

Young Peoples Newsletter

TUESDAY 1ST
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.

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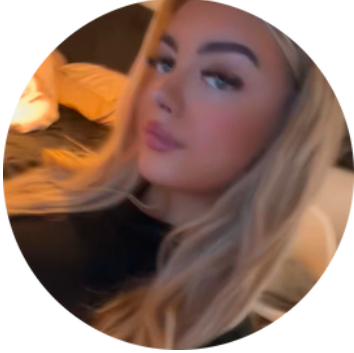
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VOICE OF THE CHILD APPRENTICE TEAM



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, 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!

What have we been up to?

🎉 We're setting up some exciting forums and activities!

From a Pamper Session to a Minecraft Event, Sports and Football or Pizza Making, there's something for everyone to enjoy. Do let us know if you have any ideas for new activities!

- 📌 Keep an eye on our Instagram page and newsletters for upcoming events and opportunities to join in the fun!

🗣️ Getting young people involved in recruitment!

We support interviews for senior roles and practitioners – making sure that the voice of young people is heard when it comes to choosing the right people to work with you.

🎧 We're launching podcast sessions!

These sessions will feature inspiring guest speakers who'll share motivational stories and important info to support and uplift young people.

🗣️ Getting young people represented at Key Meetings!

We are now co-chairing meetings that discuss making improvements to services for children and young people - it is all about being at the table and making sure that we speak up about the things that are important to you.

Want to see our latest updates or get in touch?

Our contact details are below:



yourvoicematters@telford.gov.uk

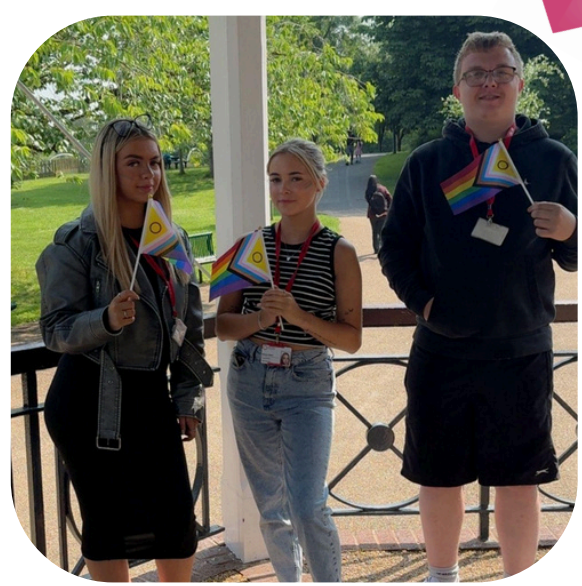


[yourvoicematterstwc](https://www.instagram.com/yourvoicematterstwc)

Below are a few examples of events and activities that we have been working on in the Voice of the Child Team!



One of us passed our driving test!





FOLLOW OUR INSTA
YOURVOICEMATTERSTWC
AS A PRACTITIONER, PLEASE
SHARE THIS TO CARERS/YP



Meet the apprentice team of the voice of the child. We are all care experienced!!

We post different events coming up that YOU can join along.

We post any important and cool stuff we have done!

We have interactive posts.

And most importantly, we are here to capture your voice and make your time that bit easier.

YOURVOICEMATTERS@TELFORD.GOV.UK



Visit to Parliament with the NCLBMF



Live Scribe Art Workshop focused on the Voice of the Child



Events and Activities



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.



Make an animal puppet! Tuesday 22nd July 10.30am

Newport Community Library

Come and make and paint an animal puppet. Free, no booking required, just turn up.



Love biking?

Check out Wrekin Riders BMX Club in Dawley! They welcome all levels—from beginners to racers—and offer fun coaching sessions.

Contact for more information:

wrekinriders@outlook.com



Check out Telford and Wrekin Leisure to see if you're eligible for a TLC card. Great for discounts on swimming, ice skating, and more!

www.telfordandwrekinleisure.co.uk/info/10/member-ships/62/telford-loyalty-card-tlc-leisure-concession-scheme





Did you know?



EMPOWER
DISABILITIES

Telford & Wrekin has a SEND local offer?

Who is the Local Offer for? To support children and young people with Special Educational Needs and Disabilities (SEND).



This offer provides support with a range of different things from early years, all the way to preparing for adulthood! Below is some of what they provide!

- Early Years
- Education
- Preparing for Adulthood
- SEND support
- What is a Education, Health and Care plan
- Travel assistance
- Short breaks
- Health
- Parent Carer zone
- School Admissions
- Personal Budgets

Want to Know More?

Speak to your social worker or whoever supports you!

Or view it on the T&W website

<https://www.telfordsend.org.uk/site/index.php>



Did you know about Telford & Wrekin's YOUTH offer?

In Telford and Wrekin, we are committed to developing and expanding the local youth offer, including activities and provision for young people in our local area linked to health and wellbeing, education, employment and training, arts, culture and participation.



Sports



Youth Clubs



Health and Wellbeing



Uniformed Youth Groups



Want to Know More?

Visit their website and subscribe to their newsletter!!

<https://youthoffer.telford.gov.uk/>



Arts and Drama



Dance and Music



Confidence Building



Support for Young People

Employment and Training Opportunities



Telford & Wrekin
Co-operative Council

Protect, care and invest
to create a better borough



Apprenticeships

- An apprenticeship is a great choice to begin your career or to move you forwards in the area of work that interests you.
- Apprenticeships are paid jobs which include training, so you'll gain a nationally recognised qualification too.
- To apply for an apprenticeship you must live and work in England, be aged sixteen or over and not be in full-time education.

