

Young Peoples Newsletter

MONDAY 21ST
JULY
2025



Welcome to the first edition of 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.**

NEWSLETTER CONTENTS

Page 2 - 3: Voice of the Child Apprentice Team Updates

Page 4-5: Summer Activities!!

Page 6: Urban Games Programme

Page 7: Training opportunities

Page 8: Safety in your neighbourhood

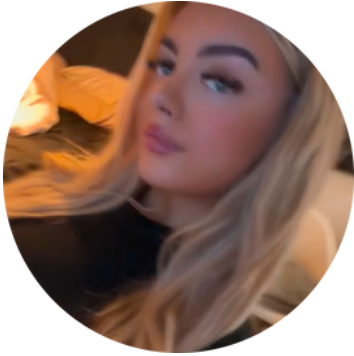
Page 9: Hints and Tips

Page 10: Get in touch!





VOICE OF THE CHILD APPRENTICE TEAM



Leona Jones



Jamie Perkins



Liam Bradley



Rhianna Nielsen

Hello!

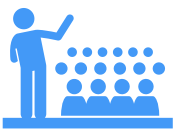
We are the Voice of the Child Apprenticeship Team, a group with real lived experience. We're here to make sure you feel heard, shout about things that could be better and ensure that your voice is at the heart of everything that is happening in children's services!

Recent Team Updates



We were thrilled to take the spotlight at the Children's Services staff briefing, where we showcased how our team is driving participation! Our interactive session sparked meaningful conversations, inviting practitioners to share their voices on the power of coproduction and the impact of inclusive language.

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.



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



More Voice of the Child Team Updates



Our team led some fantastic coproduction work alongside Tim Fisher (National Practice Lead at Kinship), Janet Kay (a passionate Kinship Carer), practitioners, and young people coming together in a powerful collaboration to shape what a strong and supportive local offer should truly look like!



Our Smash Life group session was made even more special with a surprise visit from Roux the dog! Our team absolutely loved spending time with her, her calming presence brought smiles, sparked conversations, and created a warm, relaxed atmosphere. It was a real treat that added a unique and memorable touch to the session :)



Jamie recently celebrated turning

22!!!



Our Voice of the child team has recently been shortlisted for Team awesome at the Employee Awards !!

Summer Activities



Join the Beat at Telford Carnival 2025!

**Sunday 24th August @ Telford Town
Centre**

Want to be part of the drumming parade?

Come to one of their free 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!

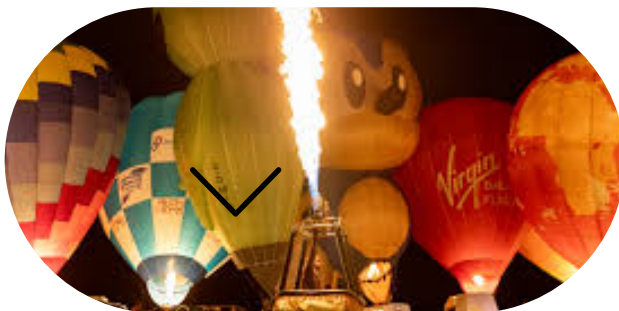
Contact Rob.wilson@telford.gov.uk to find out more!



**From August 5th to 7th, Telford
Hornets Rugby Club will host a three
day event featuring a variety of
inflatable attractions for children
aged 2-12.**

**There is a cost of £10 per child for
this event!**

**Want to know more, visit their
Facebook page: [Click Here](#)**



2025 Balloon Fiesta

Saturday 23 - Sunday 24 August | 12–7pm

**Enjoy two full days of free entertainment in the QEII
Arena. Each day will be packed with aerial displays,
shows, live music and family fun.**

Summer Activities

Madley Town Council Summer Picnic!
Every Tuesday 1-3 starting 29th July
Various Locations (refer to poster below)



Challenging Perceptions Inclusive Annual Fun Day!
Friday 29th August 10-1
Park Lane Centre Woodside

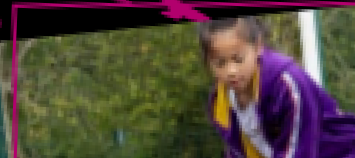


This summer, you can treat the whole family to a Cineworld visit as we bring back amazing family films for just £1 per ticket! Running every week from July 25

URBAN GAMES

**NO NEED
TO BOOK**

AGE 0-16



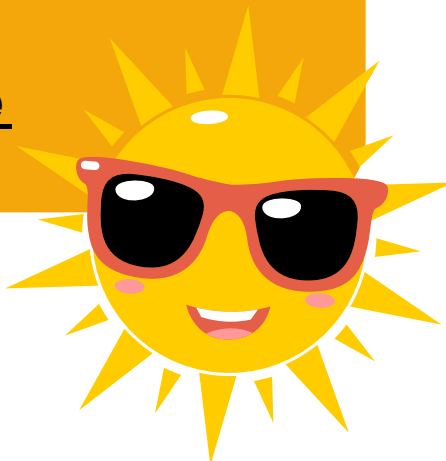
From BMX biking to multi sports sessions including cricket, football, basketball and lots of others hosted by professional coaches, there's something for everyone at a host of venues across Telford.

