



THE TRUST TIMES

17+ Care Leavers' Newsletter

September 2024

GET READY FOR OUR CONFERENCE

Hi everyone,

Welcome to the September 2024 issue of the Trust Times. We hope you are keeping warm and dry.

We are excited to announce that our next fantastic **conference for care-experienced young people** is taking place on **30 October** (read more on page 5).

Many of you will be starting to take part new activities, such as college, university, or the world of work or a new apprenticeship. Best of luck!

For those of you who have not taken part in any of the Trust's participation groups before, please see an advert on page 9, and scan that QR code!

This month features many new opportunities, courses and information about support available to you, so make sure you check out each page.

REMINDER - 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. We love to read and see what you are up to each month, and to be able to celebrate all your achievements.

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 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.



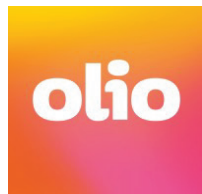
Runna

- Runna is a free personal running coach in your pocket. Whether training for a marathon or just trying to smash your 5K time, it will create the perfect plan for you to achieve your running goals.



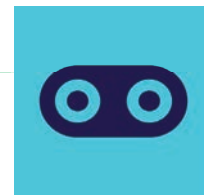
Medito

- Medito is a free app designed to improve your mental wellbeing through guided meditations, breathing exercises, mindfulness practices and a vast array of learning courses. Only 5-10 minutes a day could make a huge difference.



Olio

- Olio is a local sharing app for passing on things you no longer need to people who live nearby. It's all about helping each other out and reducing waste, whether food, books or clothes.



Snoop

- Snoop is a great way to keep on top of your bills, subscriptions and finances. If you need help budgeting and saving money, then this is one of the best apps around.



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



SPOTLIGHT ON BETEL UK & ANCHOR POINT



We are starting to make links with a charity that is based just round the corner from our Trust head office at One Avenue Road - Betel UK, featuring a multi-functional head office called Anchor Point.

Betel UK has a 25-year track record as a national charity helping the marginalised, homeless and addicted.

The offer at Anchor Point includes a Café, a gender-neutral hair salon, a soft play area for children, affordable house and garden clearance services and more.

Go and see for yourself:

<https://anchorpoint.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.

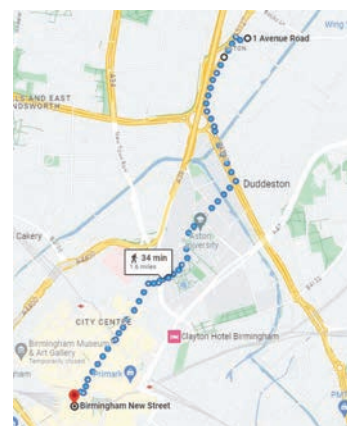
Ask the friendly reception staff, as you go in, to let the 18+ duty team know you would like to see a Personal Adviser. Reception will call us and a team member will come to reception to see you. We have access to a quiet space where you can speak in confidence.

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.



The 18+ Care Leavers service presents...

