APPENDIX A

NOTTINGHAMSHIRE'S LOCAL OFFER FOR CARE LEAVERS

Leaving care is a big thing in your life, and without the right support it can be difficult and stressful. Even though you are leaving care, or have left care, as your corporate parents, we still care about you and want to support you to have the chances and successes in life that other young adults have.

The Local Offer for Care Leavers tells you about the "offer" of services and support that is available to you as a care leaver in Nottinghamshire. We know that it is a big step when you move out of care and start living on your own or with others. We want to make sure that you feel safe and supported and know where and who to go to for advice and help.

Local care leavers have helped us to create this offer. We will continue to listen to your views to make sure the services and support we offer are what you need and improved on an ongoing basis.

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Back to Quick Read Guide

QUICK READ GUIDE

The guide has been split into the following main sections:

What does the local offer mean for me? *pages 3 to 5* - including checking your eligibility for this offer, the role of a personal adviser, your pathway plan and your rights overview – I will add page numbers to this and the following

1) **Setting up your own home and helping you stay there:** *pages 6 to 8* - preparation for getting your own place and support to do this.
2) **Looking after your money**: *pages9 to 11* - how to obtain financial support and manage your money effectively
3) **Keeping healthy and happy**: *Pages 12 to 13* - advice on how to seek emotional, physical and mental health services
4) **Education, training, skills and work**: *pages 14 to 18* - guidance and information about job options improving you skills and knowledge plus financial support to do this,
5) **Family and relationships:** *pages 19 to 20* – support on how to achieve and maintain healthy relationships with family and friends
6) **Finding things to do and feeling part of where you live:** *pages 21 to 22* – ways to spend your free time, including volunteering, how to help improve services for care leavers, and to get important documents together

What's happening next? *page 23* - plans to improve the offer and how you can get involved, how to keep up to date with new support and services, and the Care Leaver Covenant

Additional information: *pages 24 to 36*

1) **Extra information for your health and well-being:** *pages 24 to 28* – description of physical and mental health and well-being services, including contact information
2) **Extra information on helping you into work, training and education:** *pages 29 to 31* – additional organisations and opportunities that may be of interest
3) **What's on offer in your local area:** *page 32* – including discounted leisure facilities, community involvement and volunteering
4) **More information about your Pathway Plan:** *page 33*
5) **Corporate Parenting Principles:** *page 33*
6) **Useful contacts, resources & further support:** *pages 34 to 36*

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WHAT DOES THE LOCAL OFFER MEAN FOR ME?

To be able to get the support and services available in this Offer, you must have been in care for a period of at least 13 weeks (or periods amounting to 13 weeks) which began after age 14 and included some time after your 16th birthday. If you were looked after on or after your 16th birthday but for less than 13 weeks you may still qualify for some support.

If you're not sure whether the Offer applies to you, ask your social worker or personal adviser whether it does.

If you don't have a social worker or personal adviser, get in touch with the Leaving Care Team and they will be able to let you know whether it applies to you.

If you've had a personal adviser in the past and would like some support from the Leaving Care Team again, please get back in touch.

You can contact Nottinghamshire's Leaving Care Team by telephone or email:
Bassetlaw, Newark Mansfield: 01158041236 or LeavingCareDuty@nottscc.gov.uk
Ashfield, Broxtowe, Gedling, Rushcliffe: 01158546318 or LeavingCare.South@nottscc.gov.uk

Support from personal advisers is centred on your individual needs and aspirations and can continue until you are 25 years old, but you may decide you no longer need support before then.

Everything that is available to care leavers in this Offer is available online at www.nottshelpyourself.org.uk. You can email quality.improvementgroup@nottscc.gov.uk to request more copies.

If you have one, your social worker or personal adviser will talk with you about the information in the Offer.

If there is anything in this guide that you don't understand or you want to learn more about, speak to your social worker or personal adviser, or get in touch with the Leaving Care Team by email or telephone via the contact detail provided above or on page 34.

If you identify as a former unaccompanied asylum seeking child or are awaiting leave status from the Home Office, there may be some elements of this Offer that you are not entitled to. Please discuss this with your personal adviser.

Your rights checklist

By law you are entitled to the following

- ✓ Involvement in decisions for your life.
- ✓ Access to personal adviser support and advice until your 25th birthday
- ✓ A Pathway Plan detailing the journey to your future.
- ✓ To request access to any information we may hold about you.
- ✓ Be listened to and supported in where you decide to live.
- ✓ To obtain your consent if we wish to share your information with other parties.

Our vision and ambition for you as your corporate parents

We are Nottinghamshire's Looked after Children (LAC) and Care Leavers Strategic Partnership (the partnership). Nottinghamshire County Council, and now the 7 district councils of Ashfield, Bassetlaw, Broxtowe, Gedling, Mansfield, Newark and Sherwood and Rushcliffe, are your statutory corporate parents.

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This means we must provide you with certain support and services by law. However, we provide these things and more because we know it is the right thing to do to help you get on in life. Our other partners who provide services and support for you include housing providers, schools, colleges, universities, businesses, voluntary and community organisations and the police who also take on this role because they know it is the right thing to do.

We all want you to have every opportunity and the support you need to be the best you can possibly be.

We will give you strong roots of stability, love, encouragement, positive relationships and healing from past harm. We will give you wings of resilience, ambition, aspirational goals and practical and emotional support into successful adulthood.

Our ambitions for you as corporate parents mean that you will:

- be safe and feel safe
- experience good physical, emotional and mental health & wellbeing
- fulfil your potential
- make a positive contribution to your community
- successfully move to adulthood
- achieve employment and economic independence

Nottinghamshire County Council supports the national Care Leavers' Charter which means we promise to:

- respect and honour your identity
- believe in you
- listen to you
- inform you
- support you
- find you a home
- be a lifelong champion.

The full charter can be found online here:

Personal advisers

It is your right by law to have a personal adviser (PA) and Nottinghamshire County Council will provide you with one from the age of 18 until you are aged 21. You also have the right to support and advice from a personal adviser up to your 25th birthday if you need it.

The role of a personal adviser is to help you prepare for independent living and to support you as you prepare to leave care and after you leave care, depending on your circumstances. Personal advisers are also here to support you to overcome any difficulties that you may been experiencing. Personal advisers are responsible for helping you to create your own Pathway Plan, keeping it relevant to your circumstances and most importantly supporting you to achieve the goals you set out for yourself in it

The amount of support that you receive from your personal adviser will depend on what you want and your circumstances.

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The Leaving Care Team will consider with you what extra support you may need. You might, for example, need extra support because:

- you are homeless
- you have special educational needs or a disability
- you are not in employment, education or training
- you are a former unaccompanied Asylum Seeking Child (UASC) and your immigration status is unclear
- you are in or leaving custody or you have had contact with the criminal justice system;
- you are a young parent or
- you are going through a difficult time in your personal life.

How to get a personal adviser

If you've had a personal adviser in the past and not been in touch for a while, don't worry. If you're under 25, we can still help. Get in touch on 0115 804 1236 for Bassetlaw, Newark & Mansfield or 0115 854 6318 Ashfield, Broxtowe, Gedling and Rushcliffe.

We will try to make contact with you by letter once a year, so if you do hear from us in this way and would like some help, please do get in touch.

Your Pathway Plan

You will create your own Pathway Plan, with support from your social worker, when you are about 16. It sets out what you want to achieve when you leave care. Your social worker will work with you to set out your needs, views and future goals, and identify exactly what support you will receive from us. It will also set out who will help you in this journey.

You will look at your Pathway Plan again every six months, with the help of your social worker until you are 18. This is to make sure that it still reflects your needs. When you leave care at 18, you and your PA will have another good look at your Pathway Plan to check it still makes sense for what you want to achieve once you have left care. You will be able to review your Plan every 6 months.

You can find out more about Pathway Plans on page 33

Your right to be heard

An Independent Advocate can inform you about your rights and help you to be heard in meetings. They are separate from Children's Services and in Nottinghamshire are provided by a charity called the Children's Society. If you would like an Independent Advocate call Freephone 0808 901 9488 or email advocacy@childrenssociety.org.uk or ask your personal adviser to help you get one.

If you have a disability or special educational needs

If you have special educational needs and/or disabilities there is a specific 'Local Offer' that describes the help you can expect in your local area. Further information is available on the Notts Help Yourself website – click on the SEND Local Offer tile – www.Nottshelpyourself.com

If you are an unaccompanied asylum seeker

We will make sure that you have the support you need and that this is recorded in your Pathway Plan.

