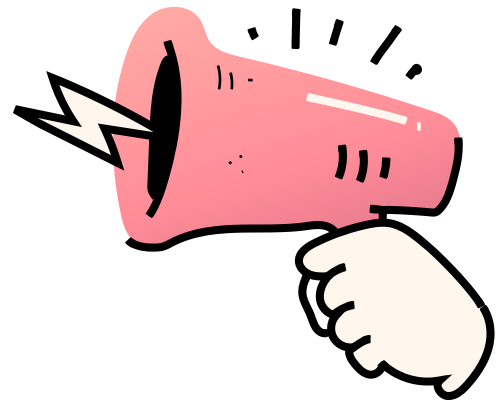


Young Peoples Newsletter

MONDAY 19TH
JANUARY
2026



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.**

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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, 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

Our Level 3 Youth Work Apprenticeship is due to conclude in October 2026, and we're really looking forward to seeing what the year ahead will bring!



We're working together with our teams to create young-person-friendly leaflets. These leaflets will explain different service areas across children's services and describe what each practitioner does, using simple and accessible language.



Participation is being planned throughout our team. We have an exciting pamper session coming up, and Liam is busy organising an Inclusive Minecraft Activity Session. Keep your eyes peeled for more information in future



Rhianna, Leona and Laura wood (Service Delivery Manager) presented the Brightspots "Your Life, Beyond Care" survey feedback at the Children's Services Staff Briefing - Bringing the power of lived experience into the room was moving and left a mark!



Healthy Minds, Healthy Bodies

STARTING IN JANUARY 2026

Drop into the Community Space in St Leonard's Church,
Alma Avenue, Malinslee, TF4 2DU

**every Wednesday morning from 21 January 2026,
10:45am to 11:45am**

for a free hot / cold drink and snack, plus friendly conversations
with others

There will be people there to talk to about your health, wellbeing
and social care needs, such as the local vicar, Wrekin Housing
Group, Telford Mind, Citizens Advice, the Healthy Lifestyles Team
and more

**For more details call 01952 416370 or email
jo@telfordchurch.co.uk**



Future Self Activity

Step 1: Find a Quiet Moment

Grab:

- A piece of paper or notes app
- A pen
- Optional: colours or stickers if you like making things look nice

Take a deep breath and give yourself a minute to think.

Step 2: Think About Last Year

Write down one thing for each:

- Something I enjoyed
- Something I'm proud of
- Something I found hard

(These help you understand what you want more or less of this year.)

Step 3: Choose Your New Year Goals (3-2-1 Plan)

Write these headings on your page:

3 things I want to try

2 things I want to get better at

Something that's been weighing you down

Step 4: Make It Look Yours

Decorate your goals however you like:

- Use stickers
- Add doodles
- Add colours
- Make it a phone wallpaper
- Or turn it into a mini poster

Make it something you want to look at again.

Step 5: Pick Your First Tiny Step

Write this sentence:

"The first tiny step I can take is..."

Make it super small, like:

- Watch a video about my new hobby
- Put my trainers out for a walk tomorrow
- Write down a positive thought each morning

Tiny steps are easier to stick to.

Step 6: Choose a Check-In Date

Pick a date on your calendar – maybe:

- 1 February
- Half-term
- Your next birthday month

On that day, look back at your list and ask:

- Have I tried anything yet?
- Do I want to change any goals?
- What am I proud of?

Step 7: Celebrate Yourself

Write down one sentence at the bottom:

"I am proud of myself for trying."

Because you should be. Doing this activity shows you care about yourself – and that's a win already.





As we step into 2026, it's amazing to think how far our Voice of the Child apprentices have already come. With just nine months left of the programme, this is the moment to reflect on our growth, our resilience, and the difference we are already making for children and young people.

These final months are our opportunity to build confidence, deepen our skills, and continue shaping our own unique voice within this work. Stay curious, stay passionate, and remember that every step you take contributes to creating safer, stronger spaces for children to be heard.

We have achieved so much already—now let's make the last part of the journey truly outstanding.

