

SCLU'S LETTER

Sheffield Care Leavers' Union are a group of care leavers from diverse backgrounds with a shared objective...giving care leavers a better future.

Edition
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SCLU jet off to Croatia!



In September three members of SCLU travelled to Croatia and met up with 40 care leavers from Croatia, Romania, Ireland and Italy. The reason for the trip was to start to build a European Network for Care Leavers where people can share their experiences and try to make things better for care leavers across Europe. During the trip SCLU helped to

come up with a list of tips for people working with care leavers and also discussed legislation and policies, which are different in each country. Next year care leavers and professionals are going to present a report to the European Parliament in Brussels. Lily who went on the trip told us: "Me, Khalil and Leah went to Croatia on 9th to 15th September 2019. We went from Manchester airport. We had to get two planes to Croatia. On the Tuesday we met other care leavers from Italy, Croatia, Ireland and Romania and played games to get to know each other. A film crew was there and we were on the TV. On the other days we talked about what care leavers get in different countries and it's really different. In Italy, when you turn 21 you have to give back everything that you were given by the council. Also in Ireland you don't get any help from the Leaving Care Service unless you are in education. For the rest of the week we created art work and a list of do's and don't's for when working with care leavers – like being honest and listening to us. It wasn't all work, and we did a tour of Zagreb which is the capital of Croatia. The trip was lots of fun and we made lots of friends!"



Meet our new member!



"Hi, my name is Jake and I joined SCLU in September. I was a bit nervous about joining SCLU but went to the first session to see what it was all about. I really like going to SCLU because I get to meet and socialise with other care leavers. Also the fortnightly sessions get me off my Xbox One!"

SCLU meet every 2 weeks at a venue in the city centre. It's a great chance to meet other care leavers, socialise and have fun whilst making a difference to the lives of care leavers and young people still in care. If you want any more information or are interested in joining please text or ring Tanya on 07787 273741.

One of SCLU's current topics is budgeting. The Brightspots Survey showed that care leavers were three times more like to report financial difficulties than young people who haven't got care experience.



For this reason SCLU set the Reality Cheque Challenge where we asked people to live on the average budget of a care leaver for 5 days which for many care leavers is just £24! People had to use this money to pay for all their food, drink, travel and fun, just like a care leaver would! The challenge took place over Care Leavers' Week which was from 28th October to 1st November.

90 people took part including the Director of Children's Services Carly Speechley and the Service Manager for the Leaving Care Service, Dave Cohen. We asked everyone who took part to write down one budget friendly recipe that they made during the week as SCLU are going to produce a cook book containing all the recipes which will then be given to all care leavers moving into their first homes.

Are you a Care Leaver



Masterchef?



If the answer is “YES” then SCLU needs you! SCLU are making a care leaver cookbook and we need your recipes. They can be savoury, sweet and everything in between as long as they are tasty! Please send any recipes you have to tanya.ward@sheffield.gov.uk Please include your name as the top three recipes will receive a £20 Meadowhall voucher.



Don't forget to check out our website...

www.sclu.life



Care to Career



We asked Alex from Project Apollo to give us some top tips on how to get into employment. Alex said “Whatever your start in life, most employers want the same thing:

- For you to apply with a **great CV**,
- to **turn up on time**,
- to get on well with your new colleagues
- to **work hard**.



For most employers it doesn't matter that you're a care leaver but there are some companies that offer extra things if you are a care leaver.

In Sheffield, care leavers get:

- Guaranteed interviews at **Amazon**
- Workplace tours and interviews with **Sky**
- Apprenticeships with the **Army**
- Free legal advice from **Tuckers Solicitors**
- Interviews with the exciting outdoor company **PGL**

Check out this website for more details on companies that want care leavers to join them! <https://mycovenant.org.uk/offers/>

I'M A
YOUNG PERSON
GET ME OUT OF HERE!

In the summer 15 members of SCLU and the Children in Care Council took part in a woodland activity day. It was on one of the hottest days of the year but everyone got involved in “I’m a Celebrity” style challenges to win stars, including fire building, spear making and an even eating bugs! We learnt lots of new skills and had loads of fun!



Welcome Callum!



