

LEAVERS COME FIRST NEWSLETTER

THURSDAY 10TH
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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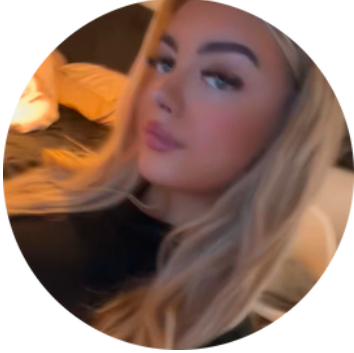
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VOICE OF THE CHILD APPRENTICE TEAM



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!

New Opportunities...

Are you a care-experienced young person aged 16-25?

Coram Voice are looking for care experienced young people to join their Youth Advisory Board to support them in developing future plans, be involved in projects and speak directly to managers and the Board of Trustees. If you are interested in being a Youth Advisory Board Member, please [complete your application by Midnight 12 September 2025](#).

What is Coram Voice: Coram Voice ensures the voices of children in care and care leavers are heard in decisions that matter to them by providing:

- Advocacy in a range of settings to meet the needs of children and young people.
- Independent visitors to become reliable adult support for children.
- Independent persons to ensure children's rights are upheld in complaints processes and at Secure Accommodation Reviews.
- The Bright Spots Programme, the largest national survey of the views of children and young people in and leaving care in England.
- Voices, our national writing competition for children and young people in and leaving care.
- A National Voice, our ambassador programme for care-experienced children and young people.

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!



**CLIMBING SESSION
ACKERS ADVENTURE
GOLDEN HILLOCK
ROAD
BIRMINGHAM
B11 2PY**

**TUESDAY 22ND JULY
11:15AM-2:00PM**

**BOOKING YOUR PLACE IS
ESSENTIAL!!!!!!**

**SEPERATED MIGRANT CARE LEAVERS
AGE 16-25
LET YOUR PA OR SOCIAL WORKER KNOW IF YOU WOULD
LIKE TO ATTEND**

Walsall Council MARIAHM.JAVEDI@WALSALL.GOV.UK

Telford & Wrekin LOUISE.BULL@TELFORD.GOV.UK

**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!



Seperate Migrant Care Leavers Climbing Session!

Sports Session - Leavers Come First Forum



21
LIAM TURNED 21!!!!

ARE YOU 8-14 AND A CHILD IN CARE?
COME AND JOIN US

PIZZA MAKING TIME!

11 august 2025
1 pm - 3 pm

WHO CAN MAKE THE BEST PIZZA?

THE INTERFAITH COUNCIL, 19
NEW ST, WELLINGTON, TELFORD
TF1 1LU

PLEASE CONFIRM ATTENDANCE BY
EMAILING
YOURVOICEMATTERS@TELFORD.GOV.UK
AND LET US KNOW OF ANY DIETARY
REQUIREMENTS.



**RAF MUSEUM
VISIT in
honour of
Armed Forces
Day!!**



Sibling Day

Hi! I'm Jamie, I have been supporting the organising of this event for you all as sibling bonds is something close to my heart. I find it very important to keep a bond between siblings, this is most important going through life due to always having someone there. For me, a sibling is someone that you can see for life they can help you with so much and also the other way round. so no matter the situation you can always count on a sibling! I hope you all enjoy this activity and i will be there too - can't wait to meet everyone!



We are planning an exciting activity for you and your siblings to attend...

with a trip to Sky Reach High Ropes at Telford Town Park! Details below:

Friday 22nd August 2025

10am until 2pm!

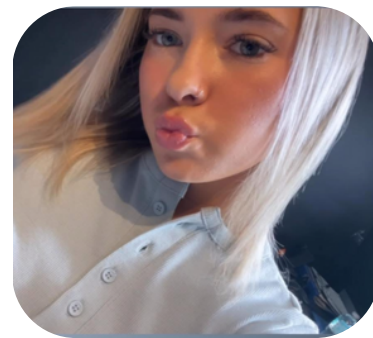
There are limited spaces so booking your place is important, if you and your siblings would like to come along please email: yourvoicematters@telford.gov.uk as soon as possible!





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



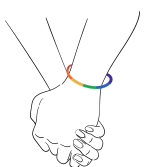
Education, Training & Work

- 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!

Football Sessions

Madeley 3G Pitch
Court Street
TF7 5EE

Monday 2nd 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



Bright stars Boxing

Monday 18th August

11:30- 12:30

Unit 1, Old smithfield

Shifnal TF118DT



Overnight Camp

Thursday 31st July 4pm -

Friday 1st August 11am

Little Wenlock

Camping, Outdoor cooking
and bushcraft

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!



