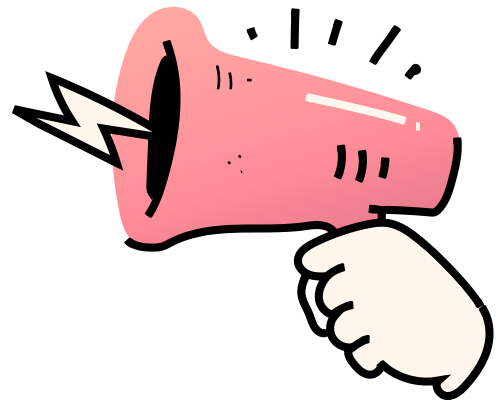


Young Peoples Newsletter

MONDAY 20TH
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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Trick or Treat... did you spot the hidden page?





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!

Recent Team Updates

Did you know?

Our team are doing a Level 3 Youth Support Worker Apprenticeship! It helps us plan and lead sessions with young people. Giving us the skills to be strong voices for children and young people. Want to explore your own path? Check out the Training and Opportunities page – apprenticeships could be your next step into a great career!



Our team's been busy planning and leading forums for children and young people in care (8–14), in kinship arrangements (11–17), and those open to children's services (4–11 & 11–16). These sessions are led by young people, for young people. Know someone who might want to join?

Get in touch via email!



This week, our team are attending a networking event with local children's residential providers, including those currently supporting young people from Telford and outside the Borough. It's a great chance for us to share the work we are doing and connect with others.



yourvoicematters@telford.gov.uk



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



HALLOWEEN HALF TERM

FREE ACTIVITIES!

*You must book to secure a
FREE space!*

Don't miss out...

[CLICK HERE TO BOOK](#)



*No need to book, just
collect trail sheets from
Madeley community
library!*

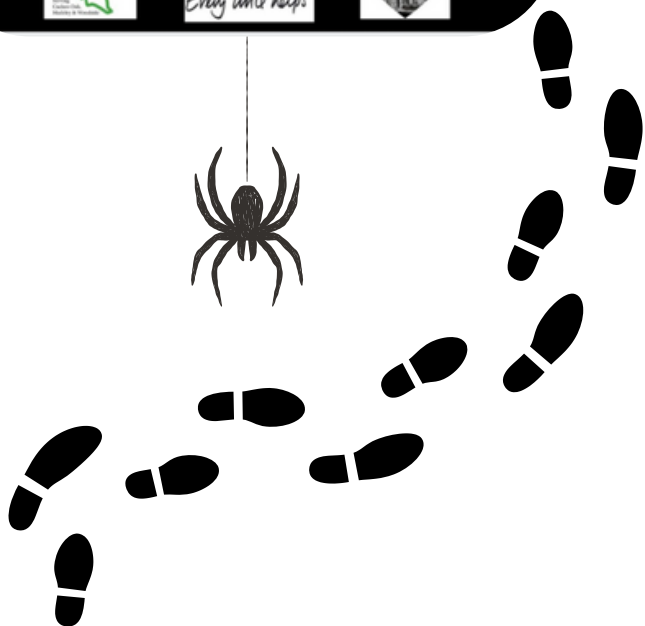
HAPPY HALLOWEEN!

**Halloween trail on
Wellington High Street**

26 October - 2 November 2024

*Pick up a free Halloween trail map from The Orbit and
take a stroll through Wellington High Street.*

*Follow the map to discover the clues, visiting some of
the towns bet independent shops along the way. A
perfect mix of education and Halloween thrills!*



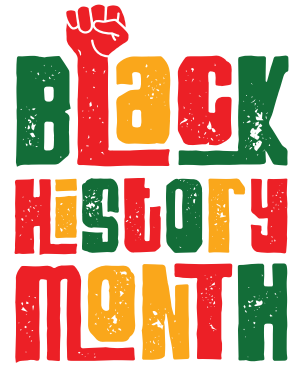
October Awareness days



World Stroke Day

29th October

World Stroke Day is an annual event to raise global awareness of stroke as a serious medical emergency, emphasize prevention, and improve care for survivors



Black History Month

Wednesday 1st – Friday 31st October

Black History Month is a dedicated time to honour 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

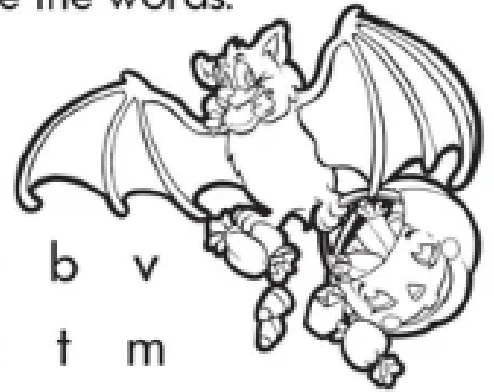
Breast Cancer Awareness Month, observed every October, is a global initiative to raise awareness about breast cancer, promote early detection, and encourage fundraising for research and support for those affected by the disease. The month aims to educate the public on risk factors, symptoms, and the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

