



YOUNG PERSONS NEWSLETTER

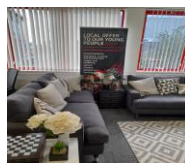
June-August 2024

Welcome to the Leavers Lounge!

We would love you to drop by and visit us at the leavers lounge!

Based @ meeting point house.

- X-box
- Sensory room
- Sofas
- Clothing rail
- Hot drinks, fizzy pop and biscuits
- Regular activities and Monthly care leaver's forums.
- Info available on partner support agencies.
- Chilled space to meet your PA



Could you be part of our young person's panel??

We are looking for care experienced young people to contribute their ideas to developing and improving the service we provide for both our children in care and care leavers service. Who better than you to tell us what we can do to help on a personal or collective level. Maybe you have ideas of how we can improve or suggestions of what is working well and help expand this to ensure that we do it even better. Your thoughts will be shared at the Corporate Parenting Strategic Group, which meets 4 times a year and is chaired by the Director of Children's Services, Jo Brittan, as well as each SDM or Team Manager for every department. This is where change happens and your voice is taken seriously. Our care leavers champion attends, accompanied by our Participation Officer who puts forward any recommendations.

You can request to be part of the **Care Leavers Young Adults Panel**, which will meet Bi Monthly. Please ask your personal advisor to refer you.

You can attend the monthly **Care Leavers Forum**. Again ask you PA for details

We are looking for young people to be part of the **West Midlands Steering Group**. This will help shape delivery of services with our neighbouring Local Authorities, not just Telford



Do you know we have social media and a website?! Our website includes our local offer to our care leavers and lots more useful information! Add our social media pages to keep up to date on what's happening with Leavers come first!



<https://www.telford.gov.uk/careexperienced>



<https://www.facebook.com/Leaverscomefirst/>



<https://www.instagram.com/leaverscomefirst/>



TWCareLeavers@telford.gov.uk

Grandmentors is a scheme that Telford and Wrekin are now running with our 16-25 year olds, if you feel you would benefit from having a mentor to support you with aspects of your life or if you are feeling isolated and lonely and just need some company get in touch with your social worker or Personal advisor for a referral. Grandmentors is an innovative volunteering project where older volunteers use their lifetime of skills and experience to support and mentor young people leaving the care system.



VOLUNTEERING MATTERS  Telford & Wrekin
Co-operative Council

Grandmentors

What do we do?

Grandmentors help to deliver informal 1-2-1 support to young people aged 16-24 from Asylum & Leaving Care Team by matching you with one of our volunteer mentors. Many young people see them as a wise friend who will always listen to you, and be there for you.

How do we support you?

Once matched with a mentor, you will be able to get any advice and support around the following areas and more.

- Housing & Finance
- Education, Employment or Training 
- Life Skills 
- Health & Emotional Wellbeing

Find out more, please scan the [QR code](#) or email: kenneth.wu@volunteeringmatters.org.uk or ask your social worker or PA to refer you.



The leavers lounge is now a distributor of condoms! Speak to your PA if you would like to get registered for a c-card so you can get free condoms from venues that distribute throughout Telford or you can come to the leaver's lounge where we can distribute to you! Drop me a message via our facebook to arrange a day and time

<https://www.facebook.com/Leaverscomefirst/>



OpenClinic[®] NHS

WAIT!

Have you heard about the C-Card?

Aged 13+?
You can get **FREE condoms** with a C-Card!

FIND OUT MORE:

WWW.OPENClinic.ORG.UK

Open Clinic NHS @OpenClinicNHS @openclinicnhs

This is a free, private and confidential service.

OpenClinic[®] NHS

FREE, PRIVATE & CONFIDENTIAL

Sexually Transmitted Infections (STIs)

STIs are infections that are spread by penetrative sex (anal, oral and vaginal) and by non-penetrative sexual contact (sharing sex toys, close skin-to-skin genital contact).

There are other infections, including Hepatitis, which can be spread by blood-to-blood contact (sharing needles used to inject drugs) and not just through sex or sexual contact.

You can have an STI or other infection and not know it. Some people do not have any symptoms.

