Your Guide to Leaving Care: Local Offer for Care Leavers 2024/25

Contents

Introduction & Welcome to the Local Offer	2
What is the Local Offer?	2
What are Protected Characteristics	3
What is a Personal Advisor?	5
What is a Pathway Plan?	6
What are my Rights & Entitlements?	6
What if I am preparing to leave care?	6
What is I am a Qualifying Care Leaver	7
What are my Financial Entitlements?	8
What if I am aged 21-25 years old?	10
What If I don't live in Nottingham City?	10
What if I have special education needs/adult social care?	10
What if I have applied for asylum in the UK?	10
What if I am involved in the criminal justice system?	12
What if I pregnant or a parent?	13
Participation & Advocacy	15
How do I access my social care records?	17
What are my housing options?	17
What if I am homeless/at risk of homelessness?	20
Education, Employment & Training	21
What if I want to go into education/keep studying?	21
What if I want to go to university?	22
What if I want to get some work experience?	23
What if I want an apprenticeship?	23
Relationships, Health & Well-Being	25
What if I need support with drugs/alcohol?	26
Having healthy relationships	27
What if I'm in an unhealthy relationship/I feel scared?	27

Get in Touch 28

Directory of Useful Contacts 28

Introduction & Welcome to the Local Offer

Welcome to the Local Offer for care leavers in Nottingham City. The Local Offer has been in place for several years now and sets out how we plan to support you to become successful in whatever you choose to do.

Our Local Offer complements our Children in Care and Care Leavers Strategy 2023 At Nottingham City we see our role as Corporate Parents to advocate on behalf of care experienced children and young people and to support and empower you to make your own decisions in preparation for adulthood.

We want all of our children and young people to achieve their full potential and obtain the best possible outcomes, the same outcomes that we would expect for our own children.

We are committed to our **Corporate Parenting Principles**,

- to act in the best interests, and promote the physical and mental health and well-being, of our children and young people
- to encourage children and young people to express their views, wishes and feelings
- to take into account your views, wishes and feelings
- to help children and young people gain access to, and make the best use of, services provided by the local authority and its relevant partners
- to promote high aspirations, and seek to secure the best outcomes, for children and young people
- for children and young people to be safe, and have stability in their home lives, relationships and education or work.
- to prepare children and young people for adulthood and independent living.

What is the Local Offer?

The local offer includes details of the services and support that available to you as you travel on your journey to independence, it will cover:

- Your Rights and Entitlements
- Your Health and Well-being, with information about staying in good physical, emotional and mental health and services that can support you to manage this.
- Your Relationships to support you develop and maintain positive social networks, reduce loneliness so you don't feel isolated.
- Your Education, Employment and Training to support you with your career goals and help you find the right pathway for you.
- Your Home to support you to find housing that is right for you.
- Financial Support to support you to understand any financial support that is available to you and support you to manage your money

- Your participation in society, to support you to get involved and have your say. Provide you with information about activities, events or volunteering opportunities available in the local area.

The Local Offer is available to all care leavers who are entitled to the service (see My Rights & Entitlements below)

What are Protected Characteristics?

This section provides details and definitions of the ten protected characteristics together with links to support within Nottingham City Council. Discrimination can be against any of the protected characteristics shown below. Only nine of these characteristics are currently protected by Equality Act 2010.

- Age
- Disability
- Gender Reassignment
- Marriage and Civil Partnership
- Pregnancy and Maternity
- Race
- Religion and belief (or lack of)
- Sex
- Sexual Orientation
- Care Experience

Care Experience

In 2022, the Independent Review of Children's Social Care recommended 'Care Experience' should be made a Protected Characteristic in law. The Governments response to this recommendation is yet to be published, therefore the Equality Act 2010 has not yet been updated to reflect this.

Nottingham City Council passed a motion for 'Care Experience' to be recognised as a protected characteristic in January 2023 and were amongst the first local authorities to do so.

Nottingham City Council therefore resolves:

1. that when making any decisions in relation to its policies or formulating its Council Plan it recognises that care experienced people are a vulnerable group who face discrimination;

2. that it recognises that councils have a duty to put the needs of vulnerable people at the heart of decision-making through co-production and collaboration;

3. that in the delivery of the Public Sector Equality Duty the Council includes care experience in the publication and review of Equality Objectives and the

annual publication of information relating to people who share a Protected Characteristic in services and employment;

4. that the Council will treat care experience as if it were a Protected Characteristic so that future services and policies made and adopted by the Council should be assessed through Equality Impact Assessments to determine the impact of changes on people with care experience, alongside those who formally share a Protected Characteristic;

5. to formally call upon all other bodies to treat care experience as a Protected Characteristic until such time as it may be introduced by legislation;

6. to formally call upon all other bodies to adopt corporate parenting for children in care and care leavers until such time as it may be introduced by legislation;

7. for the Council to proactively seek out and listen to the voices of care experienced people when developing new policies based on their views.

If you have any further questions or queries, then please feel free to contact EDI@nottinghamcity.gov.uk

What is a Personal Advisor?

Your Personal Advisor will be introduced to you when you are 16 years old and will attend your child in care reviews to support planning for when you are 18-year-old.

When you are 17 ½ they will alongside you and your social worker to support you to as you prepare to leave care. Your Personal Advisor can work with you up to your 25th birthday.

What is a Pathway Plan?

When you are 15 ¾ your Social Worker will work with you to put your first pathway plan in place by your 16th birthday, this will replace your care plan. Pathway planning will continue until you are 21 years old, or up to your 25th birthday, if you continue working with us.

The pathway plan gives you and your Social Worker/Personal Advisor a place to record your views, your aspirations & goals and the support you might need as you travel into adulthood and independence. The pathway plan will cover the following areas:

- Safe and suitable accommodation
- Education, training and employment
- Finances and money
- Good health: physical, emotional and mental health
- Identity
- Family/relationships/social networks

You may have some particular personal circumstances and the pathway plan will set out what particular /extra support you might need:

- You are an unaccompanied (or former) unaccompanied asylum-seeking child
- You have special educational needs
- You are a young person in custody
- You are a young parent
- You are at university/apprenticeship.

What are my Rights & Entitlements?

Am I entitled to a leaving care service?

If you a care experienced young person you may be entitled to help and support when you "leave care" from Nottingham City Council. The law says you have an entitlement to leaving care services if you are an Eligible, Relevant, Former Relevant or Qualifying young person:

Eligible Care Leaver

- You are 16 or 17 years and you are currently looked after by Nottingham City
- You have been looked after for a period of 13 weeks or more (or periods amounting to 13 weeks) or more which began after you reached your 14th birthday and continued to at least one day following your 16th birthday.

Relevant Care Leaver

- You were an "eligible" child, but you are no longer looked after.
- You are currently 16/17 years old

Former Relevant Care Leaver

- You are aged between 18 & 21 years old
- You were (before your 18th birthday) an "eligible" or "relevant" child
- You will continue to be former relevant until your 25th birthday.

