

Young Peoples Newsletter

TUESDAY 3RD
FEBRUARY
2026



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!

Recent Team Updates



We are excited to announce the launch of two new forums for Children and Young People, ages 4-11 and 11-16.

Turn to pages 4 and 5 to find out more!



Leona and Liam recently joined the Housing Team for a visit to CrossRoads.

We explored the accommodation together and from a young person's perspective, shared ideas on how to make the space feel more homely and inviting. There's still plenty to do, and we're continuing to work closely with teams to make improvements.

We are excited for this piece of work and will give regular updates in our newsletters!

Leona and Rhianna are excited to lead a Pamper Session next week for our care leavers!



We have been busy developing a range of leaflets and resources for children and young people, offering advice, guidance and information on the support available to you.



yourvoicematters@telford.gov.uk



[yourvoicematterstwc](#)



Healthy Minds, Healthy Bodies

STARTING IN JANUARY 2026

Drop into the Community Space in St Leonard's Church,
Alma Avenue, Malinslee, TF4 2DU

**every Wednesday morning from 21 January 2026,
10:45am to 11:45am**

for a free hot / cold drink and snack, plus friendly conversations
with others

There will be people there to talk to about your health, wellbeing
and social care needs, such as the local vicar, Wrekin Housing
Group, Telford Mind, Citizens Advice, the Healthy Lifestyles Team
and more

**For more details call 01952 416370 or email
jo@telfordchurch.co.uk**





MEET LIAM

Hi, I'm Liam, one of the Voice of the Child Apprentices at Telford and Wrekin Council. I am the lead for our Young Futures Forum.

I am so excited for you to be part of our forum to give you the powerful opportunity to have your voice heard and influence decisions whilst enjoying fun and engaging activities with other children.

We are here to listen

CONTACT DETAILS



INSTAGRAM: @yourvoicematterstwc
MOBILE: 07866982529
EMAIL: yourvoicematters@telford.gov.uk

Hub on the Hill Community Centre in Sutton Hill.
103 Southgate, Sutton Hill, TF7 4HG

4th Tuesday of Each Month.
Starting, Tuesday 24th February
4pm-6pm



HOPE TO SEE YOU THERE!



WHAT IS THE YOUNG FUTURES FORUM?

WE MEET EVERY MONTH TO LISTEN TO WHAT CHILDREN THINK AND MAKE THINGS BETTER FOR EVERYONE. WHEN YOU JOIN, YOU CAN:

- SHARE YOUR IDEAS
- TELL US WHAT YOU LIKE AND WHAT COULD BE BETTER

IT'S A FUN WAY TO:

- FEEL CONFIDENT
- LEARN NEW THINGS
- MAKE FRIENDS
- HAVE A SAFE SPACE WHERE EVERYONE IS KIND

YOU CAN HELP MAKE A BIG DIFFERENCE!



YOUR VOICE MATTERS
A super fun place just for you

Who can join?

Children who are supported by a Social Worker or Family Hubs aged 4-11.

Listen, play and snacks!



Play games



Awesome Crafts



Yummy Snacks

New Friends



READY TO JOIN THE FUN?

ASK YOUR SOCIAL WORKER OR A GROWN UP TO HELP YOU JOIN

CALL: _____

EMAILS: _____



SEE YOU THERE,
FUTURE LEADER



I can make a difference

Our Youth Forum is for young people aged 11-16 who are supported by Children's Services.

By getting involved, you can influence decisions, make a real difference in your community and help shape projects and services for young people.

When and Where?

Our group will meet the 3rd Monday of each month beginning with:
Monday 16th March 2026
5pm - 7pm

19 New Street,
Wellington,
Telford, TF1 1LU

How to get in touch with us:

Email: Yourvoicematters@telford.co.uk
Instagram: [@yourvoicematterstwc](https://www.instagram.com/@yourvoicematterstwc)

Youth Forum Aged 11-16

Rhianna

Liam



Your Voice Matters

What might we do?

