



Dear All,



Covid is still hanging about. Test kits are no longer free and cost £2.00 from most Supermarkets and Chemists

If you would like to get vaccinated, there is a [JabVan](#) in the grounds of Gloucester Hospital where they have walk-ins, or you can book online.

Check online as you can also go to Allied Pharmacy on Southgate Street

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



On Tuesday 26<sup>th</sup> July 5 Staff and 4 young people went to Drayton Manor Park where we had a great time on the rides and getting soaked on Stormforce 10. We hope to arrange activities like this during the year

We now have 2 new training flats in Seymour Road so check out the Training Flat criteria poster to see if you qualify

The current occupants will be waiting to move on to their own accommodation and bidding on Homeseeker so it may not take very long and will prepare you for independence



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 will 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.

\*\*\*\*\* **CHORZ on the DOORZ** \*\*\*\*\*

Communal living means sharing spaces with others and that also includes cleaning. In the future you may live in a shared house and no doubt there will be a cleaning rota! More info to follow .....

## ALL 4 U

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

### House Sessionz with Chaz

Chaz works @ Upton Street every Thursday night; he has a wealth of knowledge having worked in the substance misuse sector and been with TSL since it started. He is also like Bear Grylls and could survive in the wild. Apart from that he is a good guy and happy to hold group sessionz at both Upton and Elmira once a month to chat and allow you to have your say. If you're up 4 it there's also snax!

**Look out for new timetables which will be mirrored in each house, Staff will be offering regular activities for you to get involved with**