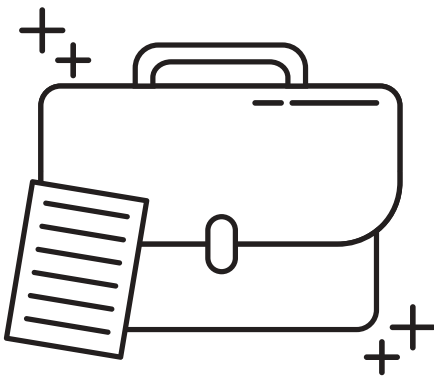




# CARE LEAVERS CONNECTED

## Health and wellbeing edition

Welcome to the first edition of the Northumberland Care Leavers newsletter. I think it's safe to say that it has been a tough 18 months and many people have experienced the feeling of isolation and loneliness more than ever. Here in Northumberland, we know how important it is to bring people together and to make sure everyone knows what support is out there. With the help of some care leavers, we aim to produce a two monthly newsletter about various subjects that affect young people leaving care. We want to make this newsletter full of useful information to help you think about the choices that you have to make as you get older.



### JOB FOCUS

If you have been looking to get into employment, why not ask your support worker or job coach about the Kickstart programme?

Current vacancies include:  
Business Support Associate, M4C  
Consulting Coaching & Training

Bartender, Housekeeper or Kitchen  
Porter, Willcox Henderson Leisure Ltd

Partnerships Assistant, Northumberland  
County Council

Tourism Research Assistant,  
Northumberland County Council

Content & Social Media Assistant,  
Northumberland Tourism

Digital Marketing Assistant,  
Northumberland Tourism



### SUCCESS SHOUTOUT

Special shoutout goes to one young person who has started a full-time college course studying animal care. Congratulations!

A huge well done to another young person who passed her driving test - first time! She has also started college in September and sat the first test of the year and achieved the highest mark in the class.



### YOUR RIGHTS

You have the right to be heard in all aspects of your life. It is really important that your pathway plan is centered around what you feel you need support with. This involves thinking about what support you need to achieve a healthy well-being. From registering with a new GP to accessing discounts at Active Northumberland, speak to your support worker who can give you advice or why not give the Mind Of My Own App a try.



Join us in celebrating  
National Care Leavers' Week  
Monday 25th – Sunday 31st Oct 2021.

For more information visit:  
[mycovenant.org.uk](https://mycovenant.org.uk)

# YOUR LOCAL OFFER

## HEALTH AND WELLBEING

Looking after your health when you leave care is very important to you and us.

We will ensure that you have support in all aspects of your health, and we don't just mean exercising and eating healthy foods - although this is still important.

When we talk about your health, we also mean:

- how you feel about yourself,
- managing your emotions,
- mental health,
- good sexual health.

We will do all we can to make sure you know where to go for the support you need to maintain a healthy lifestyle.

We will:

- provide you with a health passport when you reach 18 years of age; this is a summary of your health information and contains useful information for services you may need,
- support you to register with health services and GPs,
- help you attend health appointments,
- help you manage your emotional health - children and young people's mental health service provide support until you are 18 years old,
- help you access adult mental health services - where appropriate - or provide information on other relevant organisations,
- Offer you an Active Northumberland Card which gives you to discounted access to leisure facilities across Northumberland, please speak to your Leaving Care Support Worker for more information.

For your full local offer visit: [bit.ly/CareLeaversLocalOffer](https://bit.ly/CareLeaversLocalOffer)

## Get Involved

We would love for you to be involved in the creation of our next newsletter - whether you are a keen photographer, writer, graphic designer or just have something to say, please get in touch with us at: [participation@northumberland.gov.uk](mailto:participation@northumberland.gov.uk)

## TOP WELLBEING TIPS

### Be more active

Choose things you enjoy doing. Take advantage of the discounts Active Northumberland give care leavers.

### Connect with people

Get involved with the care council for young people with experience in care.

### Give something back

Do something nice for others and yourself, this doesn't need to cost money, just a simple act of kindness goes a long way.

### Keep learning

Something new or rediscover skills, sign up for the resettlement app or speak to your support worker about accessing further education or training.

### Mindfulness

Pay attention to the present moment.