Qualifying Care Leaver

- You are at least 16 years old, but under 21 years old.
- You were "looked after" prior to having a Special Guardianship Order, which remained in place until you were 18 years old.
- You were subject to a private fostering agreement.
- You were successfully "returned home" to a person with parental responsibility for 6 months (aged 16/17); you were previously "eligible" or "relevant"
- You were "looked after" for less than 13 weeks between the ages of 14 to 18 but were looked after for at **least 24 hours aged 16 and 17.**
- Young people aged 16, and under 21 who were looked after in a series of pre-planned short breaks.

What if I am preparing to leave care?

From age 17 ½ you will be introduced to your Personal Advisor who will work alongside you and your social worker until you are 18th helping you plan and prepare for the changes that will happen when you are 18 around your home and your money etc. Your Personal Advisor will:

- work with you until you are at least 21 years old and/or up to your 25 birthday.
- help you to prepare to leave care and become more independent as you move into adulthood.
- keep in regular contact with you, this will be at least every 8 weeks, as you get older you may feel you need less support, you and your Personal Advisor can work this out together and agree how best to keep in touch and how often
- offer advice and guidance to support you to achieve your goals
- work together to review and support you to achieve your goals through your pathway plan

What if I am a Qualifying Care Leaver

As a "qualifying" care leaver, you will not have an automatic entitlement to a care leaving service e.g. a Personal Advisors, 8 weekly visits and a pathway plan, however you are entitled to:

- Advice and support which is provided via our Duty Service.
- Funding for accommodation during college or university holidays, if you are studying full-time away from home, up to age 25.
- Contact from the Leaving Care Service, in Nottingham City, this is an annual contact

You can contact the Leaving Care Duty Service: Monday to Friday between 10.00 – 4.00pm on

- Tel: **0115 876 1341** or **0115 876 1333** or
- Email: **LeavingCare.Duty@nottinghamcity.gov.uk**

All care leavers once you are over 18, are usually financially responsible for your own accommodation and day-to-day living costs, however if you are between 18-20 years old and you are homeless, as a qualifying care leaver you will automatically have a priority need. You can get more information from: Housing Aid: telephone on 0115 876 3300 or go to Housing Aid Website

If you feel you need further support you can request an assessment to be carried out.

Who will complete an assessment?

The Leaving Care Service will allocate a worker to meet with you to assess what support you feel you need.

What will an assessment look like?

The allocated worker will complete a needs assessment, which will focus on the areas which you have asked for support, this may cover (this assessment is based on a pathway plan-part 1):

- Where you Live
- Life Skills
- Health & Development
- Emotional & Behavioural Development
- Finance
- Education, Employment, Training
- Hobbies & Interests
- Family & Friends
- Identity

You will need to provide the assessor with as much information as possible about your circumstances in order for us to:

- Assess if we can offer you additional support
- What support will be offered
- How long the support will be offered

What is I am unhappy or don't agree with the outcome of the assessment?

If you are a qualifying young person and you feel that the assessment has not been properly completed or you don't agree with the outcome, you can submit a complaint. You can do this by visiting the Nottingham City Council website at: **CIS Social Care Complaints (nottinghamcity.gov.uk)** or you can contact the Social Care Complaints Team on telephone: 0115 876597 or email: **socialcarecomplaints@nottinghamcity.gov.uk**

You might want to have an advocate to help you, please see our information page Advocacy on our local offer website.

What are my financial entitlements?

As a care leaver you are entitled to the following financial support:

- Living allowance if you are 16/17 years old (eligible care leaver) and living in supported accommodation
- Living allowance and accommodation costs if you are an unaccompanied asylum-seeking child/or a former unaccompanied child and your asylum claim has not yet been settled and you have no recourse to public funds
- Setting up home allowance of £3000.00 is available to all former relevant young people
- Funds to purchase a passport or a driving licence
- Higher Education Bursary of £2000
- Council tax exemption up to your 20th birthday

What support can I get to help manage my money?

We recognise that managing your money can be challenging and your Social Worker/ Personal Advisor is here to support you to:

- Understand your financial entitlements
- Make a budget plan
- Open a bank account
- Ensure you get financial advice from your bank or
- Undertake a money management course
- Give you information on claiming your Junior ISA if you have one
- Support you to manage your Setting up Home Allowance

If you will need to claim benefits when you are 18 your Social Worker/Personal Advisor can help you set up a claim and understand your responsibilities, every Jobcentre Plus has a worker (these are called a Single Point of Contact) that works with care leavers, so we will make sure you know who this and what support they can offer you.

We can ensure you have some “bridging” funds as it may take several weeks for your benefits to be in place.

Council Tax Exemption

If you are 18 years old you will need to register for Council Tax, your Personal Advisor can support you to register, it is important that they are aware you are care leaver and that you claim any discount available to you such as Council Tax Reduction and Single Person Discount or Student Exemption.

Nottingham City Council offers a Council Tax Exemption Scheme to all care leavers up to the age of 20 if you live in the boundary of Nottingham City. Your Personal Advisor will support you to apply for the Council Tax Exemption Scheme.

The Big Difference Scheme – Severn Trent Water

When moving into independent living, Nottingham City will have direct access to reduced water bills through Severn Trent water.

The Big Difference Scheme will offer a reduction of water bills to all our young people who are required to pay a water rate. This will be a 70% reduction in water bills. Unlike other applicants Nottingham City care leavers will not be required to make an application or show proof of income or household bills but will be automatically given the discounted rate for their new or existing home. The scheme will run until your 25 birthday when it will be re assessed to see if you may still require the reduced rate.

Robin Hood Network Transport Scheme

- If you are engaging in a programme of education or employment that is over 12 hours per week, you may be eligible for a Robin Hood Travel Pass which enables you to travel for free across the Robin Hood Network. Please speak to your Personal Advisor for more information.

What if I am aged 21-25 years old?

Following changes in the law, if you are aged 21 (or above) and you are continuing or resuming a programme of education or training, you can continue working or return to the Leaving Care service anytime up to your 25th birthday.

Your Personal Advisor will start to explore this with you before your 21st birthday. If you want to continue or go into education or training, or you are not currently in education or training or employment but feel you need support to achieve this, you can remain working with your Personal Advisor to develop a more education /training focused pathway plan and the steps/support you will need to achieve this. You will agree together what support you will need and how often you will keep you in touch, we will still want to see you at least every 12 weeks and you will still have your pathway plan every 6 months.

If you are approaching 21 and have no plans to return or continue in education or training and are not considering this in the near future, then the service will change on your 21st birthday. You will no longer have a Personal Advisor or pathway plan, however we will keep in touch with you with birthday cards, Christmas cards and a phone call just to check in with you once per year. If you need some advice and guidance, you can always contact our duty service (details below).

If your circumstances change at any time and you think you want support to consider your education or training pathway, you can request to come back to the service and we will ensure you have a Personal Advisor and a pathway plan, from when you resume the service until your programme of education/training ends.

What if I don't live in Nottingham City?

