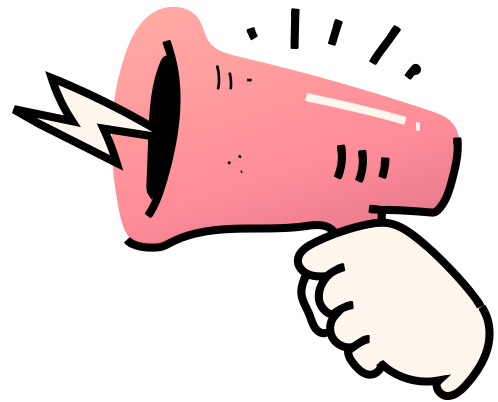


Young Peoples Newsletter

MONDAY 3RD
NOVEMBER
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!

Recent Team Updates

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!!*

We're Up for an Award!

This Thursday, our team will be attending the Telford & Wrekin Employee Awards and we're thrilled to share that we've been nominated in the 'Team Awesome' category! It's an honour to be recognised for the passion, collaboration, and dedication we bring to our work every day. We're keeping everything crossed and would love your support. Wish us luck!



This November, Telford & Wrekin Council are celebrating National Care Leavers Month, which is a time dedicated to recognising and supporting young people transitioning out of care. Throughout the month, we'll be hosting a variety of activities, events and initiatives aimed at empowering care leavers and amplifying their voices. From creative workshops and wellbeing sessions to career guidance, we're committed to making this celebration meaningful and inclusive. We're excited to be part of this important national campaign and look forward to sharing highlights and stories in our next edition.

Stay tuned!

November activities



The Christmas Market at Shropshire is a delightful festive event that attracts visitors from near and far.

This annual market showcases a variety of local artisans, delicious food and seasonal entertainment, creating a magical atmosphere for all ages.

Muxton Lane



November 16 from 10am to 4pm

To book your FREE ticket press [here](#) to get your space!!

 **[click here](#)**



Festive Gardens

19 Dec 2025 - 21 Dec 2025

***£8 group ticket (Up to five people)**

£2.50 Adult

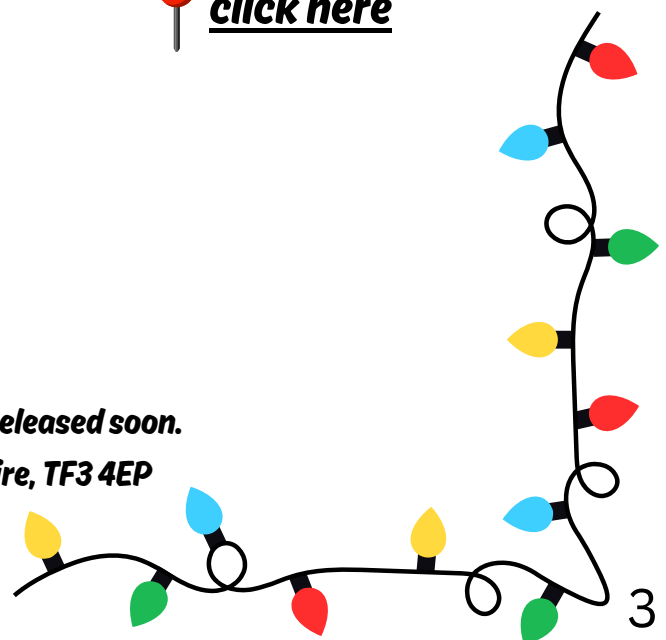
£1.50 Child

Under 2s go free

Advanced tickets or pay on the gate. Advanced tickets will be released soon.

Chelsea & Maxell Gardens, Telford Town Park, Telford, Shropshire, TF3 4EP

[click here for more info](#)



November Awareness days

Movember – Men's Health Awareness Month

The month is To raise awareness of men's mental health, suicide prevention, prostate cancer, and testicular cancer.

This Encourages open conversations, fundraising, and moustache-growing challenges to support men's health services.



Anti-Bullying Week (Nov 10-14)

This is To tackle bullying in schools, online, and communities.

The week is to Promote kindness, respect, and safe spaces for everyone.



Remembrance Sunday (Nov 9)

To honour those who served and died in wars.

This Brings communities together for reflection and gratitude.





BONFIRE NIGHT

T M E G Z K K I I Q F T A H Y E L O O W N S E D
O S K V E L Q T Y N O O S K A W Y L Q Y N L F E
D U G B O P A G W F C E B S N Y P Z N S V P T Y
F B N N G U N I F P K S M E P H M N T Z L C O E
K O A Q V U E E U W Q U Y V E X E Z R L V J D Y
N N B R V P E L A G Z L X O F P O D E U F W Y A
W F V T E A I F S B Q Q P L R D R V A Z D H C J
J I Q Z P D Y L G N F Y U G L S A X C H I R X Q
S R S P G U W F Z I D F O D D H N S L I M I P W
V E L R G K W O R M I G S N S N G N E I V L L Y
A E B A E F P E P Z A V F A C O E V T H C X H T
S R Q H G L W J P N K R O F J V W R O G A O G E
X J R U T O K C X R U I P R E E B Z F G N B B F
Z W D J R P H R D F G G U A K M V H F J D A O A
H M E K S J X O A I T R C C O B I B E X Y O W S
V C S L H F F I T P S N N S M E Y U E V F G Z B
B O E P R V R J L P S P E R S R Y F X F L O T O
O E E Y R G J T Y M O J L M B L B I O G O M V T
Z M Q J R D K Y O C E T K A A A M Q C S S T W O
U V D O R A D Y D J F Z A J Y I D O J F S X Z L
F J U T Q P E C T Q N P J T Z J L D N Y L A E P
R N N O R N M Q A Y N M X S O D S R I U T C J G
D D D C A T H E R I N E W H E E L L A U T W J D
U D U P O L K N O S A E R T F D S A R P P K W O

