

CARE EXPERIENCED YOUNG PERSON NEWSLETTER

Tuesday 30th
September
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

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.

Rhianna and Katie represented the Voice of the Child team at the event, which was a fantastic evening filled with inspiration and insight. It was powerful to hear about the incredible work happening across other local authorities—and to feel part of a wider movement making a real difference for children and young people.

A huge thank you to Jo for the nomination and continued support. Moments like this remind us why we do what we do!



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. From fire-making to expressing ourselves through nature, the day was filled with creativity, laughter, and reflection.

A huge thank you to our Participation Coordinator, Louise Bull, for bringing it all together so thoughtfully. Her handmade awards added a personal touch that made everyone feel seen and appreciated.



Below are a few examples of events and activities that we have planned or been part of since our last newsletter!



Annual Fostering Conference 2025

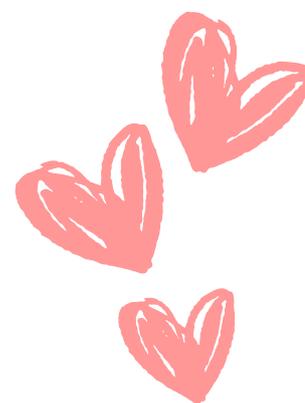
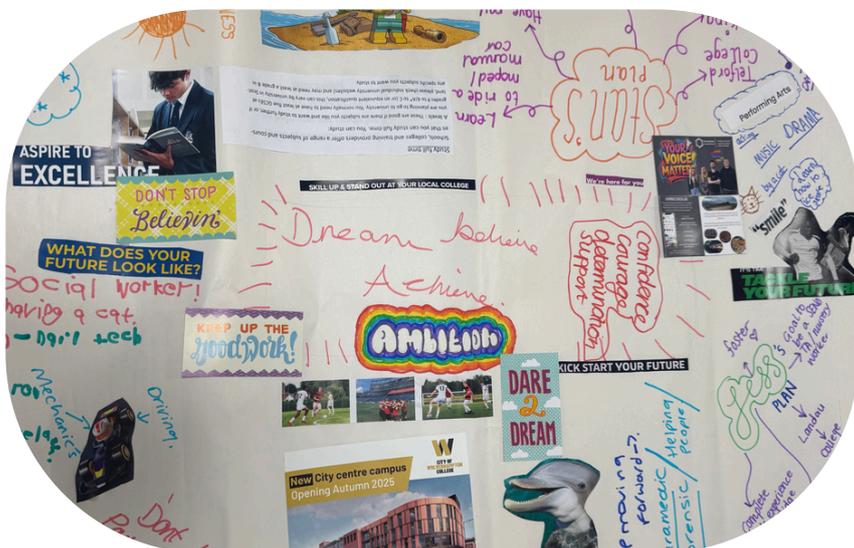
Our team had the incredible opportunity to present at the Annual Fostering Conference.

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!



The children in care council age 8-14 is starting soon, see our leaflet on Page 6 for more information!!

Businesses, organisations and charities
across Telford and Wrekin have the chance
to make a difference to young care leavers.

CARE LEAVER COVENANT



We were truly grateful to be invited to the Care Leavers Covenant event, where Jamie and Liam led the way but also had the whole team speaking so confidently in front of everyone.

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

It was incredible to see so many people come together with the same goal, to support and empower care leavers. As always, we are so thankful.

And of course, a HUGE shoutout to all involved for making this amazing event possible!





NATIONAL
RECOVERY MONTH
SEPTEMBER



September is Recovery Month –
a time to celebrate hope, healing, and resilience. ❤️

On September 19th Sam from our team attended an event at recharge. What an amazing day at Recharge and Rise it was! ✨

The group worked hard for 10 weeks to put on Telford's first recovery event for young people – and it was a big success! 🎉

🎵 Music from @nickjtmusic & @aidanbrown55

🎬 Short films made by our team

🗣️ Inspiring recovery stories

👕 Cool t-shirts we designed

🎨 Art canvases to take home

? A fun quiz with prizes!

Thank you to everyone who joined in and helped – you made it special ❤️ Extra thanks to @nickjtmusic for travelling so far to be with us!

Check out our short films soon on YouTube: Recharge Telford 📺 ✨

#RecoveryMonth #Hope #Community #EndStigma



RECOVERY IS FOR EVERYONE:
Every Person. Every Family. Every Community.





BRIGHTSPOTS SURVEY



Jamie and Liam are leading on the next Bright Spots Survey for looked after children aged 4-18.

We would love as many young people to take part in the survey and as a thank you, you will be entered into a prize draw! We've carefully chosen a selection of prizes tailored to different age groups!

To make things easier, we're in the process of arranging an event at Sutton Hill Community Centre for those who don't have internet access at home, you're welcome to come along. More information to follow in the next edition.