CHLAMYDIA

Symptoms: No symptoms, pain when weeing, discharge, bleeding between periods or after sex

Test: A urine sample or swab

Treatment: Easily treated with antibiotic tablets

GONORRHOEA

Symptoms: No symptoms, discharge, bleeding between periods

Test: A urine sample or swab

Treatment: Easily treated with an injection

SYPHILIS

Symptoms: No symptoms, sore on genitals, rash on palms of hands and soles of feet

Test: A blood sample

Treatment: Usually treated by an injection in each bum cheek

HIV

Symptoms: Often no symptoms, possible to have flu-like illness a few weeks after infection

Test: A fingerprick test or a blood sample, depending where you go for the test

Treatment: There is no cure but HIV can be treated and controlled with antiretroviral drugs. If you're on effective treatment you can expect to lead a normal life and can't pass on HIV to anyone else.

HEPATITIS B

Symptoms: Often no symptoms, in early infection possible to have high temperature, tiredness, raised and itchy skin (hives), abdominal pains, feeling or being sick, yellowing of skin (jaundice)

Test: Blood sample

Treatment: Chronic Hepatitis B may be treated with antiviral medicine.

HEPATITIS C

Symptoms: No symptoms, high temperature, tiredness, loss of appetite, abdominal pains, feeling or being sick

Test: Blood sample

Treatment: Treated with antiviral medicine for several weeks

Condoms can help to protect against some STIs

Visit www.openclinic.org.uk for sexual health service information

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Contraception Methods

If you're having sex, using contraception is the best way to reduce the chance of getting pregnant. There are many types of contraception to choose from and different methods suit different people. Some require a procedure to have them fitted and removed. See a quick summary below:

| | |
|--|--|
| <p>Implant</p> <p>A small rod which releases the hormone progesterone is placed in the upper arm under the skin</p> <p>Over 99% effective</p> <p>Lasts up to 3 years</p> | <p>Injection</p> <p>Progesterone is injected into the muscle, normally your buttock</p> <p>Over 99% effective (if you get your repeat injections on time, as advised)</p> <p>Lasts for 8-13 weeks</p> |
| <p>IUS (Intrauterine System)</p> <p>A small T-shaped plastic and hormonal device is placed in the uterus</p> <p>Over 99% effective</p> <p>Lasts up to 5 years</p> | <p>IUD (Intrauterine Device)</p> <p>A small T-shaped plastic and copper device is placed in the uterus</p> <p>Over 99% effective</p> <p>Lasts for 5-10 years</p> |
| <p>Combined Pill</p> <p>The pill contains oestrogen and progesterone and is taken orally</p> <p>99% effective with perfect use, 91% effective with typical use</p> <p>You need to take it every day for 3 weeks, and have either a 4 or 7 day break</p> | <p>Progesterone-Only Pill (POP)</p> <p>The pill contains progesterone and is taken orally</p> <p>99% effective with perfect use, 91% effective with typical use</p> <p>You need to take it every day at the same time, continuously</p> |
| <p>Condoms (for the Penis)</p> <p>A thin latex or plastic sheath is put over the erect penis</p> <p>98% effective if used correctly</p> <p>Protects against STIs</p> <p>Need to remember before sex</p> | <p>Condoms (for the Vagina)</p> <p>A thin plastic sheath lines the vagina and covers the outer area</p> <p>95% effective if used correctly</p> <p>Protects against STIs</p> <p>Need to remember before sex</p> |

To find out which method of contraception might be best for you, speak to your GP or local sexual health service: www.openclinic.org.uk

Open Clinic NHS @OpenClinicNHS @openclinicnhs

What's been going on?!!!

Care leaver takeover, young people got to meet council workers in different roles and experience what they do for a morning!

Care leaver podcast! We have been meeting to begin designing a podcast planned, designed and delivered by you!

5 young people attended pathfinder driving experience for 4 days to learn to drive

Monthly football practice sessions

Group visit to Bridge cheese factory for tour and lots of cheese!

Care leaver's forums

March-spring walk round Telford Town Park to commemorate world health day

April- Badminton and Frisbee to commemorate moving more for mental health awareness week

April- Separated migrant young person forum with Walsall council games in cannon hill park

June- Pride party for pride month 2024

Monthly creative workshops with Rod!

Cooking on a budget session at Horsehay village hall (homemade pizza!)

Care leaver championship cup at Molineux stadium Wolverhampton Telford took 10 young people to a tournament against other care leavers from Wolverhampton, Walsall, Hereford, Shropshire, Warwickshire, Coventry, Solihull, and Staffordshire

Arts session with Learn Telford



Loaded potato wedges with chilli beans



Potato wedges taste great loaded up with spicy chilli beans. If you don't already have any in your freezer, making your own doesn't take long and you don't need to use the oven. Tins of beans in chilli sauce are a versatile addition to your store cupboard, so it's worth always keeping a couple of tins in stock.

