

Young Peoples Newsletter

MONDAY 1ST
DECEMBER
2025



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



National Care Leavers Month was incredible! From creating standout CVs to cooking up our own "KFC-style" chicken—and so much more it was a month full of fun, learning and confidence building. Following this year's theme, "Rising as Me" we embraced new skills and celebrated individuality.

What an amazing experience!

We're already counting down to the next one!

Liam and Leona will be representing the Voice of the Child team at this week's Foster Carer Forum! They'll be sharing insights, listening to feedback and making sure young people's voices are heard.



We're continuing our reverse mentoring journey with the Senior Leadership Team, constantly discovering new opportunities and learning fresh perspectives. Each session brings something exciting and we always look forward to the next one!



yourvoicematters@telford.gov.uk



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

December Events & Activities



Festive Gardens

19 Dec 2025 - 21 Dec 2025

*£8 group ticket (Up to five people)

£2.50 Adult

£1.50 Child

Under 2s go free

Advanced tickets or pay on the gate. Advanced tickets will be released soon.

Chelsea & Maxell Gardens, Telford Town Park, Telford, Shropshire, TF3 4EP

[click here for more info](#)

Dawley Bank Festive Fun

Date & Time

- Friday, 5 December 2025 • 5:00-7:00 pm [\[allevents.in\]](#), [\[facebook.com\]](#)

Venue

- Dawley Bank Baptist Church & Jubilee Woods, 35 High Street, Dawley Bank, TF4 2EX [\[allevents.in\]](#), [\[facebook.com\]](#)

Cost

- Free entry [\[allevents.in\]](#), [\[facebook.com\]](#)



Story Time with the Elves

'Twas the night before Christmas... and Santa's cheeky elves are taking a break from the workshop to share some festive magic! 🧑‍🎄👧🎁

Join us for Story Time with the Elves, a cosy Christmas Eve experience perfect for young children and their families. Snuggle up, listen to enchanting Christmas tales, and enjoy a sprinkle of elf mischief and magic! ❤️

Telford Ice Skating - December events

The Ice Rink will have a festive vibe throughout December with lights and decorations for all to enjoy plus a fabulous Christmas tree will be at the rink each weekend.

Saturday 6 and Sunday 7 December - Festive themed public skate sessions with the Christmas tree and lights

Saturday 13 and Sunday 14 December - Christmas Jumper Weekend:

- Saturday times: 10.30am - 12noon, 12.30pm - 2pm and 2.3pm - 4pm
- Sunday times: 10.30am - 11.45am, 1.30pm - 3pm and 3.30pm - 4.45pm

Wear a Christmas Jumper on the ice and get 10% off your entry ticket to our public skate sessions (TLC cards for Telford residents can get an extra 10% off)



December Awareness days

Dec 1 – World AIDS Day



Dec 2 – International Day for the Abolition of Slavery



Dec 3 – International Day of Persons with Disabilities

Dec 5 – International Volunteer Day & World Soil Day



Dec 9 – International Anti-Corruption Day

Dec 10 – Human Rights Day



Dec 11 – International Mountain Day

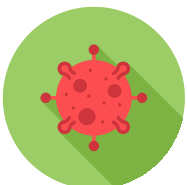


Dec 12 – International Universal Health Coverage Day



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Dec 18 – International Migrants Day & Arabic Language Day



Dec 20 – International Human Solidarity Day



Christmas Word Search

H	S	G	R	E	E	T	I	N	G	S	W	O	W	C
F	U	Z	Q	Q	Y	C	H	R	I	S	T	M	A	S
P	R	P	F	Z	L	G	B	G	G	K	R	U	H	X
J	S	U	F	B	L	S	N	O	W	M	A	N	P	A
E	J	J	I	R	O	Z	F	X	J	C	T	Y	R	N
L	F	H	J	T	H	N	T	H	F	A	S	C	C	G
C	C	S	V	R	C	U	V	A	M	N	P	A	G	E
I	Y	H	P	E	N	A	T	W	D	D	X	N	O	L
C	V	P	H	T	L	H	K	A	H	L	Y	D	N	U
I	D	O	S	O	T	V	S	E	A	E	L	Y	G	G
R	K	E	Z	S	L	H	E	C	P	S	I	K	G	R
A	H	R	I	G	E	I	E	S	P	F	M	E	E	E
C	W	R	T	R	B	M	D	B	Y	Y	A	C	O	E
Z	H	F	R	O	S	T	Y	A	O	W	F	K	K	N
C	K	R	V	Y	H	A	Q	B	Y	R	K	Y	P	F

ANGEL
CANDLES
CANDY
CHESTNUT
CHRIST
CHRISTMAS
DASHER
EGGNOG
ELVES
FAMILY

FROSTY
FRUITCAKE
GREEN
GREETINGS
HAPPY
HOLIDAY
HOLLY
ICICLE
SNOWMAN
STAR





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.

Improve Strength and fitness. Ultimately the fitter you are the easier it is to defend yourself.