You will have all the same leaving care support as young people that live within Nottingham City, however you may need support to access services in the area where you live, this might include access to education, setting up benefit claims and access to housing. Your Personal Advisor will help you to find out what is available in your local area and will support you to access local service.

What if I have special educational needs/or I am working with Adult Social Care?

If you are entitled to a leaving care service, but have specialist educational needs, you may be entitled to additional specialist support/provision, please see the SEND Local Offer Special Education Needs & Disabilities Local Offer | Ask Lion - Nottingham City Directory

What if I have applied for asylum in the UK?

If you are under 18 you will have a social worker and financial support, when you reach 18 years old, you will be considered a former relevant young person and have you will be entitled to support, but the level of support will depend on your immigration status.

You will have a Personal Advisor and pathway plans; we will always work with you the three possible outcomes (this is known as triple planning) which means:

1) Planning on the basis that you have a positive outcome to your asylum claim and you receive some form of leave to remain
2) Continue to plan and support you whilst you await a decision
3) What will happen if your asylum claim is refused, and you have exhausted all appeal rights.

You will be supported to:

- Study and find work
- Have safe and suitable accommodation
- Have good physical, emotional and mental health
- Ensure your cultural and religious and dietary needs are met
- Medical treatment from the NHS if you are 16/17 years or you are over 18 (but under 21 years old) and in education
- Trace family members from specialist organisations

We understand that the asylum process is difficult and you will need legal support from an Immigration Solicitor to support you. Your Personal Advisor will try and help you understand the process and the possible outcome of your asylum claim:

What if I am granted refugee status?

The Home Office can award refugee status to a person who is recognised as a refugee (as described int eh Refugee Convention). If you have been given refugee status, this is usually “leave to remain” and is awarded for 5 years. Following this you can apply for “Indefinite Leave to Remain”.

What if I am granted Indefinite Leave to Remain?

This is also known as “permanent residence” or “settled status” and it gives you the right to stay in the UK on a permanent basis.

What if I am granted Discretionary Leave to Remain?

Discretionary leave is granted when the Home Office has decided that you do not qualify for refugee status or humanitarian protection, but there are good reasons why you need to stay temporarily in the UK. If you have exhausted all your appeal rights, we will carry out a human rights assessment to decide if removing leave care support would breach your human rights. If it is decided that we can longer support you, you would still receive support from the home office.

What if I am involved with the criminal justice system?

If you are in contact with Police, Prisons or Probation it is helpful that you share that you are working with the Leaving Care Service and have a Personal Advisor, so that we can work together to support you. If you are invited to a police interview or attending a court appearance, please speak to your Personal Advisor who can support you to access a solicitor/duty solicitor.

What if I am working with Probation?

If you have a Probation Officer, we can work together to support you to comply with supervision or requirements. Your Personal Advisor and Probation Officer will offer to meet jointly with you and explore your aspirations and goals, which will be recorded in your pathway plan.

What if I am in custody?

If you find yourself in custody, we want you to know you are still important to us and we want to stay in touch with you. vIf you have a Personal Advisor, we will still visit you at least every 8 weeks and we will continue to work with you on your pathway plan. You can speak to your Personal Advisor about how they visit you as this could be a legal or social visit, or, where possible, a special arrangement with the prison.

If you turn 21 while you are in custody, we will take your lead about whether you still want a Personal Advisor and how you have contact with us to support your release and resettlement.

If you don't have a Personal Advisor, you can contact our Duty Service, for advice/guidance, you are able to ring this number for free if you are in HMP Nottingham. You can request to come back to the service and we will ensure you have a Personal Advisor, pathway planning and regular visits/support, this will include the time you are in custody and planning for release.

We have links with Care Experienced Leads within prisons, should you need to seek advice, share concerns or compliments. It is still really important to us that your voice is heard, we are committed to continuing to offer you opportunities to have your say via our annual surveys, co-delivering training with us via video link, or joining us at meetings using ROTL (Release on Temporary Licence.) Each secure estate has a care experienced Champion or Lead Worker who you can speak to, and there are often opportunities e.g. peer mentoring that you can get involved in.

Preparing for release:

- will work with you, the prison and Probation to find you safe and suitable accommodation

- we will work with your landlord to see if you can keep your tenancy and claim universal credit housing payments (if your sentence is less than 6 months and you were already receiving universal housing credits pre remand/custody) this may be possible
- support you to access your available setting up home allowance
- work with MyBag to provide you with a box of toiletries and cleaning products
- we may be able to provide you with a basic mobile phone (with agreement from Probation) and clothing upon your release, you can talk to your Personal Advisor before your release to see if this is available.
- Additional support is available from our Well-Being Practitioners

What if I am pregnant or a parent?

What if I am a pregnant?

If you are worried you could be pregnant or need some support to think about starting a family, when the time is right for you, you can talk to your Personal Advisor about support with:

- Healthy relationships
- Sexual Health and contraception

Your Personal Advisor can help you access our Family Hub for more advice and information.

If you are pregnant, we can ensure you are in touch with health professionals who will provide you with ante-natal care. The NHS website has lots of information on heath support during pregnancy Your antenatal care - NHS (www.nhs.uk)

Your Personal Advisor will support you to prepare for having your baby and help you to access any financial support that you are entitled to. You can receive the Sure Start Maternity Grant. This is a one-off payment of £500.00 to help buy the essential baby items that you will need when your baby is born. Find out more about Sure Start Maternity Grants on Gov.uk Sure Start Maternity Grant: Overview - GOV.UK (www.gov.uk)

You may be able to receive Healthy Start Vouchers, if you are more than 10 weeks pregnant (or have a child under 4 years old), this to help you to buy healthy food and milk. Your Personal Advisor can support you to apply for the Healthy Start Vouchers at the Healthy Start website:

What if I am a parent?

If you already have a child or children, we want to make sure you have all the support you need on your parenting journey. Nottingham City has a network of Family Hubs that can support you, the Family Hubs are3 based in community venues and some can be accessed online. The Hubs offer lots of different services:

- Antenatal services (midwives)

- Post-natal services (when you have your baby)
- Infant feeding support
- Mental health and wellbeing services, including Healthy Little Minds, Children and adolescent Mental Health Service, Peer support services.
- Family Support Services
- Play and learning activities
- Special educational needs support, advice, and services
- Parenting support
- Healthy Relationships support
- Young Parents together groups
- Housing, benefit, and welfare advice
- Substance misuse (drugs and alcohol) support
- Youth services and Youth Justice

You can talk to your Personal Advisor or find more information on the Family Hubs at: Family Hubs | Ask Lion - Nottingham City Directory and other support is available across the City (please also see Further Support on Page xxx)

Healthy Little Minds provides extra support to help you understand your baby's needs based on you and your baby's individual needs.

- Help and support to talk about any difficulties
- Support to understand your baby's emotional and mental health needs
- Build on strengths to support you and your baby to thrive.

More information and a self-referral to Healthy Little Minds visit: Healthy Little Minds SSBC (smallstepsbigchanges.org.uk).