2026



Youth Drop In



AGES
11-16

WHAT
WE
PROVIDE

Games tables

Games console

**Emotional well-being
support**

Craft Activities

Snack and juice

**Monday's
4pm - 5.30pm**

**Membership form required to be
signed by parent carer.**

**Managed by Challenging Perceptions
in partnership with Park Lane Centre**


CHALLENGING PERCEPTIONS



ASSOCIATED BY



Park Lane Centre
Supporting young people with
mental health issues

CALLING RISING CHILD STARS IN TELFORD!

Does your child dream of TV, film,
theatre or even the West End? 🎬📺🎤

This January, ASV Entertainment launches
our **ELITE Performing Arts Programme**,
helping young creatives build confidence,
skills, and industry knowledge in

Singing • 🎭 **Acting** • 🌟
★ **Performance**



Saturdays



2-5pm



Admaston House,
Telford



Ages 6-18

TV Actress

ELISHA BEECH

Spaces are limited and **booking is essential.**



DM us now to secure your child's place!

LGBTQ+ YOUTH GROUP

Safe space for LGBTQ+
youth

Ages 11-16

Wednesday's
4.30-5.30pm
South Telford

Parent/ carers coffee &
peer chat same time
different room

Scan me



£1.00 donation

For more information please email
info@challengingperceptions.co.uk

Supported by



Telford & Wrekin
Co-operative Council



Awarded by:



Telford & Wrekin
Co-operative Council

Activities for young people in Telford and Wrekin

Have you heard about Telford and Wrekins Youth Offer?

It gives Young people age 10-19 and those up to 25 (with needs) access to a range of things from sports, clubs, health and wellbeing.

[click here to check the youth offer out and see what they provide](#)



Teen & Adult Wing Chun Kung Fu & Kali Classes (Ages 13+) – Trinity Martial Arts & Self Defence, Dawley (View on map)

Trinity Martial Arts & Self Defence

Traditional Wing Chun and Filipino Kali for teens and adults. Build skill, balance, coordination and focus in a calm, supportive setting.

Sport & exercise

Unit 2b, Matthew Webb House, High Street,, (access from George Street Car Park), Dawley, TF4 2EX

Email: info@trinitymartialarts.co.uk



Dawley Wanderers FC

Sports activity for young people aged 5 - 16 years old.

Time & Date: Thursday evenings

Location: Elms Playing Field, Stirchley Road, Stirchley TF3 1EH

Contact Details: <https://dawleywanderers.co.uk/contact/>



Bai Lang Kickboxing Academy

Confidence building activity for young people aged 12 - 15 years old.

Time & Date: Mondays & Wednesdays 6-7pm

Location: Unit 6, Gower Street Trading Es, St Georges, TF2 9HW

Contact: lee@bailang.co.uk



AFC Telford United Kicks

Sports activity for young people aged 9-16 across 7 locations across the Borough.

Free sessions, called AFC Telford Kicks are currently being held at the following venues:

Mondays: Madeley 3G - 4.30pm - 5.30pm (ages 12+)

Thursdays: Stirchley 3G - 5pm - 6pm and 6pm - 7pm (under 12's)

Thursdays: Oakengates 3G - 5pm - 6pm (ages 12+)

Fridays: Dawley 3G - 5pm - 6pm (ages 12+)

Fridays: AFC Telford United Goal Zone - 5pm - 6pm (ages 12+)

Fridays: Lightmoor and Horsehay MUGA - 6pm - 7pm (under 12s) and 7pm - 8pm (ages 12-16)

Fridays: Lawley Primary Academy - 6.30pm - 7.30pm (ages 12-16)

Contact - enquiries@afctu.co.uk



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

mind¹⁰
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



GOV.UK

For more apprenticeships in your area -
[click here](#)

Support Worker Apprenticeship

STARS CHILDRENS CARE LIMITED

Telford (TF2 9EF)

Distance 5.4 miles

Start date 1 February 2026

Training course Children, young people and families practitioner (level 4)

Wage £27,300 a year

Closes in 14 days (Friday 30 January 2026 at 11:59pm)

Posted 21 November 2025

Closing soon

Retail Assistant Apprenticeship

TURNERS TOP SHOP LTD

BRIDGNORTH (WV16 4PP)

