



Care Leavers Newsletter

5th Edition June 2025

Welcome to
our Summer
newsletter!

Hi everyone!

Wow, what a whirlwind the past six months have been! Our Christmas party was a blast, with over 70 Christmas dinners served and gifts and sweet hampers given out to everyone. Planning this event and hosting the party is always a stretch on the TLC Team but it's one of our favourite times of the year, filled with joy, laughter, and a chance to reflect on the year gone by.

We kicked off our first Easter EET event, bringing together local colleges and employers to chat with care leavers about job opportunities. Don't forget, we have a weekly drop-in at the TLC Hub with Jobcentre Plus, Walsall Works, and Walsall Virtual School. Swing by and get the support you need for your work or education plans! Speak to your PA to get the dates for the next drop-in sessions or ask for a call back. There is still time to register for courses which begin in September – let us know if you want support with securing a place.

Our warm space offer at the TLC Hub is back and better than ever! We've got snacks, drinks, hot meals, laundry facilities, free Wi-Fi, laptop loans, and quiet study spaces. It's your hub, so make the most of it! Details of the warm space offer are included in this newsletter.

Mark your calendars for our Summer BBQ and Beach Trip! Register ASAP to secure your spot on the coach (QR code in the newsletter). These events are perfect for meeting other care leavers, hanging out with your PA, and exploring the fantastic offers from our partners. And don't miss our annual Care Leaver Week party in October – details coming soon!

Finally – our monthly running club is now back up and running (mind the pun) so let us know if you want to come along to one of our Parkruns at the Arboretum.

Andy Caville
TLC Team Manager



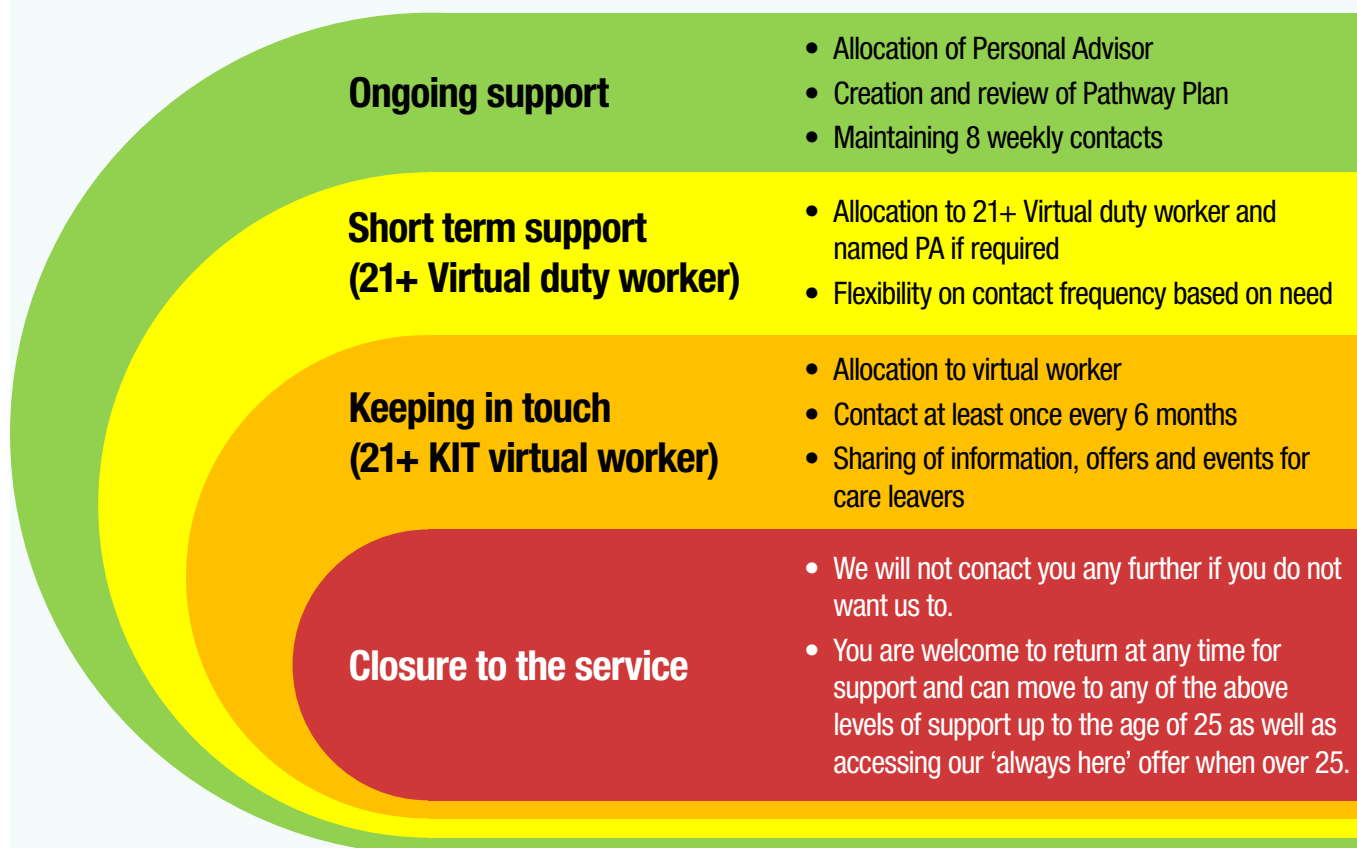
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What happens when you turn 21?