If you are under a period of probation supervision

Your probation worker will make contact with your PA and we will work together to make sure you get the support you need to help you complete your court order.

SETTING UP YOUR OWN HOME AND HELPING YOU STAY THERE

We know that finding accommodation is really difficult. Our aim is to support you to live independently in accommodation that meets your needs, is stable and affordable, and makes you feel safe. Where you live when you leave care will depend on your individual circumstances and needs. There are many living options available to you and your personal adviser will support you to decide which option suits you best.

We will encourage you to stay in care until you are 18. If you decide to leave care before turning 18 years old, we must make sure that you have somewhere suitable to live.

You and your personal adviser will make sure that the support that you require when you leave care and the accommodation that you choose is included your Pathway Plan.

If you do not have a personal adviser and would like their help with your current accommodation circumstances please contact the Leaving Care Team 0115 804 1236 for Bassetlaw, Newark & Mansfield or 0115 854 6318 Ashfield, Broxtowe, Gedling and Rushcliffe.

We will help you find a home that's right for you

Our commitment to you to help you find the right place, one that you can call home. Some care leavers live in individual flats or houses, totally independently and don't need much support from their personal adviser. Others may require more support to live independently. The Leaving Care Service offers different levels of support depending on your individual needs.

Your personal adviser or social worker will help you find out about all types of housing that provide support services and will show you the options that are available to you.

We can help you stay with your foster family if that's what you want

If you would like to carry on living with your current foster carer(s) after your 18th birthday we will help you to do this under what is called a "Saying Put" arrangement. You can do this until you are 21.

If you are still at college, 6th form or on certain training courses such as an apprenticeship when you turn 18 you can "stay put" at your foster placement until the end of the summer term after your 18th birthday. This is to help make sure your course is not disrupted by you leaving care.

Talk to your social worker, foster carer(s) and/or personal adviser if you would like to do either of these. You can find out more about our "Staying Put Policy" here: http://nottinghamshirechildcare.proceduresonline.com/chapters/p_staying_put.html

We'll help you find a place to live

Supported Housing

When you move on from foster or residential care you are likely to move into Supported Accommodation. There are supported accommodation services throughout Nottinghamshire for young people aged 16-21. Some settings have staff on site 24 hours a day to help you if needed, and others have support staff that visit you in a self-contained property or a house that you would share with one other or possibly two other people.

Support staff will help you learn how to budget your money so you can pay your bills, help you understand what managing a tenancy is like, and will support you to access opportunities such as volunteering, training or education. They will also support you to grow more confident and resilient,

and as your independence grows the support you receive will reduce. If you have your own child we can also provide supported accommodation for you and your child.
We will also help you to find housing in an emergency or crisis, and we will work together to make a plan for your longer term housing.

Independent living
If you are ready to move into your own flat and live independently, there are a number of options for you, including "private rented" accommodation, housing associations and "social housing" managed by your local district council (that's us!). Most council houses have been transferred to housing associations and is now called social housing. For example, Gedling Borough Council housing is now managed by Jigsaw Homes.

Private rented accommodation means renting your home from someone who owns a property. They could be an individual who owns one place or a company who owns lots of properties, for example. We will help you with this by providing you with advice and guidance so you understand exactly what a tenancy is and your rights and responsibilities when renting a house in the private sector, so you get the best possible start in your new home.

We work with housing providers to help you prepare for getting your own place. This includes offering you short courses on how to how to manage a tenancy. You can learn about the different types of housing available, including how to buy your own home, household bills, how to pay them and how they affect your credit score. Some of these are accredited and will help you when you apply for housing. Talk to your personal adviser to find out more.

You don't have to pay council tax until you are 25
To help you with your bills, we have introduced a Council Tax Reduction Scheme, which means that once you have applied for your Council Tax Discount you will not have to pay any Council Tax until your 25th birthday. If you need any help to apply for this, please talk to your personal adviser.

We will give you priority on Nottinghamshire local authority housing waiting lists
We (Nottinghamshire's 7 district councils – see below) have agreed that care leavers are a priority on our waiting lists for social housing. When you apply for local authority housing in a planned way we will make you a high priority applicant so that you are offered a property quickly, ideally within 8 weeks. If you come to us for re-housing in an emergency we would only take a homeless application from you as a last resort.

As a Nottinghamshire care leaver you will be able to move anywhere within the county – this covers Ashfield, Bassetlaw, Broxtowe, Gedling, Mansfield, Newark & Sherwood and Rushcliffe. So give some thought to where you would like your first independent home to be. For example, would it make sense to be close to college, work and/or friends?

We'll support you when applying to the district council for social housing
When you apply for a home with us (through one of the 7 district councils) you can choose whether you would like live on your own or to live in a shared house. If you want to live on your own, we will support you through the process of bidding for properties and provide the additional funding required to make this happen. This is called Discretionary Housing Benefit.

In certain circumstances we will pay your deposit and act as guarantor
Many landlords require the payment of a deposit when you take up a tenancy. They also often ask for someone to act as a guarantor. When you reach 18, if appropriate and as part of your Pathway Plan, if your landlord requires a guarantor or deposit then we can support you with this.

We will help you move into and furnish you home so you can make it your own

To help you live independently in accommodation that is stable and affordable, we will offer practical and financial support which you can find out more about in the Looking After Your Money section of this guide on page 9. Some social and supported housing providers offer their tenants support to help with the practical side of things, so talk to your personal adviser if this is something you are interested in.

We will help you keep on top of your bills and rent

We understand that looking after your own home and knowing what you have to do as part of your tenancy contract can be hard. We want you to succeed and stay in your home. We will offer advice and support to help you do this by helping you to settle into your new home. We can give you advice about holding down a tenancy, paying your rent and bills, making sure you are applying for all the benefits you are entitled to and helping you learn to budget/manage your money. We can arrange for your housing benefit and/or rent to be paid directly to your landlord, if this would help managing your money.

We understand that paying bills can take some time to get used to and things go wrong sometimes. If this happens to you, please get in touch with our housing officers or your personal adviser as soon as possible so we can work together to put things right.

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LOOKING AFTER YOUR MONEY

As you leave care, and move into adulthood, we will support you to become a financially independent adult. We offer a range of practical support and advice, as well as direct financial support to help you make a successful shift from care to independence.

Help to keep to a budget

It's really important that you know how much money you have and to plan for the essential things you have to pay for. Organisations like Citizen's Advice can help you with this. Your personal adviser can also help you with this, including support for budget planning, prioritising payments and opening a bank account.

Help to claim benefits

We will support you to make contact with the Department for Work & Pensions (DWP) to make sure you are accessing the benefits available to you if you are on a low income. Personal advisers are your personal link to the DWP, if you want or need one. They can help you to set up your benefits and act on your behalf if you're having problems with your benefit claims. Your PA can support you to do this 4 weeks before your 18th birthday to ensure there are minimal delays in you receiving your benefits. They can also help you to get hold of your National Insurance number if you don't have one or don't remember it. Don't forget to give your consent for your PA to act on your behalf with the DWP at your Leaving Care Interview.

You can also check out whether there is any financial support available to you using this website

We'll be there to help in an emergency

We understand that managing money when you first leave care isn't easy and that sometimes things go wrong. If this happens to you, please get in touch with your personal adviser as soon as you can and we will help you to sort things out. This can include providing additional financial support if you need it. For example, if your first benefit payment is delayed or if you have a gap between your last benefit payment and your first payday.

Supporting you to set up your first home

If you choose to live independently, with your own tenancy, we will support you financially in a number of ways. We will give you a Home Establishment Grant. This can help to pay for things such as your first year's contents insurance, furniture and a TV.

We'll also help to pay for your actual move, so things like a removal van, furniture storage and boxes. Sometimes we can help to top up your electricity or gas meters when you first move in and perhaps pay for your first month's rent and deposit (if private renting is right for you). Your personal adviser will help you with all of this, as well as looking into any grants, discounts or other sources of funding that may be available to you in your particular circumstances. For example, on household bills such as water - you could be entitled to up to 90% reduction on your water bill with Severn Trent. This scheme will also help you clear any debts you have with Severn Trent. Talk to your personal adviser about this, go to www.ccwater.org.uk/households/help-with-my-bills/severn-trent-water-big-difference/or call 0800 917 6901 to find out more.

