

CARE EXPERIENCED YOUNG PERSON NEWSLETTER

Tuesday 28th
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.

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VOICE OF THE CHILD

APPRENTICE TEAM



Leona Jones



Jamie Perkins



Liam Bradley



Rhianna Nielsen

Hello!

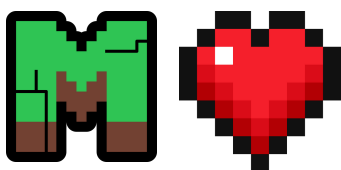
We are the Voice of the Child Apprenticeship Team, a group with real lived experience. We're here to make sure you feel heard and to shout about things that could be better and ensure that your voice is at the heart of everything that is happening in children's services!

Recent Team Updates



Our team has been busy planning exciting, fun and meaningful activities and workshops ready for National Care Leavers Month which starts 1st November 2025!

See Pages 3-8 for more information!



Liam will be hosting our very first Minecraft participation event this week, and we're thrilled to welcome everyone who signed up! We can't wait to see you there!



We're Off to the Awards!

We're thrilled to be attending the Telford & Wrekin Employee Awards on 6th November- and even more excited to share that we've been nominated for the "Team Awesome" award!

Wish us luck!



Leona will be attending the spooky celebrations at Leavers Lounge on Thursday, which includes pumpkin carving, slime making and a spooky movie! This event is exclusively for care leavers aged 16-25.

If you'd like to join the fun, head over to the Leavers Come First Facebook page for all the details:

👉 www.facebook.com/leaverscomefirst



National Care Leavers Month

November 2025

National Care Leavers Month (NCLM) 2025 will take place throughout November and will focus on the theme **"Rising as Me: Overcoming challenges, transforming and finding your identity"**. This new month-long event, an evolution from National Care Leavers Week, aims to provide more time to highlight the experiences and needs of care-experienced individuals through events, workshops, and awareness-raising activities, according to the National Leaving Care Benchmarking Forum.



PROGRAMME

See below for programme of events which aligns with national awareness days and includes workshops, activities, and events designed to support care leavers in their journey to independence and self-discovery.

KATIE COOK - CHILDRENS CHAMPION - KATIE.COOK@TELFORD.GOV.UK
LOUISE BULL - PARTICIPATION COORDINATOR - LOUISE.BULL@TELFORD.GOV.UK

VOICE OF THE CHILD TEAM
YOURVOICEMATTERS@TELFORD.GOV.UK

Programme

27-31 October half term

MONDAY 27 OCT

Football friendly with Walsall @
Oakengates Leisure Centre



2PM - 4PM

THURSDAY 30 OCT

Pumpkin carving, slime making
and a spooky movie! @ Leavers
Lounge

12PM - 4PM



MOVEMBER

LEAVERS

COME

FIRST

Raising awareness for men's mental
and physical health — award for the
biggest mustache during our finale
event. Get growing!



National Care Leavers Month - November 2025

Programme

3 - 7 November health and wellbeing

TUESDAY 4 OCT



Tennis activity @ Oakengates Leisure Centre

11AM - 1PM

Woodland exploration and outdoor cooking session @ Wrekin Scout Camp, Little Wenlock

4PM - 7PM



WEDNESDAY 5 OCT

Mindfulness technique workshop delivered by the voice of the child team @ Leavers Lounge

2PM - 4PM

THURSDAY 6 OCT



Housing advice drop in @ Leavers Lounge

1PM - 4PM

Yoga session @ Shrewsbury

3.30PM - 4.30PM



National Care Leavers Month - November 2025

Programme

10- 14 November - identity and belonging

MONDAY 10 OCT

Lived experience podcast - overcoming challenges and 'rising as me' @ Leavers Lounge

12PM - 2PM



THURSDAY 13 OCT

Creative workshop-making and displaying your own vision board @ Leavers Lounge

12.30 PM - 3.30 PM



National Care Leavers Month - November 2025

Programme

17 -21 November - future pathways and self awareness

MONDAY 17 OCT

Baby first aid and accident prevention course @ Leavers Lounge 10.30AM-2PM



TUESDAY 18 OCT

CV writing and career support @ Leavers Lounge 11AM-1PM

Landua visit to discuss mentoring and employment opportunities @ Leavers Lounge 2PM-3PM

Internship session @ Leavers Lounge 3PM-4.30PM

WEDNESDAY 19 OCT



Wolverhampton Uni visit @ Leavers Lounge 12MIDDAY

THURSDAY 20 OCT

Shropshire Wildlife Trust Visit - careers and volunteering opportunities @ Leavers Lounge 1PM-3PM

Yoga session @ Shrewsbury 3.30PM-4PM



National Care Leavers Month - November 2025

Programme

24- 28 November - skills for life and finale event

MONDAY 24 OCT



Tastes from around the world - cooking session @ Horsehay Village Hall

11AM - 2PM

TUESDAY 25 OCT



LEAVERS

COME

FIRST

Online safety and social media awareness presentation @ Leavers Lounge

12PM - 3PM

THURSDAY 27 OCT

Football session
@ Madeley, Court Street

1PM - 3PM



Finale celebration - awards, task master and music @ Horsehay Village Hall

5PM - 7PM



National Care Leavers Month - November 2025

Participation Forums



Telford & Wrekin
Co-operative Council

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. We'd love to hear from you!



