

LEAVERS COME FIRST NEWSLETTER

MONDAY 28TH
JULY
2025



Welcome to this edition of our Care Experienced Young Persons 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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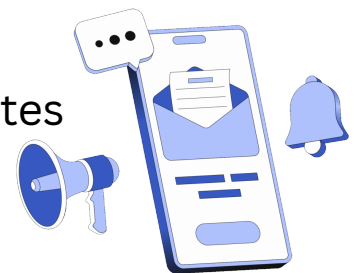
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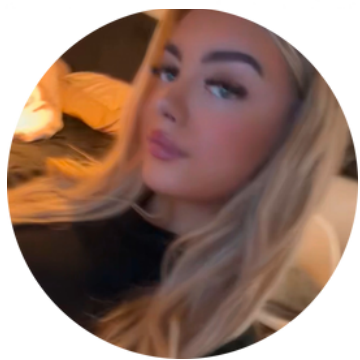
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VOICE OF THE CHILD APPRENTICE TEAM



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



- Liam has teamed up with Public Health to champion their Stop Smoking Campaign, sharing his personal journey and the practical tips that helped him quit for good offering real inspiration for others ready to take the leap.

- We have been shortlisted for team awesome !!!!!



Rhianna and Leona are setting up the next pamper session!



- Our team have been creating Instagram content, sending out engaging emails, and now diving into the world of podcasting! We're lining up some incredible keynote speakers for upcoming episodes that you won't want to miss. Keep your eyes on our newsletters for all the latest updates and where you can tune in

Want to see our latest updates or get in touch?

Our contact details are below:

yourvoicematters@telford.gov.uk



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

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



Join the beat at Telford Carnival 2025!
The carnival is taking place on the 24th August which is a Sunday, @ Telford Town Centre.

Would you want to become apart of the drumming parade?
do not know how to drum? don't worry we have you come to our practice sessions!!

7th August 6-7:30pm

15th August 6-7:30pm

Interfaith Council Building, 19 New St, Wellington TF1 1LU

Spaces are limited so don't miss out !!

Contact Rob.Wilson@telford.gov.uk to find out more!

We have been arranging lots of fun activities and have asked for donations from different places including Madlug bags for if you need a bag to move home!



Madlug bags

Madlug bags are a bag for life. The bag is for those in need so they do not have to carry there life/belongings in a black bin bag as this is not fair on them at all! These bags are much nicer and more convenient as The man himself who created these bags said

"No child deserves to carry there life in a bin bag".

Please get in touch with hubprojectteam@telford.gov.uk if you require a bag for a child in need!



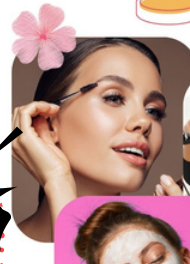
Another pamper session but this time involving some make up as requested!

LAST TIME WE DID NAILS / FACE MASKS AND YOU ALL SAID YOU WANTED MAKE UP!! SO WE ARE BRINGING YOU WHAT YOU WANT!



PAMPER SESSION

19th August 1-3pm @ the Leavers Lounge



- hair styling
- face masks
- make up



we attended a talk on kinship care involving the dandelions and kinship carers too which was really intresting!



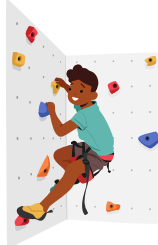
We are also incredibly proud and thankful to be a finalist for team awesome!! So we will be attending the event in the upcoming months!



Attingham park event and rock climbing

Attingham park

On the 9th July the care leaver group went to Attingham park to have an introduction into archaeology and geophysics. We met up with the wonderful Sue, who arranged the event. Although the day was super hard in the heat the team managed to push through and even electro-pulsed the ground ready for the excavation in September.



Rock climbing

On the 22nd Liam went over to Birmingham to have a rock-climbing experience with our UASC group. They loved the activity, even though many of the group were scared at first, once they started to climb, they were loving it! A lot of them even started to race up the wall. Eventually some of them even went on to climb up the second wall which was TWICE as high!!

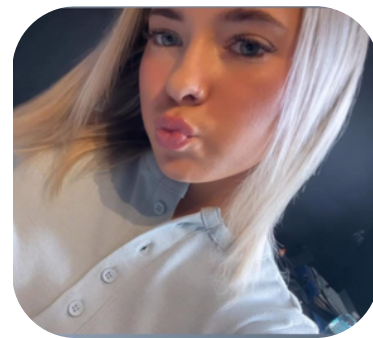


**If you are interested please
contact you PA!**



Bright Spots Survey

coramVoice)))
getting young voices heard



BrightSpots – Your life beyond care

Hopefully you will all be aware that we have recently launched a survey called "Your Life Beyond Care".

We really need you to get involved and feedback and have offered a £20 voucher to all of you that we get in touch with who text us a pic to show that you have completed the survey as a big thank you for taking the time to feedback!

