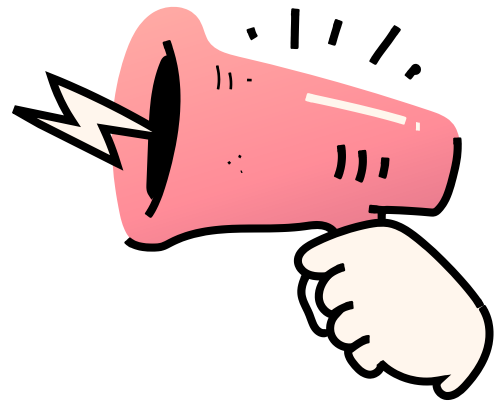


Young Peoples Newsletter

MONDAY 6TH
OCTOBER
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!



Team Away Day at Little Wenlock Scout Camp 🌿🔥 Yesterday, our team enjoyed a brilliant away day at Little Wenlock Scout Camp a chance to step away from our usual routines and spend quality time bonding and connecting



Have you heard of Kinship Care?
Kinship Care Week runs from 6th –12th Oct 2025. Kinship carers who are family or friends step in during times of crisis to care for children when parents can't. This week celebrates their vital role. Our team is proud to support kinship young people through activities and forums that promote connection and empowerment.



Celebrating Team Excellence We're proud to share that our team was nominated for the Team Excellence Award by Jo Britton, Executive Director for Children's Services, at the West Midlands Regional ADCS Network.



Leona is moving into her own home this week, we are all so proud of you!



Recent Activities



AMAZING

Last week we were truly grateful to be invited to the care leavers covenant event. Jamie and Liam led the way but also Rhianna and Leona welcomed and introduced the team!

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

It was incredible seeing so many people come together with the same goal- to support and empower care leavers as always we were so thankful we got given this opportunity!

HUGE shout out to Courtney our project officer for making this event possible

What is the Care leavers covenant?

The Care Leaver Covenant (CLC) is part of the government's keep on caring strategy to support people leaving care to become independent.

It allows public, private and voluntary sector organisations to pledge support, including:

- apprenticeships
- work experience
- free or discounted goods and services

All support given through CLC will help care leavers to make a transition to independence. This ranges from CV training to accommodation for care leavers in higher education.

Every care leaver has a personal adviser who can provide information on CLC offers.

CLC complements the offers that local authorities make to care leavers.

October Awareness days

National vegetarian week

Wednesday 1st – Tuesday 7th October

100%
VEGETARIAN

What is National Vegetarian week?

National Vegetarian Week is an annual UK-wide campaign run by The Vegetarian Society, taking place from October 1st to 7th each year, to encourage people to try vegetarian and plant-based foods, discover the benefits of a meat-free diet, and reduce their environmental impact. The event promotes delicious recipes, cooking tips, and activities to show how exciting and varied vegetarian cuisine can be, highlighting benefits for health, the environment, and animal welfare.

- October 7: National Curry Week and National Porridge Week.
- October 10: World Egg Day and World Porridge Day.
- October 14: National Dessert Day and Chocolate Week.
- October 16: World Food Day, a day established by the United Nations.
- October 19: International Gin and Tonic Day.
- October 21: Apple Day.
- October 24: World Tripe Day.
- October 27: National Cheese Toastie Day.
- October 31: Halloween, a day associated with pumpkins and sweets.



Black history month

Wednesday 1st – Friday 31st October

What is Black History Month?

Black History Month is a dedicated time to honor and celebrate the history, achievements, and contributions of Black people to society, although its observance varies by country, with February in the United States and October in the United Kingdom and other nations. It aims to raise awareness and understanding of Black history and culture, challenge existing narratives, and promote racial equality, often through community events, educational programs, and museum exhibits.

Breast cancer Awareness Month

Wednesday 1st – Friday 31st October

What is Breast cancer awareness month?

Breast Cancer Awareness Month, observed every October, is a global initiative to raise awareness about breast cancer, promote early detection, and encourage fundraising for research and support for those affected by the disease. The month aims to educate the public on risk factors, symptoms, and the importance of regular breast self-exams and screenings to improve survival rates and encourage healthier lifestyle choices.





Telford & Wrekin
Co-operative Council

Protect, care and invest
to create a better borough

#BUILDINGSAFERSTRONGER

URBAN GAMES

NO NEED
TO BOOK

AGE 0-16

FREE / LOCAL /
ORGANISED

There's plenty to do this half-term with Telford & Wrekin Council's Urban Games.

