



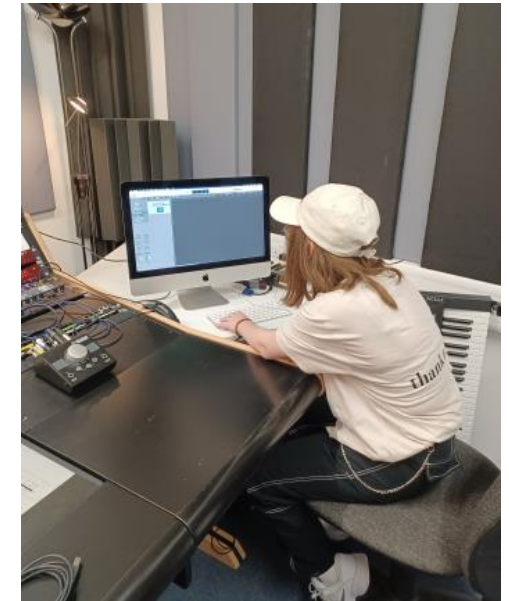
**Preparing for Adulthood**  
**Health Employment Housing**  
**Community, Friendships & Relationships**

MONTHLY UPDATE –NOVEMBER 2021 ISSUE 22

## The Preparation for Adulthood Video is LIVE

PFA now has a promotional video which was co-produced with young people. YES! (Youth Empowerment Squad) discussed the content. Codie Braid made the video as part of her course at Access Creative College in Digbeth. Iesha Mahmood from the Birmingham Childrens Trust's Rights and Participations Service completed the voice over. This is amazing, thank you to everyone who contributed. This is the link to the video

[https://drive.google.com/file/d/1zslmDfFB4lyJINulw-4bE3ZK1ZBe\\_aWM/view?usp=drivesdk](https://drive.google.com/file/d/1zslmDfFB4lyJINulw-4bE3ZK1ZBe_aWM/view?usp=drivesdk)





## Preparing for Adulthood

Health   Employment   Housing  
Community, Friendships & Relationships

### Story of difference

PFA BRIDGE have been supporting a 15-year-old male, who is very vulnerable and doesn't go out on his own. He finds it difficult to make friendships, due to his ASD and ADHD. He was referred to the PFA team for support with developing his social skills and learning how to make friends and maintain relationships in a safe and appropriate way.

He has an interest in art, anime, game club and movies. His mother has expressed he is very vulnerable and easily influenced and is worried that due to his vulnerability, he will end up in the Criminal Justice System, or potentially go missing. He has been very easily influenced in the past and drew in with the wrong crowd. He did not understand social cues and what a safe friendship is, as he had recently been exploited by his peers. It was agreed that he would participate with another similar aged male with group friendship sessions, conducted by allocated FSW.

Through PFA he has been encouraged to engage with friendship sessions as he would benefit from positive interactions with other likeminded young people. Each session focused on a topic related to friendships for e.g. ice breaker activities, boundaries within friendships, developing emotional wellbeing and discussions of comic convention events. Through joint friendship sessions, he has also been able to have a connection with another young people and now created a positive friendship. Both young people are of the same age, very likeminded and share a massive interest with art, creative writing and anime so this was a bonus with their friendship bonding.

Tailored support around friendships were aimed to improve levels and understanding to setting healthy boundaries. Without this support, he could have become involved with negative peers and continues to be exploited. He now attends college and has moved on with his life and away from the Criminal Justice System.

MONTHLY UPDATE –NOVEMBER 2021   ISSUE 22

### Preparation for Adulthood- Positive Feedback

*Positive feedback from a parent of one of our young people that we work with:*

Thank you for the help you have given in supporting N. We have found the Preparation for Adulthood service very useful. N has been able to take part in online dance lessons which she is still enjoying every week.

Also, the drama group which she is going to every Friday evening. She has made some friends there and enjoys going very much. I have had good feedback from the staff telling me that N takes part in all the activities. She took part in the show in July. These are groups that we would not have known about without the PFA support

Big well done to Nurges from the Integrated Transitions Team!





## Preparing for Adulthood

Health   Employment   Housing  
Community, Friendships & Relationships

### Friendship Group

BRIDGE are developing a Friendship Group, the name of which be agreed by young people, for the young people we work with. One of our main outcomes is Friends, Relationships and Community. We have many requests for support in this area and feel that the development of a Friendship Group will enable young people to come together and develop confidence, self-esteem and resilience.

We will be undertaking six sessions exploring what friendships mean to them and how to identify a bad relationship, as well as what constitutes a good relationship. Sessions covered include: building confidence and resilience, identifying healthy and unhealthy friendships and understanding banter vs bullying concepts this will be delivered through activities, interactive discussions and reflective thinking tasks. We will also be exploring boundaries and how to stay safe in a relationship. The sessions will take about an hour and include a social element as well as icebreakers to build common ground and encourage friendships.

