

CARE EXPERIENCED YOUNG PERSON NEWSLETTER

**Tuesday 25th
November
2025**



Welcome to this edition of our Leavers Come First 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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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 across Children's Services!

Recent Team Updates

It's the Final Week of National Care Leavers Month!

We've got more fantastic workshops lined up for care leavers aged 16–25:

Taste from Around the World – Cooking Session

Monday 24th November | 11:00am – 2:00pm

📍 Horsehay Village Hall

Join us for a fun cooking experience exploring flavours from across the globe!



Online Safety workshop

Tuesday 25th November | 12–3pm

Leavers Lounge

Come along to this session delivered by our Voice of the Child Team discussing keeping yourselves safe online, hints and tips that we have learnt & handouts to keep.



NEW SESSION ADDED!! BECOMING – Identity & Belonging Workshop

Wednesday 26th November | 10:30am – 12:30pm

📍 Leavers Lounge

Delivered by the Systemic Practice & Family Therapy Team, this workshop explores identity, belonging, and the stories we tell about ourselves.



FINALE EVENT – Celebration & Games

Thursday 27th November | 5:00pm – 7:00pm

📍 Horsehay Village Hall

Wrap up the month with Taskmaster-inspired games, awards, food and music!



Look on pages 4–5 for more information or contact Louise Bull – Participation Coordinator on 0753009768



National Care Leavers Month

November 2025

National Care Leavers Month (NCLM) 2025 will take place throughout November and will focus on the theme **"Rising as Me: Overcoming challenges, transforming and finding your identity"**. This new month-long event, an evolution from National Care Leavers Week, aims to provide more time to highlight the experiences and needs of care-experienced individuals through events, workshops, and awareness-raising activities, according to the National Leaving Care Benchmarking Forum.



PROGRAMME

See below for programme of events which aligns with national awareness days and includes workshops, activities, and events designed to support care leavers in their journey to independence and self-discovery.

KATIE COOK - CHILDRENS CHAMPION - KATIE.COOK@TELFORD.GOV.UK
LOUISE BULL - PARTICIPATION COORDINATOR - LOUISE.BULL@TELFORD.GOV.UK

VOICE OF THE CHILD TEAM
YOURVOICEMATTERS@TELFORD.GOV.UK

Programme

24- 28 November - skills for life and finale event

MONDAY 24 NOV



Tastes from around the world - cooking session @ Horsehay Village Hall

11AM - 2PM

TUESDAY 25 NOV



LEAVERS

COME

FIRST

Online safety and social media awareness presentation @ Leavers Lounge

12PM - 3PM

THURSDAY 27 NOV

Football session
@ Madeley, Court Street

1PM - 3PM

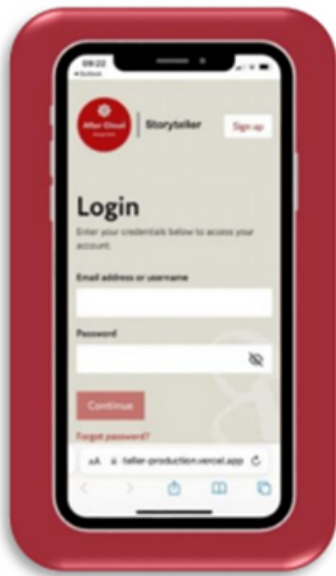


Finale celebration - awards, task master and music @ Horsehay Village Hall

5PM - 7PM



National Care Leavers Month - November 2025



Your Story Matters – Discover the Coram Storyteller App

Life can be full of changes, and sometimes it's hard to keep hold of the special moments that make you who you are. That's where the Coram Storyteller App comes in!

This app is designed for young people in care to save memories, share feelings, and tell their own story in a safe and creative way. You can upload photos, videos, voice notes, and messages to build a timeline that's all about you.

Why is it great for you?

Keep your memories safe – No more losing those important pictures or videos.

Express yourself – Share your thoughts and feelings in your own way.

Celebrate your journey – Look back on your achievements and milestones.

Stay connected through changes – Moving to a new home? Your story moves with you.

How to get started

The app is called “After Cloud: Storyteller” and is available on the Apple App Store.