Young Mums Connect: works with young mums to build your confidence as a parent and have ta healthy parent-child bond. Explore and encourage you to use your support systems and ask for help if you feel you need it. Support you to think about your future goals and aspirations. For more information, speak to your Personal Advisor or visit: Young Mums Connect

Baby Basics: This project aims to support new mums/families who might be struggling financially. The project can support with essentials and equipment to mothers and families who are unable to provide these items for themselves. The project works with midwives, health visitors and others to provide support directly which can include: a 'Moses Basket' of clothing, toiletries, and essential baby equipment. For more information, speak to your Personal Advisor or you can visit the Baby Basic Facebook page.

What is the Family Nurse Partnership?

The Family Nurse Partnership works with first-time mums who are still teenagers. If you have a Family Nurse, they will visit you at home, providing support and advice

for you and your baby. For more information you can speak to your Personal Advisor or for more information, you can visit Children's Public Health 0-19 Nursing Service: Nottingham City Care

What if I need help with childcare?

Your Personal Advisor can support you to explore the childcare that is right for you and any financial support that is available.

There is lots of financial support available to help you pay for childcare, which will depend on your individua circumstances. You can find more information about help with childcare at: Help paying for childcare: Childcare you can get help paying for - GOV.UK (www.gov.uk)

What if Children's Social Care are involved with my child?

If Children's Social Care become involved with you and your child your Personal Advisor can support you to understand the process, this can include support to make sure and help you understand the process and what is happening, what plans are in place and what might be expected of you, to support you at meetings and make sure that your opinion, wishes ad feelings are heard.

If you/your child is going through the adoption process, your Personal Advisor will support you, there is additional support available through the East Midlands Adoptions Agency. This is a completely free service providing emotional support, or more practical support like helping with letterbox exchange, meeting with adopters

What about planning for my future?

We understand that through you are a parent you will still have ambitions and goals for your future and when you are ready, your Personal Advisor will be able to talk you about support available for you and your child if:

- You want to return/continue your education
- You want to return /go into training or employment
- You want to get some advice and guidance on your options
- Transport
- Childcare

Participation & Advocacy

How is my voice heard?

It is very important that you feel involved in all decisions and planning that affect your life this includes meetings and in your pathway plans.

Your Personal Advisor can support you at meetings to make your views, wishes and feeling are heard and that you understand outcomes. Your Personal Advisor can support you to access an independent advocate who can offer additional support (see below).

How do I get involved in Local and General Elections?

Another way of getting your voice heard is through local and general elections. From the age of 18 you have the right to vote and to do this you will need to register on the "electoral role". Being on the electoral role can also make it easier to do things like open a bank account, apply for housing, or get a passport. You can speak to your Personal Advisor if you need support to register.

What is Advocacy Support?

An advocate can offer you additional support to challenge decisions that have been made about you, they can give you independent information on your rights and can be with you /speak for you in meetings with your consent.

Advocates can also support you to make a complaint if you are not happy about the service/decisions that have been made.

You can access independent advocacy support up to 25th birthday. For more information, please speak to your Personal Advisor

How can I make a complaint or give a compliment?

If you are not happy about the Leaving Care Service or any other service offered by Nottingham City Council, you have the right to make a complaint. You can do this by visiting the Nottingham City Council website at: **CIS Social Care Complaints (nottinghamcity.gov.uk)**

To contact the Social Care Complaints Team please
email: **socialcarecomplaints@nottinghamcity.gov.uk**

Or you can telephone: 0115 876597

If you wish to make a compliment please email your feedback to: email:
leavingcare.duty@nottinghamcity.gov.uk

Care Leaver Forum

In Nottingham City we have various forums for you to participate of join in consultations so we can best understand your views.

"The Care Leaver Forum". meets regularly to discuss things that are relevant to you. What you say helps to shape the way we do things in the future for you. If you are interested please discuss with your Personal Advisor or ring the team: 0115 8761333

We also offer a range of opportunities for you to feed in your views or be part of be part of shaping services, our young people have met with Inspectors from Ofsted and taken part in Peer Challenges, interview panels to recruit staff, staff development days and workshops to develop our Local Offer and Pathway Plans, your Personal Advisor will also let you know what is coming up and how you can get involved.

Every year we host a *Have Your Say Survey* which gives children and young people the chance to share their views and experiences. The survey was designed with young people, as a way of measuring the success or otherwise of the pledges in the Children in Care and Care Leavers' Charter.

Survey findings are presented to the Corporate Parenting Board and then shared with services and teams. The survey results help us to make improvements based on your feedback and we summarise this in a `You Said, We Did' summary which is sent to all young people.

How do I access my social care records?

You have the right to see the information that we keep about you, this includes your files from when you were a child in care.

If you want to see your social care files, you will need to make a request in writing and provide some proof of identification. If you don't currently have your identification documents, your Personal Advisor can support you to get this and/or confirm your identity. You can make the request via the Nottingham City Council website at: GDPR and Data Protection Act 2018 (nottinghamcity.gov.uk)

You may need some support reading your files, in terms of the information you will see, or you may need help to understand your past and your Personal Advisor can support you with this. We can also support you to access independent support from the Rees Foundation to receive and review the information in your file. If you think you would like to access this please contact your Personal Advisor, who will set this up for you.

If you make a request the council legally has 30 days to provide your records however if there are lots of files and documents so sometimes it can take longer.

The Care Leavers Association has created a leaflet and information regarding accessing your records, you can access this at: Access To Records – The Care Leavers Association

What are my housing options?

We understand that one of the most important decisions you have to make as you approach your 18th birthday is where you live. It is important that where you move to is safe and suitable and feels like home.

Your social worker and Personal Advisor will support you to understand the options that are available and help you decide on the best option for you.

Things to Consider……

Young people often feel that they want their own flat when they reach 18 years old and it is the law that they must be given one, this is not the case so you need to consider if having the responsibility of independent living is right for you, you will need to consider that:

You will have to pay the rent and the bills yourself either through your wages or through universal credit payments (sometimes it can be a mixture of both). Before you are 18 it is important to think about do you feel ready to live alone?; what support will you have to make sure you don't feel lonely or isolated?; do you have the practical skills to budget your money?; do you feel able to manage tasks like cooking, cleaning and looking after yourself?

Your Social Worker/Personal Advisor can talk to you about the support that might be available depending on your choice of housing pathway.

What are my housing options if I am 16/17 years old?

If you are 16/17 years old, your social worker will make sure you are in safe, suitable accommodation.

If you don't have a social worker anymore but you are under 18 we will make sure you have somewhere safe to live.

What are my housing options if I am over 18 years old?

We will make sure you have safe, suitable accommodation to move into as you reach your 18th birthday. Where you live will be planned by you, your social worker and your Personal Advisor.

Staying Put

A staying put arrangement is for young people who live with their foster carers when you reach 18 years old. This arrangement means you can stay at home with your foster carers until you are 21 years old. For more information please speak to your social worker and/or see our Staying Put Leaflet.

