to know who can help you in your community.

I hope that you learn to ask for help when you need it.

And I wonder what you might offer to your community, where could you volunteer?

Who could you help?

Child Trust Funds



If you were born in the UK and turned 18 after 1 September 2020, and don't have details of your Child Trust Fund (CTF), please use the online form below to find your details and take control of your CTF (usually worth £250 or more): <https://findctf.sharefound.org>

Junior Individual Savings Accounts

If you turned 18 before 1 September 2020 (born since 3rd January 1994) you may have a Junior Individual Savings Account (JISA) set up with £200. To be eligible you must have been in care in the UK, continuously for 12 months or more, since 2 January 2012. Please use the online form below to find your details so you can take control of your JISA:

<https://myjisa.sharefound.org>

If you need to contact the Share Foundation regarding the online forms please email:

info@sharefound.org

Or call

01296 310400

For further enquiries please contact:
Sajid.H.Khan@birminghamchildrenstrust.co.uk

Beware of Winter scammer email

Some Birmingham young people are receiving texts claiming to be from the DWP (Department for Work and Pensions), urging them to apply for a £300 "winter heating allowance". This is a **scam** where you will be asked to provide your personal and bank details.

If you have fallen victim, please report the scam to the Police through Action Fraud.

0300 123 2040 <https://actionfraud.police.uk>



Library of Birmingham Youth Hub

The Library of Birmingham Youth Hub is a great place to find a range of employment opportunities.

They have a Facebook page where you can find the latest job adverts:

https://www.facebook.com/Youth-HubLOB/?locale=en_GB

They are also on Instagram:

<https://www.instagram.com/Youthhubbirmingham/>

GLOBAL SPOTLIGHT

IRANIAN

KURDISTAN



Big thanks to Trust Personal Advisors Gemma Cunnington and Taslima Akbar for starting a new feature in Trust Times.

Each issue they will focus on a different country, in light of children and young people that are Unaccompanied Asylum Seekers coming into Birmingham from that country.

Official name: Iranian Kurdistan (also known as Eastern Kurdistan – Rojhilatê Kurdistanê).

Population: Estimated between 9–10 million, making up around 10% of Iran's total population.

Capital city: Sanandaj (also known as Sinne).

Languages: Kurdish (Sorani, Kurmanji, Gorani, and Southern Kurdish dialects), Persian (official), and Azerbaijani in some border areas.

Religions: Sunni Islam (majority), Shia Islam, Christianity, and Judaism.

Currency: Iranian Rial (IRR) 100,000 IRR = £1.20 GBP.

Interesting facts:

- Iranian Kurdistan spans several provinces in northwestern Iran: Kurdistan, Kermanshah, Ilam, and parts of West Azerbaijan and Lorestan.
- Sanandaj, the capital, is known for its rich Kurdish culture, traditional music, and historic architecture, including the Asef Vaziri Mansion and Khosro Abad Palace.
- The region is part of the greater historical area of Kurdistan, which also includes parts of Iraq, Turkey, and Syria.
- Kurdish music features instruments like the daf (frame drum), tanbur (lute), and zurna (oboe), and is central to celebrations and storytelling.
- Kurdish dance is a vibrant and communal tradition, often performed in lines or circles during festivals and weddings.
- The Kurdish New Year, Newroz, is celebrated on 21 March with fire jumping, music, and cultural festivities.
- Traditional Kurdish clothing includes colorful embroidered garments, often worn with wide belts and headscarves.
- Despite being part of Iran, Kurdish identity in the region remains strong, with ongoing efforts to preserve language, culture, and autonomy.
- Sweetened black tea is a popular drink in Kurdistan. As well as foods including stews, rice dishes, bread, skewered meats and stuffed vegetables.



NOVEMBER 2025 is National Care Leavers' Month (NCLM)

National Care Leavers' Month (formerly National Care Leavers' Week) exists for the public, professionals, carers, decision-makers and the media to come together, celebrate care leavers and raise awareness of the issues in the care system.

The theme for this year is: **Rising as Me: Overcoming challenges, transforming, and finding your identity.**

The Care Leaver Covenant will be having a page on their website to highlight all the activities planned by signatories during NCLM. They have over 30 events planned already.

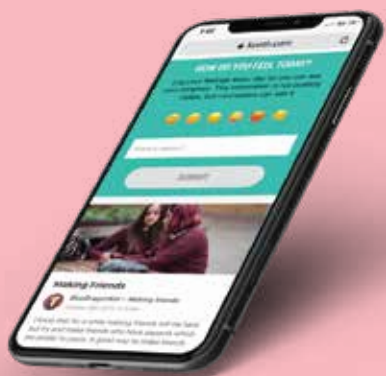
Website: <https://mycovenant.org.uk>

You can also sign up to 'Connects' it keeps you up to date with relevant work, education and recreational opportunities, as well as information about support you may be able to access.