The survey is really important because:

- It collects information on what matters most to care leavers in Telford and Wrekin and what contributes to your well-being.
- What you tell us helps us to make sure that we are making changes that will better support you and all care leavers.
- The survey lets us compare ourselves with how we are doing compared to other local authorities and know where we are doing well and where we can be better.



The survey takes around 8-15 minutes to complete, the questions are optional and anonymous. To access the survey link, you need to contact Rhianna who is leading on Bright Spots and can send you a paper copy if you prefer or help you complete if needed :)



More Information about Telford and Wrekin's Local Offer to Care Leavers!



Who is the Local Offer for? To be able to get the support set out in the Local Offer, you must have been in care for at least 13 weeks between the ages of 14 and 18 and also including at least 24 hours aged 16 or 17.

If you are not sure whether you qualify for support, then ask your Personal Adviser (PA). Your PA will talk with you about the information in the local offer.

Every care leaver gets a PA to help with:

- Housing
- Education and work
- Health and wellbeing
- Life skills and budgeting



Below are a few examples of what's offered in the Local Offer:

Housing & Home Setup

- Help with setting up your first home (up to £3,559 allowance)
- Support with TV licence, home contents insurance, and redecoration
- Help with broadband costs and water bills
- Council tax exemption up to age 25



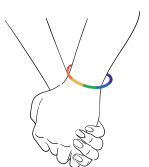
Education, Training & Work

- Support you with work and interview clothing costs.
- Ringfenced apprenticeships within the council
- We can provide a grant of up to £225 per year to support your further education course (level 2 or above) to go towards stationary, field trips, books and IT equipment.
- If you start an apprenticeship will receive a £3,000 bursary
- A free Arriva Bus Pass to travel around the borough, for instance to and from interviews, work experience, jobs until first wage, college until bursary in place, and university visits.
- If you attend University, we provide a Higher Education Grant of £2,000 up to the age of 25.



Health & Wellbeing

- Offer free prescriptions up to the age of 25.
- Free access to council leisure centres, which have gyms, fitness classes, yoga and swimming pools – as we know that physical activity is beneficial to having good mental health. You can also bring a friend for free!



The Leavers Lounge, at Meeting Point House is a friendly, informal place to come and receive support, participate in lots of different activities and meet other care experienced young people. Come join our Leavers Come First Forum, see your PA, and use our sensory room to chill out with a cuppa.

Leavers Come First Summer Programme

Don't forget to book your space!

Football Sessions

Madeley 3G Pitch
Court Street
TF7 5EE



Monday 21st July 1.00pm - 3.00pm
Thursday 25th September 1.00pm - 3.00pm
Thursday 30th October 1.00pm - 3.00pm
Thursday 27th November 1.00pm - 3.00pm
Thursday 18th December 1.00pm - 3.00pm

Transport provided if required



Overnight Camp

Thursday 31st July 4pm -
Friday 1st August 11am

Little Wenlock

Camping, Outdoor cooking
and bushcraft

Independent Living Skills
workshop

26th, 27th, 28th August

10-3pm @the leavers lounge

£20 for completing



Archeology experience.
Liam attended the last
session....

Bright stars Boxing

Monday 18th August

11:30- 12:30



Unit 1, Old smithfield

Shifnal TF118DT



Barmouth

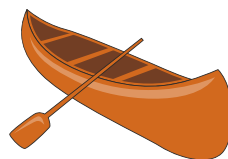
Thursday 21st August

9am meet at meeting
point return 6:30-
7pm

LIMITED SPACE

IF YOU WANT TO
BOOK ONTO ANY OF
THESE EVENTS JUST
GET IN TOUCH WITH
LOUISE BULL, CARE
LEAVER
PARTICIPATION LEAD
BY TEXTING 07530
097681

WE CAN PROVIDE
TRANSPORT TO
SESSIONS!



Arthog Outreach

indoor climbing at shortwood
centre followed with canoeing!