Our sessions will be packed with fun, creative and meaningful activities, including:

- Arts and crafts
- Baking and decorating
- Life-skills workshops
- Fun icebreakers and team challenges

As a group, we will:

- Explore what's working well and what could be improved in the support you receive
- Have real opportunities to influence decisions and shape services
- Co-produce resources for other children and young people
- Share and represent the voices of your peers, making sure services reflect real experiences and real needs.

What can I expect when I join?

You will receive a welcome letter with a goodie bag containing membership items such as:

- Personalised Bottles
- Badges
- Notepad
- Pen



Our sessions will provide a safe space where you can make new friends, get involved and feel proud to be part of the Forum!

Who are we?

We are Liam and Rhianna, **Voice of the Child** **Apprentices for Telford & Wrekin Council's Children's Services.**

We have lived experience of being supported by **Children's Services**, and we're here to amplify your voice and your experiences. By sharing what matters to us, we can work together to shape and strengthen how services are delivered for children and young people.





Funded by
UK Government

URBAN GAMES

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



Telford & Wrekin
Co-operative Council

In partnership with

Safer & Stronger
Communities

HAPPY
Healthy
ACTIVE
Holidays

10BY10
YOUTH OFFER

#BUILDINGSAFFERSTRONGER

NO NEED
TO BOOK
AGE 0-16



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).
- Download the free what3words.com app to pinpoint a location within three metres.

**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.

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 Playpark	Off Downemead, Hollinswood TF3 2EW ///cone.dissolve.fingertip
Lightmoor MUGA	Oak Tree Centre, Lightmoor Way, Lightmoor TF4 3EG ///freezers.fatigued.circling
Malinslee MUGA	Off Burnel Road, Malinslee TF3 2BF ///concerned.bike.pink
Norbroom Park	End of Vineyard Road, Newport ///refreshed.noticing.hang
Oakengates 3G	New Rd, Wrockwardine Wood TF2 7AB ///fallen.quirky.nightcap
Stirchley MUGA	Adjacent to 67 Culmington, Stirchley TF3 1UN ///quirky.reckons.commenced
Sutton Hill MUGA	Off Southgate (through alley way), Sutton Hill TF7 4AY ///easily.custom.motor
Telford Town Park	Hinkshay Road TF3 4EP ///stardom.difficult.vows
Woodside MUGA	End of Park Lane, Woodside, TF7 5HR ///pleaser.scuba.spider

SHROPSHIRE CRICKET

10BY10

	11AM-1PM	2PM-4PM
Tuesday 17 February		Brookside MUGA
Wednesday 18 February	Hollinswood Playpark	Aqueduct MUGA

CONTACT

Sacha Lee
Tel: 07875 730151
Email: sacha.lee@cricketshropshire.co.uk



INFORMATION

- Ages 8-16
- Indoor softball cricket

TELFORD AERIAL ADVENTURE*

MIDDAY-3PM

Wednesday 18 February

Telford Aerial Adventure

Telford Town Park, Hinkshaw 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: skyrach@telford.gov.uk



PADEL, PICKLEBALL AND TENNIS

MIDDAY-2PM

Monday 16 February

Brookside MUGA

Tuesday 17 February

Sutton Hill MUGA

Wednesday 18 February

Stirchley MUGA

Thursday 19 February

Arlestone MUGA

Friday 20 February

Telford Tennis Centre



CONTACT

Love Play Active

Email: info@loveplayactive.co.uk



INFORMATION

Try Padel, Pickleball, Tennis plus a burst of multi-sports action in these all ability, fun and engaging sessions!