If you are aged 16 or 17 and living in a supported or semi-independent home, we will provide you with a regular allowance to meet your needs.

Your Child Trust Fund and Junior ISA

You will have a Child Trust Fund or Junior ISA bank account from when you were in care. It is made up of money paid in by the government and sometimes Nottinghamshire County Council and/or your carers over the course of your time in care. You can access it when you turn 18. You can choose to leave it where it is, take it out or transfer it to another bank account. Your social worker or PA will be able to tell you more about your account, including where the savings have come from, and help you to fill in the form when it arrives (this may be before or after you leave care).

Supporting you at university.

We will support you financially whilst you are at university or in higher education. We will contribute £3465 per year towards your fees (you will be expected to use the student loan and maintenance loan to cover the rest). We will pay for your accommodation all year round and provide you with a grant of £2000. We will also help you to apply to any care leaver grants or bursaries that may be available to you at your university.

Supporting you at college or other education programmes

We will support you to access the financial support you are entitled to if you are at school or college. This may depend on your age, type of course and other circumstances.

We will provide you with the following financial support for your course until you are 21, or over 21, or until the end of your programme of education or training as long as it is in your Pathway Plan

- Registration and Examination fees
- Textbooks and software specified as essential
- Activities essential to meet course requirements
- Public transport between home and place of learning
- Transport to open days and interviews
- Specific clothing, including clothes for interview and essential equipment relating to the course

If you are 20 or over, they can also help you to access other sources of funding to support you into education and training.

If you are 18/19 and in full-time education you may be entitled to the 16 to 19 bursary fund. This can be up to £1200 per year. Care leavers are a priority group for this funding. https://www.gov.uk/1619-bursary-fund.

Extra help for young parents.

If you are under 20 at the start of your college course, you may be entitled to help with childcare costs while you study under the Care to Learn scheme. You can get up to £160 a week. www.gov.uk/care-to-learn

If you have children under 5 you may get help with the cost of childcare. See page 17 for more information

Help towards health costs

If you are on a low income, you shouldn't have to pay for healthcare costs such as prescriptions, dental care or glasses. If you do need help to pay for healthcare costs, please talk to your personal adviser as we may be able to help.

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Other financial support

We will always look at other ways of supporting you financially in ways that fit your individual circumstances, such as providing you with a phone card to call relatives that live outside of the UK. We'll also help you access other sources of funding. Please speak to your personal adviser if you need help with something important to you that you are struggling to pay for.

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KEEPING HEALTHY AND HAPPY

Looking after yourself is really important and we want to give you all the support you need to be as physically, mentally and emotionally healthy as possible. We recognise that everyone is different and will have a wide range of health and well-being needs. Therefore, we will support you to access the health and well-being services and activities that are right for you. When you leave care:

We'll support you to look after your health and wellbeing.

Your personal adviser can support you with anything to do with your health and well-being. They'll also have information about the health professionals who already support you. On leaving care you will now receive the same health services as any other adult, this includes a GP.

If you have an additional health condition and regularly see a health specialist, that worker will support you to make sure you have your needs met by adult health services when you turn 18.

If you're having support from CAMHS (child and adolescent mental health services), your worker will support you to access adult mental health services, if you need them.

We'll give you information about your health needs, and health history.

When you leave care, if Nottinghamshire is the council that had responsibility for you when you were in care, we'll give you a summary of your health needs and your medical history in a document called your "Important Health Information". If a different authority had responsibility for you when you were in care, they will give you this information.

The information from your last annual health assessment and your Leaving Care Review will feed into your Pathway Plan. This will include what you need to look after your physical, mental and emotional health after you've left care. This is to make sure you get the support you need.

We'll give you information about local health services and support

There is a range of health services and support available to help you. Go to pages 24 and you will find a description all the types of physical and mental health and well-being services available, as well as the information on how to contact them if you need to. Your personal adviser can help you to do this if you need them to.

Help to pay for healthcare charges

If you are under 19 and in full-time education, on a low income, receiving benefits, a lone parent, sick and/or disabled it is likely that you won't have to pay many NHS charges such as for medication or dental treatment. You may have to apply for discounts or exemptions from charges through the NHS Low Income Scheme www.nhsbsa.nhs.uk/nhs-low-income-scheme. In some cases we may be able to help you by paying for additional charges that aren't covered by exemptions. Ask your personal adviser for more information on this or look at page 24

Support for your emotional and mental health:

It is normal to experience changes in your mood and behaviour, particularly at times of stress and emotional upset. If these changes continue to affect you there is a range of services that can help. Look on page 26 for a full list. If you're not sure what service you need or would like some help to access them, ask your personal adviser for advice.

Free access to council-run leisure centres

If you like to exercise to improve your physical and mental well-being, you might be interested to hear that all 7 district councils now provide free access to their leisure centres for care leavers. You will be able to use their gyms, swimming pools, go to their fitness classes, join sports clubs and get

involved in other activities they have available at any time of day. All for free! To find out how to sign up in your district go to page 32

Other support available

If you'd like them to, your personal adviser can also support you to

- register with a local doctor (GP), dentist and other health services (such as an optician) when you move home
- attend hospital, GP or other health appointments
- access drug and alcohol support
- register for a C-Card (for access to free contraception)

If you have a disability

If you have a disability your social worker will start to work with you, usually from around the age of 16, (it can be later) to look at what might be the best housing options for you when you leave care. They may get in touch with the Transition Team within our adult social care service and, if needed, the relevant health services, to make sure you have all the support you need to keep you healthy, happy and safe after you turn 18. If appropriate, you will be introduced to a new worker, from the Transitions Team, who will support you from 18 and will work out if you can get on-going support from Adult Social Care. If you do need on-going support from Adult Social Care you will have a financial assessment and you may have to pay towards this support. You are also entitled to the Offer detailed in this document, including support to claim for benefits, which you can find more information on in Looking After Your Money on page 9.

If you do not need support from Adult Social Care at this time but may need it at a later point in your life, you can telephone Nottinghamshire County Council Customer Services Centre on 0300 500 80 80 for advice and guidance. They will guide you and signpost you to the most appropriate service. You can also look at Notts Help Yourself which contains lots of information about different types of support you can access as an adult.

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EDUCATION, TRAINING, SKILLS AND WORK

As your corporate parents, we believe in you and will support you to fulfil your potential. We aim to give you the support that any parent would give their own children to get an apprenticeship, go to college or university and/or to get the job they want. We will help you to gain the skills and qualifications you need and help you to be ready for work when the right job comes along.

Together, we will work with you to offer work place opportunities, including work taster sessions, work experience, apprenticeships and job opportunities. These will be flexible and tailored to your needs so you can understand what it is you want to do in your working life.

We understand that you may not be ready to pursue your ambitions when you leave care (you might be a parent, have additional learning needs, be a young offender or just have a lot of other things to think about) so we will provide support until you are 25 so you can choose when the time is right for you.

We will provide support to make sure you receive any additional help you require if you have special educational needs and/or disabilities. This includes taking into account the support you require which has been identified in your Education, Health and Care Plan if you have one until age 25.

Extra support for care leavers

When you do decide to explore your ideas in this area, as a care leaver entering education and/or training between 18 and 25, there is a range of education, training and job options available, with additional support available to you. If you let your college, university or training provider know you are a care leaver they will give you extra help. We understand doing this may not be easy for you, so do ask your personal adviser if you would like some help with this. Otherwise you could ask for a private conversation with your tutor. Some places give you the option to tell them on the application form. Remember they are all there to help and support you.

Specialists available to help you every step of the way

As well as having a personal adviser, the Leaving Care Team will put you in touch with your own achievement adviser. They will help you to work out what your education, training and/or employment goals are and build your confidence and skills towards getting the job you want. They will get to know what you would like to achieve, help you identify what skills you need to get ready for work (these are called employability skills), and also what skills, training or qualifications you need for the job.

If you need extra specialist support, your achievement adviser will find this for you. For example you may need one- to-one employability mentoring support. This will all be done in a way that suits your situation and needs, and your adviser will help you move into work when you are ready. You will agree this together as part of your Pathway Plan.

Your Achievement Adviser can help you from the age of 18 to 21, or until you've finished your college or university course if you are still studying after you are 21.