To keep everything safe, access is usually set up through your local authority or care team.

Interested? Speak to your social worker, carer, or support team—they'll help you get started.

**Your voice matters. Your story matters. Keep it safe with
Storyteller.**

Participation Forums

In every edition of our newsletter, we'll be sharing updates from our participation forums highlighting the voices, ideas and activities led by young people.

You'll find our latest leaflets attached on pages 10-11. Printed copies have also been distributed across the service for practitioners to share directly with young people.

If you'd like to learn more, chat with the team, or get to know us before attending a session, feel free to reach out at yourvoicematters@telford.gov.uk. We'd love to hear from you!



**The next Children In Care Council 8-14 is:
Tuesday 2nd December!**



Joining the Children in Care Council is about having fun, making friends and making sure your voice is heard. You can help make things better for yourself and others.

Led by young people, for young people!

There's still spaces for more to be part of our council.. See page 10 to learn more about us and how to join!



The second Kinship Forum happened last week and we had two new members join, how amazing!



Being part of our Kinship forum isn't just about meetings—it's about creating a community where your voice matters, your experiences are valued, and your future is supported.

Thinking of joining? There's still spaces, look on page 11 for contact information for Jamie who leads the sessions and find out more!

**The forums are monthly, with the next scheduled:
Thursday 18th December 2025**

LEONA AND RHIANNA

Leona and Rhianna are two of our lived experienced apprentices at Telford and Wrekin council.

The two will be your main people at these events as well as a manager always being present too!

They are here to help you have fun but most importantly to hear your voice to help improve the services you and other young people receive.



UPCOMING DATES / LOCATION

We meet once a month at Wellington Community Art Gallery, 8 Duke St, Wellington, Telford TF1 1BJ - a friendly space with snacks, games and activities.

7th October 2025: 4.00pm – 6.00pm

4th November 2025: 4.00pm – 6.00pm

2nd December 2025: 4.00pm – 6.00pm

WHO TO CONTACT IF YOUR INTERESTED?

Speak to your social worker and carer to contact us on your behalf or contact the team personally yourself:



07773 142637



@yourvoicematterstwc



YourVoiceMatters@telford.gov.uk



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ARE YOU 8-14?



Would you be interested in joining our children in care council?

WHAT IS CICC?

CICC (Children in care council) is a group where children ages 8-14 can come together to

- share your experience and ideas
- help us improve services for them and other children
- work along side the adults to make things better

WHO CAN JOIN?

Any child in care that is ages 8 - 14 can join this group.

WHAT DO WE DO?

We do a lot of different fun activities you could get involved in but also:

- Talk about what matters to you
- Plan fun activities and events
- Work with adults to make things better

WHAT TO EXPECT?

On the first meet, you can expect to receive a welcome packet and a little moment where we can all get to know each other where you can share as much and as little as you want - we want you to feel comfortable.

You can also expect this to be a safe space for you and the others where we will respect and listen to you.

You can expect to work with the adults around and for them to hear your experience and views to help make an improvement in the future.

You can expect to do:

- cooking (pizza, cupcakes, brownies)
- arts and crafts
- seasonal activities
- playing games
- eating snacks!!!

A MESSAGE FROM US TO YOU

"We are both really excited to meet some of you and hear how things could be better for you and try to make that happen with your voice! We are also looking forward to all the fun things we are about to get up to as a group!"





Hi, I'm Jamie, and I'm part of the Voice of the Child Apprentice Team at Telford & Wrekin Council.

My role is all about listening to and representing the views of children and young people in care or receiving support from the council. I help run participation activities for children and young people, making sure their voice is heard where it matters most.

I'm proud to be leading the Kinship Forum, it's a vital part of my role and something very close to my heart. I understand how important it is for young people to have a space to share their views and experiences with the people who support us.

Your voice truly matters, and I'd love for you to be part of this. I'll be there every step of the way, and I can't wait to meet you and get started!



Once you have signed up to join our Kinship Forum, you will receive a welcome pack which will include information cards, a welcome letter and some surprises!