<https://mycovenant.org.uk/for-care-leavers/-connects/>



Give Kooth a try



Kooth offers free, safe and anonymous online counselling and support, with many different features and sections to offer you support such as:

- **Magazine** - helpful articles, personal experiences and tips from young people and our Kooth team.
- **Discussion Boards** - start or join a conversation with our friendly Kooth community. Lots of topics to choose from!
- **Chat with the team** - chat to our helpful team about anything that's on your mind. Message us or have a live chat.
- **Daily Journal** - write in your own daily journal to track your feelings or emotions and reflect on how you're doing.

Visit the **Kooth** website to see the features listed above and much more!

www.kooth.com

THE TRUST TIMES

Back issues of the 18+ newsletter

You can find the last two years worth of 18+ newsletters on the Birmingham Children's Trust website. Many of the feature articles, including those providing information and guidance, are still valid.

Visit: <https://bit.ly/3yliug3>

REES FOUNDATION November 2025 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**

Courses in Nov/Dec 2025

Careers Support clinic

Dates: 26 November 2025

Times: 2.00pm - 3.00pm



Book a 15 minute slot with Lucy, our Careers Mentor, who will be on hand to offer help and advice to care experienced people looking for a new job, training or to get into higher education!

Design Your December

Dates: 1, 8, 15 and 22

December 2025

Times: All sessions

1.00pm - 2.00pm



As the year draws to a close, it's easy to get caught up in the chaos - but this session is your chance to pause and plan a December that feels good for you.

Join Dr Rachel and explore ways to set intentions, create new traditions, and make space for the things (and people) that really matter.

Whether you love the festive season or find it tricky, this session will help you approach December with balance, meaning, and confidence.

To sign up please use the link below:
<https://form.jotform.com/203141499622353>

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.

Time: 12.00pm – 4.00pm.

Please note the TESS Christmas Party is on 3 December 2025. Please make sure you have booked a place before arriving.

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



NEWTON JOB FINDING CLUK - EVERY TUESDAY AT THE BCFC COMMUNITY HUB

Do you need help with your applications, CVs or just some advice?

We're **Newton Consulting**, a friend of Bfriends (the official charity of the Trust), and we'd love to support you as you think about your career next steps.

We know how stressful applications and interviews can feel - we've been through it ourselves! That's why we're here to chat about whatever you need: polishing your CV, using LinkedIn, practising for interviews, or just talking through career options.

You can find us at the **BCFC Community Hub every Tuesday, from 1.30pm to 4.00pm.**

Drop-in any time with questions, or just to bounce ideas around. You can also join us online via Teams!

No pressure, no judgment - just friendly advice!

Community Hub Address:

BCFC Community Hub, Emmeline Street,
Birmingham, B9 4NG

If you have any questions, contact us at:

Zeynep.Soydan@newtoneurope.com

Brendan.Warren@newtoneurope.com



CHRISTMAS DAY MEAL 2025

We have a 'cracker' of an offer for you on Christmas Day (25 December 2025) as the Trust are providing a **FREE** Christmas Day meal, **FREE** transport to the venue and transport back home, along with presents and surprises on the day.

This year's meal is being funded by Bfriends, the official charity of Birmingham Children's Trust, and will be staffed by Trust colleagues.

****Places are limited**, so please apply ASAP (deadline is 1 December 2025) by scanning the QR code below and filling in the online application form.**

You can bring a guest, and if you are a mum or dad yourself then you can of course bring your own children.

Although it is Christmas Day we welcome all faiths as this event is open to all Birmingham care-experienced young people.