Can you find all the spooky words?

cat ghost
howl monster
moon night owl
pumpkin skeleton
spooky treat
trick

Spook-tacular Word Find

Find and circle the words.



	n	t	c						
b	u	z	p	b	v				
t	r	e	a	t	m				
d	s	p	o	o	k	y	j	n	
	t	a	i	g	a	t	d	y	
t	k	m	z	g	m	o	n	s	t
r	w	i	k	h	c	s	n	i	g
i	c	e	q	o	a	k	j	h	o
c	o	i	p	s	t	e	c	i	g
k	w	s	u	t	l	l	u	s	g
	l	i	m	r	v	e	m	b	a
	p	p	u	o	t	z	o	w	
	s	k	v	m	o	h			
f	i	i	n	o	n				
o	u	j	n	b	o	k			
w	n	k	b	n	o				



TRICK
OR
TREAT

From BMX biking to multi-sports sessions like cricket, football and basketball all led by professional coaches. There's something for everyone at venues across Telford!!!

A stylized illustration of a person riding a bicycle. The person is wearing an orange long-sleeved shirt, grey pants, and a green helmet. They are in a dynamic, forward-leaning pose, suggesting speed. The bicycle is green with black tires and orange accents on the wheels. The background is plain white.



Delivered by
**Telford
Bike Hub**

11AM-3PM
1.30PM - 3.30PM

Stoneyford
Lamley Newlands Park MUGA
Sutton Hill MUGA

CONTACT
Telford Bike Hub
01905 300413
Email: thebikahub@telford.gov.uk

INFORMATION

- Ages 6 to 16
- Bike and scooter skills
- Learn to ride training
- All bikes, equipment and bike parts included

DR BIKE - FREE BIKE REPAIRS

WEDNESDAY

Wednesday 29 October Telford Bike Hub, Telford Town Park

DR BIKE - FREE BIKE REPAIRS!

Get a lot that has been sat in the garden or the shed in need of a repair? Bring along your bike 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. This is your opportunity to get it restored back to its former glory. This is your opportunity to get it restored back to its former glory.

SPOTFEST PRO WRESTLING

MIDWINTER

Tuesday 28 October

M54 Space Centre
Unit 7 Spotfest Pro Wrestling Training Facility
Hayfield St, Telford TF7 4QN

Thursday 30 October

M54 Space Centre
Unit 7 Spotfest Pro Wrestling Training Facility
Hayfield St, Telford TF7 4QN

CONTACT
Spotfest Pro Wrestling Events
spotfestevents@gmail.com

Information

Free of charge.
 Open 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).

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](#) app to pinpoint a location within three metres.

LOCATIONS

VENUE	ADDRESS
AFC Telford United Gosdane	SEAH Stadium, The Bucks Way, Wellington, Telford TF1 2TU <i>(shower/shoppers parking)</i>
Aqueduct MUGA	South Hall adjacent to 99 Pagant Drive, TF4 3RF <i>(Charnetay leas car park)</i>
Arliston MUGA	Adjacent to 27 Windsor Road, Arleston TF1 2PD <i>(Charnetay leas car park)</i>
Brookside	Off Beconsfield (By Windmill Primary), Brookside TF3 1LW <i>(shower/shoppers parking)</i>
Hollinsworth Park Park	Off Downwood, Hollinsworth TF3 2EW <i>(shower/shoppers parking)</i>
Ketterley MUGA	Millersium Village, Butterfield Close TF1 5BR <i>(shower/shoppers parking)</i>
Lawley Newdale Park	Off Greenham Drive, Lawley TF3 5ES <i>(shower/shoppers parking)</i>
Leagernery MUGA	Adjacent Millersium Way (opposite Antree Close) Leagernery TF1 6NU <i>(shower/shoppers parking)</i>
Lightroom MUGA	Oak Tree Centre, Lightroom Way, Lightroom TF4 3EG <i>(shower/shoppers parking)</i>
Norbrook Park	End of Vineyard Road, Newport <i>(shower/shoppers parking)</i>
Oskenegates 3G	New Rd, Woodcardine Wood TF2 7AB <i>(shower/shoppers parking)</i>
Parker Fields	Newport, Shropshire TF10 7NS <i>(shower/shoppers parking)</i>
Stitchley MUGA	Adjacent to 67 Cullingington, Stitchley TF3 1UN <i>(shower/shoppers parking)</i>
Stitchley MUGA	74/76 Freeston Avenue, St George's TF3 9EQ <i>(shower/shoppers parking)</i>
Stitchley MUGA	Off Southgate (through alley way), Sutton Hill TF7 4AY <i>(shower/shoppers parking)</i>
Stitchley MUGA	Hinksey Rd TF3 4EP <i>(shower/shoppers parking)</i>

Wild Telford

With Shropshire Wildlife Trust
11am-2.30pm

Telford helps you little ones discover and fall in love with the nature, that's right on their doorstep. We 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 location for the meeting places.