October 2024 Conference

Led by, and for, care-experienced young people

Wednesday 30 October 2024

11.00am - 4.00pm

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

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

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

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

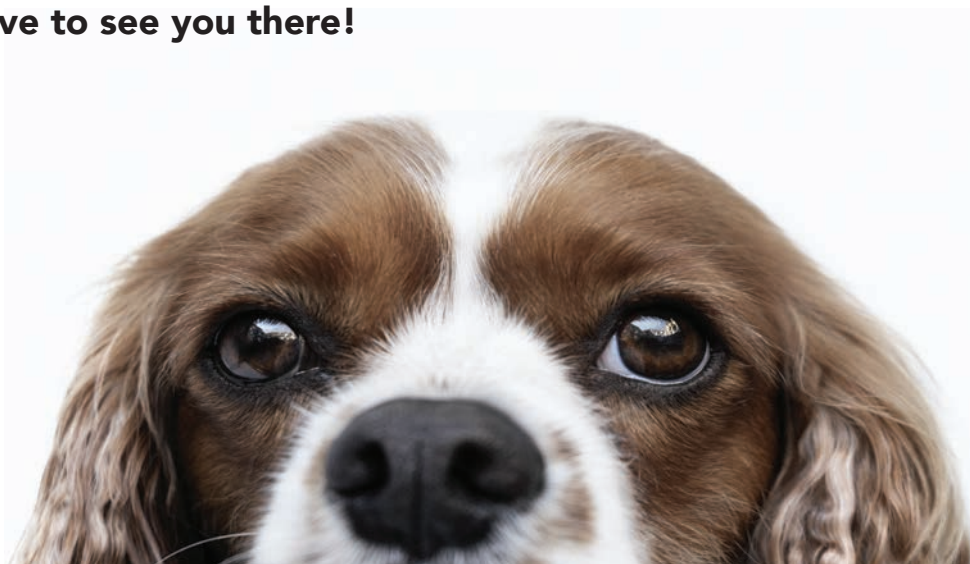
We would love to see you there!

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

Some of the organisations attending this conference include:

- Dashelles Hair and Beauty - specialists in Afro, Asian, European hair types.
- Books Aloud.
- Pete's Boxercise.
- Aston Villa Foundation.

DON'T FORGET TO PUT THIS DATE IN YOUR DIARY!





My Tomorrow Changemakers

We are pleased to announce that the new West Midlands VRP funded My Tomorrow Change Makers Programme is now open for recruitment.

My Tomorrow Change Makers is a youth led training programme influenced by the My Tomorrow campaign. Young people across the West Midlands are making their voices heard, challenging stereotypes about their generation to celebrate and elevate their true diversity, strengths, and contributions across the region. If you're a young person in the West Midlands, feel passionate about change, and would like to actively lead others then this programme is for you.

Note: These are paid positions for 16-21 year olds.

Please could you kindly share this information with your networks so that we can offer this opportunity far and wide across the region.

Scan the QR code to go to the application form



or contact
james@positiveyouthfoundation.org
for further information.



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 Higher Education.

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



NEW TERM - FRESH START



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

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

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

"Investment in knowledge pays the best interest."

Benjamin Franklin

"Education is the passport to the future."

Malcolm X

"Education is one thing no-one can take away from you."

Elin Nordegren

"The future rewards those who press on."

Barack Obama

And finally:

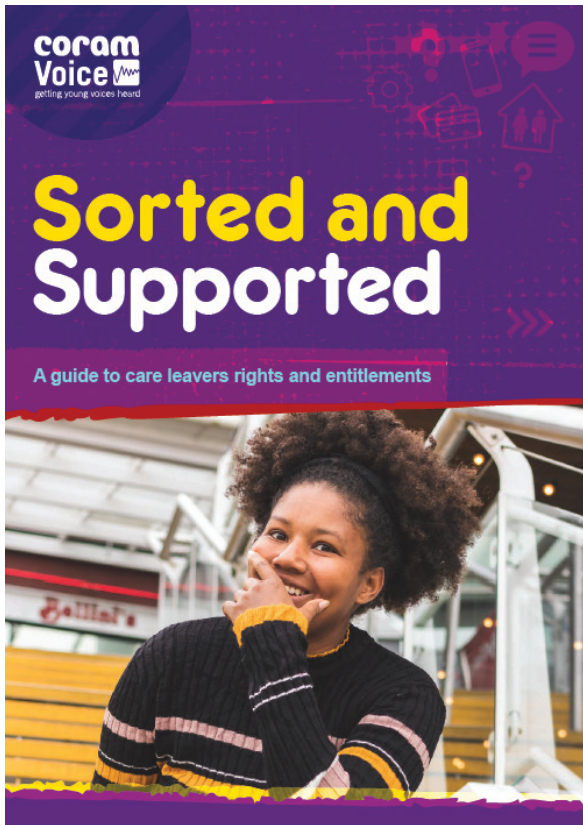
"Don't be afraid to ask questions, don't be afraid to ask for help...asking for help isn't a sign of weakness, it's a sign of strength."