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
Co-operative Council

Protect, care and invest
to create a better borough

In partnership with
 Telford & Wrekin
Police and Crime Commissioner



**Safer & Stronger
Communities**

YOUTH OFFER

Employment and Training Opportunities

On this page, you'll discover powerful links to free online training providers and game changing apprenticeship opportunities.

Whether you're just starting out or looking to level up, an apprenticeship isn't just a stepping stone...it's a launchpad. You might be surprised by how far it can take you.



The AIM Group are the home of online qualifications. Whether it's professional or a hobby, the AIM Group will have an online course for it. Check out their website for more information: [Click Here](#)

TODAY
Anything
IS
POSSIBLE



Apprenticeships through GOV.UK let you earn money while picking up real world skills and a nationally recognised qualification all at the same time.

You'll spend most of your time learning on the job, with around 20% of your week dedicated to training or studying. It's a smart mix of work and learning that actually sets you up for success.

From beginner to advanced, there's something for everyone

[Click here to find out more](#)



Learn Telford is part of Telford & Wrekin Council and exists to provide high quality learning opportunities to the people living in the borough. Whether you're looking to boost your skills, explore a new career path, or simply learn something new, Learn Telford has something for you. [Click here to find out more](#)



Safety in your neighbourhood



**Safer & Stronger
Communities**

Safer & Stronger Communities

In 2021, Telford & Wrekin Council teamed up with the Police & Crime Commissioner to launch the Safer & Stronger Communities project. The goal? To help people feel safer in their homes and neighbourhoods.

They're doing this by:

- Listening to local people
- Working together to fix problems
- Focusing on areas that need extra support

COMMUNITY

Want to know more about Safer & Stronger Communities, visit their website: [Click Here](#)

Police Community Support Officers (PCSOs)

PCSOs are the friendly, familiar faces of the Safer Neighbourhood Teams right at the heart of your community.

They have a strong visible presence in the community. PCSOs work to reduce crime, tackle anti-social behaviour, and most importantly, build trust.

They're the bridge between the police and the public, always ready to listen, support, and act.



What do they do?

Community Engagement: Connecting with residents, schools, and local groups to understand and solve real issues.

Visible Presence: Patrolling neighbourhoods to provide reassurance and deter crime.

Problem Solving: Tackling local challenges with creative, community-led solutions.

Information Gathering: Feeding vital insights back to police teams to help keep everyone safe.

Supporting Police Officers: Assisting with investigations and operations.

Community Safety Partnerships: Working hand-in-hand with councils, charities, and services to build safer spaces for all.

HINTS AND TIPS

Easy Mac & Cheese Bake (Serves 4)

In this weeks edition, we have included a quick and easy recipe for Mac & cheese and a mindful activity

Ingredients:

- 300g macaroni pasta
- 30g butter (about 2 tablespoons)
- 25g plain flour (about 2 tablespoons)
- 500ml milk (just under 1 pint)
- 1 tsp Dijon mustard (optional, but tasty!)
- 200g grated mature cheddar cheese
- Salt & pepper



Let's Cook!

1. Preheat the oven to 220°C (200°C fan) or Gas Mark 7.
2. Boil the pasta in salted water until it's almost done (a little firm is perfect). Drain and save a splash of the pasta water.
3. Make the cheese sauce:
 - Melt the butter in a pan on low heat.
 - Stir in the flour and cook for 2 minutes (keep stirring!).
 - Slowly add the milk, a bit at a time, stirring constantly until smooth.
 - Add mustard (if using), salt, pepper, and most of the cheese. Stir until melted.
4. Mix it all together:
 - Add the cooked pasta and a spoonful of pasta water to the cheese sauce. Stir well.
5. Bake it:
 - Pour into an ovenproof dish.
 - Sprinkle the rest of the cheese on top.
 - Bake for 10 minutes until golden on top and gooey underneath.



Mind Jar (Glitter Calm Jar).

A Mind Jar is a fun, hands-on way to calm down and focus. It's like a snow globe for your thoughts!

You'll Need:

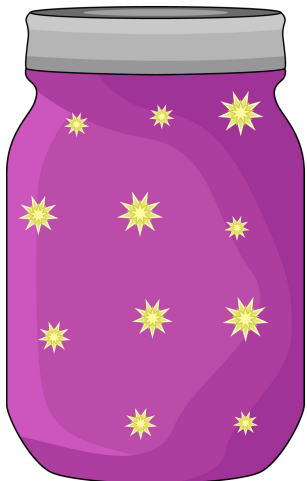
- A clear jar or plastic bottle with a lid
- Warm water
- Glitter glue or clear glue
- Loose glitter (optional)
- Food coloring (optional)

What to Do:

1. Fill the jar about $\frac{3}{4}$ full with warm water.
2. Add glue (about 1–2 tablespoons). This makes the glitter swirl slowly.
3. Add glitter and a drop of food coloring if you like.
4. Top up with water, leaving a little space at the top.
5. Seal the lid tightly (you can glue it shut if needed).
6. Shake it up and watch the glitter swirl and settle.

Why It's Mindful:

Watching the glitter settle helps you slow down your breathing and thoughts. It's great for when you're feeling overwhelmed, anxious, or just need a break.



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