Important: this survey must be completed by the young person it's all about hearing their voice :)

Please get in touch with the team if you would like to find out more. yourvoicematters@telford.gov.uk

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



Telford & Wrekin
Co-operative Council

Protect, care and invest
to create a better borough

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!"



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

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**.

Turn up to
£200 into
your
savings!

No prior
experience
needed

Work
rough at
our 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
question



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

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.securing
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 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

CONTACT

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



SEE PAGE 2 FOR ADDRESSES

MULTISPORTS



	MIDDAY-2.30PM
Monday 27 October	Woodside MUGA
Tuesday 28 October	Arlleston 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



10BY10

INFORMATION

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

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://www.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

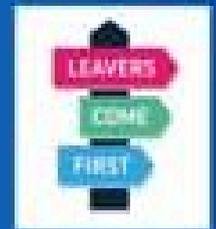
INFORMATION

• Ages 8-16





National
Trust



Archaeology experience!
we will be doing a number of sessions
with the National trust @ Attingham
park

Wednesday 9th July

10am-2pm

Introduction and Geophysics

Monday 22nd September

09:45am-3:30 pm

Excavation

Monday 13th October

10am-2pm

Finds processing

Leavers come first age 16-25

www.facebook.com/Leaverscomefirst



www.instagram.com/leaverscomefirst/

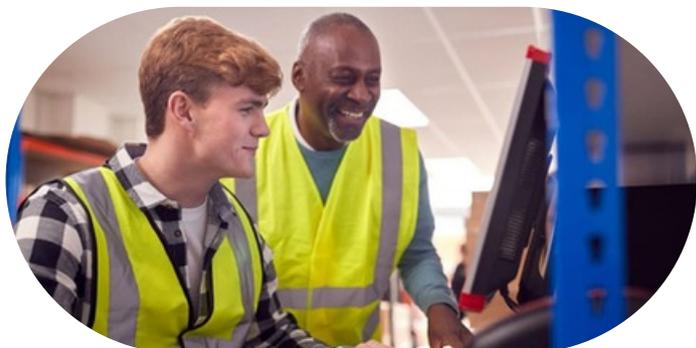


TWCas@leaverscomefirst.gov.uk

www.telford.gov.uk/leaverscomefirst

Employment / Training

Supported internship – Starting this September!



Search apprenticeships

44,895 apprenticeships currently listed

What	Where
Enter a job or company	Enter a city or postcode
<input type="text"/>	<input type="text" value="Telford, Shropshire"/>
<input type="button" value="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 is a online website where you can job search! You can also upload your personal CV here and companies can reach out to you.

<input type="text" value="Job title, keywords or company"/>	<input type="text" value="City or postcode"/>	<input type="button" value="Find Jobs"/>
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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!

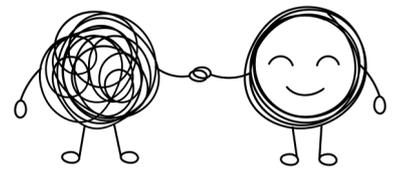
TELFORD COLLEGE

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?
111 - Mental health support 24/7

FREE online counselling



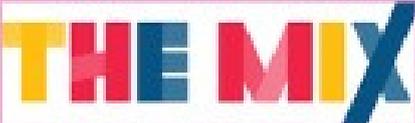
Anonymous online service
www.kooth.com

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



HINTS AND TIPS

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

CUPCAKES

Ingredients

- 8 ounces mostaccioli, or similar size, pasta
- 1 pound lean ground beef
- 1 onion, chopped
- 1 (28 ounce) jar spaghetti sauce
- 2 cups shredded mozzarella cheese
- 1 (4 ounce) can mushrooms, drained



Method

1. Preheat the oven to 325 degrees F (165 degrees C). Grease a 9x13-inch casserole dish.
2. Fill a large pot with lightly salted water and bring to a rolling boil. Stir in mostaccioli and return to a boil. Cook mostaccioli uncovered, stirring occasionally, until tender yet firm to the bite, 8 to 10 minutes. Drain well.
3. Meanwhile, cook ground beef and onion in a skillet over medium heat until browned.
4. Combine spaghetti sauce, mozzarella cheese, mushrooms, mostaccioli, and ground beef mixture in a large bowl; transfer to the prepared casserole dish.
5. Bake in the preheated oven until very hot, about 20 minutes.
6. Dish it up and enjoy!

Mindful activity

“Five Senses Grounding Walk”

- Step outside (even if it’s just the garden, balcony, or by an open window).
- Take a few slow breaths, and then notice:
 - 5 things you can see (shapes, colors, movements)
 - 4 things you can feel (your feet on the ground, the air on your skin, fabric on your clothes)
 - 3 things you can hear (birds, cars, your own breath)
 - 2 things you can smell (flowers, soap, food cooking)
 - 1 thing you can taste (sip of water, a mint, just notice your mouth)



It only takes 3–5 minutes, but it helps reset the nervous system and gives a small pocket of calm without needing special equipment.

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