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

Barack Obama

Good luck with your studies.

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

Also please see the **TESS offer** on **page 14**.



BIRMINGHAM
CHILDREN'S TRUST

GROUPS AND FORUMS taster day

Children and Young people, come and join us to
find out more about our groups & forums!

Foster Carers | Social Workers | Personal Advisors Welcome!
Lunch provided | Raffle prizes to be won
| Meet new people | And have FUN!

SCAN THE QR CODE TO REGISTER



 **TUESDAY 29TH OCTOBER**

 **11AM- 3PM**

 **THE LIGHTHOUSE, 100 ALMA WAY, B19 2LN**

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

SIGN UP TO OUR NEWSLETTER ONLINE

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

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

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



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

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

Sign up for our care-experienced news and information

Please add your details below.

First name

Last name

Email address

GOOD NEWS IN SEPTEMBER '24



Muhammad travelling to Uni on the train

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

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

• **Muhammad** (pictured right) has passed the second year of his Bio-Medical Sciences at Middlesex University London.



Muhammad's has kindly described his learning journey to his Personal Advisor Subodh Lall:

"My journey was very long and struggleful. If you believe in yourself, you can achieve. It was good that my teacher, my social worker, and my personal advisors helped me to believe in myself. It was not easy. It was very hard.

"English is my second language, which makes it hard to understand it properly. I had to do a lot of research to help my understanding. Spending too much time in library. I was in library for 10 to 12 hours each day. I believed in myself. I kept saying to myself, 'You have to pass this exam. You can do it!'. If you have confidence in yourself, you will achieve it.

"I am now going into my third year for Bio-Medical sciences. Insha'Allah, one day I will work with NHS. As a care leaver, it is not easy. We have to understand that we have to use the opportunity we have and make best use of them. We have to get ourselves in a place we feel proud."

Inspiring stuff Muhammad!

• **Anastasia** has provided a quote following her Summer graduation: "I recently graduated from Birmingham City University with first-class Honours in Education Studies. This month, I started studying for a Post-graduate Certificate in Education (PGCE). This year-long course will allow me to qualify as a primary school teacher.

"Before university, I had no specific career path in mind. I simply followed the opportunities that presented themselves. It was a role in a primary school that I found myself in, and it was this experience that eventually led me to university. I was in care between 2017 and 2021, during this time I completed my GCSEs and enrolled at a local college.

"After leaving college, I started working at a school while working towards a Level 3 Teaching Assistant qualification. I enjoyed the role, but I quickly realised that I had the potential to be a classroom teacher. This was when I started to seriously consider the idea of going to university, and with the support of my carers and Birmingham Children's Trust, I could do so.

"My university experience was not just about academics. I had the opportunity to volunteer with West Midlands Police, as a Cadet Leader, teaching 13 to 18-year-olds about policing. I also had the chance to study abroad, an experience that exposed me to even more opportunities."

MORE GOOD NEWS IN SEPTEMBER '24



- **Marcus** graduated from Teesside University this summer with a undergraduate degree in Computer Animation with a 2:2 classification.

He is happy for his graduation photo to be shared for this newsletter.

Marcus has now successfully secured a place on Masters in Artificial Intelligence that he began earlier this month.

A fantastic achievement - well done Marcus!

- **Akam** passed his driving test in August.

Well done Akam and safe travels!



Pathway to the Professions

Applications to Aston University's 'Pathway to the Professions Programmes' – their Year 12 Pathway Programmes close at 5.00pm on Friday 18 October.



Their innovative 'Pathways to the Professions' programmes have been designed to expand knowledge, develop skills, and give an insight into what university life is really like for those students with ambitions to study Medicine, Healthcare or Engineering and Technology (STEM).