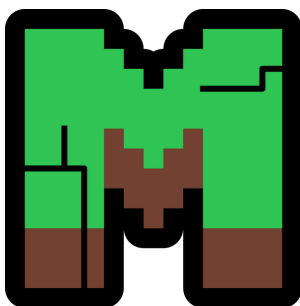
scarf and gloves
hot potatoes
guy fawkes
fireworks
bonfire
smoke
bang

catherine wheel
cup of soup
wooley hat
sparklers
display
penny

treacle toffee
candy floss
fairground
november
orange
cold

toffee apples
parliament
gunpowder
treason
safety
plot





We hosted a Minecraft-themed session in the back of Telford's iconic gaming bus for our Young People open to Childrens Services.

We kicked things off by exploring how different environments in Minecraft can evoke different emotions just like in real life. This led to a thoughtful discussion about times we've felt those emotions and how we can respond to them. We even did an "If-Then" challenge, where we came up with positive ways to deal with tricky feelings. For example: If I feel frustrated, then I can take a break or talk to someone I trust.

Next came the building challenge! With a box of sweets up for grabs, the competition was on. Liam gave his best shot with a football pitch (not his finest work!), while the young person showed us with an impressively accurate Plants vs Zombies house.

To wrap up, we jumped on the race wheels for some fast-paced fun. Liam even lost a race! Things got even more exciting when we started chasing each other in the game. one of us was in a truck and the other in a tiny car. It was hilarious and a great way to end the day.

Despite the small turnout, the session was a brilliant mix of learning and playful creativity. We are looking to host more of these sessions in future, keep an eye out in the newsletters for more details.



Our bonfire night Top Tips!

Bonfire & Fireworks Safety Checklist



Bonfire Safety

- **Stay well back from the bonfire – never get too close.**
- **Don't throw anything into the fire.**
- **Keep pets and small children away.**
- **Wear non-flammable clothing (avoid loose or synthetic fabrics).**
- **Make sure an adult is always supervising.**

Fireworks Safety

- **Watch fireworks from a safe distance – at least 20 metres away.**
- **Never pick up a firework that hasn't gone off.**
- **Don't light fireworks yourself – leave it to trained adults.**
- **Use ear defenders if loud noises make you uncomfortable.**
- **Keep sparklers at arm's length and wear gloves.**

General Safety

- **know where the first aid station or adult helpers are.**
- **Stay with your group or trusted adult.**
- **If you feel scared or unsafe, tell someone straight away.**
- **Don't run near fireworks or bonfires.**
- **Have a torch or phone with you if it's dark.**



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

 **Mind**⁹
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.

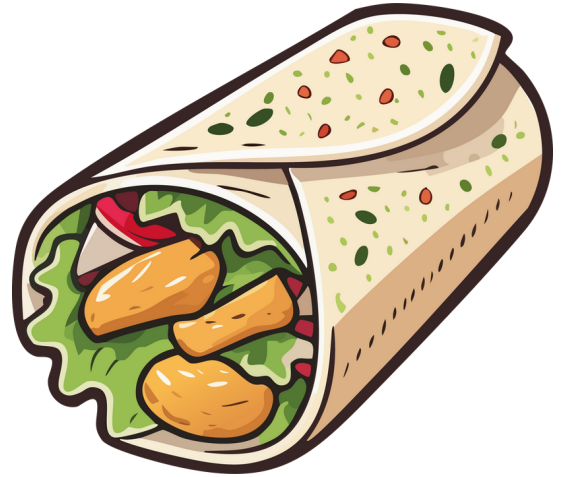
HINTS AND TIPS

In this weeks edition, we have included a quick and easy recipe for chicken bacon ranch wraps and Mindful box breathing!

Chicken Bacon Ranch Wraps

Ingredients (makes 2 wraps):

- 2 tortilla wraps
- 1 cup cooked chicken (shredded or sliced)
- 4 slices cooked bacon
- Lettuce (shredded)
- 2 tbsp ranch dressing
- Optional: grated cheese, tomato slices



Steps:

1. Warm the tortillas slightly in a pan or microwave (10-15 seconds).
2. Lay out the tortilla and spread 1 tbsp of ranch dressing on each.
3. Add chicken, bacon, lettuce, and any extras like cheese or tomato.
4. Roll up the wrap tightly, folding in the sides as you go.
5. Slice in half and serve cold or warm.

Box Breathing Technique

This technique is simple and calming—used by athletes, students, and even the military to reduce stress and improve focus.

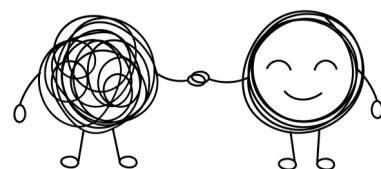
Steps:

1. Inhale slowly for 4 seconds
2. Hold your breath for 4 seconds
3. Exhale slowly for 4 seconds
4. Hold again for 4 seconds
5. Repeat the cycle 4-5 times





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?

NHS

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

