

# CARE EXPERIENCED YOUNG PERSON NEWSLETTER

Monday 26th  
January  
2026



## Welcome to this edition of our Leavers Come First Newsletter

This newsletter is packed with:

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

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

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# 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 across Children's Services!



### Recent Team Updates

We are currently co-producing new leaflets with Dandelions and practitioners to create parent and child versions for service area's. This helps us make sure all the right information is captured for you, your families, and your carers. We really enjoy this work and value being part of meaningful co-production.



Leona and Liam recently joined the Housing Team for a visit to CrossRoads.

We explored the accommodation together and from a young person's perspective, shared ideas on how to make the space feel more homely and inviting. There's still plenty to do, and we're continuing to work closely with teams to make improvements.

We are excited for this piece of work and will give regular updates in our newsletters!



Rhianna and Leona are preparing for the pamper session on the 2<sup>nd</sup> of February they are leading.

Please email us if you are interested to come along!

This will be held at the Leavers Lounge!



# LGBTQ+ YOUTH GROUP

Safe space for LGBTQ+  
youth

Ages 11-16  
Wednesday's  
4.30-5.30pm  
South Telford

Parent/ carers coffee &  
peer chat same time  
different room

Scan me



£1.00 donation

For more information please email  
[info@challengingperceptions.co.uk](mailto:info@challengingperceptions.co.uk)

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Co-operative Council



Awarded by



Telford & Wrekin  
Co-operative Council

# ***Siblings Day!***

***Siblings Day is all about bringing brothers and sisters together, especially those who haven't seen each other in a while.***

***Jamie took lead on the session which was held at Inflatation. He was the Lead Co-ordinator for sign-in, sign-out, and Fire Evacuation – so for a few hours, he transformed into the organiser of all things fun and safe.***

***As the session began, siblings arrived buzzing with excitement, ready to squeeze as much fun as possible into the time they had. The Inflatation bouncy castle turned into their main playground – within minutes there was running, bouncing, jumping and plenty of giggles echoing around the room.***

***Between rounds of wild inflatable adventures, everyone took a break to load up on pizza and ice cream!***

***Even in just a few hours, siblings made the most of every minute reconnecting, laughing and sharing their ideas about what they'd love to do at the next Sibling Day.***

***Overall, it was a action-packed event full of energy, teamwork and sibling fun. Sibling days are being planned so keep your eyes out for more information on the next one! ✨***



# CARE LEAVER JOURNAL PLANNING

WE ARE CREATING A JOURNAL  
JUST FOR YOU! WE NEED YOUR  
HELP TO DESIGN IT!

HELP!



**26<sup>th</sup> JANUARY**



**1pm - 2.30pm**



**THE LOUNGE**

Come along and be as artistic as you can! Help us design a logo for the new journals and speak about ideas!



Email Louise or [yourvoicematters@telford.gov.uk](mailto:yourvoicematters@telford.gov.uk)  
if attending!



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



Telford & Wrekin  
Cooperative Council



# Jenna Blair Yoga

EMPOWER HER!

Female only

Yoga session

Tuesday 27<sup>th</sup> January 4-5pm

143A Belle Vue Road SY3 7NN

Shrewsbury

Transport provided

Book your place!

[Louise.Bull@telford.gov.uk](mailto:Louise.Bull@telford.gov.uk)

07530097681



**Leavers come first age 16-25**



[www.facebook.com/Leaverscomefirst](http://www.facebook.com/Leaverscomefirst)

[www.instagram.com/leaverscomefirst/](http://www.instagram.com/leaverscomefirst/)



[TWCareLeavers@telford.gov.uk](mailto:TWCareLeavers@telford.gov.uk)  
[www.telford.gov.uk/careprogramme](http://www.telford.gov.uk/careprogramme)

## 25+ drop in

@ The leavers lounge meeting point  
house .

Need support with something?  
Questions about available services?

Just fancy a cuppa and chat?