Check out your local park, playground, MUGA or Nature Reserve for sports and activities for all ages, hosted by professionals.

Check out www.telford.gov.uk/WhatsoninTelford for even more activities for young people.



FOR THE FULL PROGRAMME

WWW.TELFORD.GOV.UK/URBANGAMES



Building
safer and stronger
communities

In partnership with



10BY10

YOUTH OFFER

GENERAL INFORMATION

- Sessions are free of charge.
- No need to book but places limited to 25 people (first come first serve).
- Please bring wet weather clothing and plenty of drinks.
- Programme may be subject to change (sessions maybe cancelled due to unsuitable weather/ playing conditions).

**NO NEED
TO BOOK**

10By10 SESSIONS

Explore drama, museums, the outdoors, and instruments – just a few of 10 essential experiences for children under 10. Adventure cards help develop skills, resilience, and wellbeing through fun challenges.

Download the free [what3words.com](https://www.what3words.com) app to pinpoint a location within three metres.

LOCATIONS

VENUE	ADDRESS
AFC Telford United Goalzone	SEAH Stadium, The Bucks Way, Wellington, Telford TF1 2TU ///diver.shoppers.securig
Aqueduct MUGA	South hall Adjacent to 99 Pageant Drive, TF4 3RF ///nametag.beast.configure
Arleston MUGA	Adjacent to 27 Windsor Road, Arleston TF1 2PD ///emulating.moment.compiled
Brookside	Off Beaconsfield (By Windmill Primary), Brookside TF3 1LW ///frail.juggles.surface
Hollinswood Play Park	Off Downmead, Hollinswood TF3 2EW ///cone.dissolve.fingertip
Ketley MUGA	Millennium Village, Sutherland Close TF1 5BR ///rumbles.winded.novelists
Lawley Newdale Park	Off Greasham Drive, Lawley TF3 5ES ///tissue.rollers.foam
Leegomery MUGA	Adjacent Millstream Way (opposite Aintree Close) Leegomery TF1 6NU ///hiring.lend.chickens
Lightmoor MUGA	Oak Tree Centre, Lightmoor Way, Lightmoor TF4 3EG ///freezers.fatigued.circling
Norbroom Park	End of Vineyard Road, Newport ///refreshed.noticing.hang
Oakengates 3G	New Rd, Wrockwardine Wood TF2 7AB ///fallen.quirky.nightcap
Shuker Fields	Newport, Shropshire TF10 7NS ///pull.flamingo.spells
Stirchley MUGA	Adjacent to 67 Culmington, Stirchley TF3 1UN ///quirky.reckons.commenced
St Georges MUGA	74/76 Freeston Avenue, St George's TF2 9EQ ///belly.agency.whistling
Sutton Hill MUGA	Off Southgate (through alley way), Sutton Hill TF7 4AY ///easily.custom.motor
Telford Town Park	Hinkshay Rd TF3 4EP ///stardom.difficult.vows
Woodside MUGA	End of Park Lane, Woodside, TF7 5HR ///pleaser.scuba.spider

TELFORD AERIAL ADVENTURE*

	MIDDAY-3PM
Wednesday 29 October	Telford Aerial Adventure Telford Town Park, Hinkshay Rd, Telford TF3 4EP

The Fall – Aged 6+/No height restriction – Are you brave enough to take the leap of faith? A harnessed free fall from the high ropes course.

Climbing Wall – No age or height restriction. Can you make it to the top? Suitable for beginners.

High Ropes – If you want to take your adventure further you can take on the challenge of our High Ropes for just £10

*There could be waiting times if the equipment is busy so a queuing system will be in place.

**A safety briefing is required before taking part in these activities



SEE PAGE 2 FOR ADDRESSES

CONTACT

Telford Aerial Adventure

Tel: 01952 380413

Email: skyreach@telford.gov.uk



MULTISPORTS



	MIDDAY-2.30PM
Monday 27 October	Woodside MUGA
Tuesday 28 October	Arleston MUGA
Wednesday 29 October	Telford Town Park MUGA
Thursday 30 October	Norbroom Park
Friday 31 October	Sutton Hill MUGA



CONTACT

4 All Foundation

Tel: 0800 321 3617

Email: info@4all.foundation

The coaches from the 4 All Foundation will be leading a diverse range of multisports activities, featuring dodgeball, fencing, archery, golf, and even Quidditch! Come and join in with the fun!