The sessions will start off being virtual, to help build confidence and then move to be face to face (if the young people are happy to meet each other). We aim to keep the group small (4-6 people) and meet at youth centres within the city to encourage progression, for the young people to continue to meet up, following completion of the course of sessions. The final session will be a social session, which could be bowling or an activity of their choice, as well as a certificate to celebrate their achievements. The first session will be on Wednesday 10<sup>th</sup> November and will run for 6 weeks.

MONTHLY UPDATE –NOVEMBER 2021   ISSUE 22

### Open Theatre

Preparation for Adulthood were delighted to be invited to take part in a session with Open Theatre who work as Creative Enablers. They use nonverbal physical theatre to collaborate with young people with learning disabilities, creating quality art which reflects and celebrates their unique creativity. They wholeheartedly believe in the ability of young people with learning disabilities to contribute to the creative and cultural life of the places where they live, and work as advocates for their valued involvement as artists and leaders.





## Preparing for Adulthood

Health Employment Housing  
Community, Friendships & Relationships

MONTHLY UPDATE –NOVEMBER 2021 ISSUE 22

Preparation for Adulthood has been attending meetings with Women & Theatre and is delighted to confirm details of the performance events taking place in January 2022 at Birmingham Hippodrome – as part of its *Moving On* project.

There are 6 event times to choose from. Each will feature a live performance of *STEPS*, a new professional theatre piece about support for people leaving care, as well as discussions co-facilitated by young people & networking opportunities.

We want to ensure attendance from wide-ranging professionals that work with care experienced young people or work in relevant services. We will also be promoting (particularly evening) events to public audiences.

More details to follow about the process for booking onto events, but in the meantime....

### PLEASE SAVE THE DATE & HELP US SPREAD THE WORD!

*Moving On* is a Women & Theatre project, delivered in partnership with Birmingham Children's Trust, Birmingham City Council and Birmingham Hippodrome, and is funded by Esmée Fairbairn Foundation.

**MOVING ON**  
By care leavers, for care leavers

**SAVE THE DATE**

**STEPS - A new theatre production @ Birmingham Hippodrome**  
With discussions co-facilitated by young people & networking opportunities.

**Six performance slots available:**

Wednesday 19 January 2022	10am - 12.30pm & 2pm - 4.30pm
Thursday 20 January 2022	2pm - 4.30pm & 7.30pm - 10pm
Friday 21 January 2022	2pm - 4.30pm & 7.30pm - 10pm

For more information or to register interest in attending one of the events,  
please contact: [katiwebster@womenandtheatre.co.uk](mailto:katiwebster@womenandtheatre.co.uk)



BIRMINGHAM  
CHILDREN'S TRUST

Birmingham  
City Council

BIRMINGHAM  
HIPPODROME

Funded by  
Esmée  
Fairbairn



**Preparing for Adulthood**  
**Health Employment Housing**  
**Community, Friendships & Relationships**

MONTHLY UPDATE –NOVEMBER 2021 ISSUE 22

## Update from the YES group...

The YES team were consulted by the Commonwealth Games Team who provided a presentation to us highlighting the huge impact the Games will have in Birmingham. They also talked about how the development of Alexander Stadium as well as plans for transport for the younger generation. The Games will mean so much for Birmingham and we could tell that a lot of hard work was going in to make it a success. The CG Team talked about securing the legacy and making opportunities happen within the City because of the positive impact the Games will have. Key phrases that stood out from their presentation included: growth, aspiring, celebrating, regenerating, healthier and more active.

~ Anthony Clayton, Business Intern

## Integrated Care Systems

What is an Integrated Care system?

The Integrated Care system is a new partnership between multiple organisations that aim to meet the health and care needs across an area, to coordinate services that improves population health and reduces inequalities between different groups.

The ICSs has been deepening the relationship in many areas between the NHS, local councils and other key strategic partners such as voluntary, community and the social sector. They are invested in ensuring that people are kept healthy and out of hospital and have a shared priority for their future.

The NHS Long Term plan has confirmed that all parts of England would be served by an integrated care system from April 2021, in which they aim to build upon lessons from early systems and the achievements of earlier work through sustainability.

NHS England and NHS improvement have called upon the government to establish that the ICSs are in law and remove legal barriers to integrated care for patients and communities.

<https://www.england.nhs.uk/integratedcare/what-is-integrated-care/>



Scan the QR code with your smartphone camera to be diverted straight to our content page



## How to contact us

If you would like to make a connection request to the Preparation for Adulthood Service, then please call: 0121 303 1888

For any other queries:

- Email: [preparationforadulthood@birmingham.gov.uk](mailto:preparationforadulthood@birmingham.gov.uk)
- Website: <https://www.birmingham.gov.uk/preparation-for-adulthood>