

CARE EXPERIENCED YOUNG PERSON NEWSLETTER

Monday 13th
October
2025



Welcome to this edition of our Leavers Come First Newsletter

This newsletter is packed with:

- Chances to take part at different events with other young people and practitioners
- Opportunities to build your future
- Tips and tricks for everyday life
- Real voices from young people like you

We believe your story matters. Your voice matters. And this newsletter? It's all for you.

NEWSLETTER CONTENTS

Page 2: Voice of the Child Apprentice Team Updates

Page 3: Children in Care Council updates

Page 4: 8-14 CICC Leaflet

Page 5: Kinship Forum Leaflet

Page 6: Care Leavers Covenant Event

Page 7: Monthly awareness campaigns

Page 8: Bright Spots Survey information

Page 9: Research Participation Opportunity

Page 10: Research Opportunity - Social Heads

Page 11: Stepladder Plus Programme

Page 12: Stepping Forward - Online performing arts programme

Page 13: Student Engagement Programme - Half Term Activities

Page 14: Archaeology experience - Leavers Come First

Page 15: Employment and Training Opportunities

Page 16: Help lines

Page 17: The Link

Page 18: Hints and Tips

Page 19: Get in Touch





VOICE OF THE CHILD

APPRENTICE TEAM



Leona Jones



Jamie Perkins



Liam Bradley



Rhianna Nielsen

Hello!

We are the Voice of the Child Apprenticeship Team, a group with real lived experience. We're here to make sure you feel heard and to shout about things that could be better and ensure that your voice is at the heart of everything that is happening in children's services!

Recent Team Updates



How do we embed this through our role as Voice of the Child Apprentices



During Practice Week, our team presented to practitioners across Children's Services on how we embed Nourishment, Stability and Care into our work whilst reflecting what these values mean to young people. We're also excited to be hosting a session with the Dandelion Group this week too, look out for the more information in the next edition!

Leona and her cat, Missy have moved into their new own house. Whilst Rhianna got herself a new car!! How exciting!



Jamie hosted an Arts and Crafts session for young people who are in a Kinship arrangement aged 11-17. We enjoyed creating beautiful pictures and playing a few games of pool! Take a look on Page 4 for more information on our upcoming Kinship Forum starting 23rd October 2025!

In every edition of our newsletter, we'll be sharing updates from our Children in Care Council forums highlighting the voices, ideas and activities led by young people.

You'll find our latest leaflets attached on pages 4–6. Printed copies have also been distributed across the service for practitioners to share directly with young people.

If you'd like to learn more, chat with the team, or get to know us before attending a session, feel free to reach out at yourvoicematters@telford.gov.uk. We'd love to hear from you!



Last week, Rhianna and Leona hosted our first 8–14 Children in Care Council, with some spooky Halloween fun and lots of great conversation.

There's still time to join... See pages 4–5 to learn more about our 8–14 Children in care council and how to join!



Have you heard about our Kinship Forum for ages 11–17, hosted by Jamie from the Voice of the Child team?



The Kinship Forum begins on Thursday 23rd October 2025, we would love for you to join us. Please see page 6 for all the information you need such as, what it is, who can join, refreshments, support with travel and fun activities!!

LEONA AND RHIANNA

Leona and Rhianna are two of our lived experienced apprentices at Telford and Wrekin council.

The two will be your main people at these events as well as a manager always being present too!

They are here to help you have fun but most importantly to hear your voice to help improve the services you and other young people receive.



UPCOMING DATES / LOCATION

We meet once a month at Wellington Community Art Gallery, 8 Duke St, Wellington, Telford TF1 1BJ - a friendly space with snacks, games and activities.

7th October 2025: 4.00pm – 6.00pm

4th November 2025: 4.00pm – 6.00pm

2nd December 2025: 4.00pm – 6.00pm

WHO TO CONTACT IF YOUR INTERESTED?

Speak to your social worker and carer to contact us on your behalf or contact the team personally yourself:



07773 142637



@yourvoicematterstwc



YourVoiceMatters@telford.gov.uk



Telford & Wrekin
Co-operative Council

Protect, care and invest
to create a better borough

ARE YOU 8-14?



Would you be interested in joining our children in care council?

WHAT IS CICC?

CICC (Children in care council) is a group where children ages 8-14 can come together to

- share your experience and ideas
- help us improve services for them and other children
- work along side the adults to make things better

WHO CAN JOIN?

