



YOUNG PERSONS NEWSLETTER

March-May 2024

Welcome to the Leavers Lounge!

We would love you to drop by and visit us at the leavers lounge!

Based @ meeting point house.

- X-box
- Sensory room
- Sofas
- Clothing rail
- Hot drinks, fizzy pop and biscuits
- Regular activities and Monthly care leaver's forums.
- Info available on partner support agencies.
- Chilled space to meet your PA



Could you be part of our young person's panel??

We are looking for care experienced young people to contribute their ideas to developing and improving the service we provide for both our children in care and care leavers service. Who better than you to tell us what we can do to help on a personal or collective level. Maybe you have ideas of how we can improve or suggestions of what is working well and help expand this to ensure that we do it even better. Your thoughts will be shared at the Corporate Parenting Strategic Group, which meets 4 times a year and is chaired by the Director of Children's Services, Jo Brittan, as well as each SDM or Team Manager for every department. This is where change happens and your voice is taken seriously. Our care leavers champion attends, accompanied by our Participation Officer who puts forward any recommendations.

You can request to be part of the **Care Leavers Young Adults Panel**, which will meet Bi Monthly. Please ask your personal advisor to refer you.

You can attend the monthly **Care Leavers Forum**. Again ask you PA for details

We are looking for young people to be part of the **West Midlands Steering Group**. This will help shape delivery of services with our neighbouring Local Authorities, not just Telford



Do you know we have social media and a website?! Our website includes our local offer to our care leavers and lots more useful information! Add our social media pages to keep up to date on what's happening with Leavers come first!



<https://www.telford.gov.uk/careexperienced>



<https://www.facebook.com/Leaverscomefirst/>



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



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The Path Finder is a 4/5 day Driving Course, in Seighford in Staffordshire. It takes place on a former airfield, participants learn all aspects of driving in a safe managed way with instruction and support throughout. Courses take place in School Holidays over Easter and summer.

Age range 15-21 support with transport to venue is provided if required. Contact your social worker or Personal advisor if you would like to be considered for a place on one of these courses funded by the children in care and leaving care team.

Here is some photos of previous events and feedback.....

Kate Aged 17

“The driving experience was really helpful as you get to experience driving an actual car with instruction on how to drive safely. I really enjoyed driving around the private estate especially around the wiggly road with lots of bends as it’s a good way of learning to control your steering”

Nikita age 17

“I found the driving experience really educational but it was also exciting and so much fun!”



Cook on a budget!



Super smoky bacon & tomato spaghetti

- Preparation and cooking time

- **Prep:**5 mins
- **Cook:**20 mins
- **Easy**
- **Serves 4**

Serve your pasta with a budget-friendly bacon, tomato and paprika sauce. It's a healthy choice to boot

Ingredients

- 400g spaghetti
- 1 tbsp [olive oil](#)
- 120g [smoked streaky bacon](#), sliced into matchsticks
- 1 [onion](#), finely chopped
- 1 [garlic clove](#), finely chopped
- 2 tsp [sweet smoked paprika](#)
- 2 x 400g cans [chopped tomatoes](#)
- [grated parmesan](#), to serve (optional)

Method

• STEP 1

Bring a large pan of water to the boil and cook the spaghetti following pack instructions. Meanwhile, heat the oil in a large non-stick frying pan and cook the bacon for 3-4 mins until just starting to crisp. Stir in the onion and cook for another 3-4 mins, then add the garlic and smoked paprika, and cook for 1 min more.

• STEP 2

Pour in the chopped tomatoes, bring to the boil and bubble for about 5 mins until thickened, stirring every so often to stop it catching on the bottom. Drain the pasta and toss with the sauce. Serve with Parmesan, if you like.



Famous and care experienced!



Barry Keoghan, born on October 17, 1992, is one of Hollywood's hottest talents but his upbringing in Dublin, Ireland wasn't glamorous. Barry has spoken about his life growing up without a father, his mother's death when he was a child, and his years spent in the foster care system.

The actor lived in 13 different foster homes between ages 5 and 12. He added that he and his brother were kept together.

"Every family was good to us. As a kid, you don't know what's happening. You get attached ... and then boom. Let's move over here," he said. "I don't have a hometown, that's what I'm saying."



Events Leavers come first!

Care leavers take over challenge!
 You are invited to take over the job of a Telford and wrekin council officer!
 (Just for one day!)

Friday 1st March
9am-12pm @ Southwater 1

Leavers come first age 16-25
who are "NEET"
 (Not in education, employment or training)

You should receive a letter in the post soon! or speak to your SW or PA





Housing advice drop in with Kim! First Tuesday of every month

The leavers lounge @ 1-4PM

shared accommodation
 licence & tenancy agreements
 Private rent
 Supported accommodation
 Housing lists



Virgin media in partnership with Hemsley frazer want to develop a programme for you!
 What do you need as a care leaver?
 What challenges do you face?
 What would help you progress and develop?

Care leavers forum
 Tuesday 5th March 5:30-7pm
 @ the leavers lounge.
 Pizza provided!

Leavers come first age 16-25



Creative workshop with Rod!
 Taking place @ the leavers lounge

Thursday 1.30pm on

February 1st
 March 7th
 April 13th
 May 2nd
 June 8th
 July 11th

Leavers come first age 16-25




Football sessions! @ Madeley 3G pitch Telford ski centre

1-3pm Thursdays

29th February
 14th March
 18th April
 16th May
 20th June

Transport can be provided if required

Leavers come first age 16-25



Conflict resolution and assertiveness
 Tuesday 12th March 1-3:30pm
 @ the leavers lounge

Be respectful of others

How to be assertive

learn collaboration skills and compromise

improve your life skills and success in the workplace!

Leavers come first age 16-25



Care leavers forum
 Tuesday 9th April 5:30-7pm

Spring walks! Friendly dog welcome
 Telford town park
 Meet outside Meeting point house

Leavers come first age 16-25




Cooking on a budget!
 Wednesday 10th April
 11-2pm Horsehay village hall

Transport provided

Leavers come first age 16-25




Care leavers forum
 Tuesday 7th May 5:30-7pm

Following the theme for Mental health awareness week (13th-19th May) we will be "Moving more!" doing some fun stuff outdoors!

Meet @ the leavers lounge

Leavers come first age 16-25




Funded by UK Government

learn telford

SKILLS FOR LIFE
#multiply

Numbers in Nature

FREE COURSE

Date: Mondays, 22.4.24 - 29.4.24
Time: 12:45 - 14:45
Duration: 2 weeks
Location: Meeting Point House - The Leavers Lounge

Numbers and patterns are all around us, including in nature. Come along to this **FREE** informal course to explore the great outdoors in your local community. Get your mind wondering and keep your body moving!

To register, please text/call Louise Bull on 01952 835817 or 07530097681

Telford & Wrekin Council
 Telford, Wrekin and around the whole of Telford Borough

learn telford
Adult learning starts here

Funded by UK Government

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CRAFTY NUMBERS

Start date: Monday 3rd June 2024
Start time: 10:30-14:30
Duration: 1 week
Location: Meeting Point House- The Leavers Lounge

FREE course

Maths is embedded into everything we do, including crafts! Come along to this **FREE** informal course and try some craft activities that involve numbers.
All the materials will be provided on this course.

To register, please text/call Louise Bull on 01952 835817 or 07530097681

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