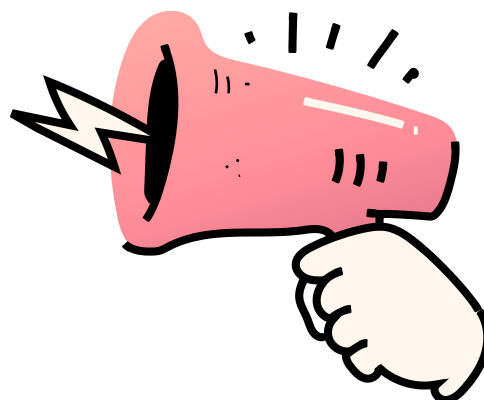


Young Peoples Newsletter

MONDAY 11TH
AUGUST
2025



Welcome to the first edition of 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.**

NEWSLETTER CONTENTS

Page 2-4: Voice of the child updates

Page 5-6: Public activities in Telford

Page 7-8: Online safety

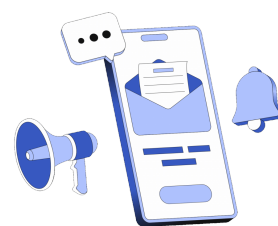
Page 9: Cate team at Telford and Wrekin

Page 10: Employment and training

Page 11: Hints and Tips

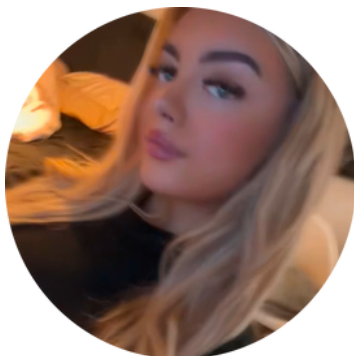
Page 12: Useful contacts

Page 13: Get in touch with us!





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!

We love showcasing the amazing work we are doing and putting it all together in one place with bold visuals and creative pictures. These designs are shared across Telford and Wrekin's Children's Services!

We help make sure young people's voices are heard, respected and considered.. **YOUR VOICE REALLY DOES MATTER** ❤️

Watch this space for more creative pieces!



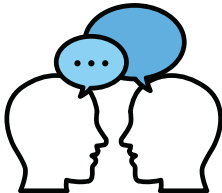
 yourvoicematters@telford.gov.uk

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

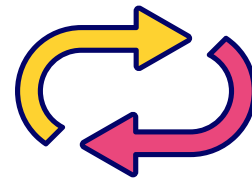
Voice of the Child Team Updates!



We are also incredibly proud and thankful to be a finalist for TEAM AWESOME across Telford and Wrekin Council. We have been invited to the award ceremony later in the year!!! Darren Knibbs - Executive Director for Children's Services surprised us with the news... although.. Leona and Rhianna had a sneaky feeling something was going on before!!!!



Reverse Mentoring



Each member of our team has been paired with a mentor from the Senior Management Team at Telford & Wrekin Council. We have been paired based on our interests, ideas, and career goals. This has created some brilliant opportunities for learning and connection.

Over the past few months, we've been meeting regularly with our mentors. Some of us catch up over drinks, go for a walk or talk over the phone. These sessions have helped us share ideas, build confidence, and explore new pathways.

Leona is helping with Youth Parliament, while she and Rhianna will be shadowing social workers an area they're both passionate about. Jamie will be visiting construction sites to see the work in action as well as sharing ideas in terms of projects/initiatives for young people and the team. Liam shared his interest in improving housing accommodation, which led to him and Leona visiting providers to gather feedback directly from young people.

Reverse mentoring has been a brilliant experience for all of us. It's not just about learning it's about being heard, being understood, and helping shape the future of services through real conversations :)

Voice of the Child Team Updates!



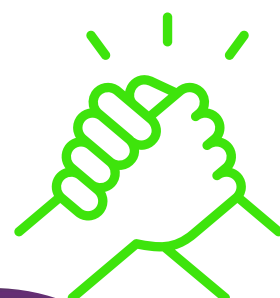
Rhianna and Leona will be shadowing Practitioners in the upcoming weeks so they can gain an insight of their day to day work. This will help their further aspirations of wanting to be a social worker and understanding their role more.