Supported Lodgings

You may already be with a supported lodgings provider when you reach your 18th birthday. If you want to remain, your social worker will work with you and your host to

put in place a post 18- supported lodgings agreement, you can stay in supported lodgings until your 21st birthday.

Supported lodgings is a great stepping-stone to living independently, it means you live with a host/supported lodgings provider in their home, you will pay rent and bills, but have people around you, if you don't feel ready to live on your own.

Shared Lives

If you are currently living with your foster carer and have a disability or support needs that means it would be difficult to manage living alone without support, then Shared Lives can enable you to stay with your current foster carer. Shared Lives is available to young people who have been assessed under the Care Act 2014, you and your carer can speak to your Social Worker who will be able to give your more information.

Supported Living/Specialist Accommodation

If you are a young person with disabilities you may need an assessment under the Care Act 2014 to assess which options will best meet your needs, this could be living independently with support or accessing more specialist accommodation. Your social worker will be able to support you with the assessment and talk through your options.

Supported Accommodation

Supported accommodation can be a shared house or flat, where you have your own room but share some facilities with other young people. You would develop a plan with your Personal Advisor and key worker to support you to continue to develop your independence skills until you feel ready to live more independently.

If you require supported accommodation, your Social Worker/Personal Advisor will support you to do this by referring to the Housing Gateway and supporting you through the assessment and offer process.

Social Housing Independent Tenancy

It can take a long time to be offered accommodation of your own from social landlords (this includes Nottingham City Council Housing and other housing associations).

Your Social Worker/Personal Advisor can support you to apply to the Housing Register when you are 17 years old, this means that when you are ready to live independently you can begin bidding for properties and building up waiting time on the register.

When you apply to the Housing Register with Nottingham City Homes you will have priority status and be given priority "banding" up to your 21st birthday.

Privately Rented Accommodation

Renting privately is where you rent directly from a landlord, this could be through directly with a landlord or through a letting's agency.

Private rents can be high and landlords may not accept people on a low income or benefits.

Landlords can request a guarantor (someone other than yourself) who agrees to pay for any missed rent payments or damages. Nottingham City Council is unable to act as guarantor for our young people.

Private renting is not always secure with tenancy agreements reviewed every 6 or 12 months. You will usually have to pay a deposit and on top of that can be asked to pay 4 weeks rent in advance.

If you are receiving universal credit, you can still get the housing element, but you would only receive the higher rate of housing benefit (as you are a care leaver) until your 25th birthday, so it is important to be realistic if the private rent is affordable.

If you want to private rent your Social Worker/Personal Advisor will work with you to understand if a private rented property is suitable and affordable. If the rent is affordable and you want to go ahead, we can consider using your setting up home allowance to fund a deposit/rent in advance.

Sharing /Lodging with Friends/Family

It can be less lonely to share with friends and cheaper than managing a tenancy on your own. It is a good idea to have a written agreement with the people who you are living/sharing with about rent and bills, rules or responsibilities and a notice period.

University Accommodation

If you are going to University we will support you to find accommodation whilst studying and in the vacation periods. Often Universities provide accommodation (halls of residence), or you may choose to rent privately. Your Personal Advisor will discuss the accommodation and funding options with you.

What if I think I am at risk of homelessness/I become homeless?

If you feel you are at risk of homeless, please contact your Personal Advisor as soon as possible. Housing Solutions are there to help and advice you to prevent you becoming homeless or work with you if you find yourself homeless.

As a care leaver you legally have a "priority need" if you are under 21 years old. This will be considered if you have presented due to being at risk of homelessness/ homeless. Housing Solutions will check if you have a local connection to Nottingham

City and will want to talk to you about why you have become at risk of homelessness/homeless.

Housing Solutions will carry out an assessment, whilst they are completing the assessment they may place you in temporary accommodation. The outcome of the assessment may mean you are offered accommodation, however this does not mean you will be offered your own flat, as you may be offered other accommodation that is available for you for 6 months or more, that would be considered suitable.

Education, Employment & Training

My Personal Education Plan (PEP) and Pathway Plan

It is important to us that you have the right support to achieve your goals, so we will make sure you get the right advice and guidance about your career goals.

If you are studying (up to end of Year 13) you will have a Personal Education Plan (PEP) and your plans and the support that we can give you will be recorded in your PEP and pathway plan.

We have an Employability & Training Support Co-ordinator, who can work with you to make decisions and support you to access the right option for you whether that it is re-sitting GCSE's/A-levels, finding work experience, applying for an apprenticeship, accessing college course, gaining employment, or going to University.

What if I want to go into Education/Continue Studying?

Going to college or university can increase your chances of moving into job/career you want in the future. Financial support available to you:

16 to 19 bursary for college or sixth form

If you're aged between 16 -19 years old, you can get a bursary from the establishment where you are studying of up to £1,200; this is to help you cover costs:

- Transport to get you to /from college or sixth form
- Particular equipment you might need for your course
- Fund course related trips
- Uniform or suitable clothing

What is I am over age 19 and want to go to college?

Discretionary Learner Support Fund

If you're over the age of 19 you can apply for support from the institution's "Discretionary Learner Support Fund". There's no set amount you can be entitled to, but we will check that you have what you need and support you to apply for this.

If you're over the age of 19, studying for a level 3 course and have got an Advanced Learner Loan to help with your fees you might also be able to apply for a bursary. The Advanced Learner Loan will have to be paid back, but we can support you to put this in place.

If you're claiming Universal Credit you may be able to get help through the Job Centre Flexible Support Fund. You can find out more from the Turn2 US charity website. Getting Into Work - UK and Multiple Nation Wide Schemes | Turn2us

Nottingham College

If you are planning to study at Nottingham College, they can Also provide you with:

- Access to an Achievement Coach,
- Well-being support and health advice
- Support through the college and your personal advisor to support your attendance
- A named person to support in you to get an appropriate work placement or work experience
- Support to visit the colleges if you just want to find out more

What if I want to study at University?

We will support you to study at the university of your choice. Additional financial support is available:

- Living allowance
- £2,000 bursary (over the duration of your course)
- Vacation accommodation costs (up to 21 weeks on non-term time rent)
- Travel costs at the beginning/end of term

In addition we will support you to apply to Student Finance England for financial support with tuition fees or arranging student loans.

Attending Nottingham University/Nottingham Trent University

Both these universities offer additional options for Nottingham City care leavers:

The University of Nottingham:

- A care leaver mentor that can be contacted at any time during the application cycle for information advice and guidance.