Care-experienced students get priority for selection for these programmes during shortlisting.

For more information and to apply, encourage learners to visit their website by scanning the QR code below:





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.



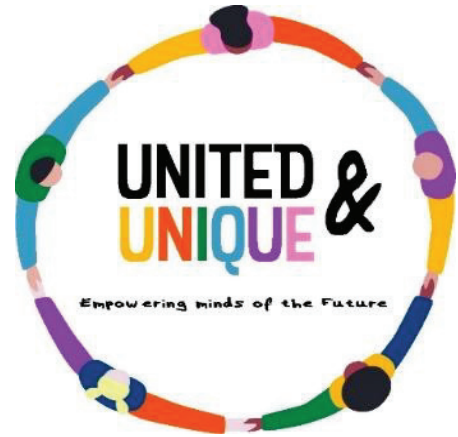
The Trust Corporate Parenting Board meets every two months in Birmingham (travel expenses paid).

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.

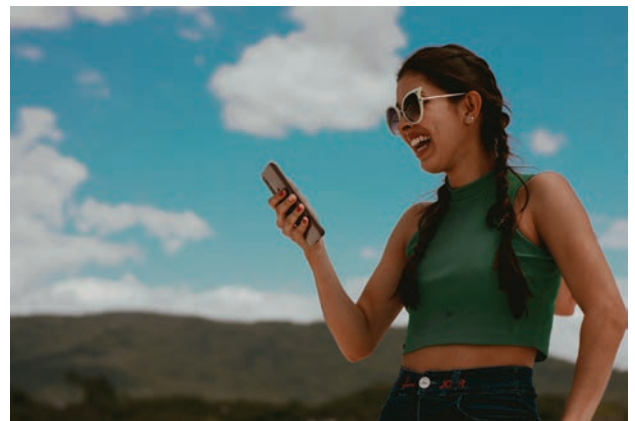
It's a great opportunity to really make a difference.

If you'd like to get involved contact:
CorporateParenting@birminghamchildrenstrust.co.uk



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:



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

2 October 2024.

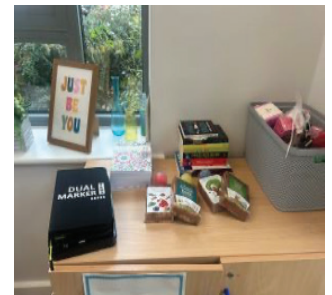
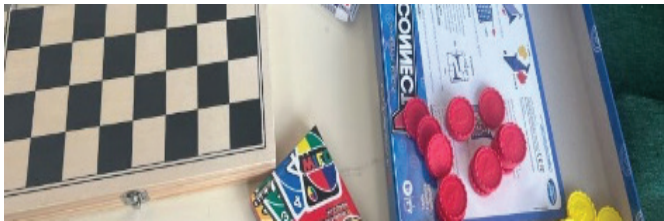
Time: 12.00pm – 4.00pm.

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>**



Below are the details of what's coming up in the Youth Hub. Scan the QR code to go to the ticket booking website

Tuesday 1 October, 12 – 2pm

- **Apprenticeship Tuesday**



Tuesday 8 October, 12 – 2pm

- **Adult Education Budget Providers - AEB In to Employment Session**



Tuesday 15 October, 12 – 2pm

- **Employment and Personal Support Session**



Tuesday 22 October, 12 – 2pm

- **Employers and Training Providers Meet and Greet**



We're also running some East Birmingham Youth Roadshows where we're going to the below youth centres with training providers and employers

2024 East Birmingham Youth Roadshow

- **Thursday 3 October, 1 – 3pm – Concord Youth Centre (B11 1LF)**
- **Thursday 10 October, 1 – 3pm – Naseby Youth Centre (B8 3HG)**



We're also continuing to run steering sessions every Wednesday where we can offer support with CV writing, job searching, and interview techniques/employer expectations





Department
for Education

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

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



Never too late to learn

The Birmingham Adult Education Service (BAES) has part-time courses and evening classes all over Birmingham.