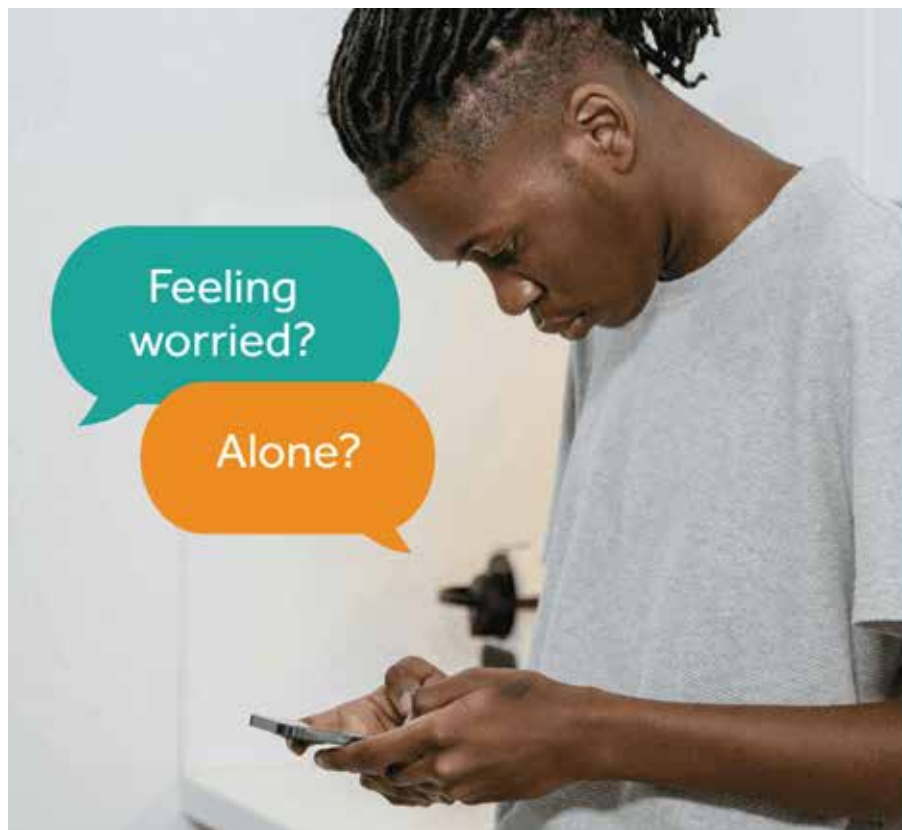
Don't worry if you are not a meat eater, we will take on board your dietary requirements, when you add them to the application form.



**COPY THE LINK OR
SCAN THE QR CODE
BELOW ON YOUR
PHONE BY **1 DEC**
TO VIEW THE
APPLICATION FORM**



<https://tinyurl.com/BFCLCDM25>



NHS
Birmingham and Solihull
Mental Health
NHS Foundation Trust

You don't have to talk out loud to be heard - we're holding **space** for you

Text 'Space' to 85258

Free, confidential, 24/7

in partnership with
shout

Anyone experiencing anxiety, stress, loneliness, depression, or other mental health challenges can text '**Space**' to **85258** to connect with a trained mental health professional - anytime, anywhere. The service is designed to be discreet and accessible, particularly for those who may not feel ready to speak on the phone or in person.

BRUMMIE BURSARY

Want up to £300 to help you out?

Money Ready are offering the Brummie Bursary!

If you're aged 16–25 and getting support from a Birmingham team at the Trust, you can apply for a **Brummie Bursary worth up to £300**.

The bursary is super flexible - as long as you can explain how it'll help you, we'll consider it!

For most people, the bursary comes as digital vouchers (easy and quick to use).

Just chat with the person you usually speak to at the Trust, your PA or worker, you'll fill out the application together, and they'll send it off for you.



It takes about 4–6 weeks to hear back.

Quick heads-up: not everyone who applies gets the bursary. You'll need to meet the basic criteria, and the Bursary Panel makes the final call.

You will also be offered the chance to book on a Money Ready two-day money management workshop.



YOUNG INSPECTORS PROJECT NEEDS YOU!

At Birmingham Children's Trust, we are developing a new project called, the **Young Inspectors**.

The **Young Inspectors** project offers a unique opportunity for care leavers to actively participate in supporting quality assurance visits to children's homes and supported accommodation alongside placements commissioning officers.

As a **Young Inspector**, you will play a crucial role in ensuring that the voices of young people are heard and considered in decision-making processes. Through training and hands-on experience, you will learn skills in quality assurance, communication, and advocacy.

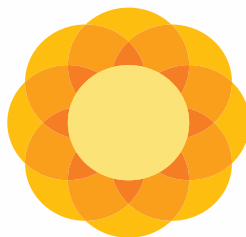
By joining the Young Inspectors project, you will have the chance to make a real impact in improving services that directly affect young people. Your insights and feedback will be instrumental in shaping the future of care services and ensuring the needs of young people are prioritized.

If you are passionate about making a difference, gaining valuable experience, and contributing to positive change, the Young Inspectors project is an exciting opportunity for you to get involved and be part of a meaningful initiative.

Interested in becoming a Young Inspector?

If you would like the opportunity to get involved, please show your interest by signing up here:

<https://forms.office.com/e/bt5wB1G27c>



LOW COST FOOD CLUBS



You or someone you know may struggle with their food bills.

There is help available to buy good quality food at a low prices.

Family Action has launched Food Clubs (Food On Our Doorstep).