During our first meet we will take time getting to know each other where you can share as much or as little as your comfortable with. We will establish our groups ethos together so we can ensure everyone feels respected, safe, comfortable and most importantly happy to be apart of the group.

Contact Information

If you would like to be part of the forum, ask your Carer or Social Worker to contact us on your behalf, or reach out to the team directly using the information below



Mobile/WhatsApp: 07866982529

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

Email Address: yourvoicematters@telford.gov.uk

DATES AND VENUE INFORMATION

The Forums will take place on the 3rd Thursday of each month, 6pm until 7pm @ Parklane Centre, Woodside.

Our First Forum is:

THURSDAY 23RD OCTOBER

6PM – 7PM

Parklane Centre, Woodside, Telford

TF7 6QZ

We can help with Transport if required!

Please do get in touch with the team to sign up to our forum where we will be able to share our Terms of Reference and useful information.



Telford & Wrekin
Co-operative Council

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to create a better borough



Are you a young person in a kinship arrangement aged 11–17?

Why don't you be part of our Kinship Forum!

Joining the Kinship Forum gives you a voice, helps you connect with others in similar situations and lets you make a real difference in shaping services for young people like you!



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What is Kinship Care?



Kinship care is when a child or young person is looked after by a relative or close family friend because their parents are unable to care for them.

This could be a grandparent, aunt, uncle, older sibling or even someone else who already has a strong connection with the child.

It helps keep children in a familiar environment, often maintaining family bonds and cultural identity, which can be really important for emotional well-being.

So what will we be doing?

Providing a safe space to speak up: Giving young people the chance to share their views, experiences and ideas about being in kinship care.

Influencing change: Members help shape the services and support offered by Telford and Wrekin Council and other professionals.

Having Fun: Take part in fun activities and events designed around your interests.

Building Connections: Connecting young people with others in similar situations, helping them feel less alone and more empowered

Our forum is led by young people for young people!



Monthly Awareness Campaigns

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.

Dont forget, we are running a competition for care leavers 'Who can grow the biggest/best mustache!!!' we will decide at our finale event.



Disability History Month

20th November – 20th December



Disability History Month aims to raise awareness of the history, achievements, and ongoing struggles of disabled people. The 2025 theme is "Disability, Life and Death", focusing on the inherent right to life and challenging attitudes and practices that devalue disabled lives. It's an opportunity to promote equality, celebrate contributions, and confront barriers that persist in society.





The Care Leavers Association is a national user led charity aimed at improving the lives of care leavers of all ages. We bring together the voices and experiences of care leavers to support care leavers of all ages, improve the current care system and change for the better society's perception of people in care.

We work with individuals through our specific projects, campaigns, lobby and advocate for change at all levels of government and provide training and awareness for a range of organisations.

If you would like to find out more, contact the office by email: info@careleavers.com or call on 0161 826 0214

Care Leavers Connected Magazine is produced by care leavers for care leavers. It is a safe space to share our stories, ambitions, and tips to support and celebrate everyone in our community. Its published every quarter.

You can download all the previous issues below. If you would like to submit an article contact connected@careleavers.com

VIEW:

<https://www.careleavers.com/>

Research Participation Opportunity!

Care-experienced
individuals needed for a new
research study!



Help us learn more about:

Your experiences and opinions of placement changes within the UK care system.

You can participate if you:

- Are aged between 16-24 years old.
- Are care-experienced.
- Have experienced at least 2 placement changes in the UK care system.
- Can speak English fluently.

How will you help?

You will participate in a 45-60 minute interview discussing your experiences of placement changes. You will also have the chance to share your recommendations on how young people could be better supported through these changes.

Participants
will receive a

£25

voucher

For more information, or to participate, email
Cody Varnish at cv339@bath.ac.uk



Economic
and Social
Research Council



UNIVERSITY OF
BATH

This study has been approved by the Social Sciences Research Ethics Committee at the University of Bath: 2713-3901



RESEARCH OPPORTUNITY

Hi, I'm Jeremy – founder of [Socialheads](#), a social impact startup rethinking how professionals connect with young people online.