They are **FREE** for people on benefits and low income.

Courses include: Languages, Art and Crafts, Cooking, Performing Arts, English and Maths, IT and Business, plus Employability Skills, and lots more.

Download the 2024 – 25 brochure by scanning the QR code below:



If you need help to follow up, contact:
Juliette.walton@birminghamchildrenstrust.co.uk
07825 117 381.

The BAES can also help with childcare, travel costs plus dyslexia and exam support.



FREE Sport4 Life events, programmes and workshops

Keeping active is a great way to build confidence and improve both mental and physical health.

However, Sport4Life are more than just sports.

They also organise a range of employability programmes, workshops, qualification and social events for young people.

All their sessions are **FREE** to attend for qualifying young people.

More information, time and locations for our events can be found below, by scanning the QR code.





UNIVERSITY OF BIRMINGHAM

H.E. 4 Me: UniVerse

Date: Thursday 24 October 2024, 10:00 - 14:00

Location: The Exchange, 3 Centenary Square,
Birmingham B1 2DR



Message from Aim Higher West Midlands

We invite Year 10-13 learners with care experience, and their supporting adults, to explore the pathways and support available to them at university across the West Midlands and beyond. Held at The Exchange in Birmingham city centre, this event will help learners explore the world of university and learn about the specific support available at university to learners with care experience. We'll be joined by current university students who have also experienced being in care, with the opportunity to ask questions in a safe space.

There will be a range of workshops on university, student life, careers, student finance and the specific support available for them at university. We'll be joined by Student Finance England, BECOME, a local MP and West Midlands universities. There will be the chance to chat to other learners and carers attending the event, find out more information about university and how Aimhigher can support young people as they navigate their options after secondary school.

This event is free to attend with lunch and refreshments provided. If you require financial support to cover travel costs, or have any other questions, please get in touch.

Email: aimhigher@contacts.bham.ac.uk

If you are interested in joining us, book your place via the booking form below. Please note places are limited and we recommend booking ASAP to secure your spots.

**Scan the QR code to go
to the booking form:**



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).

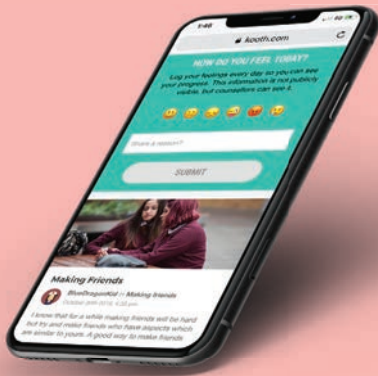
We have work to do for the city council and NHS on these topics, so if you have experience please get in touch.

Contact us today

Email:
advocacy@birminghamchildrenstrust.co.uk



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 October 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

Courses in October 2024

IMPACT with Dr Rachel

Dates: 7, 14, 21, 28 October 2024

Time: 1.00pm - 2.00pm

Join Dr Rachel's 8 week IMPACT course where you will explore:

- Introduction to IMPACT
- Integrity
- Meaning
- Persuasion
- Authority
- Communication
- Talent
- Exit strategy



These sessions will provide you with valuable insights and practical tools to help you create a lasting impact in your life.

Circle of Support

Date: 9 October 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>



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

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.