The council offers apprenticeships in a variety of different areas and there are various other organisations that advertise apprenticeship opportunities.

Click [this link](#) to find out more.

Work Experience

Work based learning covers any aspect of learning and development that is connected into the workplace, from work experience for students in Year 10 through to degree level placements and apprenticeships.

At Telford & Wrekin Council we are passionate about developing our staff and providing opportunities for local people to enter into employment, and to learn and development.

Here, you will find out more about our [work based learning offer](#) and how you can be part of working and learning at Telford & Wrekin Council.

The Wrekin Housing Group

The Wrekin Housing Group

They offer a structured apprenticeship programme with real qualifications and community impact. As a large employer within Shropshire and Staffordshire with a strong social purpose, WHG recognises the importance of supporting skills development of young people. They provide a well-recognised apprenticeship programme, offering a number of opportunities for young people to join their organisation.

Learn more at [Wrekin Housing Apprenticeships](#)



Landau – Supported Education & Internships

Landau offers:
Maths and English support
Small class sizes
Tailored learning and confidence building
Vocational training and internships

📍 5 Landau Court,
Tan Bank, Wellington, Telford

Visit [Landau's website](#)

Learn Telford – Functional Skills Courses (Ages 19+)

For young adults aged 19+ who don't yet have a Level 2 qualification in English or Maths:

- Free Functional Skills courses
- Gain a recognised qualification
- Friendly, supportive learning environment

📍 Various locations across Telford

[Register your interest here](#)



Telford College

Telford College was formed in 2017 from the merger of Telford College of Arts and Technology, and New College Telford.

The lively and supportive campus has been purpose-built to offer one of the widest ranges of course choices anywhere in the region – from academic and vocational to apprenticeships, and much more.

A level students are based in a £2.5 million Sixth Form centre which also houses a suite of virtual and augmented reality technology.

Technical students, meanwhile, can take advantage of industry-standard training facilities such as:

- A £3.5 million Automotive Centre
- A £2.5 million Construction Centre
- A £3 million Discovery Centre with a Computer Aided Design suite, welding bays, milling stations, robotics and computer numerical control machines.
- A £2.5 million Creative Hub equipped with Apple Macs, art and design studios, media suites, print room, dark rooms and gallery space

Music students can also fine tune their skills in two top-level recording studios.

Sports facilities are second to none, and include a double sized sports hall for badminton, basketball and netball, an indoor 3G football pitch for football and rugby, and an outdoor 3G all-weather pitch.

There is also a fully functioning restaurant, The Orange Tree, staffed by the College's catering students, and a hair and beauty salon, The Retreat, where students conduct treatments under the watchful eye of their tutors, and welcome members of the public to enjoy a range of treatments.

And when not learning, students can relax in the ultra-modern Rendezvous zone which includes a Starbucks franchise.



Nova Training – Study Programme (Ages 14–24)

Nova Training offers tailored learning plans that include:

- Functional Skills in English and Maths
- Small group or 1:1 support
- Vocational training (e.g. motor vehicle, business, retail)
- Work placements with local employers

📍 Location: Telford

[Learn more at Nova Training](#)

Struggling with your mental health? Get help today!

If you are struggling with your mental health, call someone. It is important to talk about how you are feeling.

You should reach out and speak to someone if you think you are experiencing, anxiety, depression, heightened sense of worry or if you are in a crisis.

If you're looking for support, advice, or guidance, the following contact details are here to help you connect with the right resources:



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



If you would like to talk to someone right now or if you aren't ready to have a chat just yet text: BREATHE to 85258 to message a trained volunteer. This is available 24/7, so just text whenever you feel like you need to get something off your chest.

Talking about how you're feeling with a counsellor can help.

If you are a young person aged 8 to 21, have a look on the [SBT website](#) where you will be asked to answer some questions. If you are eligible for support, you'll be sent a link to book an appointment with the mental health assessment team. This appointment is an informal chat on Zoom to explain the service. If you are happy to start counselling, you can continue the call and get signed up.

HINTS AND TIPS

In this weeks edition, we have included a quick and easy recipe for tasty cookies as well as a creative idea you can do (YOU Wall)

yummm!

EASY!

Quick and easy cookies! (32 mins)

Ingredients:

- 225g butter
- softened
- 110g caster sugar
- 275g plain flour
- 1 tsp cinnamon
- or other spices (optional)
- 75g white or milk chocolate chips
- (optional)



Preparation:

- **step 1**
- Heat the oven to 190C/170C fan/gas 5. Cream the butter in a large bowl with a wooden spoon or in a stand mixer until it is soft. Add the sugar and keep beating until the mixture is light and fluffy. Sift in the flour and add the optional ingredients, if you're using them. Bring the mixture together with your hands in a figure-of-eight motion until it forms a dough. *You can freeze the dough at this point.*
- **step 2**
- Roll the dough into walnut-sized balls and place them slightly apart from each other on a baking sheet (you don't need to butter or line it). Flatten the balls a little with the palm of your hand and bake them in the oven for around 10-12 mins until they are golden brown and slightly firm on top. Leave the cookies on a cooling rack for around 15 mins before serving.

YOU WALL!

How to create a "You" Wall:

Turn a corner of your room, board or even a notebook into your personal celebration space! Fill it with:

- 📸 Photos of people and moments you love
- ✍️ Quotes that inspire you
- 🎯 Your goals and dreams
- 🖼️ Drawings or art you've made
- 🏆 Achievements you're proud of

Every time you look at it, you'll be reminded of how unique and amazing you are. It's your space—make it loudly and proudly **YOU!**



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

