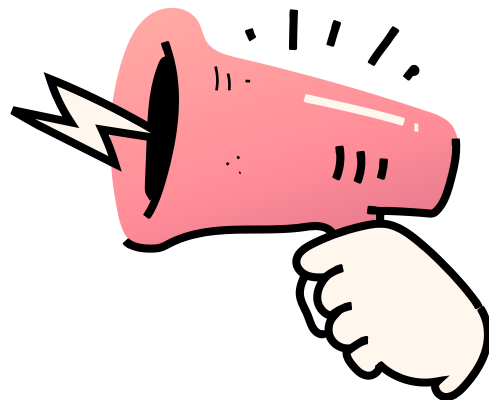






LEAVERS COME FIRST NEWSLETTER

TUESDAY 29TH
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.

NEWSLETTER CONTENTS

Page 2: Voice of the Child Apprentice Team Updates

Page 3: What our team have been getting up to

Page 4: Attingham park event and rock climbing

Page 5: Bright Spots Survey

Page 6: Next chapter mentors

Page 7: National Databank Scheme

Page 8: Leavers Come First Summer Programme

Page 9: Public events happening in Telford

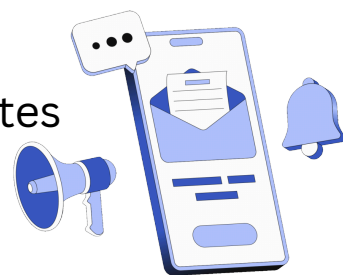
Page 10: Employment and training

Page 11: Care to dance

Page 12: Emergency contacts

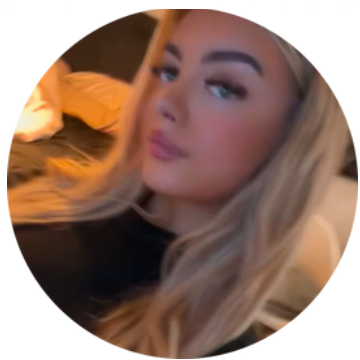
Page 13: Hints and Tips / Spagbol Recipe

Page 14: Get in Touch / Care leaver local offer





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!



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!

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! If you would benefit from a Madlug bag please reach out to your PA. These are so you can have a safe bag to take your bits in!

We attended a talk on kinship care involving the dandelions, young people and kinship carers and also professionals too which was really interesting to hear feedback of the change people wanted to happen! **Kinship care is when someone lives with a family friend or a different family member instead of their own parents.**



Rhianna and Leona are hosting another **pamper session**. This time we are replacing the nails for some **make up with tips and tricks!** Even if you dont wear any make up - come along to just have a chat and relax with a facemask on!

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

LEVEL AT THIS



We are also incredibly proud and thankful to be a **finalist for team AWESOME** within the council from all the different teams! So we will be attending the event in the upcoming months and keeping our fingers crossed!! Darren surprised us with the news!!



Attingham park event and rock climbing

Liam attends a lot of the events taking place for Leavers Come First that Louise bull sorts out. These are activities where care leavers can come together make friendships, learn new skills and have fun!!



Two of the events he attended recently was:

- Attingham Park
- Rock climbing with the UASC group in Birmingham

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. **The UASC group are our asylum seekers, who have migrated to the uk, we work with them to make them feel welcome into our community.** We work with these people to help them gain skills that can help them with their time in the uk, this can be sessions from teaching, to fun events such as our rock climbing event below. 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!!





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 there is a reward of a £20 voucher to thank you when the survey has been completed with screenshot proof. The voucher will come when the survey closes after the 11th august.

We have been messaging you all via WhatsApp or emailing people who are unavailable on WhatsApp.

We have received some questions revolving help around housing and we are hoping to find ways to work with the other members of the council to improve this and we do understand your frustrations.

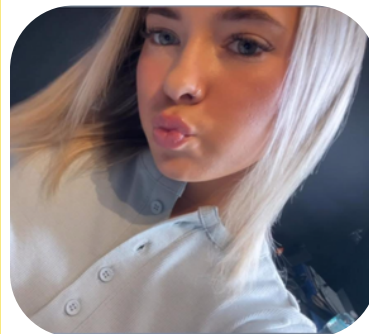
The survey is really important because:

- 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 or check your whatsapp as it may have already been sent to you! If you need any assistance we are happy to phone you or help you in any other way!

We have already reached the average target of replies BUT we won't stop here! We need to keep the responses coming through to allow the changes to happen! YOUR voice and YOUR experience is a big part of this and value this. Despite it being anonymous we are still so proud of you and appreciate everyone of you for being open and honest. We will keep gathering responses as this matters and it will help us make changes.

Hi I am Rhianna and I am leading on the survey so please get in touch with me on the following:
yourvoicematters@telford.co.uk
my contact number 07866982529 if you have any questions regarding the survey!



Below is an image of what you will see after completing the survey and this is what you **MUST** screenshot and send us to receive your thank you voucher!

Thank you - and support information

Thank you for helping us collect this important information - your opinions matter. This survey is anonymous: we cannot tell who you are or who gives what answers to the questions in the survey

What you can do if you are upset or worried by the questions in the survey

Some of the questions in the survey may have brought up difficult memories for you. If you have any worries or want help with anything do let someone know. If you want help and support you can speak to your personal adviser or the person who is helping you complete this survey.


You can also call **the Samaritans** on 116 123. This is a free telephone service open 24 hours a day, 7 days a week where you can talk about your feelings and what you are going through.

You can write the number down if you want, just in case you ever want to call in the future.

Thanks again for your help.

Are you ready for your next chapter?

Stepping into adulthood can feel overwhelming, but you don't have to do it alone.

A mentor can help guide your journey, support you in building new skills, and boost your confidence as you take on new challenges. 