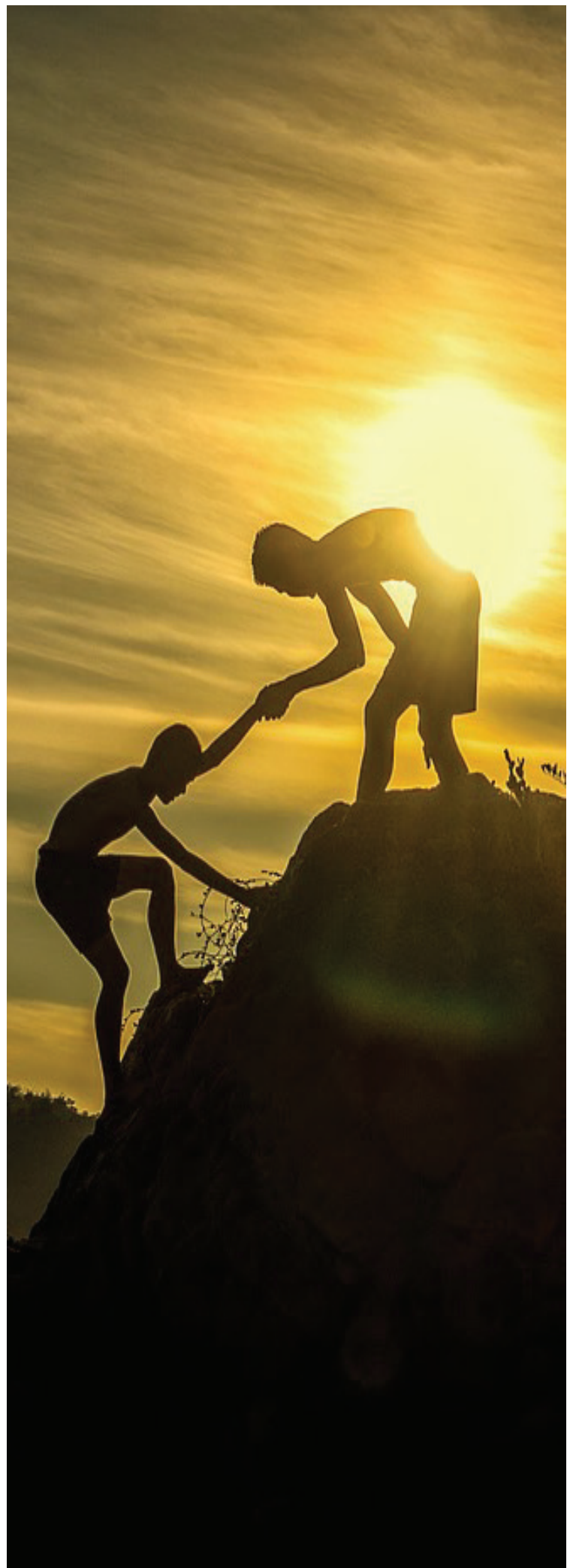
To make a referral or if you have any questions about RAP Advocacy service please email advocacy@birminghamchildrenstrust.co.uk

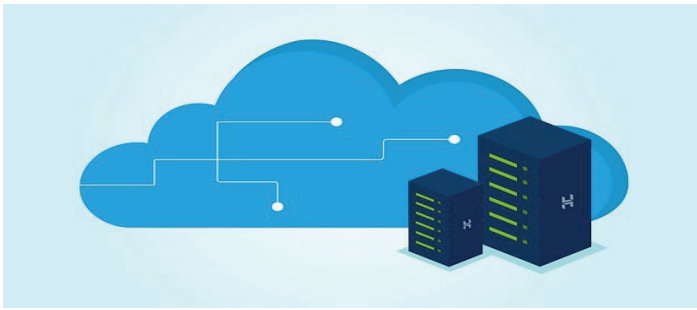
Testimonials about the RAP Advocacy service

"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:

garry.james@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.



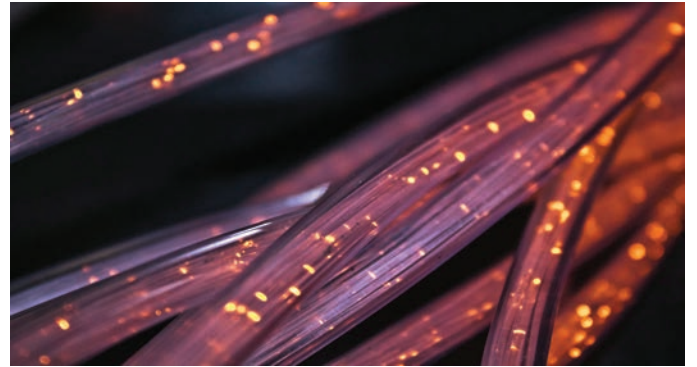
Care Leavers' opportunities

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.