MULTISPORTS

MIDDAY-2.30PM

Monday 16 February

Woodside MUGA

Tuesday 17 February

Arlestone MUGA

Wednesday 18 February

Telford Town Park MUGA

Thursday 19 February

Norbrook Park

Friday 20 February

Sutton Hill MUGA



SEE PAGE 2 FOR ADDRESSES

CONTACT

4 All Foundation

Tel: 0800 321 3617

Email: info@4all.foundation



A diverse range of multi-sports 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

Thursday 19 February

11AM-1PM

Aqueduct MUGA

1.30PM-3.30PM

Malinslee 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

Wednesday 18 February

10AM-4PM

Telford Bike Hub, Telford Town Park,
Hinkshay Rd, Telford TF3 4EP



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

Monday 16 February

MIDDAY-2PM

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 16 February	Malinslee BMX Track	Leegomery BMX Track
Tuesday 17 February	Hills Lanes BMX Track	
Wednesday 18 February	Donnington BMX Track	Donnington Skatepark
Thursday 19 February	Rough Park BMX Track	



VENUE	ADDRESS
Donnington BMX Track	Broad Oaks, Off Wellington Road, Donnington TF2 8AW ///savers.cobras.upward
Donnington Skatepark	Donnington Recreation Ground, School Road TF2 8HT ///clubs.fewest.electrode
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

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



	10AM-MIDDAY
Friday 20 February	Oakengates Leisure Centre Sports Hall New Road, Wrockwardine Wood TF2 7AB



CONTACT

Telford Netball
Email: telfordnetballclub@gmail.com



INFORMATION

- Ages 8-16

HOCKEY

	11AM-MIDDAY
Monday 16 February	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

10am-12.30pm

10 BY 10

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 location for the meeting places.

Date	Location	Activities
Tuesday 17 February	Randlay Valley Starting point/ carpark: The Pavilion, Draycott, Hollinswood TF3 2DN //stay.hiked.imported Look out for signs from the carpark directing you to our gazebo	Get hands-on with nature as you build dens, make simple campfire bread, and cook it on a stick over the fire. Perfect for families who love fresh air, muddy boots, and simple outdoor fun.
Thursday 18 February	Apley Woods Meeting point/ parking: Peregrine Way Car Park TF1 6TH //flipping.imprints.garages Look out for signs from the wooden entrance gate on Peregrine Way guiding you to our gazebo.	Get creative making simple homemade bird feeders to take home, then head out into the woods for some winter bird spotting with a free Wildlife Trust spotter sheet. A lovely way for families to slow down, explore the woods, and connect with nature together this half term.

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



Shropshire
Wildlife Trust

10 BY 10



AFC TELFORD UNITED – FOOTBALL

	MIDDAY-2.30PM
Monday 16 February	Hollinswood Playpark
Tuesday 17 February	AFC Telford United Goalzone SEAH
Wednesday 18 February	Lightmoor MUGA
Thursday 19 February	Oakengates 3G
Friday 20 February	Stirchley MUGA



CONTACT

Ian Preece, AFC Telford United Foundation

Tel: 07545 891769

Email: foundation@afctu.co.uk

INFORMATION

- Ages 8-16

AFC TELFORD UNITED
FOUNDATION



MALINSLLEE MOVERS

A fun exercise class that uses basic movements to improve balance, core strength and fitness, with Becky Young.

In the Community Space in St Leonard's Church,
Alma Avenue,
Malinslee,
TF4 2DU

every Wednesday morning from 10 – 10.45am

Just £3 per session

All welcome. Suitable for all ages and abilities.
No booking required.