Right now, care and mental health workers often use everyday messaging apps or social media to stay in touch - tools never built for this kind of work. We want to change that.

We're building safer, trauma-aware communication tools. And we're doing it with the people who use them.

What we're doing

We've launched a short research project to understand what makes digital messaging feel safe, respectful and effective - and what doesn't.

We're now looking to speak to:

- ◆ Young people aged 18–25 with experience of care or professional support
- ◆ Care professionals working with young people in any capacity

What to expect

- 🗣️ 60-minute 1:1 research interview
- 📁 £20 voucher as a thank you
- 🔒 Anonymity, trauma-aware researchers, flexible approach
- 🧠 Insights that help us design better digital tools, shaped by lived experience

How to get involved

Young people - please complete this short form to express your interest:

<https://lnkd.in/ecjjNh2b> email : research@socialheads.co.uk



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.

- 1 Improve Strength and fitness. Ultimately the fitter you are the easier it is to defend yourself.***
- 2 Learn how to defend yourself and to strike effectively.***
- 3 Blow off steam in a fitness class unlike any other.***
- 4 Build Confidence.***
- 5 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 girls! xo





STEPLADDER PLUS

FINANCIAL EDUCATION PROGRAMME

Online financial educational programme - can be completed at own pace

For young people aged 15-17, who are currently in care

Must be working at Function Skills Entry Level 3 or equivalent

Incentivised Learning - can receive £750 for completing all six steps of the programme!

Gives opportunity to think about future plans for education, training & employment

Learn essential life skills such as budgeting, saving & financial awareness

Interactive quizzes, podcasts and writing plans for future!

Find out more..
<https://www.sharefound.org/stepladder-plus>

Contact Programme Manager:
natasha.richmond@sharefound.org



NEW TERM - NEW SKILLS

STEPPING FORWARD

PERFORMING ARTS FOR LIFE

A **online** performing arts programme for **young people aged 13-17** who are currently **in care**.

earn up to
£200 into
your
savings!

No prior
experience
needed

Work
rough at
your own
pace

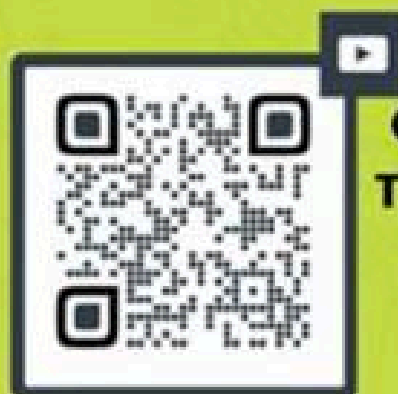
Boost
confidence
& creativity

Build skills
for now &
the future

Videos
quizzes
reflective
question



SCAN TO GET STARTED



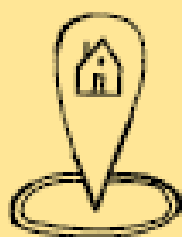
**OR WATCH
THIS CLIP TO
FIND OUT
MORE!**

Article 39 Rights Nights

A small, relaxed, online space where you can find out about the law, and share ideas about strengthening children's rights.

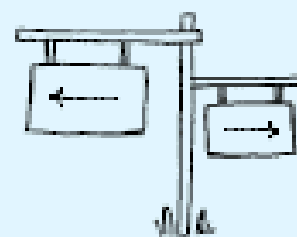


Our upcoming Rights Nights...



Your rights, your home

Explore your rights in care and living in accommodation that suits your needs.



Your future, your entitlements

Explore your rights and what support is available to you as a care leaver.

**Wednesday 12 November 2025,
5-6pm on Zoom**

- ★ Are you in care?
- ★ Are you between 13 and 17 years old and live in England?
- ★ Want to know more about your rights in care?
- ★ Have ideas for making rights stronger?

**Tuesday 18 November 2025,
5-6pm on Zoom**

- ★ Are you in care or a care leaver?
- ★ Are you between 16 and 26 years old and live in England?
- ★ Want to know more about your rights when leaving care?
- ★ Have ideas for making rights stronger?

To join us, get in touch with Millie at millie.hall@article39.org.uk,
or go to our Article 39 events webpage by clicking [HERE](#).