Hi guys, my name is Callum and I'm the new care leaver apprentice within the Children's Involvement

Team. My main role is as business support officer for the Independent Visitors (IV) Scheme which means doing admin tasks like booking meetings, checking invoices and making sure all the IV visit records are kept up to date. I found out about the job through Project Apollo. I've only been in the role for a few weeks but I absolutely love it; everyone is so friendly and helpful. I look forward to learning lots of new skills and building up my career within the team. I've also joined SCLU. I'm looking forward to getting to spend more time with you all.



scary lowering yourself down from such a height. Our final activity was team building and we all had to help each other get across different obstacles including a large wooden wall. Callum went first as he was the only one that could get up by themselves. Then he surprised us all by being able to pull everyone up with just one hand. After the activities were finished we had

dinner then met up with everyone again to talk about what care leavers get in different areas. On the final morning, we did a zip wire and trampolining. We had a break and talked to everyone else before we played laser quest. Our Sheffield team won, beating the other areas. Then it was pretty much time for lunch and then we had to catch our train home.

By Callum and Lily

Summer Residential

In August members of SCLU and the Care Council joined other groups of young people at a residential at Dearne Valley. We stayed for two nights and did lots of different activities with the other groups; including Buggy Building, where we had to build a car out of barrels and planks. It was so hard, and our car broke halfway down the track.

We had a bonfire where we played guess the movie song and then had a disco. On the



second day we did rock climbing. The climbing wall was huge but we gave it a go. Everyone really enjoyed it but only Callum made it close to the top. Our next activity was archery. Tanya was easily the best at this. After lunch we did, abseiling back at the tower we climbed up earlier. It was really



Independent Visitors

- Would you like the opportunity to get out and about and do fun activities?
- Would you be happy to develop a friendship with a volunteer who has similar interests to you?

Then the **Independent Visitor** scheme could be for you!

What is an independent visitor?

An independent visitor (or IV for short) is a volunteer who is matched with a young person in care or care leaver to develop a friendship, have fun together and offer emotional support. They are totally separate from social care and will meet you in their spare time. We will match you with someone who has similar interests and things in common with you. We will also make sure they are friendly, someone that you can trust and that they will be reliable.

What things will you do with your Independent Visitor?

You will meet your IV once a month and do fun things together. The activities you do will be your choice and could include, going to the cinema or a game of pool, going for a walk in the countryside or visiting another city, visiting a museum or going to the theatre or just meeting up to have a cuppa and a chat. The choice will be yours.

How do I get an independent visitor?

To get an Independent Visitor you will need to complete a referral form so we have current information and contact details for you, and an interests form that asks about your likes and dislikes to help us match you with the right IV. You don't have to do this on your own, you can ask for support from your PA or contact Sarah Javes who is coordinating the Care Leavers' IV scheme. If you would like an independent Visitor or to find out more about it please call/text or Whatsapp Sarah Javes on 07879440184 or email sarah.javes@sheffield.gov.uk.



Email: sheffieldcareleaversunion@sheffield.gov.uk

Get in touch!

Tanya: 07787 273741

Max: 07971 312457



“What happens next”

On 11th December SCLU and the Children in Care Council premiered their new film “What happens next?”. The film was made by both groups to answer questions young people coming up to leaving care might have. Things like; “What happens if I’m unemployed?”, “What help do I get to find a house?” and “What happens if I get pregnant?” The hope is that all young people coming up to leaving care will see the film so they know what to expect and also what their rights and entitlements are.

Ask your PA about the film the next time you see them!!!

Little Stars Baby and Toddler Group

Little Stars is a baby group for care leavers and their children which takes place every fortnight at Star House from 10am to 12pm. The next sessions are on 18th January and 1st February. Talk to your PA if you want any more information or want to attend.



Why YOU should join SCLU?



- You get to **meet new people**
- You get to **make a real difference** to the lives of young people in care and young people leaving care
- You get **rewarded for your time** by being given a gift voucher every time you come to the group
- You get the opportunity to do lots of **fun activities** like going on a residential, going to the panto, meals out and visits to other cities.
- You get to know about other **opportunities** like doing interviews and being part of other projects.



In 2019 SCLU:

- Created a challenge called "Reality Cheque" to show people how hard it is to live on the budget of a care leaver
- Started to create a cookbook for care leavers featuring budget friendly recipes
- SCLU members went to Croatia to be part of a European care leaver group



- We went on a residential, completed a woodland team building day and did a cooking challenge
- We made a joint film with the Children in



Care Council to help young people leaving care to understand their entitlements and what will happen next.

If you want to get involved with SCLU, you can. We meet every two weeks, but its okay if you can't make every meeting.

All you need to do is speak to your PA or give the group leaders Tanya or Max a ring on 0114 2288520.

You can also text or WhatsApp Tanya on 07787 273741.