FOR MORE DETAILS CALL: 01952 416370



Youth Drop In

AGES
11-16

WHAT
WE
PROVIDE

Games console

Games tables

**Emotional well-being
Support**

Craft Activities

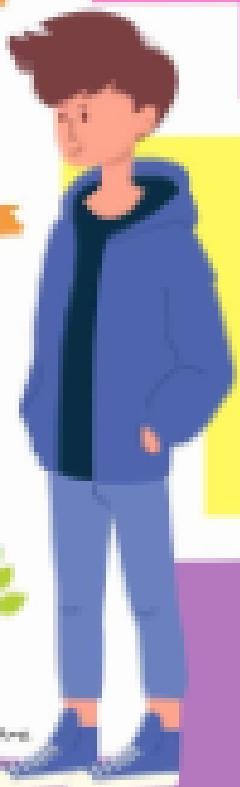
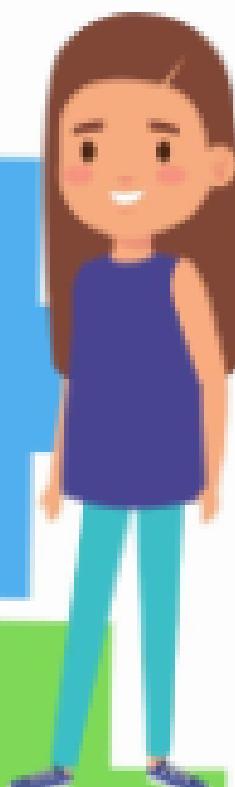
Snack and juice

**Monday's
4pm - 5.30pm**

**Membership form required to be
signed by parent/carer.**

**Managed by Challenging Perceptions
in partnership with Park Lane Centre**


CHALLENGING PERCEPTIONS



★ CALLING RISING CHILD STARS IN TELFORD!

Does your child dream of TV, film, theatre or even the West End? 

This January, ASV Entertainment launches our **ELITE Performing Arts Programme**, helping young creatives build confidence, skills, and industry knowledge in

Singing • 😊 Acting • ★ Performance

 Saturdays

 2-5pm

 Admaston House,
Telford

 Ages 6-18

TV Actress
ELISHA BEECH

Spaces are limited and booking is essential.

 DM us now to secure your child's place!





LGBTQ+ YOUTH GROUP

Safe space for LGBTQ+
youth

Ages 11-16
Wednesday's
4.30-5.30pm
South Telford

Parent/ carers coffee &
peer chat same time
different room

Scan me



£1.00 donation

For more information please email
info@challengingperceptions.co.uk

Supported by



Telford & Wrekin
Co-operative Council



Assisted by



Telford & Wrekin
Co-operative Council

Activities for young people in Telford and Wrekin

Have you heard about Telford and Wrekin's Youth Offer?

It gives Young people age 10-19 and those up to 25 (with needs) access to a range of things from sports, clubs, health and wellbeing.

[click here to check the youth offer out and see what they provide](#)



Teen & Adult Wing Chun Kung Fu & Kali Classes (Ages 13+) – Trinity Martial Arts & Self Defence, Dawley (View on map)

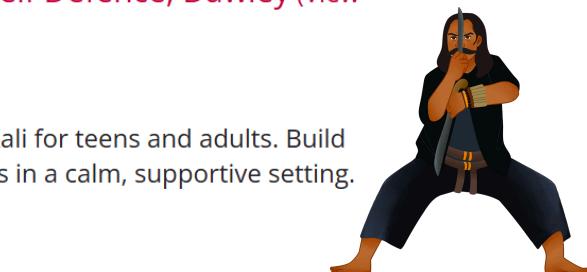
Trinity Martial Arts & Self Defence

Traditional Wing Chun and Filipino Kali for teens and adults. Build skill, balance, coordination and focus in a calm, supportive setting.

Sport & exercise

Unit 2b, Matthew Webb House, High Street, (access from George Street Car Park), Dawley, TF4 2EX

Email: info@trinitymartialarts.co.uk



Dawley Wanderers FC

Sports activity for young people aged 5 - 16 years old.

Time & Date: Thursday evenings

Location: Elms Playing Field, Stirchley Road, Stirchley TF3 1EH

Contact Details: <https://dawleywanderers.co.uk/contact/>



Bai Lang Kickboxing Academy

Confidence building activity for young people aged 12 - 15 years old.