- Money Advisors to help you apply for all you are entitled to and work out a budget to suit your needs and interests before you get to university.
- For more information visit: Care Experienced Students - The University of Nottingham

Nottingham Trent University:

- A Transition Team Service.
- A named Senior Student Support Advisor.
- Group and 1-to-1 mentoring specifically for care experienced students. This includes online sessions on research options, student finance, filling out applications.
- Money Management Workshops.
- Termly e-newsletters for Care Leavers and Care Leaver student focus groups.
- For more information visit: Support for care leavers and estranged students | Nottingham Trent University

Nottingham University & Nottingham Trent University can also offer pre-entry programmes which will include:

- Campus visits before you begin your course
- Bursary of £1000
- Guaranteed offer of university accommodation
- Vacation accommodation in halls of residence throughout the summer vacation
- A personal health and well-being pack.

What if I want to get some work experience?

If you're not sure what you want to do, work experience can give you a taster of what it would be like to work in a certain field/job. We have a "Work Inspiration Scheme" which is run by Nottingham Trent University and offers a wide range of options.

Nottingham College can support you to find a workplace placement or work experience if you are working with the Leaving Care Service and you are not enrolled in the college.

If you are receiving benefits, the Department for Work and Pensions (DWP) are working with Health services to offer work experience to care leavers, to give you an opportunity to experience working in health services.

Please talk to your Personal Advisor for more information about gaining work experience.

What if I want to have an Apprenticeship?

Apprenticeships are a great way of gaining further qualifications and "on-the-job" training, particularly if you don't want to be in a classroom environment all the time.

Nottingham City Council know that these are hard to get so will make sure that you and your Personal Advisors are told about any apprenticeship opportunities within the City Council at the same time as going to our recruitment partners. You will also be offered wrap around support. This would include regular review meetings with apprentice managers and PA's; and where needed, access to the additional support e.g. Maths / English support, resilience coaching and mentoring sessions.

- Apprenticeships are very popular and securing an interview can be difficult enough. With this in mind, we will guarantee you an interview should meet the minimum criteria of the role.

We will also provide additional support by:

- Making sure that any apprenticeship assessments or interviews are at a place that is right for you.
- Helping with transport costs to attend interviews for training, school/college, apprenticeships, or job interviews.
- Preparation for interviews and where appropriate financial support to purchase suitable interview clothing.

What other support is available?

Employability & Training Coordinator

We have a specialist worker in the team, who can work with you to explore your options for employment, training and education and look at what support you might need to get there e.g. build your experience by applying for work experience or taster days, support you to develop your CV and link you into other specialist support with applying for jobs / developing your interview skills, such as work coaches from the Futures service.

If you have been out of education or employment for some time, we can support you to develop your confidence and work towards qualifications at a pace you feel ready for, through our in-house employability programme. For more information speak to your Personal Advisor.

Aspiration Champions Network

The service offers bespoke mentor to provide you with support and guidance regarding your education or career choices. Whether you're looking for insight into a particular career choice, ongoing guidance and support regarding your career and/or education options or wanting to undertake some practical work experience. You will be matched with one of our professional Aspiration Champions who will support you by sharing knowledge, experience and help you to make choices and take the next step. For more information speak to your Personal Advisor or visit the Aspirations Champions Network site at: Aspiration Champion Network

Robin Hood Transport Scheme

If you are in part or full time, education, employment or training, you may be eligible for a free Robin Hood Travel pass, giving you access to free travel across Nottingham. Talk to your Personal Advisor for more information.

Relationships, Health & Well-Being

It is important that you have a GP so you can get support with any physical or mental health needs as they arise, have access to prescriptions and check-ups as needed. Your Social Worker or Personal Advisor will support you to register with a GP and a dentist.

Every young person when they reach 18 should be issued with a Health Passport by their designated Nurse or their Social Worker, this gives a summary of your key health information. If you are unsure about this you can ask your Social Worker or Personal Advisor and they should be able to provide you with a copy.

The Leaving Care Service has a dedicated Well-Bering Service, we have two Well-Being Practitioners, that offer dedicated support to young people in the Leaving Care Service. Based in our building at Loxley House, the Well-Being Practitioners can offer one to one support to you if you are feeling anxious, have low mood or feel you need more dedicated mental health support. Please talk to your Personal Advisor who can support you to access this service.

Your Personal Advisor can also offer support around accessing other health services such as:

- Support with sexual health and contraception
- Support with drugs and alcohol
- Access to prescriptions
- Access to other activities to support you to manage your own health and well-being.

Thriving Nottingham

Is new service which provides a holistic approach to health and lifestyle, offering in-person and virtual services across all stages of life. This includes free access to:

- Weight management with programmes like gloji, MAN v FAT and Slimming World
- Smoking cessation support
- Community-based physical activity options
- Personalised 1-on-1 health coaching
- And much more!

For more information:

- Website: Thriving Nottingham | Helping you to live well and feel great https://thrivingnottingham.org.uk/
- Email: hello@thrivingnottingham.org.uk
- Phone: 0115 648 5724
- Social Media:
    - Twitter: @Thrivingnott
    - Facebook: Thriving Nottingham
    - Instagram: thrivingnottingham
    - LinkedIn: thrivingnottingham

Know Your Own Mind

This is a new service, which enables you to have a budget to access support that you feel will support you to have better emotional and mental health. Please speak to your Personal Advisor who will be able to give you more information

Staying Active & Healthy

Your Personal Advisor will be able to offer you support around making healthy choice and healthy livi8ng.

- Free gym membership to Nottingham City Health and Leisure Centre
- Personalised budget via Know Your Own Mind
- Signposting to sports and leisure activities
- Advise and guidance on being active and the benefits of this

C -Card Scheme

Is a free condom scheme for all young people aged 13-24

Offers free, confidential advice and service at various sites across the City delivered by trained advisors

For more information visit: www.ccardnottingham.org

What If I need support with drugs and/or alcohol?

Please talk to your Personal Advisor if you need support with drugs/alcohol use.

Your Personal Advisor can refer you or signpost you to the right support.

Nottingham Recovery Network provides support, advice and treatment to people in Nottingham City re drugs and alcohol. Visit: Nottingham Recovery Network Website

CGL Journey provides a free and confidential drug and alcohol service for young people up to the age of 25. Visit CGL Website or contact them for more information on tel: 0115 948 4314; email: habib.akhtar@cgl.org.uk

Having healthy relationships

It is very important that you have meaningful, supportive relationships with people you trust. Your Personal Advisor support you to understand how to establish and maintain healthy relationships, providing practical advice and emotional support, this might include:

- Supporting you to identify who is important to you
- Reconnecting with family in a safe, supported way
- Maintaining or reconnecting with people/friendships/relationships that are important to you, including people who have cared for you in the past
- Understanding your experiences as a care experienced young person which might involve support to access your social care records
- Support you to explore your identity by offering advice and support around your religion, ethnicity, culture, gender, sexuality, disability or immigration status
- Provide additional support from our Well-Being Practitioners
- Provide additional signposting to other activities/local groups that you may find helpful.

What if I am in an unhealthy relationship or I feel scared?

You should never feel scared in a relationship or feel pressurised into having a relationship with anyone that you don't want to. You can talk to your Personal Advisor about support that is available for you if you feel your relationship is unhealthy or you are experiencing domestic abuse.

