



Nottingham City: Leaving Care Local Offer for young people aged 21- 25 Year Olds

What happens when you reach 21 years old?

At least 6 months before your 21st birthday, your Personal Advisor will start to talk you about what might change when you reach your 21st birthday, this will give you time to think about what support you will need when you reach age 21 and beyond.

What If I am aged 21-14 and in Further/Higher Education?

Your Personal Advisor will continue working with you until you finish your course. If you are considering further studying after you finish your programme of education, this will be considered, to assess the if the course/programme of education/training will support you to achieve your ambitions. Your pathway plan will focus on your agreed educational/career outcomes you have been working towards. You may be able to receive financial support, this will depend on your course and your existing income.

We recognise that you are busy studying and now that you are over 21, so you can agree with your Personal Advisor, how often you want to see them, but we would still expect this to be at least once every 12 weeks. This helps us to work with you, if you are finding you need some additional support

You will still have a Pathway Plan review every 6 months, however this will be based on the support you have identified you would like to continue to receive.

What if I feel I still need support after my 21st birthday?

As you approach your 21st birthday, if you have or are experiencing any practical and emotional difficulties which mean that you have or are unable to return to education or training immediately, you can still remain open to the service and work with your Personal Advisor, however this will be based on the support you feel you will still need to help you overcome any barriers that are preventing you from taking up education/employment or training. This may include:

- Your Aspirations: do you need some support to get into or go back to work or college/university, do you need help to progress on your chosen career path?
- Your home: do you have on-going housing issues, that you need support with?
- Are you in custody, do you feel you will need support when you leave custody?
- Your Health: do you have access to your GP and Health Services, what support might you need around your physical and emotional/mental health?

Where it has been agreed that you will continue working with your Personal Advisor, part of the assessment, will be how often you have visits (we would still expect this to be at least every 12 weeks) and that your pathway plan can just focus on the areas where we have agreed to offer support. You and your Personal Advisor will review regularly how you are progressing with a view to supporting you to manage independently when you no longer need the service.



If you have decided you don't want to work towards your education/career goals, at this time, we will support you to identify other services that can provide on-going support. You and your Personal Advisor will review regularly how you are progressing with a view to supporting you to manage independently when you no longer need the service.

What if I feel I don't need further support after my 21st Birthday?

By the time you are 21, you may be settled in your home, managing your money well and feeling confident that you know where to go for support from other services or in the community, if you need it. As discussed above, you and Personal Advisor can talk about this and where it is agreed that you no longer have need of an active service, you can choose to no longer actively work with the service and this will be reflected in your final pathway plan. This means your Personal Advisor will no longer receive calls or visits and you won't have any pathway planning.

Keeping in Touch after your 21st Birthday

Even though you may no longer be working with your Personal Advisor we still want to keep in touch and be there for you if you need us, so you can still contact the Duty Service if you need some advice or support (details below).

We will also give you a call at least once every year to check in and see how you are getting along, if we can't get hold of you, we'll drop you a letter, just to remind you that you contact us if you want to. We will always send you a birthday and festival/Christmas card and email out our quarterly newsletter so you know what's going on in Leaving Care, will do this until your 25th birthday.

What if things change?

If your circumstances change (anytime up to your 25th birthday) and you feel you need help and support with a particular issue or you want to consider how you re-access education or training, you can contact the Duty Service (details) below, who can provide advice and support for a short period of time.

We will work with you to assess your needs and agree what support would be helpful and provide you with a Personal Advisor (we will try and ensure this is your previous worker whenever we can) and will work with you on your pathway plan and supporting you to achieve your goals. You and your Personal Advisor will review regularly how you are progressing with a view to supporting you to manage independently when you no longer need the service.

What if I'm over 25 and need some advice and guidance?

Once you are 25 years old we won't be working with you anymore as the service will come to an end. However, we are happy to always give you any advice and guidance if you need it and still enjoy our young people contacting us to tell us how they are doing or celebrate a success.

If you need any advice or guidance, you can contact us and we will always try and signpost you to the services that will be able to offer you support.

Useful Numbers



Leaving Care Duty Service: Tel: 0115 876 1341 , Monday to Friday between 9.30 – 4.00pm

Leaving Care Duty Email: LeavingCare.Duty@nottinghamcity.gov.uk

Leaving Care Local Offer: [Extended Local Offer for Care Leavers | Ask Lion - Nottingham City Directory](#)

If you need to contact the emergency services please contact: 999

If it is not an emergency but you need to contact the police you can call: 101

Crimestoppers **0800 555111** or [Crimestoppers webpage](#)

Children in Care Police Officers are also available to help Care Leavers.

If you urgently need to speak with someone about your mental health:

Mental Health Crisis Helpline

Nottinghamshire Healthcare Trust

24/7 crisis helpline for all ages across Nottingham City and Nottinghamshire County.

Tel: **0808 196 3779**

Samaritans call **116 123**

For non-emergency medical care, you should visit your chemist or GP or ring 111.