



THE TRUST TIMES

18+ Care Leavers' Newsletter

May 2023

JOIN US AT OUR MAY CONFERENCE

Hi everyone,

At last we are getting some sunshine, and days are lighter longer, so why not give our next conference a spin? Taking place on **Wednesday 31 May** at **The Lighthouse**, our latest conference aims to be our best ever. Find out more on **pages 3-4**. There will be free food and plenty of free gifts and prizes.

We also know that for many of you the end of the academic year is upcoming, so we have produced a short guide to managing exams (**page 11**).

Don't forget to read about a truly fantastic opportunity to join the Civil Service Internship Scheme (**see page 10**). The deadline to apply is June 11, but do not hesitate, apply today!

BAD SUMMER JOKE SPOT

What do you get when you combine an elephant with a fish? Swimming trunks!
What did the beach say to the tide when it came in? Long time no sea!



We love your good news

If you have anything you would like to be considered for next month's edition please email it to Juliette Walton.

Remember, you can have your achievements, however big or small, shared in this newsletter.

Juliette.Walton@birminghamchildrenstrust.co.uk

Always remember, **you are never alone**, you are a part of the biggest family in Birmingham, and we are here for you!

If you can't get hold of your PA, please call: **0121 464 1229**.

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

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Our help and support offer for care experienced young people (also known as our 'local offer')

We understand leaving our care is a time of big changes in your life. You will have lots of questions about the support you can get and what services are available to help you. We want you to leave our care at a time that is right for you.

We will start to discuss this with you and other people who are important to you around your 16th birthday. It doesn't mean you're ready to leave our care just that we want to really understand your views. You may be really settled where you live and want to stay on beyond your 18th birthday. You may already be thinking about what help and support you are entitled to and want to talk about it.

Around your 16th birthday we will also start to talk to you about whether you will benefit from the support of a personal advisor (PA) as well as your social worker. Basically, they will help and support you until you are 21yrs old, and beyond that if you need it. Just because you are leaving our care, we don't stop caring about you. We want to make sure you feel safe and supported and know where to go for advice and help.

This is called our 'offer' to you and sometimes also known as 'the local offer'. There's loads and loads of information about our 'offer' on our website.

Scan this QR code to take you directly to our website:

www.birminghamchildrenstrust.co.uk/Ouroffertocareexperiencedyoungpeople



You will find information on help with:

- Money
- Where you live
- Education, employment, training and activities
- Living healthily
- Plus other support available to you

There's always loads of helpful information and any updates in our monthly Care Leavers Newsletter too. If you're not sure about anything or want more information ask your social worker or PA. Birmingham care leavers helped us to design our offer. We will continue to listen to your views to make sure that the services we offer are what you need.



May 2023 Conference led by, and for, care experienced young people

- Make connections with a new network of organisations and get information about opportunities and support services
- Have fun and make new friends.
- Giveaways, prizes and **FREE FOOD!**
- No need to book - just turn up!
- Children, friends, and family welcome.

Meet the following organisations:

- NHS
- South and City College Birmingham
- Compass Group
- Birmingham City Council
- Superdrug
- Plus TESS, and others

Date and time:

Wednesday 31 May 2023
11.00am - 4.00pm

Location:

Lighthouse Young People's Centre
Aston, Birmingham, B19 2LN



CONFERENCE TIME

We hope you've got the next one of our conferences in all your calendars (wall and phone or computer).

- **Wednesday 31 May 2023.**
- **11.00am - 4.00pm.**
- **The Lighthouse Young People's Centre, 100 Alma Way, B19 2LN.**



No need to book – just turn up.

Friends, children, family and carers are all welcome.

As well as all of your favourite guests and activities, we also have reps from Superdrug attending who are bringing sixty goody bags to give away when you visit their stall in the marketplace.



Sarah and team are doing the food which will include the ever-popular Mac 'n' Cheese.

At **2.00pm** we will have two great workshops. See opposite for more details.

Its going to be a great day for everyone – see you there 😊.