Any child in care that is ages 8 - 14 can join this group.

WHAT DO WE DO?

We do a lot of different fun activities you could get involved in but also:

- Talk about what matters to you
- Plan fun activities and events
- Work with adults to make things better

WHAT TO EXPECT?

On the first meet, you can expect to receive a welcome packet and a little moment where we can all get to know each other where you can share as much and as little as you want - we want you to feel comfortable.

You can also expect this to be a safe space for you and the others where we will respect and listen to you.

You can expect to work with the adults around and for them to hear your experience and views to help make an improvement in the future.

You can expect to do:

- cooking (pizza, cupcakes, brownies)
- arts and crafts
- seasonal activities
- playing games
- eating snacks!!!

A MESSAGE FROM US TO YOU

"We are both really excited to meet some of you and hear how things could be better for you and try to make that happen with your voice! We are also looking forward to all the fun things we are about to get up to as a group!"





Hi, I'm Jamie, and I'm part of the Voice of the Child Apprentice Team at Telford & Wrekin Council.

My role is all about listening to and representing the views of children and young people in care or receiving support from the council. I help run participation activities for children and young people, making sure their voice is heard where it matters most.

I'm proud to be leading the Kinship Forum, it's a vital part of my role and something very close to my heart. I understand how important it is for young people to have a space to share their views and experiences with the people who support us.

Your voice truly matters, and I'd love for you to be part of this. I'll be there every step of the way, and I can't wait to meet you and get started!



Once you have signed up to join our Kinship Forum, you will receive a welcome pack which will include information cards, a welcome letter and some surprises!

During our first meet we will take time getting to know each other where you can share as much or as little as your comfortable with. We will establish our groups ethos together so we can ensure everyone feels respected, safe, comfortable and most importantly happy to be apart of the group.

Contact Information

If you would like to be part of the forum, ask your Carer or Social Worker to contact us on your behalf, or reach out to the team directly using the information below



Mobile/WhatsApp: 07866982529

Instagram: [Yourvoicematterstwc](https://www.instagram.com/yourvoicematterstwc)

Email Address: yourvoicematters@telford.gov.uk

DATES AND VENUE INFORMATION

The Forums will take place on the 3rd Thursday of each month, 6pm until 7pm @ Parklane Centre, Woodside.

Our First Forum is:

THURSDAY 23RD OCTOBER

6PM – 7PM

Parklane Centre, Woodside, Telford

TF7 6QZ

We can help with Transport if required!

Please do get in touch with the team to sign up to our forum where we will be able to share our Terms of Reference and useful information.



Telford & Wrekin
Co-operative Council

Protect, care and invest
to create a better borough



Are you a young person in
a kinship arrangement
aged 11–17?

Why don't you be part of
our Kinship Forum!

Joining the Kinship Forum gives you a voice, helps you connect with others in similar situations and lets you make a real difference in shaping services for young people like you!



Telford & Wrekin
Co-operative Council

Protect, care and invest
to create a better borough

What is Kinship Care?



Kinship care is when a child or young person is looked after by a relative or close family friend because their parents are unable to care for them.

This could be a grandparent, aunt, uncle, older sibling or even someone else who already has a strong connection with the child.

It helps keep children in a familiar environment, often maintaining family bonds and cultural identity, which can be really important for emotional well-being.

So what will we be doing?

Providing a safe space to speak up: Giving young people the chance to share their views, experiences and ideas about being in kinship care.

Influencing change: Members help shape the services and support offered by Telford and Wrekin Council and other professionals.

Having Fun: Take part in fun activities and events designed around your interests.

Building Connections: Connecting young people with others in similar situations, helping them feel less alone and more empowered

Our forum is led by young people for young people!



Businesses, organisations and charities
across Telford and Wrekin have the chance
to make a difference to young care leavers.

CARE LEAVER COVENANT



We were truly grateful to be invited to the Care Leavers Covenant event, where Jamie and Liam led the way but also had the whole team speaking so confidently in front of everyone.

We heard about the fantastic work already being done to support care leavers, as well as some inspiring new pledges to help even more young people.

It was incredible to see so many people come together with the same goal, to support and empower care leavers. As always, we are so thankful.

And of course, a HUGE shoutout to all involved for making this amazing event possible!

