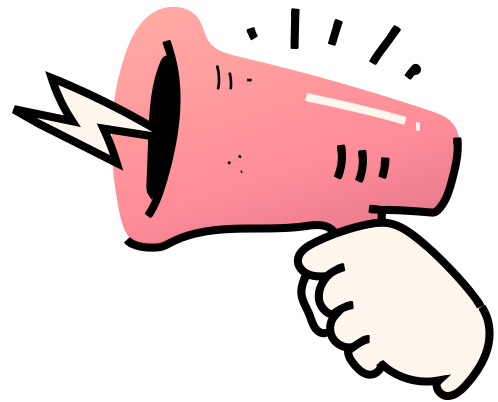


Young Peoples Newsletter

MONDAY 22ND
SEPTEMBER
2025



Welcome to our Young People's Newsletter - it is separate to our Leavers Come First Newsletter - and is for ALL YOUNG PEOPLE!

This newsletter is packed with:

- 🍕 Chances to get involved with upcoming activities and events
- 📁 Opportunities to build your future
- 🧠 Tips and tricks for everyday life
- 💬 A chance to hear from the Voice Of the Child Apprentice Team!

**We believe every 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, 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!



Over the next few weeks, we'll be presenting at a bunch of council-led events and meetings including the CLC Business Event.

We recently took part in the Annual Fostering Conference, where we showcased some of the amazing work we've been doing. You can read more about that below! We love having the chance to highlight the important stuff we're involved in.

As part of our role as Voice of the Child Apprentices, we've been working hard to create leaflets that explain important things in a way that makes sense to young people like what a Special Guardianship Order is, or what a Kinship Foster Carer does.

We know how important it is that young people get clear, honest info that's easy to understand. That's why we're making sure these leaflets are friendly, readable and packed with the right messages.



Recent Activities



Annual Fostering Conference 2025

Our team had the incredible opportunity to present at the Annual Fostering Conference. For some of us, it was our first time speaking in public, which was a big step but we were proud to stand up and share our voices. We spoke directly to foster carers about who we are, what we do as Voice of the Child Apprentices and why our role matters. We also shared a bit about our own experiences, which helped carers understand things from a young person's point of view. After the presentation, we received amazing feedback from foster carers. Many told us they felt more motivated and inspired after hearing from us, which meant so much. It reminded us why we do what we do to make sure young people's voices are heard and understood.

It was also a pleasure to see some familiar faces in the room, people who continue to do incredible things every day. And we were lucky to hear from keynote speaker Nick Barwick, a former foster child who is now a motivational speaker and advocate. Nick shared his powerful story and reminded everyone of the lasting impact that care and support can have on a young person's life.

Overall, it was a fantastic event and a real honour to be part of it. We're excited to keep sharing our work and making a difference one conversation at a time



Leona and Rhianna took part in the Young Persons Panel, where the theme was "Releasing Your Ambitions." Together with the young people, we explored what ambition means, discussed their personal goals, and created a mood board to capture their aspirations. The group had some fantastic conversations, and we're excited to continue supporting and inspiring each other at future sessions!



Rhianna visited Keele University to gain insight into their Business Covenant event, exploring new ideas and opportunities for the future.

September Awareness days

Behaviour Awareness Week Monday 22nd - Thursday 25th September



What is Behaviour Awareness Week?

Great Minds Together (GMT) launched Behaviour Awareness Week (BAW) with the purpose of fostering awareness and a deeper understanding of behaviour in children and young people.

BAW serves as a platform to encourage educators, parents, policymakers, and communities to rethink their approaches to managing behaviour in children and young people.

Great Minds Together have some fantastic Podcasts to listen to on a range of topics including, neurodiversity in young people, mental health and communities. Click [here](#) to listen to the podcasts!



Cycle to School Week Tuesday 23rd - Friday 26th September



What is Cycle to School Week?

Cycle to School Week is a nationwide initiative that promotes cycling as a preferred mode of transportation for schoolchildren. It is designed to highlight the numerous benefits of cycling, including improved physical fitness.

World Contraception Day Friday 26th September

What is World Contraception Day?

World Contraception Day is an international campaign that focuses on the importance of contraception and reproductive health. The event aims to educate people of all ages, genders, and backgrounds about the various contraceptive methods available, their benefits and how to access them.



Useful Information



The Children's Autism Hub is available to children and young people aged 0-18 and their families, who have a formal diagnosis of Autism, or those who are on the Autism assessment pathway.

For individuals who have other needs, for example, a learning disability, the Autism Hub will provide support in respect of their Autism.