WORKSHOPS

Your Dream Job Toolkit

Delivered by Talent RISE, the charitable foundation of Talent International supporting young people into employment, this workshop is designed to help participants discover their dream job and provide practical tips and tools for searching and applying for opportunities. Through interactive activities and discussions, you will explore your career aspirations and learn how to showcase your skills and experience to potential employers. By the end of the workshop, you will have a clearer understanding of what your ideal job may be and the tools needed to land it.

Boxercise

In this fun Boxercise class get ready to learn the boxing movements to get fit and improve your confidence at the same time!



You'll learn some boxing punches and the correct footwork before getting ready to hit some pads and step it up a gear with some Boxing Cardio! The class is for beginners, everyone is welcome! See you there!

At the end of the day we will have the great pre-loved giveaway where you can pick up items for your home, books, toys and clothes.

YOUR GOOD NEWS 2023

We are continuing to celebrate your good news in this newsletter. Congratulations to every one of you on your achievements in May 2023.



- **Ayden** is due to turn 21 in July and has made the decision to move to Australia where he has secured a 12-month working visa, leaving on 17 July.
- **Ayden** has secured a 12-month working visa through FIFO (Fly In Fly Out) which will be sponsored through a construction company to work in various locations in Australia. If Ayden settles in Australia, then he will need to complete three 12 month working visas to be able to apply for a permanency residence there. However, it may be that the construction companies can sponsor him where he will get this sooner.



- **Nicholas** has had an offer from Essex University to study Sports Performance and Coaching.

Nicholas said: "I play cricket for Handsworth and Ace Academy. After I finish the degree I would love to be a Performance Analyst - using the latest technology to help players improve their performance."

Good luck Nicholas.

- **Zaynab Sohawon** recently received her British Citizen Award in January 2023.

This is for her tireless work in advocating for Mental Health Standards in the UK to be improved. Through her work Zaynab has developed her own charity (Emotion Dysregulation in Autism) and has spoken widely on the subject.



- **Zaynab** has also co-produced a campaign called 'Intensive Residential Outreach for Children in Care' with NHS England and Forward Thinking Birmingham, which is the only one of its kind in the UK.

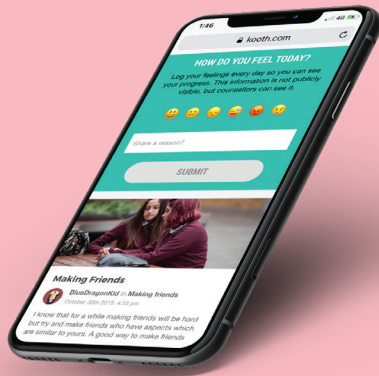
Trust Website Care Leavers' opportunities

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

It is regularly updated, so be sure to favourite the page to keep an eye out for updated opportunities.

<https://www.birminghamchildrenstrust.co.uk/opportunitiesCL>

Give Kooth a try



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

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

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

www.kooth.com

THE TRUST TIMES

Back issues of the 18+ newsletter

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

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

REES FOUNDATION June 2023 UPDATE

Rees Foundation run a number of groups called '**Let's Connect**', which allow you to connect with other members of the care experienced community. Rees find that these networks can lead to lifelong and empowering friendships.

Website: www.reesfoundation.org

The groups are facilitated using a team whose members may be care experienced or individuals who are experienced by profession, with the ultimate aim of creating a safe place where care experienced people like you can meet to discuss matters of personal interest.

Featured courses in June 2023



Emotional regulation toolkit (5, 12, 19, 26 June 1.00pm - 2.00pm)

Session (5 June) - Dr Rachel will enable people to understand from a broad perspective where their emotional reactions have come from. There will be a tour of the central nervous system and everyone will find out where they learned all about emotions and what the purpose of emotions are.

Circle of Support (7 June, 7.00pm-8.00pm)

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

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

Grab a cuppa with..



The Rees Foundation is proud to collaborate with a number of cafés across the country, offering a safe social space for care experienced people in the heart of the community.

The cafés offer affordable, high quality food and drinks and supportive staff who are mental health first aiders.



The Rees Guest Card is exclusively available to care experienced people and allows you discounted food and drink at any of our cafés. Please click here to apply for a Rees Café Guest Card

You'll find a full list of where you can use your card below. Rees Foundation website has a huge amount of information, resources and projects that you can get your teeth into.

