

**In care or  
a care leaver?**

**Looking for  
help or advice?**

Call the **Care Advice Line** free on

**0800 023 2033**

or email

**advice@becomecharity.org.uk**

Confidential. Independent.  
Mon-Fri 10am-5pm.



**We're here  
for you**

We can also help adults calling on behalf  
of a care leaver or young person in care.

**BECOME.**

THE CHARITY FOR CHILDREN IN CARE  
AND YOUNG CARE LEAVERS

 @Become1992

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[www.becomecharity.org.uk](http://www.becomecharity.org.uk)

# We offer free coaching

to care experienced young  
people aged 16-27



## Coaching can help you to:

- Identify your strengths and the things that are important to you
- Set meaningful goals and create action plans to move forwards in your life
- Build motivation to achieve the things that are important to you
- Turn problems into solutions
- Feel more positive about your life and future.

So if you're aged 16-27, care-experienced and interested in coaching, **get in touch!**

[engagement@becomecharity.org.uk](mailto:engagement@becomecharity.org.uk)

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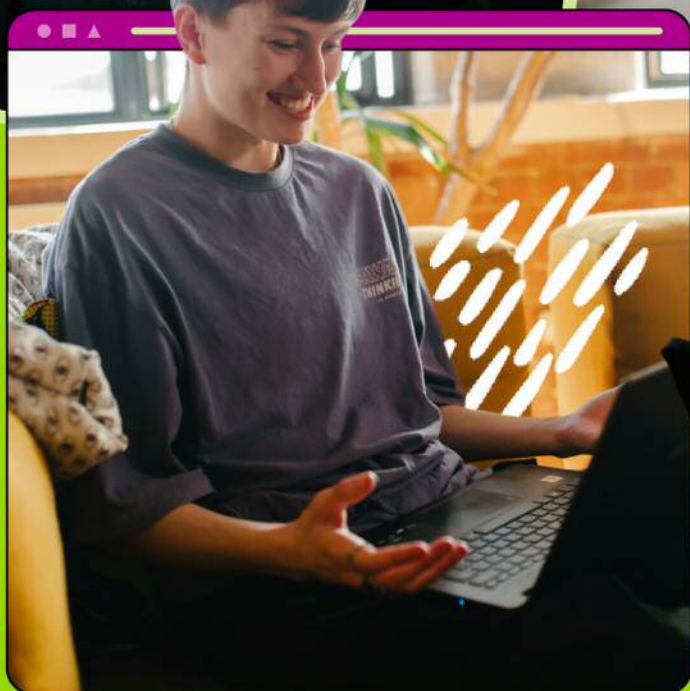
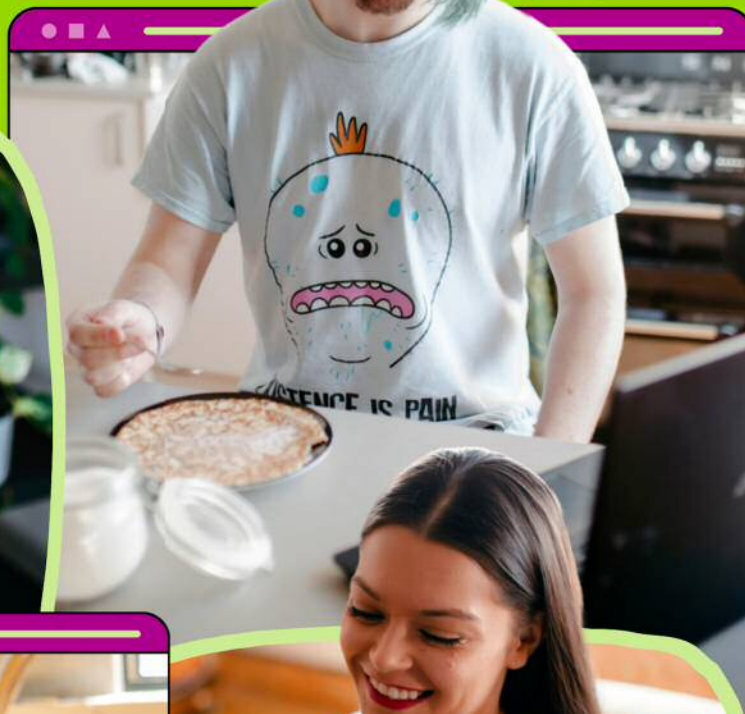
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# Link-UP!

& CHILL

CHAT

GAME



meet other care-experienced young people  
online every Tuesday evening

**BECOME.**

THE CHARITY FOR CHILDREN IN CARE  
AND YOUNG CARE LEAVERS

FREE for care  
leavers age 18-27  
sign up now >>





**Hello, we're Become - the national charity for children in care and young care leavers.**

**Our Link-Ups are a virtual hang-out space where young people who have been in care can come together to chat, join a special supportive community, and have fun!**

**We play lots of games, get competitive with quizzes, debate various topics, and sometimes cook or craft together at our Link-Up Specials.**

**Inspirational care-experienced people also join our Link-Up Speakers' Corner to share more about their life and chat with the group.**

**We meet every Tuesday from 17:30-19:00 on Zoom, and we would love to see you there.**

**If you are aged 18-27, sign up online at:  
[BecomeCharity.org.uk/Link-Up](https://becomecharity.org.uk/link-up)**