Telford Children's Autism Hub supports individuals and their families/carers by:

- Giving helpful, relevant advice, information and signposting
- Providing workshops where young people and families can receive support in a group setting
- Supporting parents to plan and implement strategies within the ASD care plan
- Facilitating group support for children and young people and their parents/carers



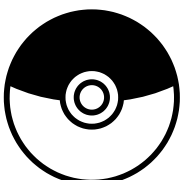
Have You Checked Out the Boardroom Gaming Café in Wellington?

It's a brilliant spot for all ages whether you're into reading, board games, or joining in on fun weekly activities.

There's always something going on!

Want to know more? Visit their website [here!](#)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chess Community  4pm - 9pm Community Chess for all ages and skill levels to learn and just enjoy the game	Weekly Wordy 10am-1pm play classic word based games like Scrabble or some new ones like Word Up and more! £2.50 for game play, standard hot drink and toast.	Parents & Peewees 10am-12pm chance for parents and guardians to socialise & toddlers to have a little fun with a load of toys. £2.50 per adult with unlimited standard hot drinks, squash and toast.	Did you know? We host birthday parties! Yes, we have a selection of Birthday, bookable activities and team builds! Get in touch if you want more info! Also we host a Learning Dept! Also yes, we offer a range of learning based programs that can be bought to you at school, village hall etc! ROLL <i>Look out 2024!</i>	Fiver Friday Available all day. £5 game play for 2 hours for a table of up to 4 guests. Additional guests will be charged the standard rate. £5
Meet up Mondays From 5pm onwards come and meet like minded people to play games and socialise.	Pokémon Play  6pm - close. Casual play of the TCG Pokémon. Available for all ages and abilities. (Promos available for Pokémon ID registered players.)	Casual TCG Play 5pm onwards, we play host to everything Trading Cards for casual based play. 	Lorcana Casual play from 5pm and Organised Play League from 6-30pm Bloodbowl 6pm Bloodbowl social includes casual play and mini painting/building. 	Friday Night Magic 6pm - close Casual play. Available for all ages and abilities 

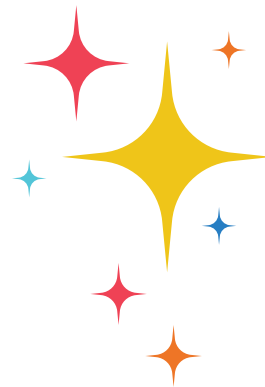


Useful Information



Challenging Perceptions is a registered charity who provide services for Children and Young People with mental health, Learning Disabilities, and Autism needs. Youth well-being & peer support group for 6 – 16 year olds and meets every Tuesday evening.

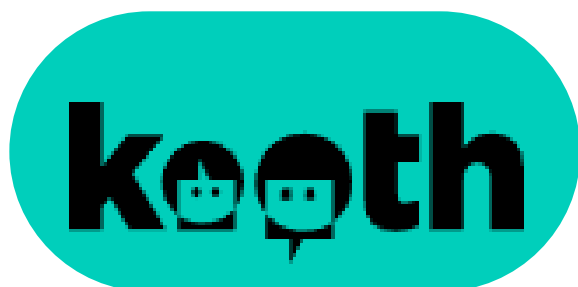
Visit their website to find out more information, including opening times and contact details: Click [Here](#)



Have you heard of Shropshire Youth Support Trust?

Shropshire Youth Support Trust (SYST) is a registered charity dedicated to empowering young people aged 16 to 30 across Shropshire, including Telford and Wrekin, who are not currently in education, employment, or training.

Why don't you visit their website to have a look at what opportunities they could support you with? Click [Here](#) to find out more!



Kooth is an free online support and counselling app, full of useful information including personal experiences written by young people. You can write about your own experiences, likes and dislikes, hobbies and more through your online journal.

Kooth is a great way to join in on conversations with other young people around topics such as anxiety, hobbies and relationship advice.



To sign up for free today, click [here](#)

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

 **Mind**⁷
Telford

Youth Groups in Telford and Wrekin

These clubs offer a mix of games, socialising, creative activities, and support for young people across different age groups. You will need to contact the youth group prior to attend, all the information you need is provided on the Youth Local Offer website, click [here](#) for the link!