This recipe is part of a [budget meal plan for two](#). In September 2023, this recipe was costed at an average of £1.44 when checking prices at four UK supermarkets. It is designed to be made in conjunction with a [low-cost store-cupboard](#).

Preparation time

less than 30 mins

Cooking time

10 to 30 mins

Serves

Serves 2

Dietary

-

Ingredients

- 2 large [potatoes](#) (400g/14oz in total), each cut into 8 wedges
- 1 tbsp [vegetable oil](#)
- 400g tin beans in [chilli sauce](#)
- 20g/³/₄oz [cheddar](#), finely grated
- 2 [spring onions](#), finely sliced
- salt and ground [black pepper](#)

Recipe tips

Method

1. Put the potatoes in a medium saucepan and cover with enough water to rise just 1cm/¹/₂in over the potatoes. Cover and bring to the boil, reduce the heat slightly and simmer for 5 minutes, or until softened but still holding their shape. Drain well in a colander or sieve and leave to stand for 5 minutes to drive off the steam.
2. Heat the oil in a large non-stick frying pan. Fry the potatoes for 3–5 minutes on each side, or until lightly browned, adding more oil if they begin to stick. (You can leave out this step if you like but the crisped potatoes taste especially good.)
3. While the potatoes are cooking, tip the beans into a pan – you can use the same pan as you cooked the potatoes in to save washing up. Heat according to the can instructions until hot (or you can do this in a microwave oven).
4. Divide the potato wedges between a sharing platter, two plates or shallow bowls and season with a little salt and pepper. Top with the hot beans, sprinkle with cheese and spring onions to serve.



What's happening?!!



Football sessions! @ Madeley 3G pitch Telford ski centre
1-3pm Thursdays
18th July
19th September
17th October
21st November
Transport can be provided if required

Leavers come first age 16-25

<https://www.facebook.com/Leaverscomefirst/>
<https://www.instagram.com/leaverscomefirst/>
loungeleavers@gmail.com
<https://www.telford.gov.uk/careexperienced>



Care leavers forum
Tuesday 2nd July 5:30-7pm
Leavers come first take on voice matters (CIC council) at rounders!
Meeting @ the leavers lounge from 5pm

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WE WANT YOU!

Create a care leaver podcast! Planned, designed and delivered by you! we will be meeting at the leavers lounge with Connor a videographer and Matt running the programme to get started with a pilot recording

Thursday 4th July 5-7pm

Leavers come first age 16-25

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Creative workshop with Rod!
Taking place @the leavers lounge
Thursdays 1:00pm
July 4th
August 15th
September 12th
October 10th
November 14th
December 12th

Leavers come first age 16-25

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LCF TRIBE
EMPOWER-WILDERNESS PROGRAMME
 A Wilderness therapeutic outdoor intervention
 Participants to attend all 4 sessions of programme
 Improve self esteem, coping skills and empowerment,
 give direction and reflexion on life experiences.
 Bushcraft, fire making, shelter building, outdoor
 cooking
 10:30-3pm
 Monday 22nd and Tuesday 23rd July
 Tuesday 29th and Thursday 22nd August
 Transport can be provided
 Lunch provided
 Referrals to Louise Bull@telford.gov.uk
 Leavers come first age 16-25

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Summer Arts Programme 2024
 Creating a FUN and MEMORABLE experience!



Dates
 Week 1: 29th July - 2nd August 2024
 Week 2: 5th August - 9th August 2024
 Week 3: 12th August - 16th August 2024

Times
 Times: 9:30am until 2:30pm

Location
 Telford Town Park Visitor Centre, TF3 4EP

Activities

- Graffiti Workshops
- African Drumming Workshops
- Zumba Sessions
- Exotic Zoo Visit
- PLUS LOTS MORE!

www.4all.foundation | info@4all.foundation | 0800 321 3617




Independent living skills workshop

27th, 28th, 29th August 2024
 10-3pm @ the leavers lounge
 You get 20 pound for attending all 3 days!

Tenancys
 Meal planning
 Budgetting
 Essential bills
 Housing options
 Preparing meals
 Financial fundamentals

Leavers come first age 16-25

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loungeleavers@gmail.com
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Games
 Food
 Refreshments

Open day drop in at the leavers lounge!
 Meeting point house
 southwater square
 Telford
 TF3 4HS
 Wednesday 21st August
 12:30- 14:30pm
 Come and see what we do!

Meet the team
 Events
 Participation
 Opportunities

Leavers come first age 16-25

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