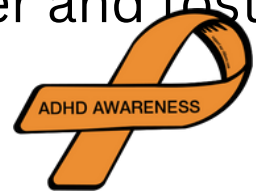


Monthly Awareness Campaigns

Breast Cancer Awareness Month: Dedicated to raising awareness about breast cancer and promoting early detection and treatment.



ADHD Awareness Month: Aims to increase understanding of Attention Deficit Hyperactivity Disorder and foster supportive environments.



Black History Month: Focuses on the history and achievements of Black people.



National Cholesterol Month: Promotes awareness of cholesterol levels and heart health.



International Walk to School Month: Encourages children to walk to school.



Global Diversity Month: Celebrates and promotes diversity and inclusion.





BRIGHTSPOTS SURVEY



Jamie and Liam are leading on the next Bright Spots Survey for looked after children aged 4-18.

We would love as many young people to take part in the survey and as a thank you, you will be entered into a prize draw! We've carefully chosen a selection of prizes tailored to different age groups!

To make things easier, we're in the process of arranging an event at Sutton Hill Community Centre for those who don't have internet access at home, you're welcome to come along. More information to follow in the next edition.

Important: this survey must be completed by the young person it's all about hearing their voice :)

Please get in touch with the team if you would like to find out more. yourvoicematters@telford.gov.uk

Research Participation Opportunity!

Care-experienced
individuals needed for a new
research study!



Help us learn more about:

Your experiences and opinions of placement changes within the UK care system.

You can participate if you:

- Are aged between 16-24 years old.
- Are care-experienced.
- Have experienced at least 2 placement changes in the UK care system.
- Can speak English fluently.

How will you help?

You will participate in a 45-60 minute interview discussing your experiences of placement changes. You will also have the chance to share your recommendations on how young people could be better supported through these changes.

Participants
will receive a

£25

voucher

For more information, or to participate, email
Cody Varnish at cv339@bath.ac.uk



Economic
and Social
Research Council



UNIVERSITY OF
BATH

This study has been approved by the Social Sciences Research Ethics Committee at the University of Bath: 2713-3901



RESEARCH OPPORTUNITY

Hi, I'm Jeremy – founder of [Socialheads](#), a social impact startup rethinking how professionals connect with young people online.



Right now, care and mental health workers often use everyday messaging apps or social media to stay in touch - tools never built for this kind of work. We want to change that.

We're building safer, trauma-aware communication tools. And we're doing it with the people who use them.

What we're doing

We've launched a short research project to understand what makes digital messaging feel safe, respectful and effective - and what doesn't.

We're now looking to speak to:

- ◆ Young people aged 18–25 with experience of care or professional support
- ◆ Care professionals working with young people in any capacity

What to expect

- 🗣️ 60-minute 1:1 research interview
- 📁 £20 voucher as a thank you
- 🔒 Anonymity, trauma-aware researchers, flexible approach
- 🧠 Insights that help us design better digital tools, shaped by lived experience

How to get involved

Young people - please complete this short form to express your interest:

<https://lnkd.in/ecjjNh2b> email : research@socialheads.co.uk



STEPLADDER PLUS

FINANCIAL EDUCATION PROGRAMME

Online financial educational programme - can be completed at own pace

For young people aged 15-17, who are currently in care

Must be working at Function Skills Entry Level 3 or equivalent

Incentivised Learning - can receive £750 for completing all six steps of the programme!

Gives opportunity to think about future plans for education, training & employment

Learn essential life skills such as budgeting, saving & financial awareness

Interactive quizzes, podcasts and writing plans for future!

Find out more..
<https://www.sharefound.org/stepladder-plus>

Contact Programme Manager:
natasha.richmond@sharefound.org



NEW TERM - NEW SKILLS

STEPPING FORWARD

PERFORMING ARTS FOR LIFE

A **online** performing arts programme for **young people aged 13-17** who are currently **in care**.

earn up to
£200 into
your
savings!

No prior
experience
needed

Work
rough at
your own
pace



SCAN TO GET STARTED



**OR WATCH
THIS CLIP TO
FIND OUT
MORE!**

Boost
confidence
& creativity

Build skills
for now &
the future

Videos
quizzes
reflective
question

The Student Engagement Programme are holding several craft sessions during October half term at House 1.