If you are in immediate danger always call 999 for an emergency response from the police. Silent calls to the police will work if you are not safe to speak – use the Silent Solution system and call 999 and then press 55 when prompted.

Emergency Text Service: If you can't use a voice phone, you can register with the police text service - text REGISTER to 999. You will get a text which tells you what to do next. Do this when it is safe so you can text when you are in danger. Find out more.

Ask for ANI: If you are experiencing domestic abuse and need immediate help, ask for 'ANI' in a participating pharmacy. 'ANI' stands for Action Needed Immediately but also phonetically sounds like the name Annie. If a pharmacy has the 'Ask for ANI' logo on display, it means they're ready to help. They will offer you a private space,

provide a phone and ask if you need support from the police or other domestic abuse support services.

Get in Touch

The Leaving Care Duty Service is available Monday – Friday from 10.00am – 4pm. You can contact us on **Telephone:** 0115 876 1341/ 0115 876 1333 or **E-mail:** LeavingCare.Duty@nottinghamcity.gov.uk

You can also visit our local offer webpages which has lots of information re local support services at: Extended Local Offer for Care Leavers | Ask Lion - Nottingham City Directory

Please contact us if you need any support or assistance.

If you need immediate support, please contact the Emergency Services on 999

If you are in immediate danger always call 999 for an emergency response from the police. Silent calls to the police will work if you are not safe to speak – use the Silent Solution system and call 999 and then press 55 when prompted.

(Do **NOT** wait to speak to your Personal Advisor)

Directory of Useful Contacts

Organisations that offer support to Care Leavers

Coram Voice can ensure that you know your rights. Advocacy services, ensuring that your voice is heard and acted upon. Contact Always Heard service by freephone 0808 800 5792 (lines open Monday – Friday 9.30am – 6pm, Saturday 10am – 4pm) Coram Voice Website or email help@coramvoice.org.uk

Coram Voice: https://coramvoice.org.uk/myrights/all-you-need-to-know-about-leaving-care/i-am-care-leaver/

Become is a national charity which works to improve the care system and support young people. Their mission is to provide help, support and advice to children in care and young care leavers so that they can take control of their lives and unleash their potential. They want you to reach your dreams through recognising your abilities. Tel: freephone: 0800 023 2033 (lines open Monday-Friday10.30am-3pm), Become Website or by e-mailing advice@becomecharity.org.uk

The Care Leavers' Association is a national user-led charity aimed at improving the lives of care leavers of all ages. We bring together the voices and experiences of care leavers to support care leavers of all ages, improve the current care system and change for the better society's perception of people in care. Care Leavers Website email: info@careleavers.com or tel: 0161 236 5665.

Capstone Care Leavers Trust (CCLT) awards grants to people aged 17-25 years who have been in local authority care in England or Wales and are in need. The

CCLT also offers advice and guidance to young people to help reduce their experience of social exclusion and enhance their life chances. They can be contacted on 0121 374 2601. They will consider awarding grants for lots of different things like training courses, travel costs to places of study/ training. Capstone Website

Catch 22 supports care leavers in the transition from care to independence. They can support with:

- alternative education provision
- support for children who go missing and/or experience sexual exploitation
- skills development programmes such as the National Citizen Service
- housing support and a peer landlord scheme
- apprenticeships and employability services, including Care2Work
- engagement within prison or youth offenders institutes.

Visit: Catch 22 Website

Welfare /Benefits Support

Citizens Advice provides free, confidential and impartial advice on big issues affecting people's lives. They can be contacted on 0300 330 5475 or go to Citizens Advice Website

Welfare Rights is funded by Nottingham City Council and offers free, confidential and impartial advice and advocacy on benefits and tax credits as well as debt advice. Home visits can also be arranged if you are unable to attend an appointment because of mobility problems and advice sessions are run at convenient locations across the city. Tel: 0115 915 1355 Lines open: Monday to Friday 8:30am to 4:50pm. Email: welfarerights@nottinghamcity.gov.uk

You can access information on

- **National Debtline** is a national telephone helpline for people with debt problems in England and Wales, and Scotland. They give expert advice over the telephone and via email and send callers in debt a self-help information pack free of charge. The service is free, confidential and independent. They can also assist callers who wish to deal with their debts through a Debt Management Plan. You can call 0808 808 4000 or contact via National Debtline Website

Support if you are seeking asylum/refugee

Refugee Council website: Refugee Council website

Home Office: Home Office - GOV.UK (www.gov.uk)

Nottingham Refugee Forum (advice and support) Contact us | Nottingham Refugee Forum (nottsrefugeeforum.org.uk)

Conversation Café: Join us at Nottingham Playhouse for our Conversation Café, where refugees and people seeking asylum can come for a free hot drink and a chat. For more information and contacts: Visit: **Conversation Café | Ask Lion Website** **or** Visit: **Conversation Café - Nottingham**

Website - Refugees and Asylum Seekers | Ask Lion - Things to do in Nottingham Directory

Support with Police/Criminal Justice

Care Experience Matters: https://www.gov.uk/government/publications/care-experience-matters

Reducing Criminalisation: https://www.gov.uk/government/publications/national-protocol-on-reducing-criminalisation-of-looked-after-children

Prison Reform Trust: tel: 02072515070 or email: contact@prisonreformtrust.org.uk

Doing Time (a guide to prison and probation): https://doingtime.co.uk/

Women in Prison: tel: 020 7359 6674 or email: info@wipuk.org

Nacro: https://www.nacro.org.uk/

Support if you are a Young Parent

Family Hubs Nottingham City: Children and Families | Ask Lion - Nottingham City Directory

Bestwood Family Hub, Southglades Access Centre, Southglade Road, Bestwood, Nottingham NG5 5GU Telephone 0115 8761890

Broxtowe Family Hub, 18 Strelley Road, Nottingham, NG8 3AP Telephone 0115 8763888

Hyson Green Family Hub, The Mary Potter Centre, 76 Gregory Boulevard, Nottingham, NG7 5HY Telephone 0115 8838202

Meadows Family Hub, Kirkby Gardens, The Meadows, Nottingham, NG2 2HZ Telephone 0115 8761320

Baby Basics Facebook page; Bundles of Hope and Baby Basics Long Eaton | Long Eaton | Facebook

Family Rights Group offers legal advice to families whose children are involved with local authority children's services. TeL: 0808 801 0366 (lines open Monday – Friday 9.30am -3.00pm) or by email at advice@frg.org.uk or visit: FRG Website

Family Lives offers support to anyone in a parenting role for any parenting problem. You can contact Parentline on 0808 800 2222 (lines open Monday - Friday 9am-9pm, Weekends 10am-3pm) or visit Family Lives Website

Families Information Service supports mothers and fathers by helping you to find the right childcare, listing lots of different activities for you to go to with your child as well as providing you with information about free childcare places for 2, 3 and 4 year olds. Tel: 0800 4584114 or visit: Families Information Service Website

Support with Housing

Shelter can support with any issues you are having with housing or homelessness. They can offer legal advice and help you challenge housing authorities. Go to Shelter Website

