

You asked... we listened. Introducing.

Next steps - coming up... If you have any suggestions, interests or ideas for future events, workshops or sessions please speak to your PA or contact Rachel or Liz on 07766 990977 / 07823 532637.

NEXT STEPS

September Newsletter

NEXT STEPS DROP IN

Every Thursday 12pm-3pm

Chelmunds Place

Employment Support, Budgeting,

UC issues, Housing, Sexual

health or just pop in for a cuppa
and a chat.



Care Leavers Month

National Care Leavers week is transitioning to National Care Leavers Month, taking place throughout the entire month of November. This change, driven by care leavers and supporting organisations, aims to create more space for celebration, awareness, and meaningful engagement with care leavers.

Launching 28th October - keep an eye out for more details!



Family Hubs



Google play



Apple store

Download the family hub app today, to get your care leavers passport!



Football With Simon

Thursday's 6:30- 8pm
North Solihull Sports Centre, B37 5LA on Astro turf.

Speak to your PA about being added to the WhatsApp group

OVOS Play & Stay

Elmwood 11am-1pm

3rd Sep

1st and 29th Oct

26th Nov



We heard you when you said that the term "care experienced" didn't feel right and didn't represent who you are
Because of your feedback, we've changed the name to 'Next Steps' - a name you chose, and one that better reflects your journey.
Thank you for sharing your voice and helping shape something that truly help to you!

Therapeutic support With Ellie

12pm-3pm

Chelmunds Place

4th and 18th Sept

2nd, 16th and 30th Oct

13th and 27th Nov

1 1th Dec

Speak to your PA about booking a slot

Ask Jan



Ask Jan Membership has been developed to assist care experienced people of all ages, to access comprehensive, practical advice and support and additional benefits. Speak to your PA about a membership Today! And for a three trees free drink!

Meet the Next Step Team



INTRODUCING NIKARA- OUR NEW LINK WORKER!

WE'RE PLEASED TO WELCOME **NIKARA** TO THE CHILDREN'S SERVICES TEAM AS OUR NEW **LINK WORKER**. HER ROLE IS TO DEVELOP AND COORDINATE SUPPORT FOR YOUNG PEOPLE ACROSS CHILDREN'S SERVICES, MAKING SURE THEY HAVE ACCESS TO THE RIGHT OPPORTUNITIES TO MOVE INTO EDUCATION, EMPLOYMENT, OR TRAINING. WITH OVER **15 YEAR'S EXPERIENCE** HELPING PEOPLE INTO EDUCATION, EMPLOYMENT AND TRAINING, NIKARA KNOWS WHAT IT TAKES TO MATCH SKILLS WITH OPPORTUNITIES. OUTSIDE OF WORK, NIKARA ENJOYS ROLLERBLADING- ALWAYS MOVING FORWARD, JUST LIKE THE YOUNG PEOPLE SHE SUPPORTS !



INTRODUCING ELLIE - PA/PSYCHOTHERAPIST!

MY NAME'S ELLIE, AND I'VE BEEN A PERSONAL ADVISOR FOR OVER 3 YEARS. IM ALSO TRAINED AS A PSYCHOTHERAPIST! - I USE COGNITIVE BEHAVIOURAL THEORY, PERSON-CENTRED TECHNIQUES AND AN ATTACHMENT INFORMED APPROACH TO SUPPORT INDIVIDUALS THROUGH DIFFICULTIES THEY'RE FACING. I PROVIDE A SAFE, NON- JUDGMENTAL SPACE FOR BOTH YOUNG PEOPLE AND ADULTS TO EXPLORE THEIR THOUGHTS AND EMOTIONS, WITH THE AIM OF PROMOTING WELLBEING AND SELF-CARE. I UNDERSTAND THAT REACHING OUT CAN FEEL DIFFICULT, BUT I WANT YOU TO KNOW THAT YOU DON'T HAVE TO GO THROUGH IT ALONE - I'M HERE TO HELP.



INTRODUCING JESS – OUR NEW YOUTH CO-ORDINATOR!

JESS IS OUR NEW YOUTH CO-ORDINATOR & SPECIALIST EMPLOYMENT OFFICER – HERE TO HELP YOU GET WORK-READY! SHE CAN SUPPORT WITH CVs, INTERVIEW PREP, JOB SEARCHING, AND EXPLORING YOUR NEXT STEPS. SHE'S LEADING THE TRAILBLAZER PROJECT, SUPPORTING CARE-EXPERIENCED YOUNG PEOPLE TO BUILD CONFIDENCE, LEARN NEW SKILLS, AND TAKE ON EXCITING OPPORTUNITIES. OH – AND SHE'S A HUGE TAYLOR SWIFT FAN (SO IF YOU KNOW ALL THE WORDS TO LOVE STORY, YOU HAVE ALREADY IMPRESSED HER). WHEN SHE'S NOT HELPING YOU PLAN YOUR FUTURE, SHE'S SMASHING IT ON THE TENNIS COURT. NEED SUPPORT OR JUST A CHAT? JESS IS YOUR GO-TO. MAKE SURE TO SAY HEY!



INTRODUCING RACHEL & LIZ PA's!

HEY! WE'RE RACHEL & LIZ.

WE'VE SPENT LOADS OF YEARS WORKING WITH YOUNG PEOPLE THROUGH THE YOUTH SERVICE, AND NOW WITH **SOLIHULL NEXT STEPS**.

OUR JOB IS TO GIVE YOU INFO, ADVICE AND SUPPORT WITH WHATEVER YOU NEED AS YOU MOVE FORWARD. THINK OF US AS YOUR GO-TO PEOPLE.

YOU CAN REACH US ANYTIME TUESDAY-FRI ON:

. RACHEL: 07766 990977

. LIZ: 07823 532637

WE'LL ALSO CHECK IN WITH YOU TWICE A YEAR TO SEE HOW THINGS ARE GOING AND CHAT ABOUT HOW WE CAN HELP.

INTRODUCING EVE - VOLUNTEER VISUAL DESIGNER / CONTENT CREATOR!

HEY! I'M EVE

I'M A YOUNG CARE LEAVER MYSELF, WHO LOVES ART, PHOTOGRAPHY, MUSIC AND SO MANY CREATIVE THINGS. ART IS MY LIFE AND ITS ALL I LOVE DOING ON A DAY TO DAY BASIS! BEING PART OF THE TEAM MEANS SO MUCH TO ME, AS I AM ABLE TO PUT A YOUNG CARE EXPERIENCE VIEW ON THINGS. I LOVE TO SHARE MY ABILITIES AND SPREAD POSITIVITY AMONG PEOPLE! NEED ANYTHING DESIGNING? I'M YOUR GAL!