These sessions will be on:

Monday 27th October 2025 10am-12pm / 12.30pm-2.30pm

Tuesday 28th October 2025 10am-12pm / 12.30pm-2.30pm

Parents and carers can book a place for a young person by emailing: **bookingsfor.sep@taw.org.uk**

The sessions are open to any families with social care involvement.



Join us for our
Halloween craft session.

Where: House 1, Queensway,
Hadley, Telford, TF16AJ
When: Monday 27th October 2025
Time: 10am-12pm/12:30pm-2:30pm

Activities to include:
Halloween Arts and Crafts.
Halloween Baking.

Clothing:
Please wear appropriate
clothing. Things may get
messy!

The poster features a cartoon ghost, a witch, and Frankenstein's monster against a background of pumpkins and a full moon. A logo for the Student Engagement Programme is in the top left corner.



Join us for our
Halloween craft session.

Where: House 1, Queensway,
Hadley, Telford, TF16AJ
When: Tuesday 28th October 2025
Time: 10am-12pm/12:30pm-2:30pm

Activities to include:
Halloween Arts and Crafts.
Halloween Baking.

Clothing:
Please wear appropriate
clothing. Things may get
messy!

The poster features a cartoon ghost, a witch, and Frankenstein's monster against a background of pumpkins and a full moon. A logo for the Student Engagement Programme is in the top left corner.

Archaeology experience!
we will be doing a number of sessions
with the National trust @ Attingham
park

Wednesday 9th July
10am-2pm

Introduction and Geophysics

Monday 22nd September
09:45am-3:30 pm
Excavation

Monday 13th October
10am-2pm
Finds processing

Leavers come first age 16-25

 www.facebook.com/Leaverscomefirst

 www.instagram.com/leaverscomefirst/



TWCss.leavers@telford.gov.uk

www.telford.gov.uk/leaverscomefirst

Employment / Training

Supported internship – Starting this September!



Search apprenticeships

44,895 apprenticeships currently listed

What	Where
Enter a job or company	Enter a city or postcode
	Telford, Shropshire
Search	Browse by your interests instead

An apprenticeship is a paid job that combines on-the-job training with study, leading to qualification. It's a structured program where apprentices work alongside experienced professionals, gaining practical skills and knowledge while also dedicating time to formal learning and development, typically 20% of their working hours.

Search up :

<https://www.findapprenticeship.service.gov.uk/>
and you should be took to the image above! Put your desired location in to work and just search! A range of different apprenticeships will come up which you can apply for..

Are you looking for work?

Do you need training?

The Job Box in Southwater library are now doing supported internshipsthat you may be interested in.

But what is a supported internship?

They are basically an exciting opportunity to gain confidence and make steps towards a paid work placement

Speak to one of the Job Box advisors at Southwater One, Telford from:

Monday to Friday (10am-5pm)to find out more about them. Or call on 01952 388988



Indeed is a online website where you can job search! You can also upload your personal CV here and companies can reach out to you.

Job title, keywords or company	City or postcode	Find Jobs
---	---	--

You will be asked to put in a location for where you want to work or a job title. If you are looking to work in Telford simply type "Telford" OR if you know what job you want to do already, (for example) simply search in "hairdresser" and follow the steps to apply!

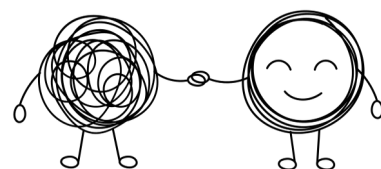
TELFORD COLLEGE

Telford also has a college. You can apply for apprenticeships through here or a range of other courses ranging from beauty courses to construction courses.

For more information, view their website!
<https://www.telfordcollege.ac.uk/>



HELP LINES!



Here are some additional contacts that may be use to you if you need any additional support. Remember it is ok to speak out and ask for support. You matter.



Shropshire domestic violence -
03003031191
24hr support - 08082000247

Support with addictions



03004564291
www.telfordstars.org



Are you in a
mental health
crisis?