Distance 5.8 miles

Start date 21 January 2026

Training course Retailer (level 2)

Wage £13,741 a year

Closes in 4 days (Tuesday 20 January 2026 at 11:59pm)

Posted 6 January 2026

AMAZING

Dental Nurse Apprenticeship

The Dental practice

Telford (TF1 5GQ)

Distance 6.1 miles

Start date 13 March 2026

Training course Dental nurse (GDC 2023) (level 3)

Wage £11,778 a year

Closes on Thursday 12 March 2026

Posted 8 January 2026

Closing soon New

General Farm Worker and Egg Production Apprenticeship

E & S CLARKE

BRIDGNORTH (WV16 6UD)

Distance 8.1 miles

Start date 9 February 2026

Training course General farm worker (level 2)

Wage £18,000 a year

Closes in 7 days (Friday 23 January 2026 at 11:59pm)

Posted 15 January 2026

Local opportunities

Research And Development Intern in Telford

This is an opportunity to join a world-leading Research & Development centre and work on products used by millions of consumers every day. The Reading Innovation Centre is home to scientists, engineers and technologists developing cutting-edge solutions across healthcare, beauty, oral care and grooming.

To find out more, [Click Here](#) to visit the website!

Don't forget, there are many websites with opportunities for education, training and employment! No internet access at home? Visit your local library or reach out to Job Box and speak to one of their advisors for support: 01952 382888

Part time front of house team member at Nandos

[click here to apply](#)



Manufacturing Academy Apprentice MULLER UK & IRELAND GROUP LLP

As a Manufacturing Apprentice, you'll join our Manufacturing Academy and learn everything you need to become a skilled Technical Operator. We have ambitious plans in place to grow our business and transform the dairy industry. To meet those goals, we need people who can grow with us.

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

NEW!

18-25 Calm Cafe



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

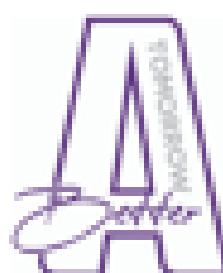
Telford Mind, A Better Tomorrow and Telford & Wrekin Adult Social Care are delivering a new Calm Cafe for young adults aged 18-25 Years.

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 quick and easy recipe for 5 minute cheesy pasta mug meal & a calming technique - a great way to kick the new year off!

5-Minute Cheesy Pasta Mug Meal

Ingredients (serves 1):

- $\frac{1}{2}$ cup pasta (small shapes like macaroni or penne)
- $\frac{1}{2}$ cup water
- $\frac{1}{4}$ cup milk (or dairy-free alternative)
- $\frac{1}{4}$ cup grated cheese
- Pinch of salt & pepper

Optional add-ins: sweetcorn, chopped ham, tuna, chilli flakes, peas.

How to make it:

1. Put the pasta + water in a large microwave-safe mug.
2. Microwave for 4 minutes, stopping halfway to stir.
3. (Add a splash more water if it looks dry.)
4. Add the milk + cheese and microwave for 1 more minute.
5. Stir well until creamy.
6. Add salt, pepper, and any extras you like.



Mindful "5 Senses Reset" Activity

1. Sit comfortably

Ask them to place both feet on the floor and take one slow breath in...and out.

2. Notice 5 things you can see

Look around the room.

Maybe colours, shapes, objects or light.

3. Notice 4 things you can feel

Examples:

- their clothes
- the chair
- warm/cool air
- hair on their face

4. Notice 3 things you can hear

These could be loud or very quiet sounds.

5. Notice 2 things you can smell

If there's nothing nearby, they can imagine a scent they like (flowers, food, soap).

6. Notice 1 thing you can taste

Even if it's just the taste in their mouth.

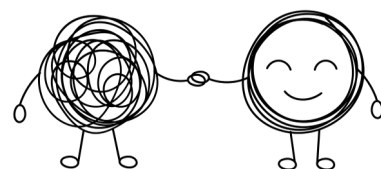
7. Close with one deep breath

In through the nose... out through the mouth.





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

**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



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