Mondays 1-2:30pm

9<sup>th</sup> February

9<sup>th</sup> March

6<sup>th</sup> April

11th May

8<sup>th</sup> June

6th July

**Leavers come first age 16-25**



[www.facebook.com/Leaverscomefirst](https://www.facebook.com/Leaverscomefirst)



[www.instagram.com/leaverscomefirst/](https://www.instagram.com/leaverscomefirst/)



TWCareLeavers@telford.gov.uk

[www.telford.gov.uk/careexperience](http://www.telford.gov.uk/careexperience)



**Drop in session  
Leavers lounge  
Meeting point house  
Telford**

**1<sup>st</sup> Tuesday of every month 11:00-12:00**

**Recharge offer young people a safe place to talk confidentially about their issues around substance use, living with a family member in addiction or other things they are using to cope that have become unmanageable and problematic.**

**Leavers come first age 16-25**



[www.facebook.com/Leaverscomefirst](https://www.facebook.com/Leaverscomefirst)

[www.instagram.com/leaverscomefirst/](https://www.instagram.com/leaverscomefirst/)



[TWCareLeavers@telford.gov.uk](mailto:TWCareLeavers@telford.gov.uk)

[www.telford.gov.uk/careexperience](http://www.telford.gov.uk/careexperience)



## LCF Football sessions

**1-3pm Tuesdays**

**3<sup>rd</sup> February**

**3<sup>rd</sup> March**

**14<sup>th</sup> April**

**5<sup>th</sup> May**

**2<sup>nd</sup> June**

**7<sup>th</sup> July**

**Madeley 3G pitch Court street Telford TF7 5EE**

**Transport provided if required**

**Leavers come first age 16-25**



[www.facebook.com/Leaverscomefirst](https://www.facebook.com/Leaverscomefirst)

[www.instagram.com/leaverscomefirst/](https://www.instagram.com/leaverscomefirst/)



[TCareLeavers@telford.gov.uk](mailto:TCareLeavers@telford.gov.uk)

[www.telford.gov.uk/careexperienced](http://www.telford.gov.uk/careexperienced)



# SEVERN TRENT

**Monday 9<sup>th</sup> March 11am-1pm @ the  
leavers lounge meeting point house**  
**Severn Trent will be delivering a number  
of sessions to support you in the  
workplace, education and day to day life  
with confidence, communicating,  
relationships and personal brand.**

**The first session is around  
“Communicating with confidence”  
Let me know if you would like to take  
part!**

**Louise.Bull@Telford.gov.uk  
07530097681**

**Leavers come first age 16-25**



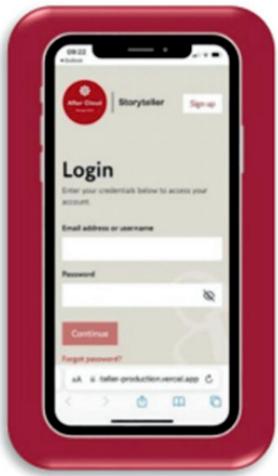
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[www.instagram.com/leaverscomefirst/](http://www.instagram.com/leaverscomefirst/)



[TWCareLeavers@telford.gov.uk](mailto:TWCareLeavers@telford.gov.uk)

[www.telford.gov.uk/careersexperience](http://www.telford.gov.uk/careersexperience)



# Your Story Matters

## Discover the Coram Storyteller App

Life can be full of changes, and sometimes it's hard to keep hold of the special moments that make you who you are. That's where the Coram Storyteller App comes in!

This app is designed for young people in care to save memories, share feelings, and tell their own story in a safe and creative way. You can upload photos, videos, voice notes, and messages to build a timeline that's all about you.

### Why is it great for you?

Keep your memories safe – No more losing those important pictures or videos.

Express yourself – Share your thoughts and feelings in your own way.

Celebrate your journey – Look back on your achievements and milestones.

Stay connected through changes – Moving to a new home? Your story moves with you.

### How to get started

The app is called "After Cloud: Storyteller" and is available on the Apple App Store.

To keep everything safe, access is usually set up through your local authority or care team.

Interested? Speak to your social worker, carer, or support team—they'll help you get started.