As many of you will be aware, from the age of 21 you can let us know that you no longer need our support and don't want a PA to be allocated to work with you. We would prefer for you to continue to work with us but accept that you may not want the same level of support so we have developed a tiered approach to the support you can ask for from the ages of 21-25 to encourage you to come back to us whenever you need help. There is no 'one size fits all' approach to this and you are welcome to move up and down between the different levels of support on offer to suit your needs as these change over the years. We just want to be here for you in a way that best meets those needs. The local offer for care leavers will continue to apply to you up to the age of 25 regardless of whether or not you have a PA allocated so you will still benefit from things such as your council tax exemption, Setting Up Home Grant balance, free leisure pass and other such benefits offered to care leavers.

At 21 you can now choose from the different levels of support available as detailed in the chart below. Some levels of support will need more input, such as regular contacts and a pathway plan. We are more than happy to provide this level of support if you feel that you need it so please speak to your PA about what support you want from us. Remember – this is about you and how you want to be supported.



WE NEED YOUR VIEWS!

SHAPE
YOUR
SERVICE
AND
LOCAL
OFFER

£50
PRIZE
DRAW!



SCAN THE QR CODE BELOW
TO TAKE THE 10 MINUTE
SURVEY



YOUR RESPONSES ARE ANONYMOUS BUT WE WILL NEED YOUR NAME
FOR THE PRIZE DRAW! THIS WON'T BE LINKED TO YOUR ANSWERS
SURVEY CLOSES ON 31ST JULY 2025



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Good news story!

Meet Zak, he is 19 and has his own flat that he has made home - everyone who has visited has commented on how nice his home is and how much pride he takes in keeping it clean and tidy. He has worked hard to show how he can manage his home and has recently had this flipped to a general needs tenancy

Some of his achievements :

- Passed his 'Life in the UK' test
- Sat exams for GCSE's in English, Maths, Business and RE - achieving B grades
- Passed level 1 in 'Construction Skills'
- Distinction in 'Electrical Installations - Level 2'
- Diploma in 'Buildings and Structures'

As well as balancing all of the above he has passed his driving test!

Zak's long-term goal is to be in the trade as either a Plumber or Electrician

In his spare time, he likes to play football and basketball with his friends and also likes chilling out with them.



The background of the poster is a vibrant beach scene. At the top, a large, bright yellow sun with orange rays is centered between two green palm trees. Below the sun, the words "Summer BEACH TRIP" are written in a large, stylized font. "Summer" is in a white, bubbly script with an orange outline, and "BEACH TRIP" is in a bold, yellow, blocky font with a black outline. The background transitions from a clear blue sky to a light blue ocean, and finally to a sandy beach at the bottom.

Summer BEACH TRIP

Blackpool – 13th August – All Day

Following the success of last years beach day tip, we will be having another trip on Wednesday 13th August! This year we will be going to Blackpool for the day.

The trip is free of charge, a free packed lunch will be provided and there will be extra seats offered for care leavers with children and thereafter for partners and friends (dependant on remaining seat availability!).

The coach will leave from the hub at 8:30am and will leave Blackpool to return at around 5pm.

SCAN THE QR CODE BELOW AND COMPLETE THE FORM TO REGISTER YOUR INTEREST AND SECURE YOUR SEATS!