- Pay £1 a year for your family to become a member.
- Once joined, you can purchase food items every week worth approximately £15 for just £3.50.
- Your Local Pantry offers food at affordable prices.
- Members pay towards a membership scheme which gives them the option to pick food items from the pantry for free.

Visit the Food Clubs website:

<https://bhamforwardsteps.co.uk/food-clubs/>



Useful **food bank** websites

The Trussell Trust

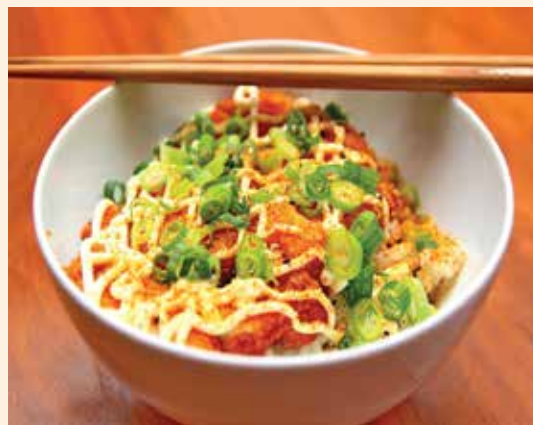
<https://www.trussell.org.uk/>

Birmingham Forward Steps

<https://bhamforwardsteps.co.uk/food-banks/>

Birmingham City Council Food Voucher requests

<https://www.birmingham.gov.uk/xfp/form/825>



DATA OFFER

Information from Care Leavers' Association

Are you struggling with the cost of living and in need of data? The Care Leavers' Association Data Bank is here to help!



In association with The Digital Inclusion Network, The Care Leavers' Association presents:

'Keeping Care Leavers Connected'.

They know how important staying connected is, especially in these challenging times.

If you're a care leaver in need of data, please reach out to the Data Bank at:

info@careleavers.com

This offer is open to care-experienced people of any age

Please email: **info@careleavers.com** with any queries.

Contents insurance for council tenants and leaseholders

Birmingham City Council has worked with Royal & Sun Alliance to create a contents insurance scheme that's just for council tenants and leaseholders.

Prices start from £0.45 a week for up to £4000 contents cover, and will depend on your postcode.

The cost will also include a transaction fee.

The price depends on individual circumstances, postcode and cover chosen.

The cover has these benefits:

- the option to pay for the insurance weekly, monthly or yearly
- no excess payable on any claim
- no minimum security requirements
- fast and efficient claims service
- new for old cover (except for household linen and clothing where an allowance is made for wear and tear)

How to apply

If you are interested in taking out contents insurance with Royal & Sun Alliance, you can apply by phone:

0345 671 8172.

To find out more information you can visit the city council website:

CLICK HERE

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."

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 clicking on the link below:

CLICK HERE

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

Please copy in your PA.





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:

careleaversbss@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.

To go to all the information click on the link below. Take time to read all sections:

CLICK HERE

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.

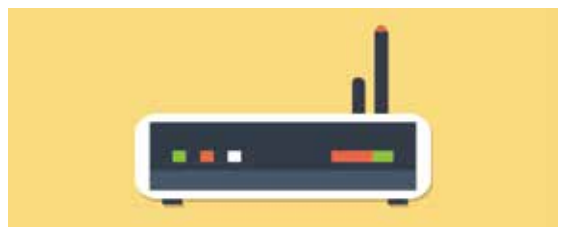
We have the finance to pay for 1,000 young people to have broadband fitted by August 2026.

Since August 2023 we have had over 300 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), or if you do not have a PA, contact Care Leavers' Duty on **0121 464 1229**.





Eve Brook Scholarship Fund

In a new initiative, the Eve Brook Scholarship Fund is giving Graduate Awards of **£250** to all Birmingham care-leavers who gain undergraduate degrees in this and subsequent years.

This year, 17 graduates will be granted the award. In a bumper year for achievement, four care-leaver graduates achieved first class honours and a further five 2:1s. Graduates' subjects ranged from Biomedical Science, Artificial Intelligence and Engineering to Psychology, Drama and Law, and they were studied at universities including Birmingham City and Newman University, and the Universities of Birmingham, Wolverhampton, Middlesex, Keele, Lincoln, Bath and Teeside.

The reason for the award is that EBSF has become aware that students can be at their most vulnerable in the weeks after they graduate.

EBSF is a charity set up in 1998 by Birmingham City Councillor Eve Brook, to enable Birmingham care-leavers to go to University. Its schemes include paying all or some of students' fees (when loans are not available), bursaries and one-off grants to help with costs.

Over the last 27 years EBSF has spent £484,400 helping 319 young people go to university. This year, grants were given to care-experienced undergraduate and postgraduate students studying engineering construction management, accounting and finance, criminology and psychology, visual communications, international politics, mental health nursing, and medicine.