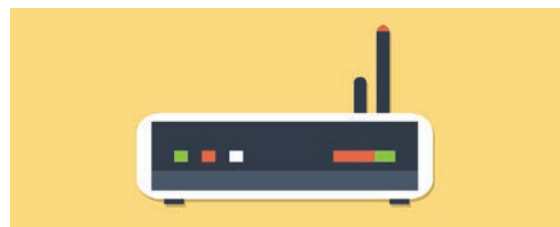
We have the finance to pay for 1,000 young people to have broadband fitted by August 2026.

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.





**Birmingham Women's
and Children's**
NHS Foundation Trust



UNIVERSAL FAMILY CAREER DEVELOPMENT WORKSHOP

19 November 2024 (12.00pm – 2.00pm)

Join us at Birmingham Women's and Children's NHS Hospital.

Find out about careers in the NHS.

Join the workshop and find out more about Birmingham Women's and Children's NHS Foundation Trust including:

- Routes into the NHS.
- Job search, application and interview techniques.
- Practical training skill(s) from the NHS Trust core education team.
- Meet healthcare professionals and other Industry professionals to inspire your journey.

Eligibility

- You are 16+ and care-experienced.
- Living in the West Midlands.

Venue

Birmingham Children's Hospital, Steelhouse Lane, Birmingham, B4 6NH

Please feel free to contact Nav or Femi for more information:

- Nav Sharma - navsharma@nhs.net
- Femi Kuforiji - o.kuforiji1@nhs.net





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 scan the QR code to complete the form for the Big Difference Scheme:



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/

Be apart of Young Foster Carer Ambassadors Today!

We want to hear your **thoughts** and **ideas**
on recruiting foster carers

- Be part of our information **events**
- Take part in **creating** valuable **content**
- You will receive:
 - £5 Amazon **voucher**
 - **Pizza** when you attend meetings
 - **Award** opportunity

For more information contact
tayla.hogan@birminghamchildrenstrust.co.uk
or call **07484431315**



**BIRMINGHAM
CHILDREN'S TRUST**



**Foster
Birmingham**
Birmingham's biggest family



START FOR LIFE: SUPPORTING CARE EXPERIENCED PARENTS IN BIRMINGHAM

Start for Life is a project being delivered by the Rees Foundation to support care-experienced parents across Birmingham to navigate the joys and challenges of parenting, manage stress, and boost self-esteem. The sessions will include:



Weekday



Morning / Afternoon



Hodge Hill
Ladywood
Northfield

Getting together to chat with other care-experienced parents ✓

One-to-One Wellbeing: to offer support to managing stress, anxiety, and mood ✓

Support for Dads: Providing a safe space for fathers to come together ✓

Beyond Birth Parenting Courses, Question and Answer sessions about pregnancy and being a parent facilitated by a midwife ✓

Sessions are both virtual and in-person ✓

Various resources and activities at our Rees cafes including art therapy, budget management, cooking classes, and assistance in finding employment ✓



For more information and to sign up, go to:
www.reesfoundation.org/startforlife





DADS ARE DIAMONDS

This support group provides a safe space for care experienced fathers, or partners of care experienced individuals, to discuss parenthood.

Why come along?