Time & Date: Mondays & Wednesdays 6-7pm

Location: Unit 6, Gower Street Trading Es, St Georges, TF2 9HW

Contact: lee@bailang.co.uk



AFC Telford United Kicks

Sports activity for young people aged 9-16 across 7 locations across the Borough.

Free sessions, called AFC Telford Kicks are currently being held at the following venues:

Mondays: Madeley 3G - 4.30pm - 5.30pm (ages 12+)

Thursdays: Stirchley 3G - 5pm - 6pm and 6pm - 7pm (under 12's)

Thursdays: Oakengates 3G - 5pm - 6pm (ages 12+)

Fridays: Dawley 3G - 5pm - 6pm (ages 12+)

Fridays: AFC Telford United Goal Zone - 5pm - 6pm (ages 12+)

Fridays: Lightmoor and Horsehay MUGA - 6pm - 7pm (under 12s) and 7pm - 8pm (ages 12-16)

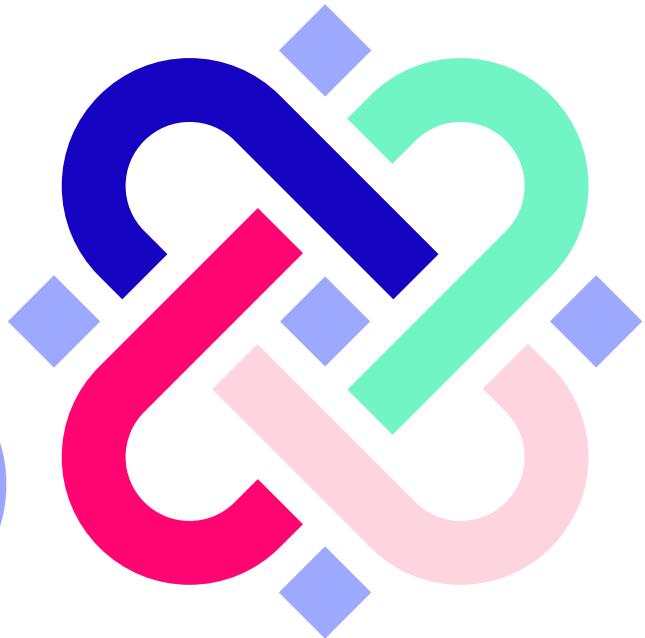
Fridays: Lawley Primary Academy - 6.30pm - 7.30pm (ages 12-16)

Contact - enquiries@afctu.co.uk



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



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



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



For more apprenticeships in your area -
[click here](#)

2026 Corporate Responsibility and Sustainability Apprentice

LAING O'ROURKE SERVICES LIMITED
Recruiting nationally

Start date 1 September 2026

Training course Corporate responsibility and sustainability practitioner (level 4)

Wage Competitive

Closes in 26 days (Sunday 1 March 2026)
Posted 4 December 2025

Closing soon New



AMAZING

Apprentice Fraud Investigator – Home Counties

Department for Work and Pensions
Recruiting nationally

Start date 1 June 2026

Training course Counter fraud investigator (level 4)

Wage £32,137 a year

Closes in 7 days (Tuesday 10 February 2026)
Posted 28 January 2026

Berkeley Group Construction Apprentice

BERKELEY GROUP PLC(THE)
Recruiting nationally

Start date 7 September 2026

Training course Construction site supervisor (level 4)

Wage £24,000 a year

Closes in 17 days (Friday 20 February 2026)
Posted 22 January 2026



disability
confident

Research And Development Intern in Telford

This is an opportunity to join a world-leading Research & Development centre and work on products used by millions of consumers every day. The Reading Innovation Centre is home to scientists, engineers and technologists developing cutting-edge solutions across healthcare, beauty, oral care and grooming.

To find out more, [Click Here](#) to visit the website!