<https://www.reesfoundation.org/rees-cafes.html>

Evolve Café in Birmingham

Evolve Café is based in Birmingham.

Evolve Café
201 Bradford Street
Birmingham, B12 0JD

evolve@aquarius.org.uk

01212 6228181



Suicide and self-harm prevention

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

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

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

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

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



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

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

- Samaritans helpline **116 123**
- SANE helpline **0300 304 7000**



- Campaign Against Living Miserably (CALM) (for men) **0800 58 58 58**
- Help Guide suicide prevention

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

Also please see the [TESS offer](#) on **page 4**.



Survey about attending places on your own, and travel to new or familiar places

Please could you participate in this important research, which is being undertaken by the Department for Work and Pensions, in Birmingham and Solihull district only.

Either point your mobile device camera at the QR code below, or access this weblink to complete.



<https://forms.office.com/e/Q9dJnJELxK>

Why is this research being done?

The purpose of this research is to support DWP in understanding the connection needs of its Universal Credit customers and also for people who are not currently claiming benefits. DWP wants to learn more about what your experiences have been when travelling to meetings or interviews arranged by their Jobcentres, and in the wider Birmingham and Solihull Community.

The deadline to complete is 27 May.

Sail away with CGL

CGL have recently supported two groups of young people to complete an animal welfare qualification with the RSPCA, and basic motorcycle maintenance, skills and safety with Right Trax.

Feedback from both groups has been really positive: "Right Trax was really good, I have been bored a lot with not much to do but this let me get out and I even made friends. I now want to do something with bikes in the future and they have encouraged me to do this."

"Being around at both the RSPCA and Right Trax sessions has been lovely. I have been able to see the people we support develop, form friendship groups and thrive doing something they are passionate about" (Lucy Hipwood CGL)

Activities to book

CGL have a number of activities happening, soon!

If you are interested in taking part in any of the following, please contact your PA or CGL worker to reserve your place.

- **RSPCA – Animal Welfare and Motivation Level 1** - Every Friday for 6 weeks starting Friday 9 June 10.00am – 2.30pm (lunch and transport provided). Limited spaces available.
 - **Sailing – Level 1 and Level 2** - Every Monday and Tuesday 10.30am – 2.30pm for six weeks starting Monday 19 June. Taster day Monday 12 June 10.30am – 3.00pm (lunch provided and travel pass provided).
 - **Right Trax** – date to be confirmed.
- To qualify, you must be registered on the Youth Promise Plus project before the start date.



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:

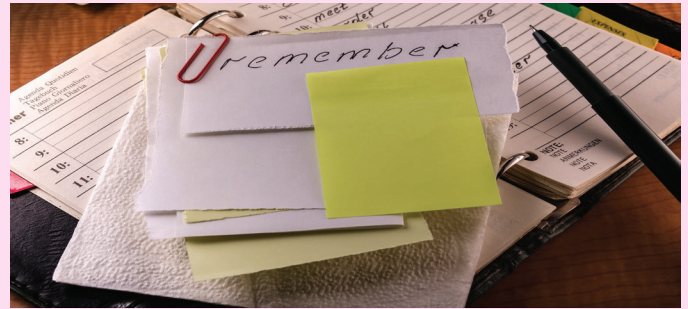
info@sharefound.org

Or call

01296 310400

For further enquiries please contact:
Tracey.Britton@birminghamchildrenstrust.co.uk

Student finance: Get ready for 2023 to 2024!



Please use the link below to access the Government website with all the details you need about applying for Student Loans for academic year 2023/24.

<https://studentfinance.campaign.gov.uk>

The application process has opened early this year, which is good news.

Please take time to click on the above link and read all about it.

It's really important you get your loan applications in as early as possible.

This saves so much worry and stress later in the year.

Care experienced young people will also need a letter to confirm their status.

I would be happy to advise on the process if there are any questions.

Thank you

Sarah Barker

Team Manager 18+ Care Leavers Service -
07917172614

Sarah.D.Barker@birminghamchildrenstrust.co.uk



2023 Civil Service Internship Scheme open until 11 June



Applications are currently open for the 2023 Civil Service Internship Scheme (these are 12 month contracts).