Jobs advice and guidance

We will help you to get careers information and advice – this can be either through your achievement adviser, college, university, higher education setting or a specialised Information and guidance provider, for example Futures - www.the-futures-group.com/futures-for-you.html .

Getting ready for work and/or study

We will support you to learn new skills and gain the experience and knowledge required to get the job you'd like. Your achievement adviser will talk to you about the best way for you to do this and help you find ways to achieve your goals.

Some of the skills you need can be as simple as gaining confidence, learning to make good decisions, working as part of a team, knowing how to solve problems or learning to use a computer. You might do this through a short course, a workshop, work experience, a work placement, longer term college or university course.

Supported housing providers also help you build up your skills ready for work through volunteering and short courses. For example, these might include confidence workshops, taking part in staff interviews, accredited training such as City and Guilds and apprenticeships. If you are interested in any of these, speak to your key worker where you live.

There are many organisations that offer programmes and courses to get people ready for work. Some of these are particularly helpful for care leavers. These include Futures, the Princes Trust and the Inspire and Achieve Foundation. Find out more on page…

Help with Job Centre and DWP requirements and appointments

We understand that applying for help at or attending Job Centre appointments and going to things like training, work experience or interviews can be scary– so your achievement adviser can come with you if you wish.

To make things as easy as possible for you we have made arrangements with the Job Centre and DWP. They have a special point of contact for care leavers at every Job Centre. If they know you are a care leaver they will be more understanding and give you extra help if you need it. They will also allow your achievement adviser to act on your behalf and your PA can also help you make the most of the support the DWP offer. For example, finding the right courses and activities to help you get into work, preparing for appointments and sorting this out when things get stressful.

Your achievement adviser can also:

- make sure you are you're getting all the benefits you're entitled to and always make sure you're better off in work, otherwise we will provide a top-up payment
- help you develop your employability skills such as job seeking skills, completing job applications, writing CVs, interview skills (this might be with another organisation)
- help you identify any emotional well-being courses available at the Job Centre to help you get ready for training and/or work
- make sure our support does not disrupt any health related out of work benefits you receive
- look in to discounts on travel to work that may be available from the Job Centre
- provide financial support to if you need it between the end of your benefits and your first pay day or between jobs
- help you update your claims if you are working part-time.

Work experience

We will provide you with work experiences to help you decide what job you're interested in. It's a great way to decide on the career you want and whether you are ready for work. It can also help

- you to decide if you like a job before you apply for it or a college course
- you to stand out from the crowd on a job application or in an interview and
- provide you with a reference once you get your job offer.

We can provide "tasters" of just an hour, half a day or two, or a longer placement of a couple of weeks. Your achievement adviser and work coach have a huge list of companies and organisations with a range of opportunities so let them know if this is something you would like to try. Your achievement adviser will help you prepare for the experience and the practicalities like traveling to and from the workplace.

Apprenticeships

We will encourage and help you to secure an Apprenticeship if this is what you want. An apprenticeship is a job combined with a skills development and training programme relevant to the job role. Apprenticeships are available from GSCE Level 2 (GCSE or Equivalent) up to Level 7 (Postgraduate Level). There are a wide range of apprenticeships available in most professions and these are advertised on the National Apprenticeship Service (see link below).

As a care leaver you are entitled to a £1000 bursary from your training provider that will be paid to you within the first 3 months of you starting your apprenticeship.

If you are interested in becoming an apprentice your achievement adviser can help you. You can find out more here

Care Leaver apprenticeships in Nottinghamshire

We are committed to increasing the number of care leaver apprenticeships available to you within the partnership and in businesses across Nottinghamshire. We hire apprentices and we offer some dedicated care leaver apprenticeships (at Nottinghamshire County Council and at Newark and Sherwood District Council). Nottinghamshire County Council (NCC) will guarantee all care leavers an interview if you apply for an apprenticeship vacancy and meet all the essential requirements.

We also offer a coaching programme to our apprentices and full support to enable you to successfully complete the apprenticeship training and assessment. NCC are also committed to topping up care leaver apprentice salaries to the National Living Wage to make it affordable for you to work as an apprentice with us. You can search for apprenticeship opportunities across the partnership on page 29.

Thinking of going to college?

We will encourage and help you to go to college if this is what you want. We will give you extra help and individual guidance via your achievement adviser to make sure you are supported to choose the right course and to do well in college. Many local colleges provide extra support to care leavers as they also want you to succeed and achieve your potential.

Your achievement adviser knows the key people at all the local colleges so they can help you with everything you need, from choosing the right course, to helping with your application, preparing for an interview, helping to apply for any benefits you may be entitled to whilst you're in education or training, and helping you to attend college once you start.

We understand that sometimes it is hard to go on your own to enrol so Nottingham College is offering you the chance to enrol at a different time if you want to. Nottingham College will also provide you with the following:

- Access to an Achievement Coach, wellbeing support and health advice
- Support through the college and your achievement adviser to support your attendance
- A named person to support you to get an appropriate work placement or work experience
- Support to visit their various college sites if you just want to find out more.

City College, Nottingham provides dedicated support to students are care leavers, including those on apprenticeships.

Newark College has a service for care leavers whereby they will inform you via your Progress Tutorials of Apprenticeships, work experience and training opportunities available following a discussion about your career aspirations. If you are interested, you will be offered additional support with the application and interview preparation from the Designated Teacher and Progress Coaches.

Look at page 30 for information on other colleges that are easily accessible for Care Leavers in Nottinghamshire.

Thinking of going to university?

We will encourage and help you to go to university if this is right for you. This includes support towards tuition fees and maintenance loans, travel costs at the start and end of term and making sure you have somewhere to live during the holidays – this may be with your foster carer, in your own accommodation or in supported accommodation. If you are at a residential college or university away from Nottinghamshire, we will help you to get yourself and your belongings to and from college/university at the beginning and end of terms if needed. You will work with you PA so that your Pathway Plan includes your accommodation arrangements, including financial arrangements during term time, short vacations and the long summer vacation.

Some of you may have secured your entry qualifications to attend university, but even if you have not, all universities are happy to talk to you about the options available. Your achievement adviser will support you every step of the way, from considering which course and universities might be right for you, to making your application, to helping you move in and then supporting you along the way once you have started your course, and over holiday time too.

Many universities provide additional support to care leavers, so it's always worth searching the websites or contacting the student support service of the ones you're interested in to find out what they offer. If you feel comfortable you can let them know you were in care once you start so you can get the extra help you may need. Your achievement adviser can help you with all of this.

A number of organisations provide care leavers with information to support you going to university, including finance, support and settling in. These include UCAS and Propel.

www.ucas.com/undergraduate/applying-university/individual-needs/ucas-undergraduate-support-care-leavers

www.propel.org.uk

Locally, Nottingham Trent University (NTU) and the University of Nottingham (UoN) will give you lots of information about how they can help you before you apply to them as part of the Growing Lives Programme.

Both universities offer lots of other support to help you settle in and succeed at university. For an overview visit

NTU - www4.ntu.ac.uk/student_services/individual_support/care_leavers/been_in_care/index.html

UoN - www.nottingham.ac.uk/studentservices/services/care-leavers.aspx

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And you can find more details on page 30

Help with the cost of childcare

If you have children under the age of 5, you may be eligible for free childcare. Using childcare can help you get some time out, help you access training or get a job, and it will also help your child to grow and develop and be ready for school.

Families often struggle with the cost of childcare because they are not aware that there is support out there to help them, or they believe that they will not be eligible to receive any assistance. But there are lots of ways to get help with costs. We can also help you find the right childcare for you and your child.

To find out more about childcare and what funding is available, please go to the Childcare tile on the Notts Help Yourself homepage www.nottshelpyourself.org.uk

If you would like further information and advice and would like to speak to one of our advisers please telephone our advice line on 0300 500 80 80

Extra help for Young Parents – if you are under the age of 20 and in school or college you can receive £160 per week to help with your childcare costs and travel to and from the childcare provision. You can find out more here www.gov.uk/care-to-learn and under the Childcare tile on Notts Help Yourself www.nottshelpyourself.com

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FAMILY AND RELATIONSHIPS

We realise how important positive and supportive relationships with family, friends and others can be to living a happy, safe and successful life. So we will support you to have a strong and safe support network around you.

