



★ AFTERCARE ★

Bringing you the latest news and updates

What's happening?

WhatsApp group

Aftercare have launched a brand new group exclusively for care leavers!

This group is aimed at creating a sense of friendship and socialising during isolation. We all have things we can positively learn from each other so let's start by making new friends and moving forward. Share tips on cooking, budgeting and support available within your community.

If you would like to be added to the care leavers WhatsApp group let your Personal Advisor know and we will do the rest!

Monthly Hub Meetings

Monthly event meetings are going to be happening via Zoom/WhatsApp for care leavers and as soon as we can we will host these in person!

We will be looking at doing quizzes, wellbeing sessions, and mindfulness/yoga and much more. If you are interested let your allocated personal advisor know and they will be able to keep you in the loop!

Upcoming in Thurrock

FREE ONLINE 48hrs OF MINDFULNESS

This course is a short-term commitment each day and can be slotted around your existing commitments. It is pre-recorded so you can watch in your own time sent via your emails.

Mindfulness simply means to live in the 'present' in your thoughts, actions and behaviours and scientific research shows it's hugely effective to boost focus, productivity and connection whilst reducing stress and overwhelm. The best part is that it can all be achieved with bite sized actions. You can complete this short program with just 15 minutes a day.

If you're someone:

- Feeling the strain of isolation or working from home
- Finding it challenging to remain focused or productive
- Feeling overwhelmed by our current environment
- Wanting to learn how to better communicate and connect to others
- Who'd love to learn the secrets of 'switching off' at night and being able to relax, even during busy times.

This 48-hour bite-sized Mindfulness course can be completed at your own leisure and if you love it, there are more programs for you to enjoy. Tap into pre-recorded videos sharing Mindfulness expertise, all for FREE! You'll be sent the bite sized materials to your inbox.

LINK TO SIGN UP FOR THE EVENT BELOW:

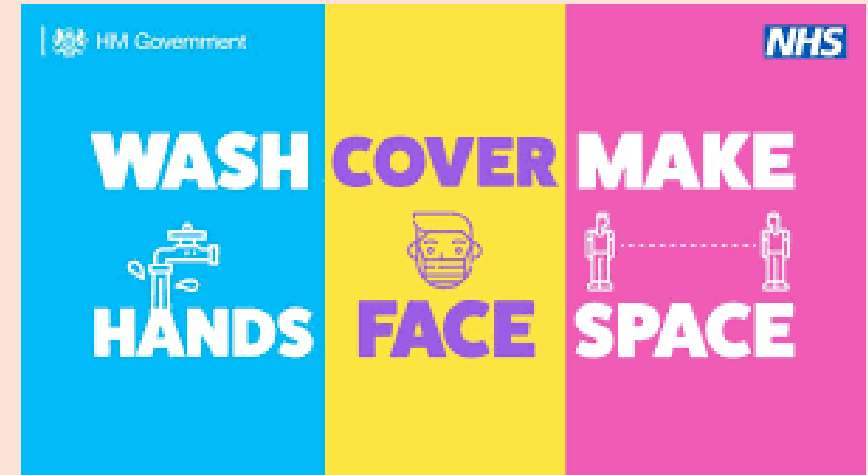
<https://www.eventbrite.com.au/e/48-hours-of-bite-sized-mindfulness-tickets-103177633078?utm-medium=discovery&utm-campaign=social&utm-content=attendeeshare&aff=escb&utm-source=cp&utm-term=listing>

COVID UPDATES

LOCAL TIERS NOW IN PLACE

See the Gov.uk link below for more information, specific to your area.

<https://www.gov.uk/guidance/local-restriction-tiers-what-you-need-to-know>



NEW RULES

Curbs after Dec 2

TIER ① MEDIUM

- All businesses not currently shut can stay open
- Table service only at pubs and restaurants. 10pm last orders
- Rule of 6 (inside and outside pubs)
- Schools, unis, gyms, places of worship open
- 15 guests at weddings, 30 guests at funerals
- Live events limited to 50% capacity or 4,000 outdoors / 1,000 indoors

TIER ② HIGH

- Households can't mix indoors
- Households can mix outdoors if sticking to Rule of 6
- Pubs must serve 'substantial meals' or close
- You may only sit inside a pub with your own household
- You may sit outside a pub in mixed households as long as you stick to Rule of 6
- Last orders by 10pm and must close by 11pm
- Schools, unis, gyms, places of worship open
- Live events limited to 50% capacity or 2,000 outdoors / 1,000 indoors

TIER ③ VERY HIGH

- Households can't mix (indoors or most outdoor places)
- Pubs and restaurants to stay shut but deliveries, takeaways and drive-thru allowed
- Schools, unis, gyms, places of worship open
- Wedding receptions banned
- No overnight stays outside area unless necessary
- Live events banned

SUPPORT BUBBLES

Support Bubbles are a great way to ensure that adults who live alone, or single parents who do not live with another adult over the age of 18, can get help, support and companionship in a safe a coronavirus compliant way.

A support bubble is a close support network between a household with only one adult or a household with one adult and one or more people who is under the age of 18 (or were under 18 before 12 June) and any other household of any size and makeup.

Once you are in a support bubble you can think of yourselves as one household and can visit and maintain close contact as if you all live together.

No household can be in more than one support bubble and once a bubble has been formed it cannot be changed at any time.

What's new?

Job club

Will run weekly from 14th of December, the hour long sessions will cover various topics:

- Applying and looking for jobs and apprenticeships.
- Interview skills
- Transferrable skills
- Writing a CV
- Short courses to improve skills
- Applying for college and university

Resources will be available for you to look over at your own leisure and then live supported offered via google classrooms from Personal Advisors Colin D and Mark F. Dates and times will be sent out in December to all care leavers. If you would like further information please e-mail : Colin or Mark

IYH (Inspire Youth Hub)

We are open for face to face, telephone and online appointments.

Face to Face - You can book to see Colin or Mark on Tuesdays or Wednesdays within four appointment slots each day at 10:00, 11:00, 13:00 or 14:00.

Telephone and virtual appointment using Google classroom are available other days of the week.

Colin and Mark are able to support with any Education, Employment or Training needs you have and can be contacted by phone; Colin 0*****5 / Mark 0*****0 / Inspire Youth Hub 0*****5

THURROCKS GOT TALENT!

Monday 21st December 2020 –
online event! 3PM

Have you got a talent you could showcase? You could be in with a chance of winning £100. Poetry, art, singing, dancing, comedy, juggling, Tik-Toks

Send your video to Carly B on
WhatsApp on 0*****3

The video should be no more than 1
minute long and event will take
place online on Dec 21st at 3PM.



USEFUL CONTACTS

The Samaritans

08457 90 90 90

Or call 116 123 free from any phone

<http://www.samaritans.org>

The Samaritans operate 24 hours a day and are here to support you and listen to you, not to judge or tell you what to do.

Time2Talk

Free counselling service for young people

Counselling is by appointment only.

This can be arranged simply by phoning **01327 706706**

Please be aware that they do have a waiting list.

<https://www.time2talk.org.uk/>

Inspire Youth Hub

Inspire can continuously support you with the Education, Employment and Training needs. Inspire work to help you better yourself and chances of employment as well as provide support with access to training and education alongside helping with CV's and applications.

If you feel you require any support please contact your Personal Advisor or speak to the youth hub on: **0*****5**

Wize – Up Thurrock

Wize-Up is a young people's service in Thurrock for Substance misuse. Unit 2, Centre for Business, 2 George St, Grays RM17

TEL: [01375 376111](tel:01375376111)