Five reasons why you should apply:

- The internships are ringfenced for care experienced young people.
- They are well paid £18,000 - £22,000 depending on job and location.
- Since 2014 - 800 care experienced young people have completed internship with the Civil Service.
- In 2022 - 166 care experienced young people were offered internships.
- In the last 12 months, over 100 care experienced young people have been given permanent roles with the Civil Service.

Applications are open until 11 June. Interviews will take place in July online. Provisional job offers (subject to security checks) will be made at the end of July. Job roles will start from August 2023 onwards.

Scan the QR code below to apply:



If you would like more information, email leavers.care@education.gov.uk



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."

EXAM AND REVISION TIPS

by Juliette Walton

Many of you will be taking exams soon, and from my own experience – it can be stressful. I have pulled together some useful advice – it's only brief but could really help. So, please read and pass on to anyone else who might need it.

Top five tips for revision

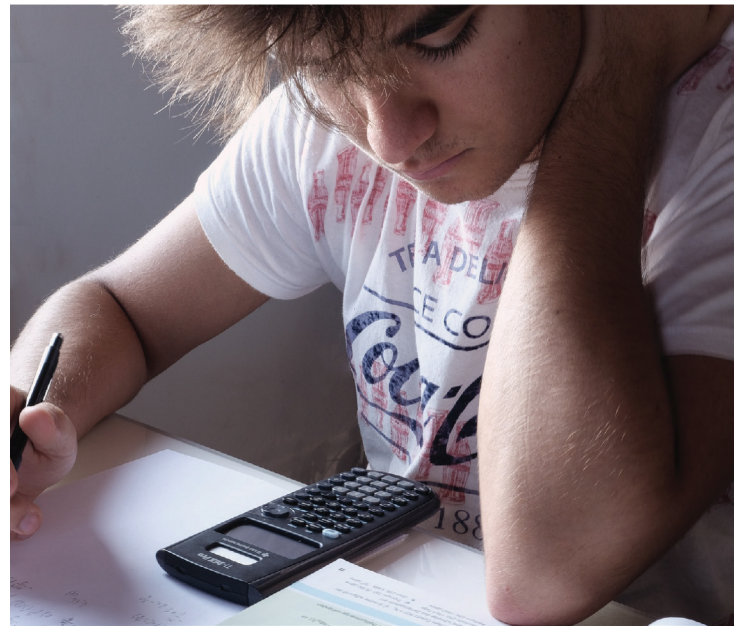
- Make sure your exams are in the diary – what, where and when.
- Make a plan of what to revise and when, and then make yourself stick to the plan.
- Don't revise for too long at any one time – take a break every 45 mins, move around and get some fresh air.
- Ask for help from your tutor, head of department or learning mentor - use past papers if they are available.
- Look after yourself – eat and drink healthily, get a good night's sleep, keep in touch with the kind and caring people (and animals) in your life.

Top five exam tips

- Using the top five revision tips, be prepared for your exam.
- Eat before the exam, your brain works better on food and take water into the exam.
- Arrive in good time – early – with any equipment you need.
- Look through the whole paper and start with the easy questions.
- If it doesn't go well, don't beat yourself up. Remember - from every difficult experience, we learn and become stronger.

If you want any help with your exam prep, speak to your PA or Juliette Walton.

We also have mentors who can help you get through. Good luck 😊



HELP WITH THE COST-OF-LIVING CRISIS



Birmingham City Council and partners are working hard to support and guide residents through the cost-of-living crisis.

A great, comprehensive, Help in Brum leaflet, is out that covers everything from warm welcome spaces, to benefits and money advice, energy efficiency and food.

<http://bit.ly/3EE1H0v>

Hours are also being extended at two council Neighbourhood Advice and Information Centres, in Erdington and Northfield, to help support people.

<http://bit.ly/3XcKpik>

Find out about goods and services to help you in Birmingham by visiting:

<https://birmingham.connecttosupport.org>

Come along to the Career Cafe

Find out about the Career Cafe, based at the Maypole Youth Centre, B14, by reading the advert below. The Cafe is open to all 16 to 25-year-olds.



