

Nottinghamshire's Local Offer for Care Leavers

Updated 2024



working with



What is Nottinghamshire's Local Offer for Care Leavers?

Nottinghamshire's Local Offer for Care Leavers tells you about all the services and support that we have available for you as a care leaver. 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 how to get the advice and help you need.

To find out more about this offer go to www.nottshelpyourself.org.uk, this will be kept up to date with the latest offers.

In 2023, the Department for Education published an illustrated guide to the [Children's Social Care National Framework](#). This guide looks at four main outcomes and what these mean for you. You can view this online at the www.gov.uk website.



Is it for me?



Being your legal 'corporate parents' means Nottinghamshire County Council and the seven district councils in Nottinghamshire must provide you with certain support and services by law. However, we and other organisations in Nottinghamshire provide these things and more because we know it is the right thing to do and we want to help you find your way.

We want to support you and offer every opportunity you need to be the best you can possibly be and to achieve your goals.

If you're not sure whether the offer applies to you, get in touch with Nottinghamshire's Leaving Care Team or ask your personal adviser if you have one.

In Nottinghamshire, we recognise being a care leaver as a 'protected characteristic' which means we accept there is a duty to put the needs of our care leavers at the heart of our decision-making so that you aren't pre-judged or denied opportunities just because you have been in our care. If you feel that you are being treated differently due to identifying as a care leaver then it is important you speak with your personal adviser or someone in the Leaving Care Team so that we can address this.

If you want information about employment, education, and/or training then you can look at our Achievement Offer at www.nottshelpyourself.org.uk or email achievement@nottsc.gov.uk.



Personal advisers

You will have a personal adviser who you will get to know before you are 18 and they will support you until your 21st birthday. After that you will have access to our dedicated Plus Service personal advisers until your 25th birthday and sometimes beyond.

Your Pathway Plan

We will help you decide what you want to achieve when you leave care, including your future goals and what help you'll need from us – this is called your Pathway Plan.

Independent advocates

You have the right to be heard - an independent advocate can tell you about your rights and help you to get your point of view across in meetings. 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 needs around neurodiversity

You may have a neurodiverse condition or suspect that you might have some additional support needs around this. If so, then we can adapt information, the way we present it, and the way we communicate with you to meet those needs. Please talk with your personal adviser about how best we can support you around this.

If you have a disability, long term health condition or any special educational needs

We support young people with a variety of additional needs. You may have a health diagnosis that means that we have to adapt the support we offer. We will work with you to understand how best to support you to ensure you can access everything you need, at the time you need it. We also have our own Special Educational Needs Local Offer which can be found at **www.nottshelpyourself.org.uk** or you can speak with your personal adviser for more information.



If you identify/identified as an asylum seeker

If you came to the UK from another country in order to seek asylum then some elements of this offer may not be available to you. However, we want to offer you the best support we can and so to help make it clearer, we have developed our own Local Offer for Unaccompanied Asylum Seeking Children (UASC) which can be provided to you in your chosen format and/or language. For more information visit **www.nottshelpyourself.org.uk** or speak with your personal adviser in the UASC Team or 21Plus Service.

If you are in custody, about to leave custody or under a period of probation supervision

We have our own Local Offer for those young people either in custody, leaving custody, or who are linked with the Youth Justice Service or Probation. This explains what to expect from the Leaving Care Service and other professionals and where you can find continuing help and support. It is available at **www.nottshelpyourself.org.uk** or you can contact your personal adviser, youth justice worker, Probation worker or the prison care leaver champion in you are in custody.

If you are already, or you are going to be a parent

If you are or think you might be pregnant, preparing to become a mum or dad or already parenting a child/children, then we can support you and your family unit. We often talk about being a corporate parent for you as someone who has been in our care or left our care, and so this offer is about our role as a corporate grandparent to your child/children. Our Local Offer for parents is available at **www.nottshelpyourself.org.uk** or speak with your personal adviser.



Setting up home



Our setting up home offer includes:

- Helping you find somewhere to live, and supporting you to manage your own tenancy and bills
- Helping you to stay with your foster family until you are 21 (or sometimes even until you are 23), if that's what you both want
- If you are in the middle of a course when you turn 18, and you wish to stay with your foster family until the end of the summer term to finish your course, then we will try and arrange this
- Helping you to be able to access the internet within your home
- Helping you to find housing in an emergency or prevent the risk of homelessness or housing issues by accessing our Homelessness Prevention personal adviser
- You not having to pay Council Tax until you are 25
- You being a high priority on district council housing waiting lists and usually being offered a property within eight weeks (it might take longer) if you have a housing need
- You being able to apply for a local authority home anywhere in Nottinghamshire (excluding Nottingham City)
- We may be able to pay your tenancy deposit and/or act as your guarantor
- Giving you advice and support to help you stay on top of your rent and bill payments.

For more information about the setting up home offer visit:
www.nottshelpyourself.org.uk/settinguphome.

Health and happiness



Free leisure centre access

If you live in Nottinghamshire and you're aged 18-25 years old, then you can access your local council leisure centre facilities for **FREE** as part of the Local Offer.

This means you get a year's free membership to a named leisure centre in your district area, so that you can access the gym, swimming facilities and any classes*.