TELFORD BIKE HUB

SEE PAGE 2 FOR
MUGA ADDRESSES

	11AM-1PM	1.30PM-3.30PM
Thursday 30 October	Lawley Newdale Park MUGA	Sutton Hill MUGA

CONTACT

Telford Bike Hub
Tel: 01952 380413
Email: thebikehub@telford.gov.uk

Delivered by



**Telford
Bike Hub**

INFORMATION

- Ages 8-16
- Bike and scooter skills
- Learn to ride training
- All bikes, equipment and bike parts included



10BY10

DR BIKE - FREE BIKE REPAIRS

	10AM-4PM
Wednesday 29 October	Telford Bike Hub, Telford Town Park

DR BIKE - FREE BIKE REPAIRS!

Got a bike that has been sat in the garden or the shed in need of a repair? Bring along your bike(s) to Telford Bike Hub and our qualified bike mechanics can check your bike for roadworthiness, make minor repairs, repair punctures and provide advice on what is needed to get your bike moving smoothly again. This is your opportunity to get it restored back to its former glory. No need to book just turn up with your bike.



SPOTFEST PRO WRESTLING

	MIDDAY-2PM
Tuesday 28 October	M54 Space Centre Unit 7 Spotfest Pro Wrestling Training Facility Halesfield 8, Telford TF7 4QN
Thursday 30 October	M54 Space Centre Unit 7 Spotfest Pro Wrestling Training Facility Halesfield 8, Telford TF7 4QN

CONTACT

Spotfest Pro Wrestling Events
Email: SpotfestEvents@gmail.com

INFORMATION

- Ages 8-15



BMX

	10AM-MIDDAY	1PM-3PM
Monday 27 October		
Tuesday 28 October	Donnington BMX Track	
Wednesday 29 October	Rough Park BMX Track	Hills Lanes BMX Track
Thursday 30 October		
Friday 31 October	Leegomery BMX Track	



MUGA	ADDRESS
Hills Lane BMX Track	Rear of 108 Hills Lane Drive, Madeley, TF7 4BY ///bandaged.chaos.struggle
Leegomery BMX Track	Off Aintree Close, Leegomery TF1 6UY ///weary.canal.raves
Malinslee BMX Track	Off Alma Avenue, Malinslee TF4 2DU ///trash.lessening.rots
Rough Park BMX Track	Woodside Avenue TF7 5TY ///crumble.blissful.fishery
Telford Flyers BMX Track	Duce Drive, Dawley, Telford TF4 2DA ///irritated.begin.reported

CONTACT

Telford Flyers BMX
Martin Brown
Email: telfordflyers@gmail.com



INFORMATION

- Ages 8-16
- Max 16 riders
- Riders must bring their own bike/helmet
- Long sleeves/trousers

TELFORD NETBALL

10BY10

	10AM-MIDDAY
Tuesday 28 October	Charlton School (indoor courts), Apley Ave, Wellington TF1 3FA

CONTACT

Telford Netball
Email: telfordnetballclub@gmail.com



INFORMATION

- Ages 8-16



HOCKEY

	11AM-12.30PM
Thursday 30 October	Telford & Wrekin Hockey Club St George's Sports and Social Club TF2 9LU

CONTACT

Telford & Wrekin Hockey Club
Email: mail@telfordhockeyclub.co.uk



INFORMATION

- Ages 8-11



Wild Telford

With Shropshire Wildlife Trust
11am-2.30pm

10BY10

Wild Telford helps your little ones discover and fall in love with the nature, that's right on their doorstep. With help from Shropshire Wildlife Trust, explore crafts and wildlife activities like treasure hunts, marshmallow toasting, den building and lots more. Every event will be different, be sure to bring a picnic or snacks and dress for the weather. Check the [///what3words](http://what3words.com) location for the meeting places.

Date	Location	Activities
Thursday 30 October	Apley Woods Meeting point/ parking: Peregrine Way Car Park TF1 6TH ///flipping.imprints.garages	Halloween Magic at Apley Woods Join us in the enchanting Apley Woods, where nature comes alive with spooky secrets and magical surprises. Discover the creepy creatures that lurk among the trees, brew your very own natural potion, and craft a mystical stick wand to take home!