Maypole Youth Centre, Idmiston Croft, B14 5NJ



**CAREER
CAFE**

WEDNESDAYS

1-3PM

One to one support
Job vacancies
Free refreshments

Contact Stuart on
07548712852



**ALL YOUNG PEOPLE
16 - 25 YEAR OLDS**

THERAPEUTIC EMOTIONAL SUPPORT SERVICE (TESS)

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

Where will sessions take place:

TESS
67 Bournbrook Road
Selly Oak
B29 7BX

Phone to book: 0121 675 1781

Dates: These will take place on the first Wednesday of every month.
The next session will be on
7 June 2023.

Time: 12.00pm – 4.00pm.

What can I expect:

- A relaxing and welcoming environment with an outside garden and indoor area.
- Connection with the TESS 18+ team, which will give you the opportunity to talk and engage in activities, learn coping skills and strategies, that will help you to improve your emotional wellbeing.

Staff available on the day:

- Davinia Burrell
- Paul Campbell
- Vibha Jivan
- Sally Burgess
- Emily Kigonya



MyBNK Money House



The **Money House** is a free workshop that will help you to build the skills and knowledge you need to look after your money now and in the future.

There are no lectures, or classroom environments, and our trainers know how to make financial education exciting and interesting.

You'll even get a qualification at the end, which will look great on your CV.

And when you finish your course you can **apply to us for a bursary of £120** to help towards the cost of living.

It's easy to apply and you will hear back from us quickly.

Money House takes place in our specially designed flat environment in Digbeth over three or five days.

Whilst we know not everyone is keen to come on a course, young people tell us that at the end of the week they've learned more than they could ever have thought, and they've had fun!

We'll cover your travel each day in cash, and there's breakfast and a hot lunch every day.

For more information, speak to your Personal Advisor and they can get you a place on an upcoming course.

You can also refer yourself directly to us by emailing:

TMHMidlands@mybnk.org
or call **07562 665 234**.

EY FOUNDATION HUGE OPPORTUNITY

The Epic Youth (EY) Foundation are offering an amazing opportunity for care experienced young people.

Beyond Your Limits is a paid skills development programme designed specifically for care experienced young people, with up to a year of support to help them realise their future potential

The paid programme consists of:

- Employability Skills Training.
- Financial Literacy Training.
- A Work Experience Placement – with links to employer such as EY, NG Bailey, Shoosmiths and more.
- £400 Personal Development Grant.
- Monthly mentoring and progression coaching.

Please see more information on pages **15** and **16** of this month's newsletter.

Summary of opportunity

- Beyond Your Limits Birmingham launching 26 July 2023.
- For young people aged 16-19.
- Currently in education.
- Currently in care.
- Able to commute to the sessions which are expected to be held at the EY Birmingham office - 1 Colmore Square, Birmingham, B4 6AA (travel costs covered)
- Think this sounds like a good opportunity!

Apply using this link: <https://bit.ly/3Lum6cn>

The deadline for applications is **27 May 2023**, however we encourage you to apply early to avoid disappointment.

If you have any questions, please contact Andrew Tumusime.

andrew.tumusime@eyfoundation.ey.com

EY Foundation

Beyond Your Limits

Gain Paid Work
Experience and
more!

This Summer join the EY
Foundation for an
employability
programme for
care-experienced 16-19 year
olds in Birmingham.

APPLY NOW!





EY Foundation Beyond Your Limits

We offer a tailored 12+ month programme of support, wrapped around your education, with lots of insights into the world of work.

Each programme offers paid employability training, work experience, financial literacy, a business mentor, employment coach and personal development grant.

Are you eligible?

- Aged 16-19
- In care
- In education
- With Right to Work

Beyond Your Limits will be run from EY Birmingham

(1 Colmore Square, Birmingham, B4 6AA)

Induction - 26th July

Employability Skills Training - 27th July - 2nd August (not inc weekend)

Financial Literacy Training - 3rd and 4th August

Work Experience Placement - 7th- 10th August

Apply now through ...

Website: [Beyond Your Limits \(eyfoundation.com\)](https://beyondyourlimits.eyfoundation.com)

Questions? Contact

Email: beyondyourlimits@eyfoundation.ey.com