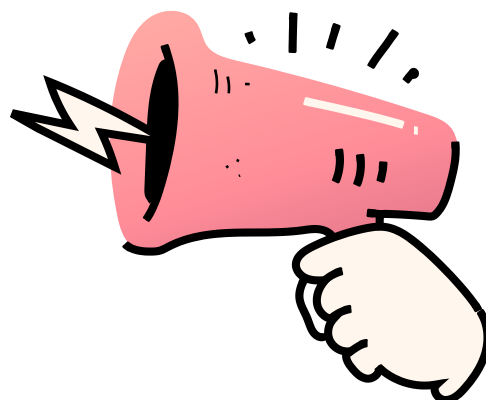


# Young Peoples Newsletter

MONDAY 17TH  
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.**

## NEWSLETTER CONTENTS

**Page 2:** Voice of the Child Team Updates

**Page 3:** November Activities

**Page 4:** Awareness days

**Page 5 :** Family Hubs

**Page 6:** Care Leaver Covenant DENSO

**Page 7:** Women's self defence class

**Page 8:** Environmental leadership programme

**Page 9:** The link

**Page 10:** Youth groups in Telford

**Page 11:** Employment and training opportunities

**Page 12:** Calm Cafe

**Page 13:** Hints and Tips

**Page 14:** Help lines

**Page 15:** We want to hear from you !





# 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



**Podcast Spotlight: National Care Leavers Month**  
We hosted an inspiring session featuring *Rising As Me*, alongside voices from Dandelions, care leavers and apprentices. Together, we shared powerful stories of resilience, growth and overcoming challenges. It was an amazing conversation full of hope and practical insights!



*This week, as part of our Youth Work Level 3 Apprenticeship, we're taking part in two interactive workshops on Managing Conflict and Challenging Behaviour in youth work. We're loving the journey and excited to build skills that will shape our future.*



**We're thrilled to share that the Voice of the Child team has been crowned Team Awesome at the Telford & Wrekin Employee Awards! This recognition means so much to us, and we're incredibly proud and grateful for everyone's support.**



yourvoicematters@telford.gov.uk



yourvoicematterstwc



# November Events & Activities



## Oakengates Christmas Lights

 **Date: Saturday 29 November 2025**

 **Time: 2pm to 7pm**

 **Location: Market Street, Oakengates**

 **What's happening:**

 **Meet Santa and capture a memorable photo.**

 **Live music from local choirs and singers to set the festive mood.**

 **Funfair rides and inflatables for all children.**

**And more!**

## Dawley Christmas Lights

 **Dawley High Street, Christian Centre & Dawley Park**

 **Saturday 22nd November**

 **1PM - 6PM (Lights switched on at 5PM)**

 **FREE**

 **Enjoy live music and entertainment across the High Street, plus FREE rides & attractions, and local offers from your favourite Dawley shops and businesses.**

 **Pop into the Christian Centre for festive stalls and face painting, then wander down to Dawley Park for even more fun with the ice rink, inflatables, and a special visit from Santa!**



## 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

## National Career Development Month 2025

*This is an annual observance dedicated to highlighting the importance of career development and planning. This month-long campaign seeks to empower individuals of all ages to take charge of their career journeys, make informed decisions, and pursue fulfilling and meaningful work. Look on our Employment and training opportunities page to find the next step in your career journey!*



## Self Care Week 17<sup>th</sup> - 23<sup>rd</sup> November

*Self Care Week is an annual national awareness week that focuses on embedding support for self-care and this year's theme is "Mind & Body". It aims to encourage people to focus on both their mental and physical health, and the week serves as a catalyst for long-term self-care habits.*



## 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.*





**Family Hubs are community-based support centres designed to make it easier for families to access help and advice in one place. They are part of a national initiative called Family Hubs and Start for Life, and in Telford & Wrekin they serve:**

### ✓ Who they support

- Families with children aged 0–19 (or up to 25 for young people with SEND).
- Expectant parents and carers.

### ✚ What they offer

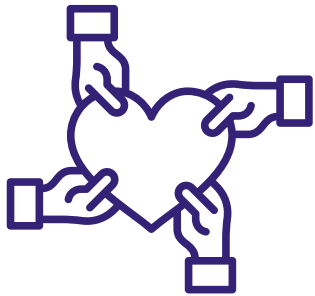
- Parenting advice and courses (including online options).
- Early years support: play sessions, speech and language development, infant feeding guidance.
- Health and wellbeing: mental health support, healthy lifestyle advice.
- Practical help: budgeting, housing, employment guidance.
- Specialist services: SEND support, domestic abuse advice, relationship support.