**Your voice matters. Your story matters. Keep it safe with Storyteller.**

# Participation Forums



Protect, care and invest  
to create a better borough

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

**You'll find our latest leaflets attached on pages 10-11. 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](mailto:yourvoicematters@telford.gov.uk). We'd love to hear from you!**



**The next Children In Care Council 8-14 is:**

**Join  
US!**

**Tuesday 3<sup>rd</sup> February  
4-6pm**

**Joining the Children in Care Council is about having fun, making friends and making sure your voice is heard. You can help make things better for yourself and others.**



**Led by young people, for young people!**

**There's still spaces for more to be part of our council.. See page 10 to learn more about us and how to join!**



**Being part of our Kinship forum isn't just about meetings - it's about creating a community where your voice matters, your experiences are valued, and your future is supported.**

**The forums are monthly:  
Our next session is Thursday 19<sup>th</sup> February!**

**Thinking of joining? There's still spaces, look on page 11 for contact information for Jamie who leads the sessions and find out more!**

## 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 TF11 1BJ - a friendly space with snacks, games and activities.

First Tuesday of every month

4pm - 6pm

## 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

## 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

## 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!"



## 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



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 you're comfortable with. We will establish our group's 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](mailto:yourvoicematters@telford.gov.uk)

### DATES AND VENUE INFORMATION

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

Our First Forum is:

THURSDAY 23<sup>rd</sup> 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.



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!

## 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!





**The Care Leavers Association is a national user led charity aimed at improving the lives of care leavers of all ages. We bring together the voices and experiences of care leavers to support care leavers of all ages, improve the current care system and change for the better society's perception of people in care.**

**We work with individuals through our specific projects, campaigns, lobby and advocate for change at all levels of government and provide training and awareness for a range of organisations.**

**If you would like to find out more, contact the office by email:**

**[info@careleavers.com](mailto:info@careleavers.com) or call on 0161 826 0214**

**Care Leavers Connected Magazine is produced by care leavers for care leavers. It is a safe space to share our stories, ambitions, and tips to support and celebrate everyone in our community. Its published every quarter.**

**You can download all the previous issues below. If you would like to submit an article contact [connected@careleavers.com](mailto:connected@careleavers.com)**

**VIEW:**

**<https://www.careleavers.com/>**

# 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





# MALINSLLEE MOVERS

A fun exercise class that uses basic movements to improve balance, core strength and fitness, with Becky Young.

In the Community Space in St Leonard's Church,  
Alma Avenue,  
Malinslee,  
TF4 2DU

**every Wednesday morning from 10 – 10.45am**

**Just £3 per session**

All welcome. Suitable for all ages and abilities.  
No booking required.

**FOR MORE DETAILS CALL: 01952 416370**





# Healthy Minds, Healthy Bodies

**STARTING IN JANUARY 2026**

Drop into the Community Space in St Leonard's Church,  
Alma Avenue, Malinslee, TF4 2DU

**every Wednesday morning from 21 January 2026,  
10:45am to 11:45am**

for a free hot / cold drink and snack, plus friendly conversations  
with others

There will be people there to talk to about your health, wellbeing  
and social care needs, such as the local vicar, Wrekin Housing  
Group, Telford Mind, Citizens Advice, the Healthy Lifestyles Team  
and more

**For more details call 01952 416370 or email  
[jo@telfordchurch.co.uk](mailto:jo@telfordchurch.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](mailto: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  
through at  
our own  
pace

Boost  
confidence  
& creativity

Build skills  
for now &  
the future

Videos  
quizzes  
reflective  
questions



**SCAN TO GET STARTED**



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

# Employment & Training opportunities

## Supported internships



## Search apprenticeships

44,895 apprenticeships currently listed

What	Where
Enter a job or company <input type="text"/>	Enter a city or postcode <input type="text" value="Telford, Shropshire"/>
<input type="button" value="Search"/>	<a href="#">Browse by your interests instead</a>

**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 internships that 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*



Job title, keywords or company  City or postcode

*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!*

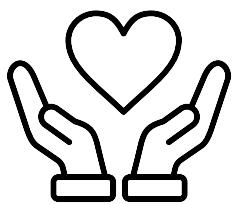
*Indeed is a online website where you can job search! You can also upload your personal CV here and companies can reach out to you.*

# TELFFORD COLLEGE

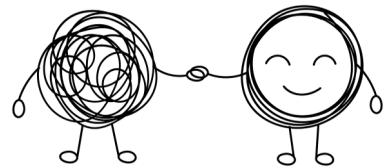
*Telford also has a college. You can apply for apprenticeships through here or a range of other courses ranging from beauty courses to construction courses.*

*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](http://www.telfordstars.org)



NHS  
Are you in a  
mental health  
crisis?