Rhianna has moved into her own home!! Such an exciting step for her future :)



Did you know? We are all currently completing our Level 3 Youth Work Apprenticeship Qualification, the apprenticeship is for 18 months! it is a great opportunity for us to gain all the knowledge. We recently grouped together to showcase our learning on Online Safety and the important information needed to be shared with Young People. We learnt a lot and wanted to spread this information to you all.. look on page 6 for more information :)



We have still been attending our monthly sessions with Andy from Smash LIFE. These sessions are so important and valuable for us all. If you haven't heard of Smash LIFE, visit their website for more information:

[Click Here](#)

Summer Activities



Enjoy a summer of childhood and play at
Blists Hill Victorian Town.

Children will be able to have a go at old-fashioned games and activities like skittles, hopscotch, hoop and stick and stilts, and play giant games on the Green. They will be able to get hands-on and make their very own kite, hat or boat, or take a lesson in the Victorian school.

[CLICK HERE TO BOOK ONLINE](#)

**Starting Saturday 19th July until
Monday 1st September, 10am until 5pm
everyday!**

**Parklane Summer Fete!!
Tombola, Raffle, Music,
Cakes and More!
Saturday 23rd August
11:30- 3:30pm
Park Ln, Telford TF7 5QZ**



**2025 Balloon Fiesta
Saturday 23 - Sunday 24 August | 12-
7pm**

**Enjoy two full days of free
entertainment in the QEII Arena. Each
day will be packed with aerial displays,
shows, live music and family fun.**

Summer Activities



Telford Town Park So much fun right on our doorsteps!



Telford Town Park is a massive adventure area and did you know, its one of the UKs top Urban parklands and nature reserves. From Sky reach high ropes, disc golf, Trim Trail & Play Zones, Sensory Garden, Chelsea Gardens, Fishing Pools, Cycling routes and more.. there is something for everyone.

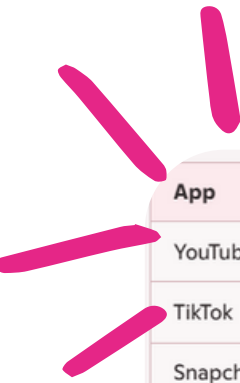
You are sure to find a spot to enjoy, especially over the summer holidays where new exciting opportunities are coming such as a funfair on the green and Segway experiences located at the Visitors centre.

Telford Town Park is easily accessible via Bus route with the Bus station located in Telford Town Centre, just less than a 3 minute walk away!!

[Click Here to find out more!!](#)



Online Safety



App	Usage Among Young People
YouTube	88% of 3–17-year-olds
TikTok	50–53%
Snapchat	42–46%
Instagram	~40%
BeReal	22% of 16–24-year-olds
WhatsApp	Widely used for messaging



We recently completed a group presentation around Online Safety which covered topics such as Scams, Personal Data and Catfishing - we found this interesting and definitely learnt something ourselves. We want to share our learning with other young people :)

Online Safety Tips for Young People

Think Before You Post: Anything shared online can be saved, shared or misused!

Use Strong Passwords: Mix letters, numbers, and symbols and never reuse passwords across apps!

Turn on Privacy Settings: Limit who can see your posts, stories, and personal information!

Don't Share Personal Info: Avoid giving out your address, school name or phone number!!

Report & Block: If someone is being inappropriate bullying or suspicious..block them and report it!

Be aware of Strangers: Not everyone online is who they say they are!!!!

Only use Trusted links: For news, advice or help it's best to stick to verified websites and accounts!



CATFISHING

What is it? Catfishing is when someone creates a fake identity online to trick others often for emotional manipulation, money or blackmail!

Spot the signs of Catfishing!

- They avoid video calls or meeting in person.
- Their stories don't add up or they change.
- Their photos look too perfect or appear somewhere else online.
- They ask for money gift cards or intimate images.

How can you protect yourself?

- Use reverse image search to check profile photos.
- Ask for live video chats before trusting someone.
- Never send money or personal info to someone you haven't met.
- Trust your instincts.....if something feels off then it probably is.

Online Safety



Cyberbullying or Online Abuse

Bullying online can be just as bad as in person and it's sadly so common.

Different types of cyberbullying and how this might look:

- Mean messages or comments.
- Fake profiles made to mock or impersonate.
- Exclusion from group chats or games.
- Sharing embarrassing photos or videos.

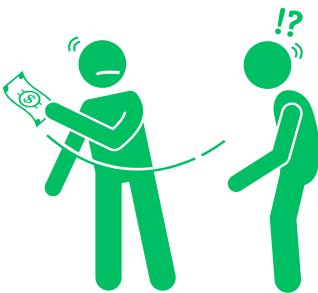


What can you do if this is happening:

- Don't respond as this might escalate and make things worse.
- Save evidence as much as you can like screenshots can help.
- Report the abuse to the platform such as Tik Tok, Snapchat, WhatsApp etc
- Talk to someone!! its so important to tell someone and don't suffer alone, talk to your parents/carers, a teacher, support worker, friend or talk to Childline on **0800 1111**

Financial Scams

Scammers may use emotional stories or fake situations/opportunities to trick people into sending them money.