Arleston Youth Club – Ages 11–16, Mondays 4:30–6:30pm, Arleston Community Centre
Brookside Junior & Senior Youth Clubs – Mondays, Brookside Central
FunZone Stirchley – Ages 5–18, multiple sessions throughout the week, Sambrook Centre
Great Dawley Town Council Youth Club – Ages 11–16, Mondays & Thursdays, Dawley Town Hall
Next Gen Youth Club – Ages 11–16, Mondays, Park Lane Centre
Newport Hub Youth Group – Ages 9–13, Mondays, The Hub Newport
Leegomery Youth Club – School Years 6–8, Wednesdays, Leegomery Community Centre
Lightmoor Village Junior & Senior Clubs – Wednesdays, Oak Tree Centre
Donnington & Muxton Youth Club – Ages 8–16, Thursdays, Donnington Community Hub
Frantic Friday Youth Club – Last Friday of each month, Madeley Baptist Church
Awaken Youth – Ages 11–18, Tuesdays, The Hub Brookdale
Anstice Junior & Senior Youth Clubs – Tuesdays, The Anstice, Madeley



Youth Voice & Advocacy Groups

Young people in Telford & Wrekin have powerful platforms to make their voices heard, influence decisions, and access support through a range of advocacy and youth voice groups. If you would like to find out more or see if there is an opportunity to join the forum/groups... visit the youth offer website for more information - Click [Here](#).

Young People's Forum – Ages 11–19, Fortnightly Wednesdays, The Wakes, Oakengates
Shout Out Young People's Group – For young people with SEND, Family Zone, Telford Centre
Telford & Wrekin Interfaith Council Youth Clubs – Junior & Senior groups, Mondays, Wellington



Employment and Training Opportunities



FUTURE FOCUS

What is FutureFocus?

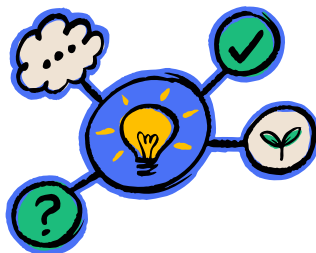
A free, impartial careers support service for young people aged 16–19 (or up to 25 with additional needs) living in Telford.

How can they help?

FutureFocus Advisers offer confidential guidance on:

- **Career and education options**
- **Apprenticeships and training**
- **Job searching, CVs, and interview skills**
- **Overcoming barriers to learning**
- **Building confidence and communication skills**
- **Involving family in your learning plan (if needed)**

Want to know more? Click [Here](#)



Juniper

Juniper Training is a well-established training provider with a centre in Telford, dedicated to helping young people kickstart their careers and achieve their ambitions.

With over 40 years of experience, Juniper specialises in delivering a wide range of training programmes, apprenticeships, and employability support tailored to the needs of young people.

Click [Here](#) to find out more.



Learn Telford offers a range of courses and support to help young people in Telford and Wrekin develop new skills, gain qualifications, and improve their employability. From essential skills like English, maths, and digital literacy to vocational training and personal development.



HINTS AND TIPS

In this weeks edition, we have included a quick and easy recipe for Cheesy Mash Pie and mindful breathing techniques

Easy Cheesy Mash Pie

Ingredients:

- 1 kg potatoes, peeled and chopped
- 50 g butter
- 100 ml milk
- 150 g grated cheddar cheese (plus extra for topping)
- 1 onion, finely chopped (optional)
- Salt and pepper to taste

Optional extras:

Add cooked bacon, chopped spring onions, or tomatoes for extra flavour.

Instructions:

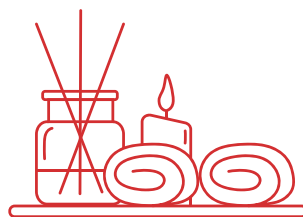
1. **Boil the potatoes** in salted water until soft (about 15–20 minutes). Drain well.
2. **Mash the potatoes** with butter and milk until smooth.
3. **Stir in the cheese** (save a little for the topping), and season with salt and pepper.
4. **(Optional)**: Fry the onion until soft and mix into the mash.
5. **Spoon the cheesy mash** into a greased ovenproof dish. Top with the remaining cheese.
6. **Bake** at 200°C (180°C fan/gas mark 6) for 20–25 minutes, until golden and bubbling.
7. **Serve hot**—great on its own or as a side with sausages, chicken, or veggies!



DIY SPA DAY

What you'll need:

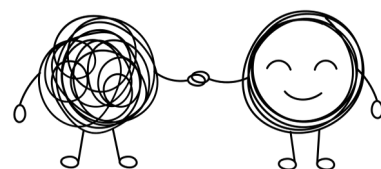
- A clean towel
- Your favourite face mask (store-bought or homemade, e.g., mashed banana and honey)
- A bowl of warm water
- Cucumber slices or cooled tea bags (for your eyes)
- Relaxing music or a playlist
- Scented candle or essential oil (optional)
- Moisturiser or body lotion
- Comfy clothes or pyjamas



Put it all together and enjoy a relaxing, self care day/evening!



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



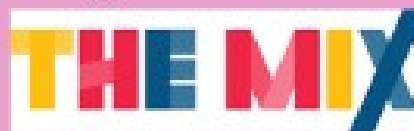
Anonymous online service
www.kooth.com

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

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!

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