NHS

111 - Mental health support 24/7

FREE online counselling



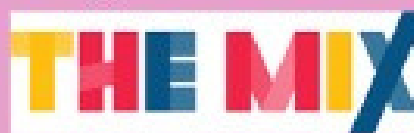
Anonymous online service
www.kooth.com

Support for suicidal thoughts



9am - midnight
08000684141
pat@papyrus-uk.org

Support for under 25s



www.themix.org.uk
08088084994

Emotional support 24/7



Free call 116 123
jo@samaritans.org

Support with personal crisis



www.youngminds.org.uk
Mon-Friday 9.30-4pm
08088025544

Mental health support



Mon-Friday 10am-5
07434869248
talk2@telford-mind.co.uk

Support to understand self-
injury



www.lifesigns.org.uk

IT'S OKAY
to ASK
for HELP

THE LINK

Personalised support for children and young people across Telford & Wrekin aged **13-18 (Year 9 - Year 13)** to build confidence, access advice, and connect with their community, helping them make informed choices about relationships, health, and wellbeing.



The team can support any child or young person who is at least two of the following:

Family history of teenage pregnancy | First sex before 16
Affected by Child Sexual Exploitation / Child Criminal Exploitation
Engaged with social care | Child in Care | Care leaver
Drug and/or alcohol use | Free school meal eligibility | Persistent school absence

Local support

Advice

Signposting

The Link supports Children and Young People navigating and accessing support in these areas:

- Healthy Relationships
- Emotional Wellbeing
- Sexual Health
- Housing & Finance
- Domestic Abuse
- Loneliness and Isolation
- Activity groups & community hubs
- Not in Employment, Education or Training

How to refer: Scan QR code or email
thelink@telford-mind.co.uk

If you want further information about this service or referrals, please email
thelink@telford-mind.co.uk
or call 07434 869248



Telford & Wrekin
COUNCIL


Telford17

HINTS AND TIPS

In this weeks edition, we have included a **mug cake** as well as a **Mindfulness activity - Deep Breathing Techniques!**

Mug Cake

Ingredients

- 4 tbsp self-raising flour
- 4 tbsp caster sugar
- 2 tbsp cocoa powder
- 1 medium egg
- 3 tbsp milk
- 3 tbsp vegetable oil
- or sunflower oil
- a few drops of vanilla essence
- or other essence (orange or peppermint work well)
- 2 tbsp chocolate chips
- nuts, or raisins etc (optional)



Method

- **step 1** - Add 4 tbsp self-raising flour, 4 tbsp caster sugar and 2 tbsp cocoa powder to the largest mug you have (to stop it overflowing in the microwave) and mix.
- **step 2** - Add 1 medium egg and mix in as much as you can, but don't worry if there's still dry mix left.
- **step 3** - Add the 3 tbsp milk, 3 tbsp vegetable or sunflower oil and a few drops of vanilla essence and mix until smooth, before adding 2 tbsp chocolate chips, nuts, or raisins, if using, and mix again.
- **step 4** - Centre your mug in the middle of the microwave oven and cook on High for 1½ - 2 mins, or until it has stopped rising and is firm to the touch.

Mindful activity

Deep Breathing – “Smell the Flower, Blow the Candle”

What You'll Need:

- A quiet space
- Optional: a real or pretend flower and candle (or printed images)

Step-by-Step Instructions:

1. Get comfy
2. Sit down with legs crossed or feet flat on the floor. Hands in your lap or on your knees.
3. Introduce the idea
4. Say: "We're going to use our breath to help our bodies feel calm and strong. Imagine you're smelling a flower and blowing out a candle."
5. Practice together
 - Smell the flower: Breathe in slowly through your nose (count 3)
 - Blow the candle: Breathe out gently through your mouth (count to 4)
6. Repeat 5 times
7. Use a soft voice to guide them:
8. "Smell the flower... blow the candle..."
9. "Smell the flower... blow the candle..."
10. Add a visual or movement
 - Pretend to hold a flower near your nose
 - Pretend to blow out a candle with your hand
11. End with a calm moment.
12. Say: "Notice how your body feels now. Is it quieter? Softer? That's your breath helping you feel safe."



Hey there! We want to hear from YOU!



Thanks for reading this edition of our newsletter—we hope you found something inspiring, helpful, or just plain fun!

Please can i remind you of the Local offer for care leavers: 
<https://www.telford.gov.uk/children-and-young-people/local-offer/who-is-the-local-offer-for/>

Got ideas? Thoughts? Something for to share which is helpful to other young people?

We'd love to hear from you! Whether it's:

- A cool tip or life hack you want to share
- A question you'd like answered
- A shout-out to someone awesome
- Or just your thoughts on what we should include next time...



Get in touch with the team!!

yourvoicematters@telford.gov.uk