What Is a Next Chapter Mentor?

Next Chapter Mentors is a free mentoring programme for care-experienced young people. We'll match you with a trained volunteer mentor specifically suited to your needs and personality, who will support, listen, and help you achieve your goals.

it's all about having someone who's got your back.

Your Mentor is Here to:

- Help you build confidence
- Support you with life skills, education, or work
- Be a consistent, friendly presence
- Celebrate your wins and help you through challenges



You'll meet in safe, public places, and everything is designed to be flexible and respectful of your boundaries

Just speak to your Personal Advisor. They'll guide you through the sign-up process and answer any questions. You'll fill out a short form to help match you with the right mentor



National Databank Scheme

This scheme distributes free SIM cards offering mobile data, calls, and texts to people who meet specific eligibility criteria:

18+

- Aged 18 or over
- From a low-income household
- Limited or no access to the internet at home or on the go
- Unable to afford a monthly contract or top-up



Get Boxes

These are compact, book-sized devices that provide an instant and secure Wi-Fi network, helping families get online quickly and safely

Smartphones and Laptops

The project also includes the distribution of smartphones and laptops to individuals who are digitally excluded.



Drop-in Support and Training

Free digital drop-in sessions are offered across Telford. These sessions help residents learn how to use devices, access online services, and build confidence in digital environments



Community Engagement

Posters have been used to raise awareness among professionals working with families, ensuring they know how to refer individuals to the scheme. I have also attended some team meetings to highlight the offer and encourage the uptake of the offer.

Partnerships

The project is supported by organisations like the Good Things Foundation and local services such as Sight Loss Shropshire, Forum 50 +



Jolene Hallen is the overall Project Manager for the national databank scheme and Karen Stevens has now taken over from me distributing and communicating with staff members to give out phones, sims and get boxes.

To receive support with one of these anyone can get them from the south water library - just come and drop in and ask to speak to Karen Stevens.

Leavers Come First Summer Programme

Louise Bull

Bright stars Boxing

A boxing session run by a
cared experienced young person.



Monday 18th August 11:30 - 12:30
Unit 1, Old smithfield Shifnal TF118DT



Independent Living Skills workshop

A workshop to help the independent
living skills.

- cooking and meal planning
- budgeting
- housing options
- setting up home

26th, 27th, 28th August

10 - 3pm @the leavers lounge

£20 for completing



Pamper Session

- face masks
- make up tips and tricks
- eye masks
- hair styling



Tuesday 19th August
1 - 3pm at meeting point

IF YOU WANT TO BOOK ONTO
ANY OF THESE EVENTS
CONTACT LOUISE BULL, CARE
LEAVER PARTICIPATION LEAD
BY TEXTING 07530 097681 OR
CONTACT YOUR PA.

WE CAN PROVIDE TRANSPORT
TO SESSIONS!

((!))



Barmouth

A trip to the beach with chippy
lunch and transport included!

Thursday 21st August

9am meet at meeting point

house return 6:30 - 7pm

LIMITED SPACE



Creative Arts Day with Rod!

A day filled with a load of
different creative art for you to
get involved in!

Thursday 14th August

11am - 14.30pm at leavers
lounge

events

TELFORD COMMUNITY BASKETBALL

MONDAY NIGHTS:
TELFORD COLLEGE
SPORTS HALL
(8-9:30PM)



TUESDAY
NIGHTS:
CHARLTON SCHOOL
SPORTS HALL
(7-9PM)

AGE GROUP: 16+

PRICING: FIRST SESSION FREE,
THEN £5 PER SESSION

Haybridge Rd, Wellington,
Telford TF1 2NP



Balloon fiesta-

Telford town park, Hinkshay road, TF3

4EP

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




4 May - 14 Sep

 **Park Yoga - FREE outdoor yoga
at Bowring Park, Telford.**

Haygate Rd, Wellington, Telford TF1 1QX

 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.

Employment / Training

Supported internship Starting this September!



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 taken 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 our Job Box advisors at Southwater One, Telford from Monday to Friday (10am-5pm) to find out more about them.

Or to register your interest, call 01952

388988 or email:

telfordjobbox@telford.gov.uk



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.

<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!

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/>



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.

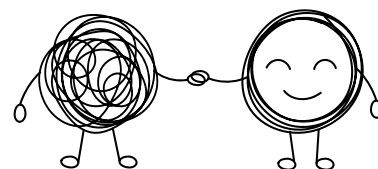
This is a brand new 12-week programme due to commence in 2026. We will hold weekly dance classes where you will learn lots of different types of dance! You will have opportunities to perform, showcasing your creativity. There will also be social events where you and your dance group can have a fun time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

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:

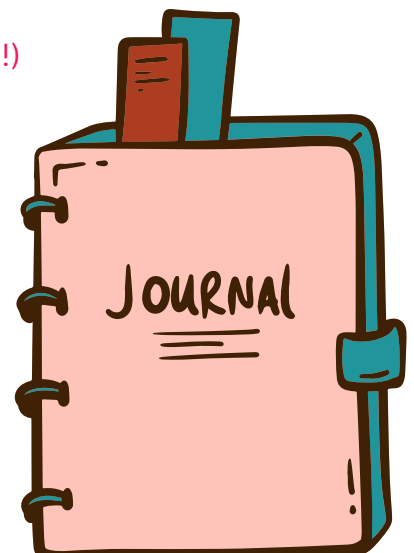
1. Heat a large saucepan over a medium heat. Add a tablespoon of olive oil and once hot add the beef mince and a pinch of salt and pepper. Cook the mince until well browned over a medium-high heat (be careful not to burn the mince. It just needs to be a dark brown colour). Once browned, transfer the 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!

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