Creating a strong and safe support network

If you want to, your personal adviser can advise and support you to get in touch with people who are special to you or who cared for you in the past. They can also support you to re-connect with family in cases where it will be a positive step for you. They can help you to develop healthy relationships with friends and family and help you keep safe. Go to page 4 to find out how to get a PA if you haven't already got one.

Understanding your life history

If and when you want to we will help you to understand your time in care and your life history, including your case files. This can include support to trace your family if needed and support to access extra emotional support if you need it as we understand this can be a challenging time. Speak to your personal adviser if you would like to look at this.

Independent Advocates – supporting your rights as a care leaver

You have the right to have support from an Independent Advocate who can help you to be involved in all the decisions about when you leave care and your plans for leaving care. They inform you of your rights and help you to be heard in meetings. They can help you if you're not happy with the decisions your PA make about the support given to you by the Leaving Care Team. Independent Advocates don't work for social services or the Council, they are completely separate from them, and work for a different organisation. If you would like an Independent Advocate call Freephone 0808 901 9488, email advocacy@childrenssociety.org.uk or ask your personal adviser to help you get one.

Personal relationship support

If you find yourself in relationships that you feel are difficult, that are making you unhappy and/or aren't good for you, your personal adviser can offer support. For example, they can help with domestic abuse and sexual exploitation issues to make sure you feel safe and stay safe.

Your personal adviser will always respect your own gender and sexual identity. They can help you access services that offer support with your sexual and gender identity needs.

Your personal adviser will give you advice and help you to challenge any discrimination you face as a care leaver.

If you are a parent

Your personal adviser can help you find support if you are pregnant or have a young child. Children's Centres are great places to find things like parenting groups and other support for young families with children under 5. For more information please see: https:///nottinghamshirehealthcare.nhs.uk/ccs

If your child is over 5, then the Family Service may be able to help you with parenting support. To ask for help from the Family Service you, or a professional working with you, should get in touch with the Early Help Unit on 0115 8041248 or early.help@nottscc.gov.uk

The Parent/Carer Zone on Notts Help Yourself www.nottshelpyourself.org.uk provides useful information to parents and parents-to-be.

DRAFT

If you are a first-time teenage mum-to-be, you may also be able to access support through the Family Nurse Partnership (FNP), which is a home visiting service providing on-going support to first-time teenage mothers and their babies (plus fathers and other family members, with mum's permission). For more information go to www.nottinghamshirehealthcare.nhs.uk/family-nurse-partnership . Please ask your Personal Adviser how to do this because it will be different if you want some extra support.

The Healthy Families Teams are also there to support you with your child's development and health needs. For more information please see: https://www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams

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FINDING THINGS TO DO AND FEELING PART OF WHERE YOU LIVE

We want you to feel part of the community you live in and wider society. We'll support you to have the opportunities that other young people do, to feel part of your community, wherever and whatever that is, and help you to make a positive contribution in the way you'd like to.

We will also celebrate important life events and faith and cultural events with you. For example, we will help you celebrate your birthday and get in touch at Christmas to make sure you are spending it in the way you want to. We will also help you to maintain and/or explore your faith and ethnicity networks.

Having a say

If you'd like to get involved in improving and designing the services and support for children in care and those leaving care, you can join Nottinghamshire's care leavers group - "No Labels". We want to hear your views on how to make things better for children in care and care leavers like you.

Some care leavers have had life-changing experiences after getting involved in No Labels. They have found that their self-esteem, confidence and skills have grown a lot. This has helped them to make new friends, travel, to make a positive difference for children in care and to find a good job. This could be you! Talk to your personal adviser if you'd like to get involved, or contact Emma Betteridge on 01623 626972 or emma.betteridge@nottscc.gov.uk

If you want to get your voice heard on a national level, then you might want to vote in national elections and to do that you need to enrol on the Electoral Register. This also makes it easier to do other things such as applying for housing, your passport or a bank account.

Getting all your important documents together

To live a fully independent life you need to make sure you have all your essential citizenship identity documents. We will help you to do this and pay for any fees. These include your birth certificate, passport, national insurance number, young person's citizen cards and deed poll to change your name, if you choose to. This also includes making sure you have a bank account. Let your personal adviser know when you'd like to do this.

Having fun, trying new things and meeting new people

Like other people, you might want to find time to relax and enjoy yourself and meet new people from time to time and we'll help you with this if this is what you want to do.

If you fancy an adventure, **we will take you on a free annual residential or day trip** to one of our outdoor and environmental centres in the Peak District and around Nottinghamshire. If you want to organise your own trips, they offer unique and affordable opportunities, covering a wide range of outdoor adventures and environmental activities. You can find out more here http://www.nottinghamshire.gov.uk/education/outdoor-and-environmental-education/outdoor-education/about

If you live in supported housing, there will be a range of leisure activities available for you to get involved in such as sports, fitness and adventure activities, day trips, art and craft, nature and gardening clubs and user forums. There will also be opportunities for you to get into volunteering. Talk to your housing support or key worker or personal adviser if you'd like to get involved.

If you like to exercise with your family and friends, you might be interested to hear that all 7 district councils now provide free access to their leisure centres for care leavers. You will be able to use their gyms, swimming pools, go to their fitness classes, join sports clubs and get involved in other

activities they have available at any time of day. All for free! To find out how to sign up in your district go to page 32.

Nottinghamshire Youth Service offers high quality positive social educational activities across the county to care leavers until your 22nd birthday. They can support you to develop your confidence, knowledge, skills and experience in a safe and enjoyable way! To find out more call their Participation Team on 01623 626972.

Through Notts Help Yourself, www.nottshelpyourself.org.uk you can find out about all the groups and activities taking place in your area. Your personal adviser can help you with this and provide information on other groups and clubs you may wish to join. They may be able to help you with the cost of these and other leisure activities. Until you are 19 your Platinum Card will get you into Nottinghamshire County Council youth clubs and activities for free.

Volunteering

Volunteering is a great way to get out of the house, to try new things, build your confidence and skills, not only for your self-esteem, but to help you get into work. New skills gained like communication, team work and decision making can really make you stand out from the crowd when applying for a college or university course and a job. Volunteering can also make you feel pretty good and of course you will make a positive difference to your local or wider community.

One way of getting into volunteering is through the Duke of Edinburgh Award, as it's one of the 4 sections in this adventurous scheme where you get to experience a range of new activities and challenges, as well as learn new skills and sometimes travel to new places with other young people. **In Nottinghamshire it's completely free for care leavers.** Find out more and register here https://www.dofe.org/ or contact the Nottinghamshire County Duke of Edinburgh Award Office on 01623 556 110 or DukeofEdinburgh@nottscc.gov.uk. As your personal adviser to help you with this if you need it. They can also tell you about other awards, schemes and competitions you can enter.

If you are interested in other volunteering opportunities contact your local CVS (Community and Voluntary Service). Look in the district council information section at the end of the document) or take a look at these websites – www.Do-it.org, www.vinspired.org.uk and www.volunteerics.org.

If you are a parent

You can find out about different activities for children and families across Nottinghamshire, such as toddler groups and children's library sessions by looking on Notts Help Yourself – under the Things to do in the Community tile at www.nottshelpyourself.org.uk

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WHAT'S HAPPENING NEXT?

We will be increasing and improving on the services and support we have told you about in this offer to make sure we are doing all we can to help be the best you can be.

We will continue to work with care leavers across the county to make this offer even better, so you have the best opportunities to achieve your potential.

To keep up to date with what the new offers are, keep an eye out on the Care Leaver Local Offer tile on Notts Help Yourself (www.nottshelpyourself.org.uk) as we will post them all on there as they become available. We will launch a Local Offer app so you will find the entire offer on there as well as update - wherever you are, even when you are without a signal or out of data.

We are thinking big with our offer – working with councils across Nottingham, Derby, Derbyshire, the East Midlands and the rest of the country to make sure you and other care leavers can expect the same services and support wherever you live, work or visit.

If you would like to get involved in helping to make this offer bigger and better for all care leavers, we'd love to have you on board. Let your personal adviser know or get in touch with Emma Betteridge on 01623 626972 or emma.betteridge@nottscc.gov.uk

The Care Leaver Covenant

Every council area must create an offer of what's its providing to help care leavers. Alongside this, there is the national Care Leaver Covenant where businesses, charities and other government organisations can pledge their services, support and opportunities to help you move on from care and towards a successful and independent life of your own. These include apprenticeships, work experience and free or discounted goods and services. You can find out more here www.gov.uk/government/collections/care-leaver-covenant--2 and here https://mycovenant.org.uk/

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REFERENCE SECTION

Additional information to help you keep physically healthy

Doctors
You may have met or will meet different kinds of doctors during your life. For example, your local doctor, also known as GPs, who look after the health of people living in their local area, and deal with a whole range of health problems; consultants, who are specialists in certain areas of illness such as allergies, eyesight, mental health; and doctors who work in Accident and Emergency.