Rhianna and Leona are excited for the next Children in Care Council for age 8-14 which is:

Tuesday 4th November

4pm - 6pm



We will be creating Firework & Bonfire pictures!

There's still time to join... See page 10 to learn more about our 8-14 Children in care council and how to join!



Jamie led the first Kinship Forum for ages 11-17, it was a fantastic evening with the group making friends, creating spooky artwork, playing pool and establishing what matters most to them. We used this to embed our "Forum Rules".

We are very much looking forward to the next session which is:

Thursday 20th November

5pm - 7pm

There is still time to join and be part of the forum, see information leaflet on page 11 for more information!



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



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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!



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Co-operative Council

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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!



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.





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 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

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



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

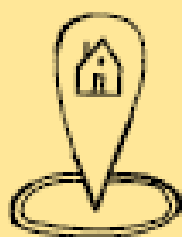
Videos
quizzes
reflective
questionnaires

Article 39 Rights Nights

A small, relaxed, online space where you can find out about the law, and share ideas about strengthening children's rights.



Our upcoming Rights Nights...

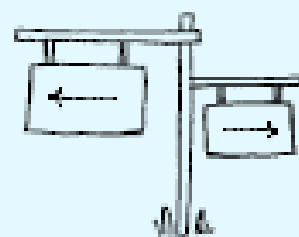


Your rights, your home

Explore your rights in care and living in accommodation that suits your needs.

**Wednesday 12 November 2025,
5-6pm on Zoom**

- ★ Are you in care?
- ★ Are you between 13 and 17 years old and live in England?
- ★ Want to know more about your rights in care?
- ★ Have ideas for making rights stronger?



Your future, your entitlements

Explore your rights and what support is available to you as a care leaver.

**Tuesday 18 November 2025,
5-6pm on Zoom**

- ★ Are you in care or a care leaver?
- ★ Are you between 16 and 26 years old and live in England?
- ★ Want to know more about your rights when leaving care?
- ★ Have ideas for making rights stronger?

To join us, get in touch with Millie at millie.hall@article39.org.uk, or go to our Article 39 events webpage by clicking [HERE](#).

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 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 against a background of pumpkins and a full moon. A logo for the Student Engagement Programme is in the top left corner.

Employment & Training opportunities

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 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

indeed

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!

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.

TELFORD COLLEGE

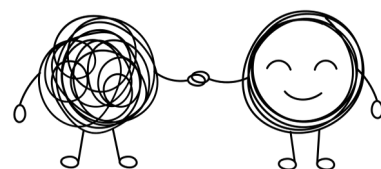
Telford also has a college. You can apply for apprenticeships through here or a range of other courses ranging from beauty courses to construction courses.

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



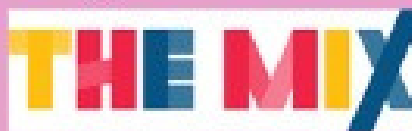
Anonymous online service
www.kooth.com

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


Telford²²

HINTS AND TIPS

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

Beef Stew

Ingredients

- 500g (1 lb) beef stew meat (cut into bite-sized pieces)
- 2 tablespoons vegetable oil
- 1 onion, finely chopped (optional or use a small amount for flavor)
- 2 carrots, peeled and sliced
- 2 potatoes, peeled and cubed
- 1 cup beef broth (low sodium if preferred)
- 1 cup water
- 1 tablespoon tomato paste (optional for a mild flavor boost)
- 1 teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon garlic powder (optional)
- 1 teaspoon dried parsley or thyme (optional for a gentle herby flavor)
- 1 tablespoon flour (to thicken)



Method

- **Brown the beef:** In a large pot, heat the oil over medium heat. Add the beef and cook until browned on all sides (about 5-7 minutes).
- **Add vegetables:** Stir in the onion (if using), carrots, and potatoes. Cook for 2-3 minutes.
- **Add liquids and seasoning:** Pour in the beef broth and water. Stir in tomato paste (if using), salt, pepper, garlic powder, and herbs.
- **Simmer:** Bring to a boil, then reduce heat to low. Cover and simmer for 45 minutes to 1 hour, or until the beef and vegetables are tender.
- **Thicken the stew:** Mix the flour with a few tablespoons of cold water to make a slurry. Stir it into the stew and cook for another 5-10 minutes until thickened.
- **Taste and adjust:** Check seasoning and adjust if needed. Serve warm with bread or rice.

Mindful activity

Candle in the Haunted Hall

Visualize walking through a quiet, haunted hallway holding a glowing candle.

- Inhale slowly, imagining the flame growing stronger.
- Exhale gently, letting shadows and worries fade.
- With each breath, feel more grounded and calm.
- If a "ghost" thought appears, acknowledge it, then let it pass like mist.
- End by visualizing stepping into a peaceful space beyond the hall.



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