- Both new and experienced fathers have the opportunity to network and share experiences openly and honestly ✓
- Older children are welcome to come with you ✓
- Led by a mental health professional and dad, sessions aim to strengthen emotional wellbeing ✓
- The group seeks to reduce feelings of isolation and build new relationships ✓
- Sessions also available virtually ✓

- Weekday
- Morning / Afternoon
- Hodge Hill
Ladywood
Northfield

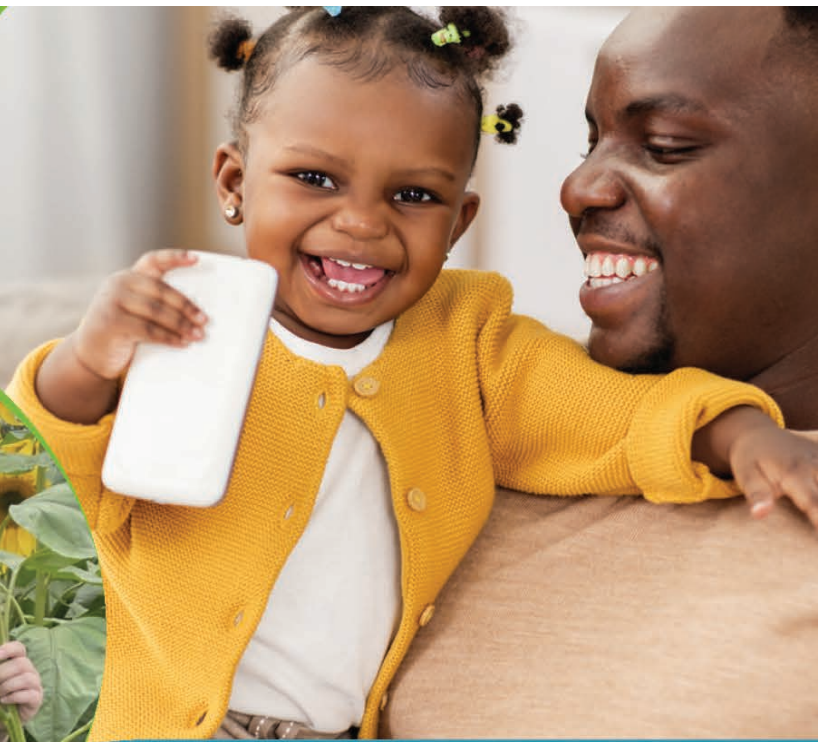


Sign up today using the QR code!

www.reesfoundation.org/startforlife



JACKIE



PARENTING BEYOND CARE

Join our friendly group and meet other parents who have been in care. The care experienced group leader will share her experiences of becoming a mother, and now a grandmother.

Why come along?

Relaxed and informal group

All children are welcome to come with you and remain with you during the course

Led by an Ofsted registered, care experienced childminder and parent

Topics include identity, accessing services, and overcoming stigma

Sessions also available virtually



Weekday



Morning / Afternoon



Hodge Hill
Ladywood
Northfield



Sign up today using the QR code!



www.reesfoundation.org/startforlife





NURTURING BEGINNINGS Q&A SESSIONS

An opportunity to ask questions of a midwife to support expectant new parents as they prepare for the birth of their baby.

Why come along?

- Get ready for the joys and challenges that come with becoming a parent ✓
- Find support for day-to-day life from both the group leader and also other parents on the course ✓
- Learn about taking care of your wellbeing and the emotional wellbeing of your baby ✓
- Sessions are virtual ✓

 Weekday

 Morning / Afternoon

 Hodge Hill
Ladywood
Northfield



Sign up today using the QR code!

 www.reesfoundation.org/startforlife





SARAH



IT'S TIME FOR FRESH STARTS

50-minute one-to-one sessions developed specifically for care experienced parents, focusing on taking control and making positive, informed choices into the future.

Why come along?

Especially developed to support parents who have lost children through care proceedings ✓

Addresses issues overcoming low self-esteem, anxiety, and low mood ✓

Each session is with a counsellor with professional care experience, specialising in loss and bereavement ✓

Up to four, one-to-one sessions available per person ✓

Sessions also available virtually ✓



Weekday



Morning / Afternoon



Hodge Hill
Ladywood
Northfield



Sign up today using the QR code!



www.reesfoundation.org/startforlife