Learn how to defend yourself and to strike effectively.

Blow off steam in a fitness class unlike any other.

Build Confidence.

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 girlies! xo



ENVIRONMENTAL LEADERSHIP PROGRAMME

OCTOBER 2025 - JULY 2026

18-25, West Mids
based and want to
have your voice
heard?

Join us on our
FREE
programme!



LEADERSHIP

Develop transferable
skills for your CV, whatever your
career goals.

ACTIVISM

Learn how to spark positive
change in your local area and
beyond.

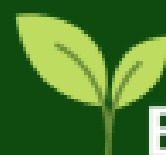
COMMUNITY

Connect and build relationships
with passionate, like-minded
people.

Scan
to apply!



@elp2uk
#ELP2



ELP2

Delivered by:



Shropshire
Wildlife Trust



The Wildlife
Trusts

Supported by:



COMMUNITY
FUND

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

 **mind**⁸
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

Closing soon

Apprentice Sales and Lettings Negotiator

NOCK DEIGHTON (1831) LTD
Telford (TF2 9TX)

Distance 5.2 miles

Start date 17 December 2025

Training course Customer service specialist (level 3)

Wage £13,741 a year

Closes in 2 days (Wednesday 3 December 2025 at 11:59pm)
Posted 19 November 2025

Apprentice Chef

Marstons - Crown Bridgnorth PP
High Street (WV16 4DB)

Distance 6.2 miles

Start date 16 January 2026

Training course Production chef (level 2)

Wage £9,815 to £15,873 a year

Closes on Friday 9 January 2026
Posted 5 November 2025

Support Worker Apprentice

STARS CHILDRENS CARE LIMITED
Telford (TF2 9EF)

Distance 5.4 miles

Start date 1 February 2026

Training course Children, young people and families practitioner (le

Wage £27,300 a year

Closes on Wednesday 21 January 2026
Posted 21 November 2025

**To find out more about these
apprenticeships - [click here](#) to visit the
website!**

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!

Visit the learn my way website to access free online courses for beginners wishing to develop their digital skills using computers, touch screen devices, getting online and the most commonly used computer packages including Microsoft Office.

Many courses require no registration but to track your progress and receive support you will need to create an account. Telford and Wrekin Libraries are part of the Online Centres Network and if you register using one of the codes below you can receive additional support from our team.

The Learn My Way centre codes for Telford and Wrekin Libraries are as follows (please choose the code for the nearest centre to your location):

- **Southwater Library: 8007253**
- **Wellington Library: 7015**
- **Newport Library: 6744**
- **Madeley Library: 6697**
- **Oakengates Library: 6752**



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

NEW!

18-25 Calm Cafe



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

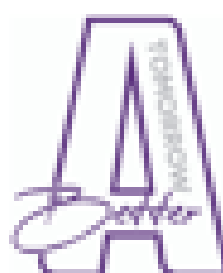
Telford Mind, A Better Tomorrow and Telford & Wrekin Adult Social Care are delivering a new Calm Cafe for young adults aged 18-25 Years.

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 no bake cornflake cakes & a mindfulness activity - doodle your feelings!

Recipe: No-Bake Chocolate Cornflake Cakes **(Makes about 12 cakes)**

Ingredients

- 100g milk chocolate (or dark if preferred)
- 50g butter
- 2 tbsp golden syrup
- 75g cornflakes

Equipment

- Saucepan
- Heatproof bowl
- Spoon
- Muffin cases



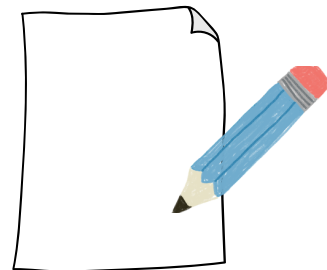
Steps

- 1. Melt the chocolate, butter, and syrup**
 - Put them in a heatproof bowl over a saucepan of simmering water (or microwave in short bursts).
 - Stir until smooth.
- 2. Add the cornflakes**
 - Remove from heat and gently stir in the cornflakes until they're coated in chocolate.
- 3. Spoon into muffin cases**
 - Divide the mixture evenly into paper cases.
- 4. Chill**
 - Put them in the fridge for about 1 hour until set.
- 5. Enjoy!**
 - Perfect as a snack or dessert.

Mindful Activity: Doodle Your Feelings **(Creative + calming)**

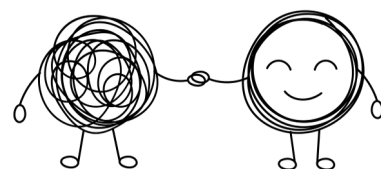
Steps

- 1. Grab paper and pens**
- 2. Any colors you like.**
- 3. Set a timer for 5 minutes**
- 4. No rules—just start doodling.**
- 5. Focus on how you feel**
- 6. Use shapes, patterns, or colors to show your mood (happy, calm, stressed, excited).**
- 7. Reflect**
- 8. Look at your doodle and ask: "What does this say about how I'm feeling?"**





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