To find a doctor (GP) near to where you live, go to NHS Choices www.nhs.uk and click "Find a GP". Once you have found a doctors surgery near to where you live, visit them and ask to register. You'll need your NHS number (which can be found on your important health information), some ID, and the name and address of your last doctor/GP (this can also be found on your Important Health Information document). **They may not know that you are a care leaver, so it would be useful to tell them**. Your personal adviser can help you register with a GP.

If you need medicines you're given a prescription from the doctor to take to a pharmacy. You may not have to pay for prescriptions if you are a student, or on benefits. You would need to complete an "exemption form", and your doctor's (GP) surgery or pharmacy will be able to help you with this. Your personal adviser can also help you with this. Otherwise, you will have to pay to collect the medicine you've been prescribed.

Pharmacy:
Pharmacies are trained to help with many common health problems and minor injuries, including coughs and colds, aches and pains and skin rashes. They can give advice and 'over the counter' medicines or treatments, which you pay for. If you are given a prescription for medication by the doctor, you can take this to any pharmacy and they will dispense (supply) your medication. You can find a pharmacy near to where you live, by going to www.nhs.uk

NHS 111
NHS 111 is a 24/7 confidential telephone helpline that can help you with concerns about your health. You can find out more here: https://www.nhs.uk/using-the-nhs/nhs-services/urgent-and-emergency-care/nhs-111/.

If you need health care outside of normal working hours (which are Monday to Friday daytimes) you should dial 111 to contact your local NHS Out of Hours health service. The staff at 111 will help you get the care you need. If you need help now, but it's not an emergency, call 111. If it's an emergency, always call 999.

Dentist:
To find a dentist near to where you live, go onto NHS Choices www.nhs.uk and click "Find a dentist". Phone or visit the dentist you have chosen and ask to register as an NHS patient. Under the NHS, you might have to pay for some check-ups and treatments. If you're not sure, your personal adviser will be able to help you.

Opticians:
You can go to a local, high street optician and have an NHS eye test. They are free up to the age of 19 if you are in full time education. After that, you may have to pay for sight tests and glasses, if you need them. Ask your personal adviser, as they will be able to help you with this and looking into whether you are entitled to any help with dentist and opticians charges. You may have to apply for

discounts or exemptions from charges through the NHS Low Income Scheme. www.nhsbsa.nhs.uk/nhs-low-income-scheme

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Additional information to help with your emotional and mental health:

Psychological therapy services:
Psychological therapy services offer assessment and treatment for emotional health and wellbeing, and are often known as talking therapies. You can refer yourself directly to a psychological therapy service for concerns like stress, anxiety, depression, OCD, trauma and phobias.

In Nottinghamshire there are three different services, and you can access any one of them:

- Let's Talk Wellbeing
  Call **0115 956 0888 or visit** https://www.nottinghamshirehealthcare.nhs.uk/nottingham-city-and-county-

- **Trent PTS**
  Call 0115 896 3160 or visit https://www.trentpts.co.uk/

- Insight Healthcare
  Call 0300 555 5582 or visit https://www.insighthealthcare.org/our-services/talking-therapies/find-a-service/nottinghamshire/

Kooth counselling:
Kooth.com is an online counselling service for young people aged up to 25. It is a safe, confidential and non-stigmatised way for you receive free counselling, advice and support on-line from fully trained and qualified counsellors. Go to www.kooth.com to find out more.

GP*:*
Your GP will offer advice and support around your mental health. They can also help identify if you need help from specialist adult mental health services, and support you to access these.

You Know Your Mind:
'You Know Your Mind' is a project that seeks to give you more choice and control over how you can improve your mental health - in recognition that only *you* will know what works for you. Your Personal Adviser can discuss this option with you and can refer you into the project on your behalf.

DRAFT

Voluntary and Community Sector-run mental and emotional health services and support

We R Here:
Offer free counselling and support for anyone who has experienced a traumatic life experience. They also run self-esteem courses and practical support in times of crisis. You can call them on 0115 920 6241 or 07891 306 972 or visit their website. Or you could ask your personal adviser or other worker to contact them for you www.werehere.org.uk

Information to help you have a healthy lifestyle

Contraception and sexual health:
Using the right contraception helps you avoid unplanned pregnancies. You should talk to a health worker about contraception, you can get advice and contraception from your Doctors (GP), your local sexual health service, and some pharmacies (visit www.nhs.uk to check). Contraception is free on the NHS.

C-Card:
The C Card scheme is a free condom and sexual health advice service for young people aged up to 25. It allows young people to gain access to condoms, lubricants and advice on sex, STI's and relationships. You can access the service via www.ccardnottinghamshire.co.uk.

Sexual health services:
Looking after your sexual health is important. Nottinghamshire sexual health services are open access, free, and confidential. In Nottinghamshire, your local sexual health service depends on where you live, you can find out more about each service and how to access it via their website or by calling the service.

- **If you live in north Nottinghamshire (Bassetlaw)**
  Tri Health Bassetlaw http://bassetlawtrihealth.dbh.nhs.uk
  Tel: 01909 506418

- **If you live in Mid Nottinghamshire (Mansfield, Ashfield, Newark and Sherwood)**
  My Sexual Health http://www.sfh-tr.nhs.uk/index.php/my-sexual-health
  Tel: 01623672260

- **If you live in south Nottinghamshire (Broxtowe, Gedling, Rushcliffe) and Nottingham City**
  NUH Sexual Health www.nuh.nhs.uk
  Tel: 0115 9627627

Smoking:
Stopping smoking gives you better health for life. For support to stop smoking contact Smoke free life by texting QUIT to 66777 or by phoning 0800 2465343 or 0115 772 2515.

Healthy eating and healthy weight:
Part of staying healthy is eating a healthy diet, getting enough exercise and being a healthy weight. If you have concerns about your weight you can get support from Change Point Nottinghamshire by calling 0333 005 0092 or visiting http://www.everyonehealth.co.uk/nottinghamshire-county-council/.

DRAFT

Drugs:
Taking drugs can have serious consequences, and their effects vary from person to person. If you are worried about drug use, get support from New Directions Nottinghamshire. You can call them on 0115 896 0798 or email them on notts@cgl.org.uk. Find out more here https://www.changegrowlive.org/content/cgl-new-directions-nottinghamshire-newark-mansfield-worksop-hucknall-broxtowe-rushcliffe. You can also find out more information from Frank www.talktofrank.com

Alcohol:
If you are worried about drinking, get support from New Directions Nottinghamshire. You can call them 0115 896 0798 or email them on notts@cgl.org.uk. Find out more here https://www.changegrowlive.org/content/cgl-new-directions-nottinghamshire-newark-mansfield-worksop-hucknall-broxtowe-rushcliffe. You can also find out more information about drinking alcohol, including how to drink responsibly, here: https://www.drinkaware.co.uk/.

NHS Choices
NHS Choices is a website aimed at everyone. By searching NHS choices you can find information on everything from the common cold and sickness to symptoms of sexually transmitted infections, information about contraception, and help to identify the symptoms of depression.

Health for Teens
A health for teens website in Nottinghamshire provides information on health and wellbeing for teenagers including sexual health, sexuality, relationships, drugs & alcohol, feelings & lifestyle. You may find some of the information useful www.healthforteens.co.uk.