### 📍 How they work

- Physical hubs in local communities (e.g., Sutton Hill and Woodside).
- Drop-in sessions across Telford & Wrekin.
- Online resources and virtual support.
- Families can self-refer or be referred by professionals.

**[Click Here to visit the Family Hubs Website](#)**





## ***Have you heard of the Care Leavers Covenant?***

***The Care Leavers Covenant is a national initiative that helps young people aged 16–25 who have been in care to thrive as they move into adulthood. It brings together businesses, charities and local authorities to offer practical support such as housing advice, financial guidance, job opportunities, training and wellbeing services.***

***In Telford & Wrekin, care leavers can access a Local Offer that includes council tax exemption, setting-up home allowances, and tailored help with education and employment. Visit our Local Offer page to find out more: [CLICK HERE](#)***



***Recently Liam had the privilege of joining our Service Delivery Manager, Laura Moore at an exclusive event hosted by DENSO, where they showcased the Care Leavers Covenant to a range of businesses.***

***The setting was truly impressive an elegant venue that reflected the importance of the occasion.***

***Their mission was clear: to encourage more organisations to commit to supporting care experienced young people by signing up to the Covenant. We spoke with business leaders, shared success stories, and highlighted the positive impact these partnerships can have on young people's futures.***

***One of the highlights of the day was meeting the Chair of trustees, who kindly invited Liam to visit her horses, a wonderful gesture that made the event even more memorable. Liam also had the chance to speak with the Chief Executive David Sidaway, who attended to show strong support for Telford & Wrekin, reinforcing the commitment to creating opportunities for care leavers locally. Liam also met the Lord Lieutenant, she loved hearing about his role within the council and wanted to see how she can get involved.***

***The event was a fantastic opportunity to build connections and raise awareness in a professional, high-profile environment. A big thank you to DENSO for hosting and to everyone who contributed to making the day such a success. Together, we're creating more opportunities for care leavers to thrive.***



# **FIT & FEARLESS**

## **WOMEN'S SELF DEFENCE**

***The Fit and Fearless sessions are held at Park Lane community Centre on Monday nights at 6.30 - 7.30.***

***These classes are for women and girls aged 12+ at the affordable price of £5.***

***Improve Strength and fitness. Ultimately the fitter you are the easier it is to defend yourself.***

***Learn how to defend yourself and to strike effectively.***

***Blow off steam in a fitness class unlike any other.***

***Build Confidence.***

***Have Fun in a safe environment without prying eyes.***



14h • 🌐

My daughter has just returned home from her first class, she was so hyped up to show us what she had learnt. She told us how much fun she had and how lovely and welcoming everyone was. She can't wait for next week!

Second week of fit and fearless. Feeling strong and energised! Great mix of self defence, fitness and fun. Jack is knowledge, passionate and friendly. Everyone in the class is lovely and welcoming. Highly recommend girlies! xo





# 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:



# 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](mailto:thelink@telford-mind.co.uk)

If you want further information about this service or referrals, please email  
[thelink@telford-mind.co.uk](mailto:thelink@telford-mind.co.uk)  
or call 07434 869248



Telford & Wrekin  
COUNCIL

 **Mind**<sup>9</sup>  
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



## ***The Shrewsbury and Telford Job Fair!!***

***The Telford & Shrewsbury Jobs Fair is on Wednesday 19th November 2025 at Mercure Telford Centre Hotel, 10am to 1pm.***

***You need to book a place to attend!! [CLICK HERE](#) to get your free ticket and secure your space.***

***Why Visit the Job Fair to look for work?***

***Networking Opportunities - Job fairs provide a platform for networking with recruiters, hiring managers, and representatives from various companies. Building connections can open doors to job opportunities now or in the future.***

***Direct Interaction - Job fairs allow you to engage directly with employers. You can ask questions, learn about company cultures, and get a better understanding of job roles and requirements.***

***Explore Job/Career Options - Job fairs feature a diverse range of companies from different industries. This gives you the chance to explore various career paths and industries you might not have considered otherwise.***