Eve Brook Scholarship Fund details

<https://www.evebrookfund.org.uk>
evebrookfund@gmail.com

Suicide and self-harm prevention

If you, or anyone you know, is feeling suicidal, or wanting to harm themselves, there is always help available.

However bad you are feeling right now, there is help that you can get.

Lots of people have felt like this and - with help - managed to get through it.

Here are some numbers and links to supportive professionals and organisations who offer help to those feeling suicidal.

These links will be included in all future newsletters so they will always be here for you to access.



- Papyrus has a lot of useful advice and also a suicide prevention helpline.

<https://papyrus-uk.org/>

- Samaritans helpline **116 123**
- SANE helpline **0300 304 7000**
- Campaign Against Living Miserably (CALM) (for men) **0800 58 58 58**
- Help Guide suicide prevention

www.helpguide.org/home-pages/suicide-prevention.html

Also please see the **TESS offer** on **page 19**.



HELP WITH WATER BILLS

Birmingham Children's Trust has been working with Severn Trent Water and we are pleased to let you know, Severn Trent Water are now able to offer a discount on water bills for care leavers.

Severn Trent Water is committed to supporting care leavers through the **Big Difference Scheme**, which can reduce water bills for care leavers living independently up to the age of 25. Severn Trent have taken steps to help care leavers access this opportunity.

If you live within the Severn Trent Water region, and receive services from Severn Trent, care-leavers can join the **Big Difference Scheme**, offering a reduced tariff of up to 70% off water charges. To qualify for the reduced tariff, they must receive notification from Birmingham Children's Trust. We will be sending names every month (the last Friday of the month) in one transaction, so once confirmed as eligible there may be a wait before it is sent to Severn Trent Water.

For this and for you to opt into the scheme, we will need to share with Severn Trent Water that you are a care leaver. We will only share that you are a care leaver to Severn Trent Water and will not share any information around why or how you are a care leaver.

PLEASE NOTE: Severn Trent Water only supply to certain areas of the West Midlands. Please check the link below to confirm you receive water from Severn Trent.

To check if you're a customer of STW, check this link:

www.water.org.uk/customers/find-your-supplier

Please click on the link below to complete the form for the Big Difference Scheme:

CLICK HERE



Like many other utilities, Severn Trent Water share your personal data with, and receive your personal data from, Credit Reference Agencies (CRAs). The Big Difference Scheme is a non-standard payment arrangement to help those who need assistance with their water charges. If accepted onto this scheme Severn Trent Water will share information with credit reference agencies, and this could influence your credit status. For more information, please visit

www.stwater.co.uk/help-and-contact/customer-information/sharing-data-with-credit-reference-agencies/

Cooking on a **budget**

A way of staying in budget is to cook. It can be hard to know where to start with this, just remember the great tools that are out there like YouTube. Your Personal Advisor can also explore any cooking classes that you could get involved in to help build up your confidence.

Tip: Learn 3 go-to meals you can cook with basic ingredients (e.g. pasta, rice, or wraps). Batch cooking = fewer takeaways and more savings. YouTube is your friend!

When you're cooking for yourself, it can be tempting to order takeaways or buy ready meals. It can also feel very daunting to know where to start or where best to shop on your budget.

Believe it or not, cooking at home can save you money and still be tasty!



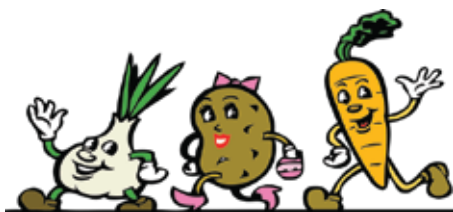
Here's why cooking on a **budget matters:**

- It saves money: A home-cooked meal costs less than a takeaway, and you can have leftovers for the next day.
- It's healthier: You can choose what goes into your food and make it healthier.
- It's easy when you know how: Cooking simple meals helps you take care of yourself, even on a tight budget.

Tips to get started

- Plan your meals: Write a shopping list to avoid buying things you don't need.
- Keep it simple: Pasta, rice, or one-pan meals are easy and cheap.
- Use your freezer: Cook extra and save it for later.
- Choose supermarket brands: They cost less and are often just as good.
- Use different tools around you: YouTube, TikTok, Instagram and other social media platforms are your best friend. You can follow along recipes to help build up your confidence in the kitchen.

Just give it a go! If you mess up, that's okay, you learn from your mistakes. Why not give this recipe, on the next page, a try? If you do, please share your photos with your PA as we would love to see them!