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Education, training, skills and employment organisations, opportunities and information

Search for apprenticeships and other job opportunities across the partnership

Ashfield District Council https://www.ashfield.gov.uk/your-council/jobs-and-careers/jobs-and-careers/

Bassetlaw District Council - http://www.bassetlawjobs.co.uk/latestjobs/

Broxtowe Borough Council - https://www.broxtowe.gov.uk/for-you/jobs/

Futures - https://www.futuresforbusiness.com/vacancies/

Gedling Borough Council - https://www.gedling.gov.uk/council/jobs/

Mansfield District Council - http://www.mansfield.gov.uk/article/5700/Jobs-and-careers

Newark and Sherwood District Council - https://www.newark-sherwooddc.gov.uk/jobsandcareers/

Nottinghamshire County Council - www.nottinghamshire.gov.uk/jobs-and-working/working-for-us/apprenticeships-at-the-council

Rushcliffe District Council - https://www.rushcliffe.gov.uk/jobs/

Futures offers a range of advice, support and guidance to help you get into work. These include careers guidance, skills training, employability, work experience and apprenticeships

www.the-futures-group.com/futures-for-you.html

Building Better Opportunities Programme

The Towards Work Programme gives you personalised support to help you get ready for work, education or training and help you stay there by working with you to deal with some of the things that might be stopping you doing that at the moment. They will help you feel more confident and ready to look for the right opportunities for you. They'll also provide you with a personal budget to help you on your way into work. This can help with things like childcare, work equipment, training and bus passes.

For more information go to www.towardswork.org.uk or refer yourself at https://www.towardswork.org.uk/make-a-referral/ (put Nottinghamshire County Council Leaving Care as the organisation).

Money Sorted will help if you are not in work and would like support to help you feel more in control of your finances. You will learn skills and knowledge to better manage your money and to give you confidence with money issues. The aim is help you to cope better with budgeting and avoid getting into debt in the future. You will have the chance to take short courses on money issues. You can do this programme if you are not in paid employment. This includes if you've not been in work for or claiming work-related benefits, for example, you might be looking after a child or caring for someone else. Email info@moneysortedind2n2.org to find out and get started.

Please note that you can only do one of the two above Building Better Opportunities Programmes. If you are unsure what this means for you, talk to your personal adviser for advice.

DRAFT

Further Education Colleges within easy access to Nottinghamshire care leavers

- Vision West Notts College, Mansfield – www.wnc.ac.uk -0808 100 3626
- Nottingham College - www.nottinghamcollege.ac.uk - 0115 910 0100
- Derby College – www.derby-college.ac.uk - 0800 028 0289
- North Notts College, Worksop www.nnc.ac.uk - 01909 504504
- Portland College, Mansfield – www.portland.ac.uk
-
- Newark College- www.lincolncollege.ac.uk/our-colleges/newark-college - 01636 680680
- City College, Nottingham - citycollegenottingham.com - 0115 910 1455

Extra support for care leavers from Nottingham Trent University and the University of Nottingham

NTU offers

- campus visits for you before you arrive and/or additional welcome activities if you want to go to them
- if you've had an offer, NTU will contact you over the summer before you start and again after clearing to let you know the support available to you as a care leaver and encourage you to apply for …
- a bursary for financial support of £500
- a dedicated support officer to help you settle in during the first term and then on an ongoing basis while you are at University
- money advisers to help you apply for all you are entitled to and work out a budget to suit your needs and interests.
- a guaranteed offer of University-allocated accommodation if you have accepted a place at Nottingham Trent University as your first choice - accommodation in halls is available throughout the summer vacation too
- a personal health and wellbeing welcome pack
- help accessing all support services
- As part of the NTU Navigate Programme, NTU provides opportunities for unaccompanied asylum seeking young people to find out more about the UK higher education system, as well as English-language support at evening classes and an annual summer school.

Your achievement adviser has a direct link with a key contact at the university to make sure you get all the support you need in applying and to succeed when you get there.

If you'd like to speak to someone at NTU about going the university you can contact lucy.judd@ntu.ac.uk (before you apply and about NTU Navigate Programme) and kathryn.frith@ntu.ac.uk after you've applied, including any point during your time at NTU.

The University of Nottingham offers care leavers the following:

- Special consideration in the admissions process. This means that you are more likely to get an offer and if you do we may as for slightly lower grades from you
- Additional financial support. The Nottingham Potential Bursary is available to most students who have been living in the care of a local authority for over 3 months. We can also ensure you receive all the other grants and bursaries you may be entitled to
- Access to 365-day university accommodation and support in finding the best accommodation for you
- An informal pre-entry meeting with a member of the University's Financial Support Team to explain the financial support available to you. At the meeting we can also give you information about accommodation and anything else that you need help with to set things up for the start of your studies. You can bring someone along with you.

- Additional welcome activities when you arrive in September
- Ongoing support throughout your course from our Care Leavers' Mentor

Interested in a job to help adults with health and social care needs?
If you are interested in working in adult social care, Nottinghamshire County Council offers anybody over the age of 16 the opportunity to take part in an accreditation scheme to become a personal assistant. Personal assistants (PAs) are employed to help people who need social care and health or health care support, either because of their age or disability, to enable them to live as independently as possible in their home. "Support with Confidence" is a council-run scheme for people who want to work, or are currently working as a personal assistant. By joining the scheme you will be accredited, on our register and listed on the Nottinghamshire Help Yourself website as available to work as a PA. You can find out more about the role and the Support with Confidence scheme here www.nottinghamshire.gov.uk/care/adult-social-care/working/personal-assistants/support-with-confidence If you would like to go ahead, talk to your personal adviser who can support you in this.

The Job Centre and Department of Work & Pensions
This organisation offers a range of support and activities to help you get ready for and find work. These include job search, CV writing, completing job applications, preparing for interviews, telling you about job fairs, finding you work experience and getting you on courses at all levels including apprenticeships, such as life skills, IT skills, business administration, childcare, warehousing and construction.

https://www.gov.uk/government/organisations/department-for-work-pensions

The Princes Trust
If you live in **Nottingham or Nottinghamshire** join Team**,** The Princes Trust's free 12-week personal development programme, which is offered in Beeston, Basford, Mansfield, Sutton in Ashfield or Worksop, for the chance to gain new skills, take a qualification and meet new people. Three out of four people on Team go on to work or college courses within three months.

They also run a week-long programme called **Get Started** which is focused on one theme such as sport, robots, web design, nail art, racing cars. There's another called **Get Into** that is 4-6 weeks long based with an employer where you get work experience and training and can lead to paid employment. Examples are the NHS, logistics, retail, catering and hospitality and customer service. The Prince's Trust can help with food and cover travel expenses.

If you're interested in setting up your own business the Prince's Trust run a programme called **Enterprise** for 18 to 30 year olds who want to go self-employed. It includes mentoring, one to one support and is also available as an online programme.

To find out more and/or apply for any of these programmes go to www.princes-trust.org.uk/help-for-young-people or phone their Nottingham Office 0115 8456495. The Prince's Trust publish all opportunities on Nottingham Jobs (www.nottinghamjobs.com) and also at the Job Centre (see link above).You can also follow them on Facebook and Twitter.

Inspire & Achieve Foundation
If you live in Mansfield, your personal adviser can put you in touch with this organisation for extra specialist one to one support to help you get ready for training and/or work. Your mentor will help you with things like your CV, application forms, finding an apprenticeship and helping you prepare for an interview

Notts Help Yourself - Work & Volunteering Zone – click this tile for information on organisations that can help support you back into work, or to volunteer. www.nottshelpyourself.org.uk

WHAT'S ON OFFER IN YOUR LOCAL AREA

Let's Live Well in Rushcliffe

If you live in Rushcliffe, this programme will help you to connect to local groups, activities and places to help you improve your wellbeing. You will also be supported by a Health Coach who will discuss an action plan that focuses on what matters to you. Contact 07909 890 699, email LLWiR@nottshc.nhs.uk or you can ask your GP or personal adviser to refer you.

Volunteering opportunities and community projects

Ashfield Voluntary Action - Ashfield Voluntary Action, Portland St, Kirkby in Ashfield NG17 7AE - 01623 555551 - www.ashfieldvoluntaryaction.org.uk

Bassetlaw CVS - The Old Abbey School Priorswell Road, Worksop S80 2BU - 01909 476118 – www.bcvs.org.uk

Voluntary Action Broxtowe - Oban House, 8 Chilwell Rd, Beeston, Nottingham NG9 1EJ - 0115 917 8080 – www.vabroxtowe.org.uk

Mansfield CVS - Community House, 36 Wood St, Mansfield NG18 1QA - 01623 392444 – www.mansfieldcvs.org

Newark & Sherwood CVS - Castle House, Great North Road, Newark, Nottinghamshire, NG24 1BY - 01636 679539 – nandscvs.org

Rushcliffe CVS - The Pump House, Abbey Rd, West Bridgford, Nottingham NG2 5NE- 0115 969 9060- rushcliffecvs.org.uk

Practical help with your home

Mansfield- If you live in housing provided by Mansfield District Council, they will provide you with tenancy support. You can register for this when you first take on your tenancy or ask for it at any time. You can ask your personal adviser to help you do this

How to sign up for free use of council-owned leisure centres

At the moment, this section contains information provided by districts who have current leisure offer for care leavers . Once there is a single joint offer from all districts I will remove the individual offers and give details of the single joint offer, including details of how care leavers can register for it in their district.