Employment & Training opportunities

Supported internships



Search apprenticeships

44,895 apprenticeships currently listed

What	Where
Enter a job or company	Enter a city or postcode
<input type="text"/>	<input type="text" value="Telford, Shropshire"/>
<input type="button" value="Search"/>	Browse by your interests instead

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.

Search up :

*<https://www.findapprenticeship.service.gov.uk/>
and you should be took to the image above! Put your desired location in to work and just search! A range of different apprenticeships will come up which you can apply for..*

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

indeed

<input type="text" value="Job title, keywords or company"/>	<input type="text" value="City or postcode"/>	<input type="button" value="Find jobs"/>
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You will be asked to put in a location for where you want to work or a job title. If you are looking to work in Telford simply type "Telford" OR if you know what job you want to do already, (for example) simply search in "hairdresser" and follow the steps to apply!

Indeed is a online website where you can job search! You can also upload your personal CV here and companies can reach out to you.

TELFORD COLLEGE

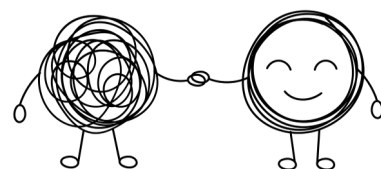
Telford also has a college. You can apply for apprenticeships through here or a range of other courses ranging from beauty courses to construction courses.

For more information, view their website!

<https://www.telfordcollege.ac.uk/>



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

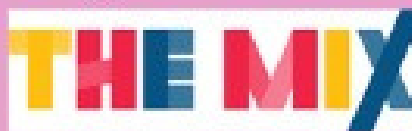


9am - midnight

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

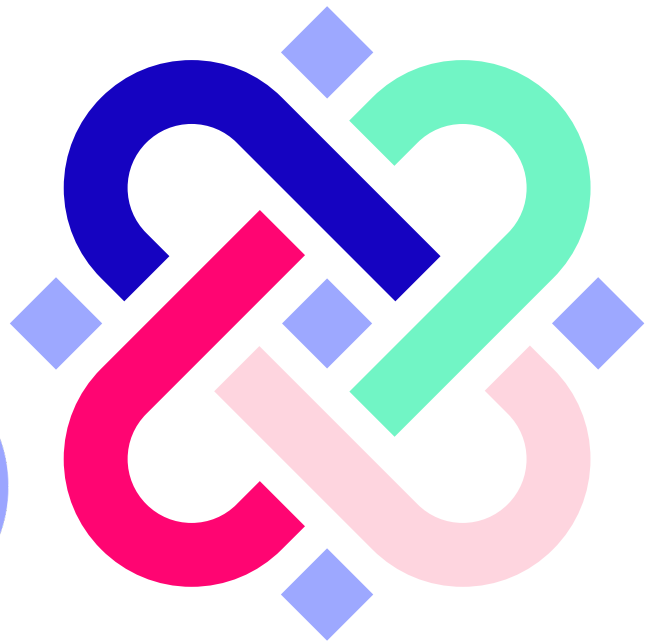
Support to understand self-
injury



www.lifesigns.org.uk

IT'S OKAY
to ASK
for HELP

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


Telford19

NEW!

18-25 Calm Cafe



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

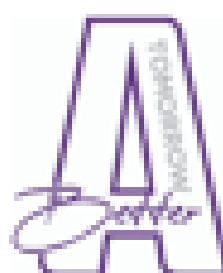
Telford Mind, A Better Tomorrow and Telford & Wrekin Adult Social Care are delivering a new Calm Cafe for young adults aged 18-25 Years.

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 or call 07434 869248



HINTS AND TIPS

In this weeks edition, we have included a **easy recipe** as well as a **Mindfulness activity!**

Spaghetti bolognese

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



Instructions:

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.

Mindful activity

REFLECTION:

Take some time to sit down and relax and think about whats been going on and reflect on situations. Here is a time to clear your head.

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!

Please can i remind you of the Local offer for care leavers: 
<https://www.telford.gov.uk/children-and-young-people/local-offer/who-is-the-local-offer-for/>

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