These sessions are hosted in partnership with Shropshire Wildlife Trust. They are open to everyone of all ages young and old, children under 12 need to be accompanied by an adult. **Please bring suitable clothing and refreshments.**

CONTACT

Tel: 01743 284 280

Email: education@shropshirewildlifetrust.org.uk



10BY10

AFC TELFORD UNITED – FOOTBALL

	MIDDAY-2.30PM
Monday 27 October	Hollinswood playpark
Tuesday 28 October	AFC Telford United Goalzone SEAH
Wednesday 29 October	Lightmoor MUGA
Thursday 30 October	Oakengates 3G
Friday 31 October	Malinslee MUGA



CONTACT

Ian Preece, AFC Telford United Foundation

Tel: 07545 891769

Email: foundation@afctu.co.uk

INFORMATION

• Ages 8-16

AFC TELFORD UNITED
FOUNDATION

ENVIRONMENTAL LEADERSHIP PROGRAMME

OCTOBER 2025 - JULY 2026

18-25, West Mids
based and want to
have your voice
heard?

Join us on our
FREE
programme!



LEADERSHIP

Develop transferable
skills for your CV, whatever your
career goals.

ACTIVISM

Learn how to spark positive
change in your local area and
beyond.

COMMUNITY

Connect and build relationships
with passionate, like-minded
people.

Scan
to apply!



@elp2uk
#ELP2



ELP2

Delivered by:



Shropshire
Wildlife Trust



The Wildlife
Trusts

Supported by:



COMMUNITY
FUND 11

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

mind¹²
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



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



A family-led business since 1982

To understand how In-Comm was formed, we need to take a trip back in time to 1953 when the E.I.A. (Engineering Industry Association) created a dedicated Apprentice development organisation by the name of E.I.G.A. (Engineering Industry Group Apprenticeship).

This was developed with the sole purpose of replenishing industry's apprentice stock following the Second World War.

[click here](#) to find more information

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.



HINTS AND TIPS

In this weeks edition, we have included a quick and easy recipe for Spaghetti carbonara and gratitude journaling

Classic Spaghetti Carbonara

Ingredients:

- 8 oz (225g) spaghetti
- 4 slices of bacon, chopped
- 2 cloves garlic, minced
- 2 large eggs
- ½ cup grated Parmesan cheese
- Salt and pepper to taste
- Fresh parsley, chopped (optional)

Instructions:

Step 1: Cook the Pasta

- Boil water in a large pot and cook the spaghetti according to package instructions until al dente.
- Reserve ½ cup of pasta water, then drain the rest.

Step 2: Cook the Bacon

- In a large skillet over medium heat, cook the chopped bacon until crispy.
- Add the minced garlic and cook for 1 minute more.

Step 3: Prepare the Sauce

- In a small bowl, whisk together the eggs and Parmesan cheese until smooth.

Step 4: Combine Pasta and Bacon

- Add the drained spaghetti to the skillet with bacon and garlic. Toss to combine.

Step 5: Make It Creamy

- Remove the skillet from heat. Quickly stir in the egg and cheese mixture. The heat from the pasta will cook the eggs and create a creamy sauce.
- If the sauce is too thick, add a bit of the reserved pasta water to loosen it.

Step 6: Season and Serve

- Season with salt and pepper to taste.
- Garnish with chopped parsley if desired.



Gratitude Journaling

Purpose: Build a positive mindset.

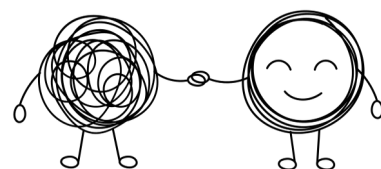
Steps:

1. Get a notebook or journal.
2. Write down 3 things you're grateful for today.
3. Describe why each one matters to you.
4. Reflect on how these things made your day better.
5. Try doing this daily or weekly.





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

**Telford
STARS**

03004564291
www.telfordstars.org



Are you in a
mental health
crisis?

111 - Mental health support 24/7

FREE online counselling

kooth

Anonymous online service
www.kooth.com

Support for suicidal thoughts



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

Support for under 25s

THE MIX

www.themix.org.uk
08088084994

Emotional support 24/7

SAMARITANS

Free call 116 123
jo@samaritans.org

Support with personal crisis

YOUNGmINDS

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

