



Dear All,

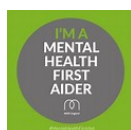


Covid is still around but rules have changed. If you get Covid you do not have to self-isolate but should still avoid others to prevent passing on the virus. Test kits are no longer free and cost £2.00 from most Supermarkets and Chemists



You can still get vaccinated and in Gloucester there is a **JabVan** in the grounds of Gloucester Hospital where they have walk-ins, or you can book online. Once vaccinated it is a good idea to download the **NHS App** so if you need to travel or attend an event you can easily show your Covid Pass. There is also an NHS Covid App which is specific to registering test results, counting down isolations days, scanning QR codes at venues and alerting you to risks you may have been exposed to.

.....What's New.....?



Staff recently attended Mental Health First Aid Training so can offer support if any of you are experiencing any mental health issues



Check out this new App and see what opportunities might be available for you

The **Care Leaver Covenant** is a national inclusion programme that supports care leavers aged 16-25 to live independently.

.....Did You Know.....?



Too Good to Go: End Food Waste – this is an App whereby local food

establishments offer 'magic bags' for approx. £3.99, you don't know what you'll

get. You need to reserve online and be able to collect in person at the time they tell you.

Places like Greggs, Costa and Toby Carvery do it and it's a way of getting food for low cost

Leaving Care Financial Support from Social Care



- Setting up Home £2,000 max to buy everything you need for your new home
- First month's rent paid and financial support with moving costs
- Support with Broadband when moving into independent accommodation
- There is a peer mentoring scheme set up by previous Care Leavers for extra support if you would like it
- 100: Free Bus Journeys
- Support with ETE (education, training, and employment)

- Higher Education assistance if you plan on going to Uni including vacation accommodation if you are unable to remain in student halls during holidays
- Driving - payment of Provisional Licence, first Theory test, first Practical test, up to 10 driving lessons
- Council Tax exemption up to age 21
- An Independent Living Skills program which you can do at Shire Hall

It's important that while you are in the Care system, you get everything you are entitled to. It may also be worth considering that if you get a job, you should get wages as well as your subs until you are 18!Win/Win!



Keren has 2 FREE Guest passes each month at Everlast Gym which has a pool, steam room and Jacuzzis plus a fully equipped gym and exercise classes so if anyone wants to go, let her know and check out the class timetable online

***** Activities *****

TSL has a small budget for activities which can be in-house or external such as: -

Karting, 10-pin bowling, Escape Rooms, Go Ape, Sculpture Walk in the Forest of Dean, Robinswood Hill and Alzey Island walks, V.R, wall climbing, board games nights, poker nights (no cash), upcycling furniture, dream catcher making, Fight Factory, Adventure Golf, fishing, pizza making, Sunday roasts, fry-up Fridays, Parkrun (every Saturday @ 9am) Cinema, Theme parks, Come Dine with Me, Theme nights with food and films, visiting local places like The Cavern and Roots Coffee Shop, Toby Carvery, Toby Breakfasts.....etc....etc

Please put forward any suggestions to Staff, we want to be as inclusive as possible and offer this to all of our young people across all houses and training flats

Aims & Objectives

While at TSL we want you to learn to become independent and ready to live in the outside world. This is a big ask because you are young, you should be in work or education until you are 18, you have peer pressure to do other things plus you want to play games, hang out with mates, watch Netflix and indulge in social media however.....we have all the information you need and it's all available for you in your TIPs folder, You Tube videos and



Short and Sweet online courses via The Training Hub which are useful for future employment e.g. if you want to work in **Hospitality**, you could do the **Food Safety** and **Health & Nutrition** courses or if you want to work in **Construction** there is a Health & Safety course or in **Warehousing** there is a **Manual Handling** course or in **Childcare** there is a **Safeguarding Children** course

TSL Staff can also run Independent Skills workshops if you fancy doing some group work