Barmouth

Thursday 21st August

9am meet at meeting

point return 6:30-

7pm

LIMITED SPACE



Alton towers trip

Wednesday 23rd July

arrive at meeting point house for

8:15 am and return time 6-6:30pm

LIMITED SPACE

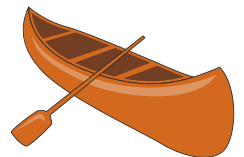
Independent Living Skills

workshop

26th, 27th, 28th August

10-3pm @the leavers lounge

£20 for completing



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!

**THESE ARE SOME
EVENTS THAT ARE
PUBLIC IN TELFORD
AND YOU CAN
ATTEND!**



BALLOON FIESTA!



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



OAKENGATES CARNIVAL 12 July

From 12pm-7pm enjoy a family fun extravaganza at the beautiful Hartshill Park.

There will be FREE kids activities! With inflatables, circus performers, and alpacas, you'll be guaranteed to have a fantastic afternoon.

As well as entertainment on the band stand, the live music stage will host top local bands and groups.

Plus, they'll be tasty street food and drinks, and lots of local businesses running stalls for you to peruse.

Join us for day to remember in the sunshine (fingers crossed).



WELLINGTON WALKING FESTIVAL 9 SEP - 15 SEP



Mini Games Day 31st July

FREE EVENT

ON RANDLAY GREEN

RANDLAY MUGA

3pm - 5pm

Free - just turn up, play, join in.

Loads of different fun games to do, including inflatables.

Refreshments will be available to purchase.

Get your walking boots ready, Wellington Walking Festival is back for it's 13th year! Explore 31 captivating events, catering to all abilities, from leisurely strolls to a challenging 13.5 mile walk, which showcase the natural beauty of Wellington and its surrounding area.

The word "BECOME" in white capital letters inside a dark blue rounded rectangle.

BECOME



HAVE YOU HEARD OF BECOME CHARITY?

Become are the national charity fighting alongside children and young people for a better care system! Want to know more? Visit their website: <https://becomecharity.org.uk/about-us/>

BECOME are hosting an online workshop to help care-experienced young people explore their options for higher education. Below is some more information and how to book a place :)

They will walk through how to choose a university, what support to look for and how UCAS works. You'll also learn about student finance, extra funding options, and how your local authority can support you throughout your journey.

Date and time: Wednesday 16 July, 6pm-7pm

Book now through their website: [Click Here](#)

These workshops are created specifically for care-experienced young people, and their able to deliver them free of charge for young people thanks to generous funders. If you're a professional or supporting adult interested in similar topics, our training team offers a range of courses and bespoke sessions designed to build knowledge and confidence when supporting care-experienced young people.



INTRODUCING THE CARE LEAVER COVENANT

The Care Leaver Covenant was established in 2018 as part of the Government's 'Keep on Caring' policy aimed at supporting young people leaving care.

We work with more than 500 organisations across the country to connect care leavers with exclusive opportunities in education, work, wellbeing, money and their home.

These pillars help us to deliver on five strategic outcomes for care leavers:

1. improved access to education, training and employment
2. experience stability in their lives and feel safe and secure
3. improve access to health and emotional support
4. achieve financial stability
5. be better prepared and supported to live independently.

Background

10,000 young people leave the care system every year. Councils continue to support care leavers up to the age of 25, but this community needs wider society to play its part as they do not have access to the skills, resources, networks and levels of confidence from which many other young people benefit.

We bring together a 'Universal Family' which connects care leavers with the support that traditional families can often provide young people.

Organisations across the private, public and voluntary sectors join our network by making 'offers' to support care leavers aged 16-25, helping them to take their next steps.

Offers might include:

- one-to-one mentoring, pastoral support or career/employment guidance
- work experience placements, internships, traineeships and apprenticeships
- concessionary access to sport, leisure and cultural activities
- financial guidance
- discounted retail offers.



Connects is our dedicated platform for care leavers and support workers. It provides exclusive access to opportunities from our network. Over 8,000 people are registered with Connects who are kept up to date with opportunities and offers.

Network

Our network includes companies from Amazon to Channel 4; Superdrug to Sky as well as councils, colleges, universities and a major partnership with NHS England as well as many charities and voluntary organisations.

Who's behind the Care Leaver Covenant?

The Care Leaver Covenant is a Department for Education (DfE) programme delivered by Spectra, a social impact agency based in Wolverhampton. It is supported by a Business Council and Advisory Board and overseen by an inter-departmental Ministerial Board.