A big thanks to **PA leshea Daniels for sharing this info and to Michael Griffiths for the recipe on page 30.**



Apple Crumble recipe



Preparation time

- Prepare in less than 30 min

Cooking time

- 30 mins to 1 hour

Portions

- Serves six people

Dietary - Egg-free, nut-free
pregnancy-friendly and vegetarian



This is the easiest apple crumble recipe and an all-time favourite quick and easy dessert. Each serving provides 618 kcal, 6g protein, 83g carbohydrates (of which 43g sugars), 28.5g fat (of which 18g saturates), 3.5g fibre and 0.21g salt.

Ingredients for the crumble

- 300g/10½oz plain flour
- A pinch of salt
- 175g/6oz brown sugar
- 200g/7oz unsalted butter at room temperature, cubed, plus a little for greasing.

For the filling

- 450g/1lb apples, peeled, cored and cut into 1cm/½in pieces (see recipe tip)
- 50g/2oz brown sugar
- 1 tablespoon of plain flour
- 1 pinch ground cinnamon

Method

- Preheat the oven to 180C/160C Fan/Gas 4.
- Place the flour, salt and sugar in a large bowl and mix well.
- Taking a few cubes of butter at a time rub into the flour mixture.
- Keep rubbing until the mixture resembles breadcrumbs and all the butter is added.
- Place the fruit in a large bowl and sprinkle over the sugar, flour and cinnamon. Stir well, being careful not to break up the fruit.
- Butter a 24cm/9in ovenproof dish. Spoon the fruit mixture into the bottom, then sprinkle the crumble mixture on top.
- Bake for 40–45 minutes until the crumble is browned and the fruit bubbling.
- Serve with thick cream or custard.

Organisations that can help you to complete a **PIP** (Personal Independence Payment) application

Disability Resource Centre - 0303 040 2040

The DRC will offer in-person appointments. They are very busy so best to call them as soon as you receive the PIP application.

Scope - 0808 800 3333

Scope provide over the phone support with application. You can phone the number below and ask for help with PIP, advisor can spend one hour going through questions and offer advice and guidance on how to answer the questions covering all elements. YP will fill the form themselves , with them on the phone .

They can call back after their hour is up on a different day until the application is completed.

Citizen's Advice - 0808 278 7990

Email: enquiries@bcabs.cabnet.org.uk

Citizen's Advice can assist with applications. Phone or attend the following places:

Quinton Foodbank - Wednesday and Fridays (drop-in from 9.30 am - 1.00 pm)

Birmingham Libraries - Hubs:

Mere Green - Monday, Tuesday and Thursday (9.00am -5.00pm)

Erdington - Friday (9.00am -5.00pm)

King's Heath - Monday, Tuesday and Friday (9.00am -5.00pm)

Acock's Green - Wednesday and Thursday (9.00am -5.00pm)

Requesting an extension

DWP (Department for Work and Pensions)

Call the PIP helpline to request an extension - **0800 1214433**

Reason for extension: Be prepared to explain why you need more time. Examples include needing help to fill in the form or waiting for medical evidence.

Confirmation: If the DWP agrees to an extension, ask them to confirm it in writing. You can also write a letter to them confirming the new deadline.

Importance of confirmation: Having a written confirmation protects you in case there's a dispute about the extension later.

Consequences of not returning the form on time: If you don't return the form by the deadline and don't have an agreed extension, the DWP might refuse your claim.

Key points to remember:

- Don't wait until the last minute to request an extension.
- If you need help filling in the form, contact Citizens Advice or other support services early on.
- If your claim is refused due to late submission, you can challenge the decision.

Top 10 job-hunting and interview tips



Keep this info with you, and check out the tips before you next apply for a job.

1. Your story is your strength.

Use examples of times you solved problems, adapted fast, or kept going when things were tough.

2. Keep your CV to one page. Use bullet points.

What you did and the impact it had. If you've got limited experience, highlight your skills: teamwork, organisation, communication, reliability.

3. You don't need "experience" for everything.

Most early career roles expect you to learn on the job. Don't talk yourself out of applying just because you haven't done it before!

4. Be flexible. Your first job might not be your dream job.

That's normal! Be open to different sectors, paid or unpaid experience, internships, or volunteering. These build confidence, skills, and connections that open doors.

5. Do a quick 15-minute company check before you apply.

-
- What do they do?
- Who do they help?
- Why are you interested?

6. Practice answering three questions before an interview.

-
- "Tell me about yourself."
- "Why do you want this job?"
- "Give me an example of when you handled a challenge."

7. Be confident – You don't have to know everything!

Say: "I haven't done that yet, but I'm confident I can learn quickly." Interviewers respect honesty and ambition!

8. Ask one question at the end of each interview.

"What does success in this role look like in the first few months?"

9. After the interview, send a short thank you message.

"Thanks for the conversation today. I really enjoyed learning about the role. Looking forward to hearing next steps."