Date	Location	Activities
Thursday 30 October	Apley Woods Meeting point / parking, Pengegne Way Car Park TP1 6TH <i>(slipping mints) garages</i>	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 stock wend 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 264 260

Email: education@shropshirewildlifetrust.org.uk






AFC TELFORD UNITED - FOOTBALL

MIDWINTER 2.30PM

Monday 27 October	Hallenwood playpark
Tuesday 28 October	AFC Telford United Goalszone SEAH
Wednesday 29 October	Lightmoor MUGA
Thursday 30 October	Oakengates 3G
Friday 31 October	Mallinslee MUGA

BOOKING

AFC Telford United Foundation

www.aftfc.co.uk

INFORMATION

+ Ages 8-16

FOUNDA



TELFORD AERIAL ADVENTURE

Friday 29 October

Telford Aerial Adventure
Telford Town Park, Hinksthay 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

CONTACT
Telford Aerial Adventure
Tel: 01952 380413
Email: skyreach@telford.gov.uk

TELFORD AERIAL ADVENTURE

MULTISPORTS

Friday 27 October

Friday 28 October

Friday 29 October

Friday 30 October

MIDDAY-2.30PM

Woodside MUGA

Arlston MUGA

Telford Town Park MUGA

Norbrook Park

Sutton Hill MUGA

4 All FOR INDIVIDUAL

Our Winter Top Tips!

As the cold creeps in, so do those pesky winter bugs! But don't worry, here's how to keep yourself feeling your best:

Having a winter wellness kit is essential but what to have in your winter wellness kit?

- ***Tissues (for those sniffly days)***
- ***Hand sanitiser (keep those germs away!)***
- ***Lip balm & moisturiser (cold air = dry skin)***
- ***A reusable water bottle (hydration = healing)***
- ***cosy socks & a warm hoodie (comfort is key!)***



Want some quick remedies to feel better? We got you covered:

- ***Honey & lemon in hot water – soothes sore throats and warms you up.***
- ***Steam inhalation – helps clear blocked noses (just hot water in a bowl + towel over your head).***
- ***Rest & sleep – your body heals best when you're chilling out.***
- ***Eat the rainbow – colourful fruits and veggies boost your immune system.***

Extra Top Tip: If you're feeling unwell, let someone know and take time to rest.
Your health comes first! 

Stay warm, stay well, and look after yourself



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

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

mind⁸
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



An apprenticeship is a paid job that combines practical on-the-job training with study to gain skills for a specific career. Apprentices are employees who earn a wage and work with experienced staff while also completing a program of study, which can lead to industry-recognized qualifications. These programs, which can last between one and five years, are a way to start a career, develop new skills, and increase employability. For more information, [Click Here](#).



Nova training is based in Wellington offer a wide range of training courses and apprenticeships in courses for young people aged 14 to 25 regardless of exam results. When attending the training centre you will have an individual learning plan, matched to your future aspirations which allows you to learn, earn, gain qualifications and progress to an Apprenticeship or employment in your chosen career.

HINTS AND TIPS

In this weeks edition, we have included a quick and easy recipe for Mini pita pizza and gratitude walk!

Mini Pita Pizza

Ingredients:

- 4 mini pita breads
- 4 tbsp pizza sauce
- ½ cup shredded mozzarella cheese
- Toppings: sliced peppers, sweetcorn, mushrooms (optional)
-

Steps:

1. Preheat oven to 180°C (350°F).
2. Spread 1 tbsp pizza sauce on each pita.
3. Sprinkle cheese and add your favorite toppings.
4. Bake for 8–10 minutes until cheese melts.
5. Serve warm and enjoy!

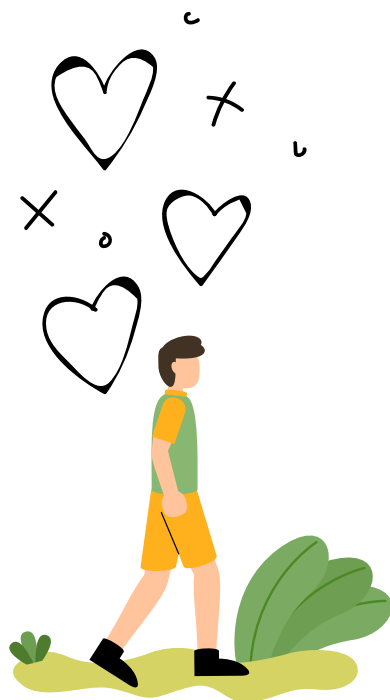


Gratitude Walk

Goal: Connect gratitude with movement.

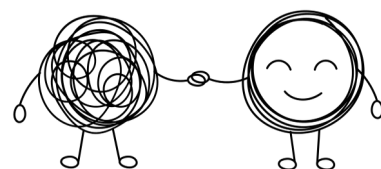
Steps:

1. Go for a short walk.
2. With each step, think of one thing you're thankful for.
3. Try to list at least 10 things before you finish.





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



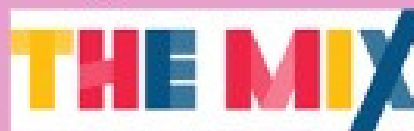
Anonymous online service
www.kooth.com

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