Delivered by

SPECTRA

Funded by



Department
for Education

Connect with us:

-  info@mycovenant.org.uk
-  mycovenant.org.uk
-  [@CareLeaverCov](https://twitter.com/CareLeaverCov)
-  [care-leaver-cov/](https://www.linkedin.com/company/care-leaver-cov/)
-  [@careleavercovenant](https://www.instagram.com/careleavercovenant)
-  [@careleavercovenant](https://www.facebook.com/careleavercovenant)



Featured Care Leaver Covenant Offers

Mentoring for those looking to join the engineering profession @ Saborium – National
Cleaning operative roles @ Churchill Group – Various locations in London & Birmingham
Open University Care Experienced Scholarship, applications close on 30 July - National
 All offers can be found [here](#).

Participation

If any young people would like to join one of the Care Leaver Covenant online monthly Connects drop-in sessions, please register interest [here](#).

They also run a monthly giveaway for new signups to Connects which is on the previous page.

Please do also consider signing up to the [Care Leaver Covenant Quarterly Newsletter](#).



URBAN GAMES

NO NEED
TO BOOK

AGE 0-16



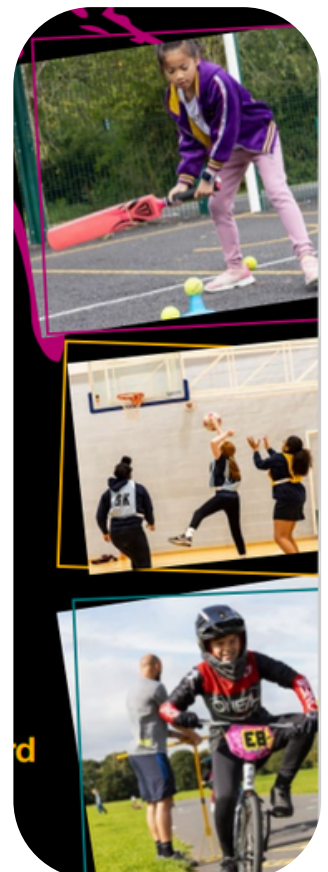
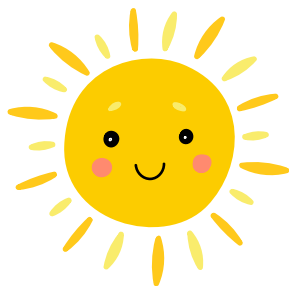
From BMX biking to multi sports sessions including cricket, football, basketball and lots of others hosted by professional coaches, there's something for everyone at a host of venues across Telford.

Best of all, they are completely free and have been funded by the council's Safer and Stronger Communities project.

Check out your local park, playground, MUGA or Nature Reserve for sports and activities for all ages, hosted by professionals.

Visit the Urban Games website to see the activities timetable for this summer!

[Click Here](#)



Telford & Wrekin
Cooperative Council

Protect, care and invest
to create a better borough

In partnership with
Telford & Wrekin Council



Safer & Stronger
Communities

YOUTH OFFER

HINTS AND TIPS

In this weeks edition, we have included a quick and easy recipe for Chicken Pasta Bake as well as Mindfulness techniques!

chicken pasta bake!

Ingredients:

- 4 tbsp olive oil
- 1 onion
- finely chopped
- 2 garlic cloves
- crushed
- ¼ tsp chilli flakes
- 2 x 400g cans chopped tomatoes
- 1 tsp caster sugar
- 6 tbsp mascarpone
- 4 skinless chicken
- breasts, sliced into strips
- 300g penne
- 70g mature cheddar
- grated
- 50g grated mozzarella
- ½ small bunch of parsley
- finely chopped



Preparation

Step 1

- Heat 2 tbsp of the oil in a pan over a medium heat and fry the onion gently for 10-12 mins. Add the garlic and chilli flakes and cook for 1 min. Tip in the tomatoes and sugar and season to taste. Simmer uncovered for 20 mins or until thickened, then stir through the mascarpone.

Step 2

- Heat 1 tbsp of oil in a non-stick frying pan. Season the chicken and fry for 5-7 mins or until the chicken is cooked through.

Step 3

- Heat the oven to 220C/200C fan/gas 7. Cook the penne following pack instructions. Drain and toss with the remaining oil. Tip the pasta into a medium sized ovenproof dish. Stir in the chicken and pour over the sauce. Top with the cheddar, mozzarella and parsley. Bake for 20 mins or until golden brown and bubbling.

Practice Mindfulness: Take a few minutes each day to focus on your breath, observe your thoughts without judgment, or simply be present in the moment. This can reduce stress and improve focus.



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