10. Rejection is an opportunity, not a judgment!

If they say no, it's not about your worth; it's about the match. Reflect on what went well, what you could have done differently, ask for feedback, and keep going!

Step-by-step guide to 'Applying for jobs online'

This is a summary guide to applying for jobs online. Make sure to check out the linked resources, stay in touch with your PAs, and join us at the Job Finding Club for advice and support.

1. Make your CV

If you have access to Microsoft Word, you can use it to write your CV. If not, you can use Google Drive or Canva, which both have free versions you can use.

Google Drive: <https://drive.google.com/>

Canva: <https://www.canva.com/>

What to include:

- Name and phone number and email address
- Short summary (1–2 lines about what you're good at)
- Work experience (jobs, volunteering, placements)
- What you did in each role (3–4 simple bullet points)
- Skills (e.g., teamwork, customer service, IT basics, languages)
- Education / training
- Save your document as a pdf.

Also check: The complete CV format guide: tips on Indeed.com



2. Create an account on job websites

Good places to start:

Indeed - <https://youtu.be/Ad2jmQQcnUM?si=FqS90yPHEBe2tsI9>

LinkedIn - <https://youtu.be/ZgPgI0YLMew?si=ZDKsqWzopluLUELg>

Totaljobs - https://youtu.be/wj81sunzg_g?si=wCm1ziH6n0eQrrLO

What to do:

- Make an account with email + password
- Upload your CV
- Add your location so you get local jobs



3. Search for Jobs - use the search bar:

Type the job you want (e.g., "hospitality", "retail", "care")

Add your town/city

Click Filters:

- Choose full-time / part-time
- Choose distance (e.g., 10 miles)
- Choose recent jobs (last 7 days)
- Choose no experience needed / first job
- How to use filters on Indeed:

<https://youtu.be/clzc0HiHB9Y?si=jaHV2sFDgCSNucRE>



Step-by-step guide to 'Applying for jobs online'

4. Read the Job Description

Look for:

- What the job is about
- What skills they want
- Where it is

If it seems OK move to the next step.



5. Apply

Two ways you might apply

Quick Apply (on the website)

- Click Apply
- Upload your CV
- Answer short questions
- Press Submit

Apply on Employer's Website

- Click the link
- Fill in simple boxes (name, phone, CV upload)
- Press Submit



6. Track your applications

Write down:

- Job title (e.g. Kitchen Assistant)
- Company (e.g. Birmingham Café)
- Date you applied (e.g. 10/11/2025)
- Any interview dates (e.g. 01/12/2025)



7. For more guidance

Join us at the Job Finding Club! We're Newton Consulting, a friend of Bfriends, the Trust's official charity, and we'd love to support you as you take your career next steps. Come along to create or update your CV, complete online applications, and prepare for interviews.

When: Every Tuesday, 1:30 – 4pm

Where: BCFC Community Hub, Emmeline Street, Birmingham, B9 4NG

If you have any questions, contact us at:

Zeynep.Soydan@newtonimpact.com

Brendan.Warren@newtonimpact.com





Emotional Dysregulation in Autism support group

We're pleased to share details of a new monthly peer support group for young people aged 12–25 who are navigating both autism and mental health challenges.

The group provides:

- A safe and supportive environment where young people can connect with others who understand their experiences.
- Opportunities to share, listen, and learn from peers.
- Space to build confidence, wellbeing, and community at their own pace.

Key details:

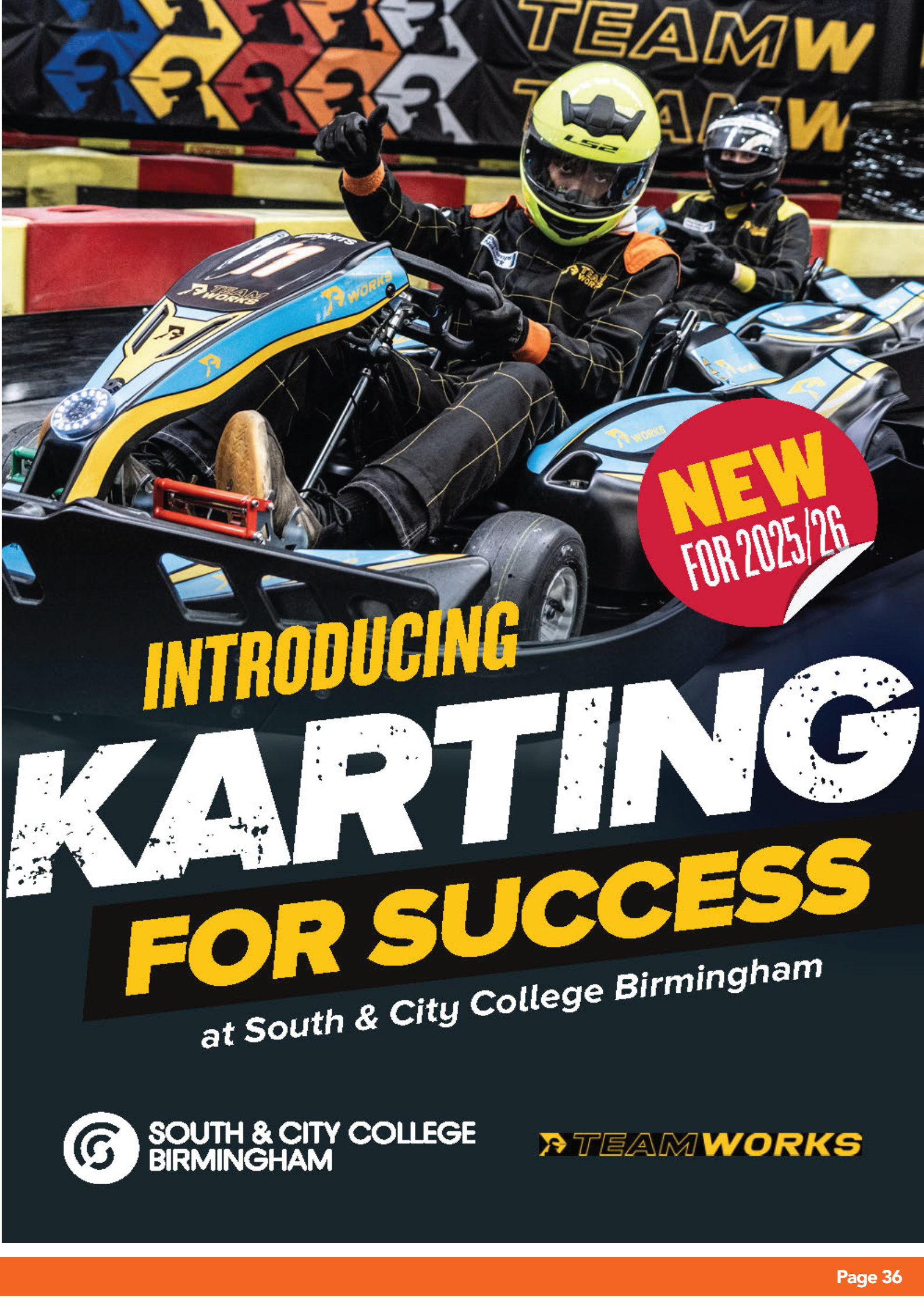
- 📅 Runs once a month in person (Saturday 2.00pm - 4.00pm)
- 🗣️ 1-1 peer support sessions available as weekly sessions, online or in-person
- 💖 Social action group (online) once a fortnight (6.30pm - 8.00pm)
- 📍 The Exchange, 3 Centenary Square, Birmingham, B1 2DR.
- 👥 Open to young people aged 12–25

Attendance is voluntary, and there's no pressure to share – participants are welcome to engage in whatever way feels right for them.

👉 For more information or to register interest, please contact:

info@emotiondysregautism.org

Thank you for helping us spread the word and support young people in finding community and understanding.



NEW
FOR 2025/26

INTRODUCING KARTING FOR SUCCESS

at South & City College Birmingham



**SOUTH & CITY COLLEGE
BIRMINGHAM**

TEAMWORKS



Aged between 19-29?

You must be 19 on 31/08/2025 and live in a West Midlands postcode.

Are you currently unemployed but looking to develop key employability skills to support you into work?

Fancy studying a course that offers opportunities to go karting, join laser tag games, and enjoy some food with classmates?

Course content:

- Identifying strengths and needs to support personal growth and development
- Money management to support transitioning into employment
- Mental health awareness
- Working within a team
- CVs/cover letters, interview techniques
- Employment expectations
- Diversity in the workplace

Join us for our upcoming information days at South & City College Birmingham...

Classes will run for two weeks during October, followed by a Talent Finders Day to network with employers and apply for actively recruiting roles.

Information Days:

Date: Tuesday 25 November
Time: 10am-1pm
Group size: 30 (max)

WEEK 1:

Dates: Mon 1, Tues 2, Fri 3 December

WEEK 2:

Dates: Mon 8, Tues 9 December

Talent Finders Day

Young people meeting employers with active jobs available:

Date: Wed 10 December
Time: 9am-12pm

ENQUIRE TODAY:

JULIE.RICHMOND@SCCB.AC.UK | 0121 694 5000 | SCCB.AC.UK