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Cost Of Living Resources

The cost of living continues to be something that a lot of people struggle with. We found the service that the Green Doctor offers has really helped some of our young people:

Some of the ways the Green Doctor can help

- Fixing causes of heat loss in your home
- Installing small energy saving measures such as draft excluders
- Help with accessing other support
- Providing advice on energy or water debt

If you would like support from Green Doctor speak to your PA who can put you in touch or go on to the link below for more information & some great tips



Some tips for saving energy include:

- 1) Switch off standby – You can save around £45 per year just by remembering to switch devices off standby mode
- 2) Draught proof windows and doors – use draught excluders around doors and windows
- 3) Turn off lights when you leave the room
- 4) Wash your clothes at 30°C – This is usually enough to clean your clothes and will save around **£24** per year
- 5) Avoid using a tumble dryer – dry clothes on racks inside or outside in warmer weather and you could save around **£50** per year
- 6) Spend less time in the shower – capping your shower time to under 5 minutes can save **£55** per year
- 7) Careful with the kettle – only filling the kettle with the water you need, instead of filling and boiling it, can save you **£10** a year

South Staffs Water discount scheme

Are you aware of and registered with the South Staffs Water discount Scheme? Let your PA know if you need more information or support to register:



Assure tariff

We are helping to support over 40,000 of our customers with the Assure tariff. It's a two-year discount of 60% in year one and 40% in year two.

Find out more at www.south-staffs-water.co.uk/assure.

You may be able to receive help from Assure, if your yearly total household income is less than £19050 (approx. £366 per week) if you have dependent children living with you, we will add an extra £1,500 per child to that amount.

Remember if you receive the guarantee part of Pension Credit you will qualify for Assure.



Assure Assist tariff

If you have no household income at the moment (you may be applying for Universal Credit) we have Assure Assist. A 100% discount for eight weeks, if you qualify, you will then go on to the Assure scheme.

Find out more by going to our website www.south-staffs-water.co.uk/assure, there is also a really useful compare our tariffs section on the website too.





Microwave macaroni cheese

Ingredients:

300g macaroni or spirali pasta

2bsp cornflour

350ml full fat milk

1tbsp mustard

150g extra mature cheddar – grated

150g frozen peas

How to cook

1. Place the pasta in a large microwavable bowl and cover with just-boiled water from the kettle. Stir in a little salt, cover and microwave on high for 8 minutes, stirring halfway.
2. Meanwhile, mix the cornflour with a little of the milk and the mustard in a large jug until smooth. Whisk in the remaining milk and season with salt and pepper.
3. Drain the pasta and return to the bowl.
4. Stir in the milk mixture and cheese. Cook for 5 minutes then stir in the peas. Cook for a further 3 minutes until the pasta and peas are cooked and the sauce has thickened.



Healthy Living

Eat more healthily – within budget!

Eating healthy doesn't have to mean expensive. When cooking think about batch cooking, so you can freeze food to eat at another time. This makes your food go further, helping your budget and avoiding food waste.

There are some great recipes online, check out the following. Have a go and let your PA know how the meals went and send some pictures, we would love to see them!

Budget batch cooking recipes

[www.bbcgoodfood.com/
recipes/collection/budget-batch-
cooking-recipes](http://www.bbcgoodfood.com/recipes/collection/budget-batch-cooking-recipes)

Healthy on a budget

[realfood.tesco.com/budget-
meals/healthy.html](http://realfood.tesco.com/budget-meals/healthy.html)

£1 dinners

[www.bbc.co.uk/food/
collections/1_dinners](http://www.bbc.co.uk/food/collections/1_dinners) - £1





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CHILL DROP IN

No pressure - just care leavers and the TLC team having a couple of hours at the hub to chill together.

Free dinner, drinks and snacks

Pool table, retro PS2 and board games

Meet new friends, just chat with your PA or sit alone and doss alongside
- whatever you want to do is fine by us!

5pm to 7pm, last Wednesday of each month
@ TLC Hub





Ask your PA for more info!



DROP IN SCHEDULE



We work with a range of partners who base themselves at the TLC Hub weekly for you to come and chat with them to get support.

	<p>TLC Health Drop in</p> <p>Wednesday</p> <p>Speak to an NHS nurse to get health advice and support.</p> <p>Access: Walk in, appointment, call back</p>
	<p>Virtual School</p> <p>Advisers can support with helping you explore and access options around education and training</p> <p>Access: Walk in, appointment, call back</p>
	<p>Walsall Works</p> <p>Advisers can support with finding and securing Employment or Training, including CV building and interview support.</p> <p>Access: Walk in, appointment, call back</p>
	<p>Jobcentre Plus</p> <p>Advisers from Jobcentre can support with advice around your UC or other benefit enquiries.</p> <p>Access: Walk in, appointment</p>

If you need a specific appointment please contact reception via 01922 650575 or speak to your PA to secure your appointment. If you would prefer a call back for telephone advice this can also be requested from most partners.