For more information visit: [bit.ly/2YQU2JU](https://bit.ly/2YQU2JU)

## UPCOMING EVENTS

### AND OPPORTUNITIES

Thursday 28th October

Alnwick Scare Walk

Contact

[participation@northumberland.gov.uk](mailto:participation@northumberland.gov.uk) or 07810506415 for FREE tickets

5 December Deadline

Holocaust Memorial Day Photography

Competition - Inspired by this years theme 'One Day' -> Win a camera and your photo to be displayed in London  
[bit.ly/HMDPhoto](https://bit.ly/HMDPhoto)

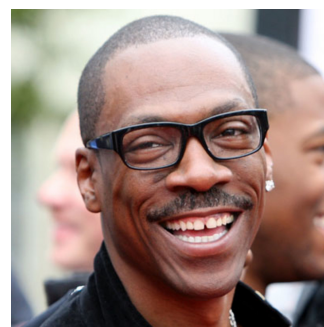
Say Yes Mentoring

9 months one to one mentoring to support you with your health, wellbeing and progressions. Find out more at: [bit.ly/SAYes](https://bit.ly/SAYes)

Care Leavers Connected Consultation

Fill in the quick questionnaire about events you would like to see for Care Leavers in Northumberland: [bit.ly/CLQuestion](https://bit.ly/CLQuestion)

Take a look at these familiar faces, just a small few celebrities that experienced the care system at some point in their childhood. They all have their own story but all have needed to work hard to achieve a healthy well-being. Email us with their names for the chance to win a voucher! : [participation@northumberland.gov.uk](mailto:participation@northumberland.gov.uk)

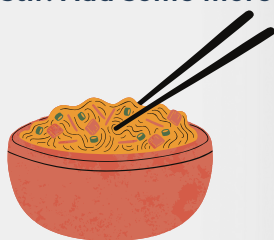


Another important part about keeping healthy is around what we choose to eat. This doesn't need to be complicated or expensive, you just need a little time and willingness to give it a go. You never know you might even enjoy cooking and go that one step further and cook for a friend. Here are some simple and healthy options to try:

## EASY CHICKEN CHOW MEIN

Oil  
Chicken Breast  
Soy Sauce  
Five Spice Powder  
Cornflour  
Vegetables of choice

Cut chicken into strips, put the chicken into a bowl and season with some soy sauce and a teaspoon of five spice powder. Lightly cover the chicken with cornflour. Heat a pan with some oil, add the chicken and cook for 3-4 minutes. Add your vegetables of choice, cook until they are soft. Add in the soft noodles and stir. Add some more soya sauce and serve.



## QUICK HOMEMADE PIZZA

Tinned tomatoes  
Dried herbs  
Sugar  
Garlic  
Cheese  
300g Self Raising Flour  
1 teaspoon baking powder  
salt  
300g natural yoghurt

Preheat oven to 200 Celsius. For the sauce: heat tomatoes, herbs, a sprinkle of sugar and garlic. Simmer for 10 minutes. To make the dough, combine the flour, salt, baking powder then mix in the yoghurt until it makes a dough. Separate into 4 pieces and roll out into 4 circles. Place them on baking trays and cook in the oven for 4 minutes. Turn the bases over and add the sauce and toppings, bake for a further 5 minutes until the base is crispy and the cheese is bubbling.

Being a young person is hard and the transition to adulthood can be daunting especially for young people leaving care. The stresses of running a house, the struggle with loneliness or reconnecting with family members can take its toll. Often young people who have been in care experience poor mental health, including anxiety and depression but it doesn't mean it has to stay that way. Your mental health and well-being are important and you're not alone but you will need to take the first step in asking for help, this is something you can speak to your support worker about. The flier included shows some of the organisations that could provide support, whether it be face to face or from webpages or apps, finding out what suits you is a step that could change your life!

# KEY CONTACTS FOR MENTAL HEALTH SUPPORT

## FEELING ANXIOUS?

Name five things you can see, hear and touch.

## FEELING NEGATIVE?

Try writing a list of things you are grateful for or proud of yourself for today. These can be things as small as the flowers you can see from your bedroom, or the fact you had a shower today.

## STRUGGLING TO TURN OFF YOUR THOUGHTS?

Get some paper and pen and write or draw whatever comes into your head. Don't worry about making it make sense! Then you can keep or destroy it.



### HOPE LINE UK



Non-judgmental support, advice and information for young people.

Telephone: 0800 068 41 41 or

Text: 07786 209697

[www.papyrus-uk.org/more/hopelineuk](http://www.papyrus-uk.org/more/hopelineuk)

### KOOTH



Kooth offers emotional and mental health support for young people via a website and app. You can speak anonymously to other young people or a counsellor.

[www.kooth.com](http://www.kooth.com)

### YOUNGMINDS



Helpful articles and contacts for mental health support.

[youngminds.org.uk](http://youngminds.org.uk)

### YOUNGMINDS CRISIS MESSENGER

24/7 support for young people in a mental health crisis.

Text YM to 85258 for free.

### CHILDLINE



Use Childline to speak to someone about how you are feeling.

Telephone free: 0800 1111

Live chat via the website:

[www.childline.org.uk/get-support/1-2-1-counsellor-chat/](http://www.childline.org.uk/get-support/1-2-1-counsellor-chat/)

### SELF-HELP COPING STRATEGIES

Both Kooth and Childline have helpful tools and ideas to help you cope with how you are feeling. Find these here:

[www.childline.org.uk/toolbox/coping-kit/](http://www.childline.org.uk/toolbox/coping-kit/)

