Welcome to your quarterly newsletter

IT'S THAT TIME OF YEAR AGAIN, CARE LEAVERS WEEK!!! PLANNING HAS STARTED. DONT MISS OUT ON THE FUN, SPEAK TO YOUR PA ABOUT CARE LEAVERS WEEK

Dates For The Diary

CARE LEAVERS WEEK 2019
OCTOBER 21-30TH

SPOOKY GHOST WALK 21ST

GM CARE LEAVER AWARDS NIGHT 23RD OCTOBER

CAFE INSIGHT PARTY 30TH

CINEMA TBC

Meet Matt, our Psychological Wellbeing Worker

Hi. My name's Matt and my job with Pure Insight is Psychological Wellbeing Worker. About 10 years ago I became fed up with what I was doing in life and decided to make a change. But to do what? I’d had my own struggles with anxiety and depression and I’d found help to be hard to find. So I thought maybe I’d like to try and help others with similar issues.

I volunteered to help at my first children’s home and I loved working with the kids - my mind was set. Since then I've worked intensively with kids in care. At the same time I've studied - first in Psychology and now in Psychotherapy. What I've learned is that virtually everyone who has been through the care system has experienced trauma. But maybe the most important thing I've been taught, by the young people I've worked with, is that everyone's experience is different - so the best thing I can do at the start is to just shut up and listen. Then maybe I can try and help.

I'm looking forward to building links with the Leaving Care Team and supporting young people in Stockport.

Well done to all our care leavers who have completed college, uni and apprenticeship courses and degrees this year, we're super proud of you. Good luck to all our young people starting new college, uni and apprenticeship courses and degrees this September.

We have young people reaching their dream goals some of these include degrees in Teaching, History, Nursing, Accountancy, Child Care, Catering and these are just a few to mention.

We hope you're as proud of yourselves as we all are of you.

Keep up the Amazing Work!

WELL DONE!!!

ADD JANINE INSIGHT ON FACEBOOK OR FOLLOW OUR STOCKPORT LEAVING CARE TEAM ON FACEBOOK FOR MORE INFORMATION.
what you can get involved in and dates to rememeber.

Cafe Insight – drop in cafe run fortnightly on a Wednesday in central Stockport. Lovely food, great space to chill, lots of laughs. Want to come? Contact Steve Thompson ISW on leaving care team or Janine insight on Facebook.

National Care leavers week October 21-30th 2019. Join us for parties, ghost walk, cinema and more....

Care leavers forum – runs on a Monday twice a month. A space for care leavers who want to have a voice within services supporting care leavers. We discuss lots of topics and have lots of fun – snacks too if you would like to join us please contact your PA or Janine Insight on Facebook.

Arts and Crafts – this group runs once a month on a Monday in central Stockport. We create some beautiful pieces of art, come along to get creative please contact Your PA or Jenny Insight on Facebook.

Exciting new opportunity for you to get involved in a 12 week course learning lots of new skills from DIY to cookery and money management there will be exciting trips as an incentive for joining.

Christmas Day Dinner. Join other care leavers for an amazing Christmas day.

Cafe dates and care leavers forum CLF dates.

Cafe Zest: 2nd Oct, 16th Oct, 30th Oct
CLF: 7th Oct, 21st Oct, 4th Nov

Please contact your PA if you would like to join us in any of the activities.
What can you get involved in within the Leaving Care Team?

* New projects: ........ 12 weeks Do it your self course, dog walking ....cafe insight....

* We now have a new Facebook page Stockport Leaving Care Team 16-25yrs. If you are aged 16-25 please join our Facebook page for information and updates.

* Opportunities for young people to be involved in interviewing panels.

* Stockport Care Leavers Forum is a platform for care leavers to get their voices heard by people who can help make changes to services for care leavers. If you think you would like to have the opportunity to share your experience and share your ideas about how to make services better please get in touch with your PA or Janine insight on FB or Janine on 07711017391. We now have a private closed group on Facebook for forum members to join.

* New Belongings Project, Stockport is one of eight Authorities across the country to have been chosen to take part in this project. It’s about improving Leaving Care Services and providing a Gold Standard. This is a young people led project and our Care Leaver Forum will be leading on it. If you like the idea of being involved in national developments please come to our Care Leaver Forum to find out more.

* Are you a Stockport homes resident? Have you heard of H3? H3 provides a range of positive engagement and volunteering opportunities for Stockport Homes residents, to support confidence, self-esteem and independence. We work to prevent homelessness and support those experiencing homelessness to move on.

  You can get involved in the following:
  - Arts and Upcycling workshops at CERA Cycloán
  - Football
  - Arts group and exhibitions
  - Cycling
  - Cooking & more

If you want to get involved contact us at admin@h3.org.uk / 07800 618 628 and ask for Ellie or Molly.

* Corporate parent conference. We are looking for young people who would be happy to share their experiences in accessing adult services, i.e. housing, mental health, money management, education and employment etc at our conference in October. If you would like to be involved or want to know more please contact your PA or Janine Insight on Facebook or Janine on 07711017391.

***You can now follow us, search Stockport Leaving Care Team on Facebook***

Did you know about our new book swap? There is now lots of books and childrens books in central house reception that you can take one away to read and then swap for another when you’ve read it :) You can also grab your self a free piece of fruit in reception too.
What have the Insight family been up to?

Janine took some young people out on an activity day doing lots of stuff like bike riding, team challenges, raft building, rock climbing and more. If you would like to know more please contact Janine Insight on FaceBook.

We took a trip up to beautiful Lyme Park to enjoy a picnic with stunning surroundings. If you would like to get involved in our Cafe please contact Janine Insight on Facebook.

Fundraising at SCFC........ We raised £280.70 thank you everyone who helped.

Thank you to Totally T-shirts for printing our T-shirts :)

We were very lucky to be able to take 2 young people to a recharge yoga retreat if you would like to know more about the retreat please contact Janine Insight on fb.

Pure-Insight Family

Sarah Sturme
CEO

Jenny Bagchi
Operations Manager

Jackie Parkin
Mentoring Coordinator-Parent Angels

Janine Hall
Engagement Worker

Fiona Berry
Mentoring Coordinator

Alice Devitt
Project Worker

Tracey McNutt
Parent Worker

You can find us on Facebook and twitter

Check out our websites for lots more info www.pure-insight.org.uk