111 - Mental health support 24/7

FREE online counselling



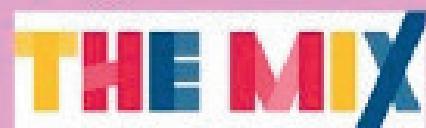
Anonymous online service  
[www.kooth.com](http://www.kooth.com)

Support for suicidal thoughts



9am - midnight  
08000684141  
[pst@papyrus-uk.org](mailto:pst@papyrus-uk.org)

Support for under 25s



[www.themix.org.uk](http://www.themix.org.uk)  
08088084994

Emotional support 24/7



Free call 116 123  
[jo@samaritans.org](mailto:jo@samaritans.org)

Support with personal crisis



[www.youngminds.org.uk](http://www.youngminds.org.uk)  
Mon-Friday 9.30-4pm  
08088025544

Mental health support



Mon-Friday 10am-5  
07434869248  
[talk2@telford-mind.co.uk](mailto:talk2@telford-mind.co.uk)

Support to understand self-  
injury



[www.lifesigns.org.uk](http://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



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](mailto:thelink@telford-mind.co.uk)

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



NEW!

# 18-25 Calm Cafe



Are you aged 18-25 years old and in need of mental health support?

Telford Mind, A Better Tomorrow and Telford & Wrekin Adult Social Care are delivering a new Calm Cafe for young adults aged 18-25 Years.

Calm Cafes are available for anyone 18 years and older who find themselves in crisis or who are in need of support with their emotional/mental health to prevent a crisis.

## Cafe locations, days and times:

Wednesday

Thursday

1pm-3pm

5pm-7.45pm

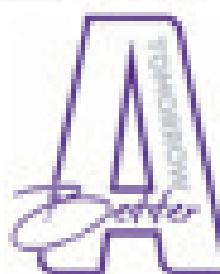
Dawley  
Town Hall

Meeting  
Point House

TF2 7PR

TF3 4HS

For further information or to refer please contact:  
[talk2@telford-mind.co.uk](mailto:talk2@telford-mind.co.uk) or call 07434 869248



# HINTS AND TIPS

In this weeks edition, we have included a easy recipe as well as a Mindfulness activity!

## Spagbol!



### Ingredients

- Minced beef
- Onion (chopped)
- Garlic (optional)
- Tin of chopped tomatoes
- Tomato purée
- Spaghetti
- Salt & pepper

### Instructions

1. Cook the onion in a pan with a little oil until soft.
2. Add the mince and cook until brown.
3. Stir in tomato purée and the chopped tomatoes.
4. Season with salt and pepper.
5. Let it simmer for 10-15 minutes.
6. Cook the spaghetti in boiling water until soft.
7. Drain the spaghetti and serve with the sauce.

## The Five Senses Grounding Activity

This activity helps a young person feel calm, present, and in control by focusing on their senses.

### How to do it:

1. Sit somewhere comfortable – a bed, sofa, or even the floor.
2. Take a slow breath in...and out.
3. Then follow the steps:

1. Look for 5 things you can see

Example: a lamp, a sock, a book, the window, your hands.

2. Notice 4 things you can feel

Example: the chair, your clothes, your hair, your feet on the floor.

3. Listen for 3 things you can hear

Example: the fridge humming, cars outside, your breathing.

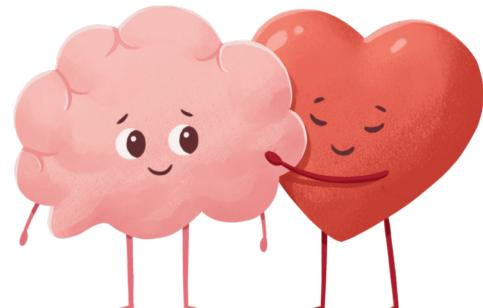
4. Find 2 things you can smell

Example: a candle, the air, food cooking.

(If you can't smell anything, think of your favourite smell!)

5. Notice 1 thing you can taste

Example: water, toothpaste, a mint, or just the taste in your mouth.



# 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!!**

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