Over 40 Local Authorities and other organisations are currently commissioning Ask Jan for their care leavers!



NEED SOME HELP?

ASK JAN

Our Ask Jan Membership has been developed to assist care experienced people of all ages, to access comprehensive, practical advice and support and additional benefits. Here at Rees, we believe "care shouldn't stop at 18, 21 or 25 – someone has to be there to care and to help".



Live Chat and WhatsApp

Easily accessible live chat and WhatsApp service. Just text 'hi' and an Ask Jan specialist will be there to offer support in an instant.



Wellbeing Platform & App

Access to hours of wellbeing content, helping you to improve your fitness, nutrition and mental health, through our digital platform.



24/7 Counselling Support

Following an initial assessment, a potential to be offered up to 8 sessions of counselling if clinically appropriate. Delivered either face to face, by telephone or online by experienced, accredited and qualified counsellors or psychotherapists.



Legal Advice Helpline

Legal advice helpline, offering help with family law matters, property, personal injury claims, consumer, and financial law.



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BIG TLC

SUMMER BBQ PARTY

Come and join us for our summer BBQ party - there will be free food and drinks, games, activities and a chance to chill with your PA!



23 JULY 2025
3PM TO 7PM



TLC HUB,
BRINETON
STREET
WS2 9EP

Let your PA know if you have any requests!

An introduction from our new Assistant Personal Advisor



I'm Ashley, the new Assistant Personal Adviser with TLC. This is a role which is ring-fenced for care leavers in Walsall. I was in care from 1997 to 2004, starting in foster care and then on to Residential placements due to some very unsettled times in my life.

After doing a catering and hospitality course at 16, and then spending years trying different jobs and never feeling like I had really found my calling, I saw the advert for the Assistant PA role online and decided to apply. I always knew I wanted to give back and support young people who are going through similar experiences to what I had been through - and now I finally can!

It just goes to show that sometimes we don't have all the answers or know what we want in life, and it can take until the age of 37 to finally work it out! I don't regret any of my earlier decisions though, its experiences that make us who we are, and

I hope that experience is a strength that I will bring to my role.

TLC is full of fantastic people who genuinely care about the role they are in and I'm very proud to be a part of that. I'm really looking forward to the challenges and successes I'll face, and I'm really enjoying working with other care experienced individuals in Walsall. The Local Offer is so much bigger now than when I was being supported by the leaving care service, and the TLC Hub is an a great base and resource – I'd really encourage you all to use it and make the most of the support that is now on offer for care leavers.



HUNGRY?

NOT ON OUR WATCH!

AS PART OF THE 'WARM SPACE' OFFER FROM THE TLC HUB WE ENSURE THAT THERE IS FOOD AND DRINK AVAILABLE FOR ALL OUR YOUNG PEOPLE WHEN THEY DROP IN TO SEE US. SO IF YOU ARE HUNGRY - LET US KNOW! WE HAVE A SELECTION OF WARM MEALS OR SNACKS THAT YOU ARE WELCOME TO HELP YOURSELF TO.

THE WARM SPACE OFFER ALSO INCLUDES USE OF OUR KITCHEN AND LAUNDRY FACILITIES, FREE WIFI, LAPTOP LOAN, OPTION TO BOOK OUT SPACE FOR STUDYING AND YOU CAN ALSO ASK FOR A CHAT WITH A DUTY PA IF YOU NEED A LITTLE CATCH UP WITH US.



THIS IS YOUR HUB, WERE JUST
LUCKY ENOUGH TO WORK HERE!

NOT STUDYING, WORKING OR TRAINING RIGHT NOW?

If so, let us help you find a new direction, make a new plan and explore new opportunities - your choice.

We can put you in touch with people and services to guide your future, as well as any other advice and guidance.

Please contact Walsall College by phone, text or Whatsapp:
07917 882020 or
07920 084770





JOIN THE TLC RUNNING CLUB!

**5K WALK, JOG,
RUN**

MONTHLY

JOIN US FOR THE WALSALL ARBORETUM PARKRUN

Each month from April to October we meet as a group to do the 5K (3.1 mile) Walsall Arboretum Parkrun. You can walk, jog or run - the achievement is in finishing!

We will join the Parkrun on the last Saturday of each month, meeting at the arboretum visitor centre at 8:30am for some drinks and snacks before beginning the run at 9am.

CALL / TEXT DAVE FROM THE WALSALL COUNCIL TLC TEAM

07787284682



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