Common scams:

- Fake job offers or ways to make easy money!
- Romance scams asking for help or gifts.
- Phishing links pretending to be from banks or different apps
- Crypto or gaming credit scams

Tips to help:

- Don't click suspicious links!!! and report them!!
- Never share bank details or passwords.
- Verify offers with a trusted adult or an official source.
- Tell someone you trust!!



eSafety commissioner are an online tool which provides useful and important information around online safety. Please do take a look - [Click Here for more information.](#)



Are you aware of the CATE team at Telford and Wrekin Council and what service they provide?



The CATE team stands for Children Abused Through Exploitation.

The service is for young people aged 13-19 and are at risk of exploitation.

How can a CATE worker help you....

Listen to you even if it may be difficult to talk about we they will make no judgements and they hope over time you will learn to trust them.

Support Your cate worker will help you as much as they can to make the changes in your life that you may want to change.

Keep you safe Your safety is very important to us and to people that care about you. They will work with you and whoever is in your life to keep you safe from harm

Raise awareness Your worker will talk to you about CSE they will provide information and advice on a one to one basis.

SPOT THE SIGNS



Do they ask you to keep a secret?

Do they give you random gifts?

Do they ask you to hide something for them?



PHONE - 01952 385385

Email: familyconnect@telford.gov.uk

Email : CATE@telford.gov.uk



Employment and Training Opportunities

Here are for the ones transitioning from year 11
to the next big step... you still have time to
change ur mind!

Search apprenticeships

44,895 apprenticeships currently listed

What	Where
Enter a job or company	Enter a city or postcode
	Telford, Shropshire
Search	Browse by your interests instead

info@novatraining.co.uk
tel:01952 243380

**You can visit to find out more about what training
and courses they offer for 16-18 or also call up!**

[Click Here](#) to find out more!!

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.

[Click Here](#) to find out more!!



Juniper

Are you a young individual eager to kickstart your career journey in Shropshire? Look no further! Juniper Training, based in Telford, is your dedicated partner in transforming aspirations into accomplishments. We are passionate about nurturing talent, and we are here to guide you on the path to success.

[Click Here](#) to find out more!

**Looking to get back to work, switch careers or
upskill?**

**From free online courses and apprenticeships to
University-level part-time programmes, study on
your doorstep with Telford College**
<https://www.telfordcollege.ac.uk/>



HINTS AND TIPS

In this weeks edition, we have included a quick and easy recipe for a mug cake and a mindful activity

Ingredients:

- 4 tbsp self-raising flour
- 4 tbsp caster sugar
- 2 tbsp cocoa powder
- 1 medium egg
- 3 tbsp milk
- 3 tbsp vegetable oil
- or sunflower oil
- a few drops of vanilla essence
- or other essence (orange or peppermint work well)

Let's Cook!

Step 1

- Add 4 tbsp self-raising flour, 4 tbsp caster sugar and 2 tbsp cocoa powder to the largest mug you have (to stop it overflowing in the microwave) and mix.

Step 2

- Add 1 medium egg and mix in as much as you can, but don't worry if there's still dry mix left.

Step 3

- Add the 3 tbsp milk, 3 tbsp vegetable or sunflower oil and a few drops of vanilla essence and mix until smooth, before adding 2 tbsp chocolate chips, nuts, or raisins, if using, and mix again.

Step 4

- Centre your mug in the middle of the microwave oven and cook on High for 1½ -2 mins, or until it has stopped rising and is firm to the touch.



Letter for future self:

Make a letter to your future self :)

What you will need:

- notebook or paper
- envelopes
- pen

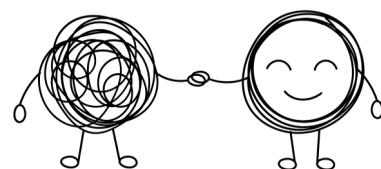
How to do this:

- write a nice message to yourself to encourage yourself
- store the message in an envelope and read them when you feel ready or for a general uplift!





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



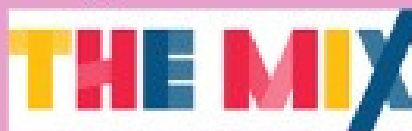
Anonymous online service
www.kooth.com

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