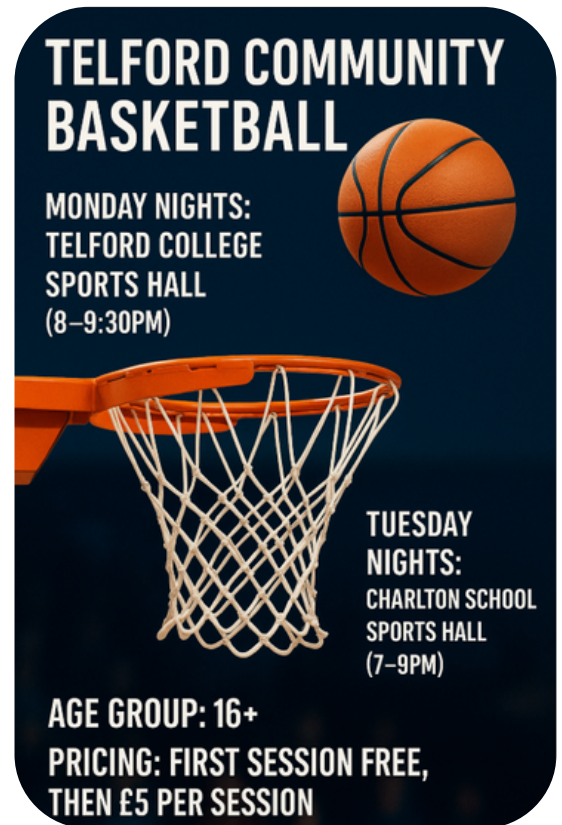
Wednesday 30th July 9:30- 3:30

Limekiln lane Wellington TF1 2JA

Public events happening in Telford!



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SATURDAY 23 and SUNDAY 24 AUGUST
No tickets required: Free family fun from 12noon to 7pm including:

- ✦ Wings Parachute Team flying into the arena*
- ✦ Kidszone
- ✦ Teenage Zone
- ✦ Live Music Stage
- ✦ Tethered balloons in the arena
- ✦ Carnival Parade (Sunday from 12noon)
- ✦ Circus Workshop and Shows
- ✦ Food and Drink vendors
- ✦ Crafts and Stalls
- ✦ Balloon flights*

* weather dependent



- ♥ Join us for FREE Park Yoga.
- 📅 Every Sunday from 4th May until 14th September.
- 🕒 9.30am - 10.30am.
- 🚩 Look out for the Park Yoga flag.
- ★ No need to book.
- 🧘 Bring a mat or towel.



From Musical
Theatre to Hip Hop
to Contemporary
dance!

This is an opportunity to join our new inclusive dance group where you will learn different genres of dance. If you are care-experienced and aged between 7-25 years old, we would love to hear from you.

This is a brand new 12-week programme due to commence in 2026. We will hold weekly dance classes where you will learn lots of different types of dance! You will have opportunities to perform, showcasing your creativity. There will also be social events where you and your dance group can have a fun time together!

We are holding a taster session on 4th December 4-6pm at Charlton School, Apley Ave, Wellington, Telford TF1 3FA

If interested and would like to reserve your space or you have any queries, please contact: virtualschool@telford.gov.uk

HELP LINES!

Here are some different useful emergency contacts that may be helpful for when your PA is unavailable!

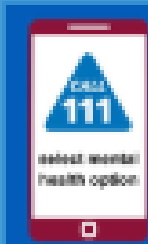


Shropshire domestic violence -
02003031191
24hr support - 08082000247

Support with addictions

**Telford
STARS**

03004564291
www.telfordstars.org



Are you in a
mental health
crisis?

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

mind

Mon-Friday 10am-5
07434869248
talk2@telford-mind.co.uk

Support to understand self-
injury

Life SIGNS

www.lifesigns.org.uk

HINTS AND TIPS

In this weeks edition, we have included spaghetti bolognese recipe as well as Mindfulness techniques!

SPAG BOL!!!

Ingredients:

- 2 tbsp olive oil
- 400g/14oz beef mince
- 1 onion, diced
- 2 garlic cloves, chopped
- 100g/3½oz carrot, grated
- 2 x 400g tins chopped tomatoes
- 400ml/14fl oz stock (made from stock cube.

(Ideally beef, but any will do)

- 400g/14oz dried spaghetti
- salt and pepper

Method:

1. Heat a large saucepan over a medium heat. Add a tablespoon of olive oil and once hot add the beef mince and a pinch of salt and pepper. Cook the mince until well browned over a medium-high heat (be careful not to burn the mince. It just needs to be a dark brown colour). Once browned, transfer the mince to a bowl and set aside.
2. Add another tablespoon of oil to the saucepan you browned the mince in and turn the heat to medium. Add the onions and a pinch of salt and fry gently for 5-6 minutes, or until softened and translucent. Add the garlic and cook for another 2 minutes. Add the grated carrot then pour the mince and any juices in the bowl back into the saucepan.
3. Add the tomatoes to the pan and stir well to mix. Pour in the stock, bring to a simmer and then reduce the temperature to simmer gently for 45 minutes, or until the sauce is thick and rich. Taste and adjust the seasoning as necessary.
4. When ready to cook the spaghetti, heat a large saucepan of water and add a pinch of salt. Cook according to the packet instructions. Once the spaghetti is cooked through, drain and add to the pan with the bolognese sauce. Mix well and serve.

5.

(you can also sprinkle some cheese ontop and add some garlic bread!)



Small wins journal: Grab any notebook you have and start by writing down one small win a day. Something that made you feel good or proud. It could be things even like just making your bed!



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