***Face-to-Face Impressions - Meeting employers face-to-face allows you to make a memorable impression beyond what a CV or online application can convey. Your personality, communication skills, and enthusiasm can shine in person.***

***Access to Hidden Opportunities - Not all job openings are advertised online. Companies often attend job fairs to fill positions quickly or to find candidates with specific skills. Attending a job fair gives you access to these hidden opportunities.***

***Learn about the Job Market - Job fairs provide insights into the current job market trends, including in-demand skills, salary ranges, and hiring expectations. This information can help you tailor your job search strategy.***

***Professional Development - Get tips on how to improve your CV, Interview Skills, and build your confidence talking to employers by attending a Job fair.***

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 of support with their emotional/mental health to prevent a crisis.

Café locations, days and times:

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

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



Telford & Wrekin  
COUNCIL

# HINTS AND TIPS

*In this weeks edition, we have included a quick and easy recipe for sausage, mash and peas & a mindfulness activity - creating a vision board!*

## Ingredients

**For the sausages and onion gravy**

8 sausages

2 onions, sliced

½ tsp dried mixed herbs

½ tsp English mustard

600ml/20fl oz stock (ideally beef, although chicken or vegetable is fine)

salt and black pepper

2 tsp softened butter

2 tsp plain flour

**For the mash**

900g/2lb potatoes, peeled and chopped into equally sized cubes

50g/1¾oz butter

100ml/3½fl oz milk

**To serve**

300g/10½oz frozen peas



## Method

**Preheat the oven to 200C/180C Fan/Gas 6.**

**Put the sausages in a roasting tin and place in the preheated oven. Cook for 10 minutes then turn the sausages and cook for a further 5 minutes, or until they have a good colour on the outside.**

**Add the sliced onions to the tin. Mix the dried herbs, mustard and stock together and pour over the sausages and onions. Return the tin to the oven for a further 20 minutes, or until the sausages are cooked through and the onion gravy thickened. Season to taste with salt and pepper.**

**For the mash, boil the potatoes in a pan of boiling water until tender. Drain and mash.**

**Heat the butter and milk until the butter has melted. Add a pinch of salt and pepper then pour over the mashed potato and mix until smooth. Set aside until ready to serve.**

**Cook the peas in a saucepan of boiling water for 2-3 minutes, or steam them for 1-2 minutes. Drain thoroughly and set aside.**

**For the sausages and onion gravy, mix the softened butter and plain flour together to form a paste. Remove the sausages from the baking tray, set aside and cover to keep warm. Place the baking tray onto the hob, add the flour and butter mixture and whisk until combined. Stir over a medium-high heat for 2-3 minutes, or until the gravy has thickened slightly. Add the sausages back to the tray and warm through for 1-2 minutes.**

**Serve the sausages, mash and peas with the onion gravy spooned over.**

## Vision Boards

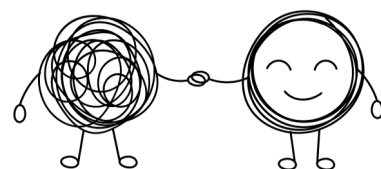
**Make a vision board of things that make you happy - Cut out pictures, quotes, and words from magazines or print images that represent your dreams and joys. Arrange them on a board as a visual reminder of what inspires and motivates you.**







# 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](http://www.telfordstars.org)



Are you in a  
mental health  
crisis?

NHS

111 - Mental health support 24/7

FREE online counselling



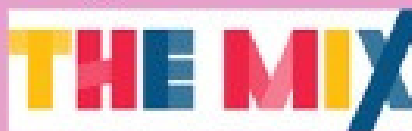
Anonymous online service  
[www.kooth.com](http://www.kooth.com)

Support for suicidal thoughts



9am - midnight  
08000684141  
[pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

Support for under 25s



[www.themix.org.uk](http://www.themix.org.uk)  
08088084994

Emotional support 24/7



Free call 116 123  
[jo@samaritans.org](mailto:jo@samaritans.org)

Support with personal crisis



[www.youngminds.org.uk](http://www.youngminds.org.uk)  
Mon-Friday 9.30-4pm  
08088025544

Mental health support



Mon-Friday 10am-5  
07434869248  
[talk2@telford-mind.co.uk](mailto:talk2@telford-mind.co.uk)

Support to understand self-  
injury



[www.lifesigns.org.uk](http://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](mailto:yourvoicematters@telford.gov.uk)**