Mansfield District Council-run leisure facilities offer discounts if you are on some types of benefits. Visit https://www.mansfieldleisure.com/oak_tree/MEM_Centre to find out more

Rushcliffe Borough Council – For care leavers looking to become physically active and socialise with friends, Lex Leisure are offering free swimming in all four of their leisure centres; Rushcliffe Arena in West Bridgford, Bingham Leisure Centre, Keyworth Leisure Centre and Cotgrave Leisure Centre. To access this please email: Alex Julian – Health Development Officer ajulian@rushcliffe.gov.uk

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More information about your Pathway Plan

Your Pathway Plan covers things like your:

- Goals and aspirations around education, training and/or getting a job
- Where you want to live and in what type of accommodation
- Financial support you need to cover your accommodation and bills – this includes support to help you manage your money
- Any physical, mental and emotional health and well-being needs you have and how you will be helped with them
- any contact you may have with your foster carers, parents, wider family and friends, and how they and other people you know might be able to help you to live more independently

You and your PA will review your Pathway Plan every 6 months and this will happen until at least you are 21, sometime until you are 25 depending on your circumstances.

Your expenses (travel and refreshments) in attending your review will be paid for by Nottinghamshire County Council. There will be some circumstances where you will always need to update your Pathway Plan before the regular 6 months. For example, moving into some types of accommodation.

Corporate Parenting Principles

All departments within a local authority are required to recognise their role as corporate parents which covers the following principles:-

- to act in the best interests, and promote the physical and mental health and well-being, of those children and young people;
- to encourage those children and young people to express their views, wishes and feelings;
- to take into account the views, wishes and feelings of those children and young people to help those children and young people gain access to, and make the best use of, services provided by the local authority and relevant partners;
- to promote high aspirations, and seek to secure the best outcomes, for those children and young people;
- tor those children and young people to be safe

and is summarised in the following quotation

"It asks local and central government to up their game as corporate parents, using the level of support that we expect a reasonable parent to provide for their child as a benchmark for how they should approach their role".

Ministerial Foreword
Keep On Caring
Supporting Young People from Care to Independence
July 2016

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Useful Contacts, Resources & Further Support – www.nottshelpyourself.org.uk provides up-to-date information on many of the organisations below

Organisation/Service/Resource	Description	Contact info.
Leaving Care Service/Personal advisers	Contact the Leaving Care Service directly	Telephone: 01158041236 or LeavingCareDuty@nottscc.gov.uk (Bassetlaw, Newark, Mansfield); 01158546318 or LeavingCare.South@nottscc.gov.uk (Ashfield, Broxtowe, Gedling, Rushcliffe)
Complaints	We want to hear your views about our services, good or bad. What you tell us helps us improve services and plan for the future.	Telephone: 0300 500 80 80 Website: http://www.nottinghamshire.gov.uk/contact-and-complaints/complaints/make-a-complaint-comment-or-compliment
Samaritans	We offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you. You don't have to be suicidal. A free and confidential service, 24 hours a day, 365 days a year	Free phone: 116 123 Website: Samaritans.org
Change, Grow, Live & "New Directions"	Change, Grow, Live run New Directions, a free and confidential drug and alcohol service open to anyone over the age of 18 living in Nottinghamshire. They also provide other services including health and wellbeing, mental health, domestic abuse and homelessness	Telephone: 0115 896 0798 www.changegrowlive.org Website: https://www.changegrowlive.org/content/cgl-new-directions-nottinghamshire-newark-mansfield-worksop-hucknall-broxtowe-rushcliffe
Citizens Advice Bureau	The Citizens Advice Bureau helps people to resolve their legal, money and other problems by providing free, independent and confidential advice and influencing policy makers. Some branches can provide legal advice on immigration and asylum cases.	Telephone: 0300 330 5457 Website: https://www.citizensadvice.org.uk/
Catch22	Catch 22 works with young people who are in or leaving custody, involved in or on the fringes of crime, out of work, struggling at school, homeless or facing young parenthood without the safety net of a supportive family. Catch 22 offer practical support services which are flexible, highly personalised and often intensive.	Website: www.catch-22.org.uk
Young Minds	Young Minds is committed to improving the emotional wellbeing and mental health of children and young people and empowering their parents and carers.	Website: https://youngminds.org.uk/

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Missing People	Missing People is a free phone confidential service for anyone who has run away from home or care, or been forced to leave home.	Telephone: 11600 Website: https://www.missingpeople.org.uk/
The Howard League	Free, independent and confidential advice, assistance and representation on a wide range of issues to young people under 21 years old in custody.	Telephone: 0808 801 0308 Website: https://howardleague.org/
Community Legal Advice	Community Legal Advice (CLA) is a free and confidential advice service in England and Wales paid for by legal aid. If you are living on a low income or benefits, you may be eligible for free specialist advice from legal advisers on issues including: • Debt, if your home is at risk • Housing, if you're homeless or at risk of being evicted • Domestic abuse • Separating from an abusive partner, when you're making arrangements for children or sorting out money and property • Special education needs • Discrimination	Telephone: 0345 345 4 345 Website: https://www.gov.uk/civil-legal-advice
The Care Leavers' Association	The Care Leavers' Association provides advice and information about leaving care and your rights and entitlements	Telephone: 0161 236 5665 Website: http://www.careleavers.com/what-we-do/young-peoples-project/leavingcare/
ChildLine	ChildLine is a free national 24 hour telephone help line for any child in trouble or danger. It is a confidential counselling service which offers information and help to children and young people	Telephone: 0800 1111 Website: www.childline.org.uk
National Youth Advocacy Service	The National Youth Advocacy Service is a UK charity providing children's rights and socio-legal services. NYAS offer information, advocacy, legal representation and advice to children and young people up to the age of 25 through a network of advocates	Telephone: 0808 808 1001 Website: https://www.nyas.net/
Refugee Council	The Refugee Council is one of the leading charities in the UK working directly with refugees, and supporting them to rebuild their lives.	Website: https://www.refugeecouncil.org.uk
Become	Become's mission is to provide help, support and advice to children in care and young care leavers so that they can take	Telephone: 0800 023 2033 Website: http://www.becomecharity.org.uk/

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	control of their lives and unleash their potential	
Buttle UK	Buttle UK's mission is the maintenance, education and advancement in life of children and young people who through poverty and family circumstances are in need of, and will benefit significantly from, Buttle UK's support.	Website: https://www.buttleuk.org/
Nottinghamshire County Council LAC & Care Leavers Partnership & Strategy	This partnership is responsible for ensuring the best possible outcomes for all looked after children and care leavers in Nottinghamshire. Their strategy sets out how their shared vision and plan on how they will do this. They are responsible for creating and improving the Local Offer for Care Leavers	http://www.nottinghamshire.gov.uk/media/130637/lookedafterchildrencareleaversstrategy.pdf
Department for Work & Pensions	Information on finding jobs and accessing benefits.	Website: https://www.gov.uk/government/organisations/department-for-work-pensions
Ofsted	The national regulator that ensures local authorities are delivering the best possible outcomes for children in care and care leavers. You can view reports of how Nottinghamshire County Council performs when delivering services for looked after children and care leavers	Nottinghamshire reports: https://reports.ofsted.gov.uk/local-authorities/nottinghamshire
Department for Education	Information from the Department of Education about your rights as a care leaver	Website: https://www.gov.uk/leaving-foster-or-local-authority-care
The Rees Foundation	Supports care leavers and care experienced individuals across the UK. They champion services, projects and interventions with and for care experienced people. They empower and inspire others to effect social change and to improve support, policy, practice and interventions	Website: www.reesfoundation.org
The Rees Care Leavers' Foundation	Offer small grants to care leavers aged 18 to 29	Website: www.thecareleaversfoundation.org
British Red Cross International Family Tracing Service	Helping you trace your family abroad	Donna Boulton DBoulton@redcross.org.uk 01158 505942

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