Don't forget, there are many websites with opportunities for education, training and employment! No internet access at home? Visit your local library or reach out to Job Box and speak to one of their advisors for support: 01952 382888

Waiter/Waitress - Fixed term contract Pizza Express, Telford, Shropshire, TF3 4JG

- **£25,242 per year - estimated?**
- **Contract, Part time, NEW**
- **Where those who love pizza can be their true self. Proud to be a Top 10 Sunday Times Best Place to Work 2023.**
- **Benefits:**
- **Free Food on shift**
- **Plus Tips - You'll receive tips/Tronc**
- **50% off food and drink when you're not working**
- **Wagestream gives you access to up to 40% of your earned wages before payday**
- **Wellbeing Support for you and your family**
- **Referral Bonus of £400 for referring pizza chefs and £1,000 for referring managers**
- **Pension & Life Assurance**
- **Pay Rates: under 18s earn £9 per hour. 18-20s earn £10 per hour and 21+ earn £12.21 per hour.**

[click here to apply](#)

NEW!

18-25 Calm Cafe



Are you aged 18-25 years old and in need of mental health support?

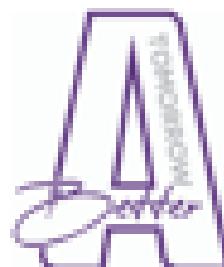
Telford Mind, A Better Tomorrow and Telford & Wrekin Adult Social Care are delivering a new Calm Cafe for young adults aged 18-25 Years.

Calm Cafes are available for anyone 18 years and older who find themselves in crisis or who are in need or support with their emotional/mental health to prevent a crisis.

Cafe locations, days and times:

Wednesday	Thursday
1pm-3pm Dawley Town Hall TF2 7PR	5pm-7.45pm Meeting Point House TF3 4HS

For further information or to refer please contact:
talk2@telford-mind.co.uk or call 07434 869248



HINTS AND TIPS

In this weeks edition, we have included a quick and easy recipe & a calming technique - Give them a go!



Easy 10-Minute Garlic Butter Pasta

Ingredients (serves 1-2):

- 150g pasta (any kind)
- 2 tablespoons butter
- 2 cloves garlic, minced (or 1 teaspoon garlic granules)
- Salt & pepper
- Optional: grated cheese, parsley, chilli flakes

Instructions:

1. Cook the pasta
2. Boil pasta in salted water until soft.
3. Make the sauce
4. In a pan, melt the butter on low heat.
5. Add the garlic and cook for 1 minute until fragrant.
6. Combine
7. Drain the pasta and toss it in the garlic butter.
8. Season
9. Add salt, pepper, and any extras like cheese or parsley.
10. Enjoy!
11. That's it - done in 10 minutes.



Micro story noticing

1. Choose a tiny object near you

Examples:

- a paperclip
- a loose thread
- a crumb
- a crease in your sleeve
- a mark on a table

2. Stare at it for 10-15 seconds

- Notice its shape, colour, texture, shadow, or position. Imagine the object has a "backstory"

3. Ask yourself quietly:

- Where might this have come from?
- How did it end up exactly here?
- What tiny journey did it go on?
- What does it "see" from where it is?

4. Describe its story in two sentences (in your head or out loud)

- This shifts your brain into slow, present-moment focus, but in a fun, non-serious way.

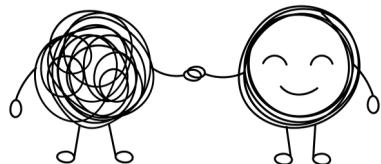
5. Take one slow breath to finish

- Notice how your attention feels calmer and more centred.





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



NHS
Are you in a
mental health
crisis?

111 - Mental health support 24/7

FREE online counselling



Anonymous online service
www.kooth.com

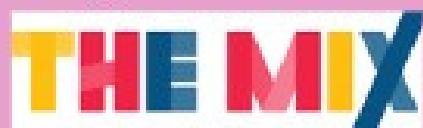
Support for suicidal thoughts



9am - midnight
08000684141

pst@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