Framework is a charity delivering housing, health, employment, support and care services to people with a diverse range of needs. Go to Framework Website

Housing Solutions can help you whether you are a council or private tenant or own your home and may soon lose it for whatever reason, need somewhere to live or have been made homeless. You can contact them directly by calling 0115 876 3300 or speak to your Personal Advisor. Go to Housing Aid Website

YMCA hostel provides supported accommodation for homeless people aged 18 and over. They have 98 fully furnished rooms in the City all have shared kitchens and communal rooms. Go to YMCA Website

Nottingham City Council Housing manage around 27,000 homes in the city of Nottingham. If you want to find out more about the services they offer. Go to NCH Website

Further Support: Education, Employment, Training

Princes Trust: Is a national organisation that supports young people to get ready for education, employment or training, by offering a range of different programmes and opportunities, building confidence to get a job with well known organisations or start your own business. For more information speak to your Personal Advisor or visit: www.princes-trust.org.uk

Nottingham Jobs Hub: is a partnership between the City Council, Department of Work and Pension and Futures; providing specialist employment support and skills, including job search to Nottingham City residents who are currently unemployed. Visit: Nottingham Jobs Website

Futures For You: Is a free online or in person service that offers work coaching: support in completing application forms, creating or improving your CV, preparing for interviews or supporting you to explore your options for education, employment or training. just let us know which you'd prefer. Speak to your Personal Advisor or Visit: Get into work in Mansfield - Futures for You

Propel: is a source of information for young people considering higher education and which bursaries/scholarships are available. https://propel/ukk/UK

Building Better Opportunities: one to one personalised support to overcome barriers that are holding you back from employment and education. Please talk to your Personal Advisor or visit Towards Work Website

University of Nottingham: Care Experienced Students - The University of Nottingham

Nottingham Trent University: Support for care leavers and estranged students | Nottingham Trent University
The Who Cares Trust: (Higher Education Handbook) www.becomecharity.org.uk/

UCAS: www.ucas.com/undergrate/what-and-where-study/choosing-course-foundation-degrees

Student loans: www.gov.uk/advanced-learner-loan / www.gov.uk/student-finance

Unite Foundations Scholarship: Unite Foundation Scholarship = Unite Foundation (thisisusatuni.org)

Childcare costs: Childcare Grant: Overview - GOV.UK (www.gov.uk)
Parents' Learning Allowance: Overview - GOV.UK (www.gov.uk)

Care to Learn: support with childcare costs for young parents aged 19 years and under who are studying: www.gov.uk/care-to-learn

Health & Relationships

Safe lives is a national organisation supporting victims of domestic abuse. For more information visit: www.safelives.org.uk

Juno Women's Aid, Nottingham & Nottinghamshire: work with women, children, and teens who have been affected by domestic abuse in Ashfield, Broxtowe, Gedling, Nottingham City, and Rushcliffe. The service offers Crisis support and drop ins, under 18's specialist support, refuge accommodation, survivor advocacy support services, stalking advisory service, family court support, pet foster project. The service has a Helpline open 24/7 (T) 08088000340 or visit the website at https://junowomensaid.org.uk
Women's Aid Integrated Services is a charity working with women, children and teens who have been affected by domestic abuse. They can offer crisis support, drop in, Freedom programme (12-week healthy relationship programme) and refuge accommodation. 24-hour Nottingham and Nottinghamshire Freephone Domestic and Sexual Violence Helpline, with specialist trained female support workers: Telephone 0808 800 0340 (24-hour helpline) or visit WAIS Website
Refuge is a national charity supporting women and children rebuild their lives and overcome many different forms of violence and abuse; for example domestic violence, sexual violence, so-called 'honour'-based violence, human trafficking and

modern slavery, and female genital mutilation. They provide a huge range of support all of which can be found on Refuge Website
Nottinghamshire Sexual Violence Support Services is available to survivors of all genders, aged 13+, and offers many services in addition to face-to-face counselling, with male and female counsellors, and Counselling Line services. Go to NottsSVSS Website
Mojatu Foundation is a Nottingham City based organisation leading in the global campaign to end female genital mutilation (FGM). They also work with partners in organising local, regional and international community events to reduce isolation and enhance social cohesion. Go to Mojatu Website
Karma Nirvana is a charity who supports victims of honour-based abuse and forced marriage. You can contact them by going to their website Karma Nirvana Website
Equation Nottingham: is a Nottingham-based specialist charity that works with the whole community to reduce the impact of domestic abuse, sexual violence and gender inequality. For more information visit:

Support re Mental & Emotional Health

Samaritans Phoneline open 24/7 call for free on 116 123. (E) email jo@samaritans.org
Turn2me: online support groups: anxiety, suicidal thoughts & feelings, depression, stress management and general mental health issues. Visit: Turn2me Website
HOPELineUK: national confidential support service for any young people (under 35) at risk of suicide, or anyone worried about a young person at risk of suicide. Helpline: 10am-10pm Monday-Friday, Weekends 2pm-10pm, and Bank Holidays 2pm-5pm. (T) 0800 068 41 41 SMS: 07786 209697 (E): pat@papyrus-uk.org
NHS Choices Moodzone: Visit the website if you are experiencing stress, anxiety or depression. It offers practical advice, interactive tools, videos and audio guides to help you feel mentally and emotionally better. Visit: Moodzone Website

Kooth is a confidential service offering free counselling, advice and support on-line for young people aged up to 25. Available: Monday to Friday from 12 noon until 10pm each night, and weekends from 6pm to 10pm. Visit Kooth Website

Base 51 is a charity set up in the heart of Nottingham to support a diverse range of young people, where everybody is welcome aged 11-25. Through the project "Feeling Our Way", they provide practical support and activities for young people leaving care. They are there to help you feel healthier, happier and positive about your future.To find out more or get advice contact Base51 on 0115 9525040 or go to the Base 51 webpage for more information.

For Support with Drugs/Alchol

Nottingham Recovery Network provides support, advice and treatment to people in Nottingham City re drugs and alcohol. Visit: Nottingham Recovery Network Website

CGL Journey provides a free and confidential drug and alcohol service for young people up to the age of 19. Visit CGL Website or tel: 0115 948 4314; email: on habib.akhtar@cgl.org.uk

Other Useful Organisations

ChildLine - a free and confidential counselling service for anyone aged under 19 in the UK

Children in Care Council - brings care leavers together and gets their views about the service

Knife Crimes - the first and most complete resource on knife crime in the UK

LGBT Foundation - provides support to people who identify as lesbian, gay, bisexual and trans

The Mix - a support service for young people in the UK

Policy Review Date

Version	***Issue date***	***Review date***	***Changes***
V1	Nov 23	April 24	Annual updates.
V2	May 2024	April 25	

Author:	Lisa Spencer, Service Manager, Leaving Care Service
Policy Approved by:	Ailsa Barr through Senior Leadership – Corporate Director
Date of Policy Review	**April 2025**