For more information or to apply for your free membership then please contact your personal adviser or if you are over 21 years then contact the 21Plus Service at 21Plus@nottsc.gov.uk

If you don't live in Nottinghamshire, but you live close to an **Everyone Active** leisure centre and you are a Nottinghamshire looked after young person or care leaver, then we can also explore signing you up for FREE membership to that local leisure centre too!



*dependent on facilities and centre availability and membership is renewed annually.

Being happy and healthy



It is important that you get to express who you are and that you receive the right support to do that. Talking to your personal adviser is a great way to make sure you are accessing all the support you need, when you need it.

We embrace people's individuality and it is important for you to feel safe and secure around who you are. Whether that is to do with your past, your present or your future, it could be around meeting your cultural needs or about your own identity.

Some of the support we can offer is:

Our wellbeing workers - who can support you around emotional and mental health and wellbeing, as well as signpost you to adult services if you need this.

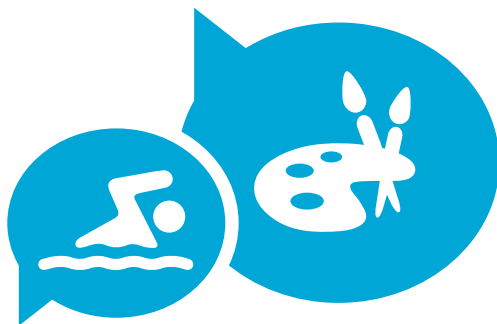
You Know Your Mind - by thinking differently about what helps improve and sustain positive mental and emotional health then we can apply for funding to help support you with this - speak with your personal adviser for more information.

LGBTQIA+ - There are many different ways people define their gender, identity, and sexuality - if you want to access information or support around this then please speak with your personal adviser or you can get more information on what's available in Nottinghamshire at www.nottslgbt.com.

For more information about the Local Offer then you can speak with your personal adviser, or the 21Plus Service. You can also get more information on our websites and apps - please visit www.nottshelpyourself.org.uk.



Things to do



'Coffee and cake' monthly drop-in

We love hearing about what is happening in your life and we might be able to offer some advice or support, or maybe just celebrate your achievements, and so what better way is there than having a catch-up with a personal adviser over some *coffee and cake!

You could chat to us about:

- Employment and training
- Education plans
- Housing
- Financial matters
- General catch-up
- Health and leisure.



These will be held at various venues across Nottinghamshire every month.

So if you want to arrange to meet up with your previous personal adviser/ achievement adviser, or maybe pop in for five minutes or stay the full two hours... it is totally up to you.

This is a **FREE** drop-in session and if you want to attend then bus fares and travel costs can be refunded.

For more information about dates, times and venues please check the Notts Next Steps app or visit www.nottshelpyourself.org.uk, alternatively you can contact your current personal adviser or if you are over 21 years then email: 21Plus@nottsgov.uk.

*Other refreshments will be available



21Plus Service

Our 21Plus Service is for young people that have experienced being in the care of Nottinghamshire County Council and are currently aged between 21–24 years old.

We also have our own 21Plus Local Offer, which tells you more about what support and help you can access. For more information visit **www.nottshelpyourself.org.uk** or contact us.

If you are care experienced but over 25 years then we can still offer you some advice, guidance or signposting, we can also do this if you experienced care within another local authority as we can try and help put you in touch with them.

We can help you access our Nottinghamshire Care Leaver Offer including things like:

- Council Tax exemptions
- Free leisure centre access
- Housing issues
- Access to health services
- Employment/education
- General help and advice.



For more information about the 21Plus Service contact us:
21Plus@nottsc.gov.uk or **0115 804 4154**.

Money



Our money offer includes:

- Supporting you to contact the Department for Work and Pensions (DWP) to make sure you are receiving the benefits you're entitled to
- Helping you in an emergency - we understand that managing money when you first leave care isn't easy and that sometimes things go wrong
- Supporting you financially to set up your first home with the Home Establishment Grant (HEG)
- Helping you to access your Child Trust Fund or Junior ISA, if you have one
- Supporting you financially while you are at university, including £3,465 a year towards your fees, a £2,000 grant and paying for your accommodation all-year-round
- Providing financial support to cover essential costs such as travel, books and exams whilst you're at college.

For more information about the money offer visit:

www.nottshelpyourself.org.uk



Family and relationships



Our family and relationships offer includes:

- Helping you to create a strong and safe support network
- Helping you to understand your time in care and life history and access to support around the impact of this for you
- Offering personal relationship support
- Offering advice about being a care leaver, and helping you to challenge any discrimination you may face as a care leaver as a 'protected characteristic'
- Helping you to find support if you or your partner is pregnant or have a child/children in your care.

For more information see our Local Offer for parents at www.nottshelpyourself.org.uk or speak with your personal adviser.



Health and happiness



Our health and happiness offer includes:

- Supporting you to look after your health and wellbeing
- If you regularly see a health specialist, they will help you to make sure you are supported by adult health services when you turn 18
- If you're having support from Child and Adolescent Mental Health Services (CAMHS), your worker will help you get support from mental health services for adults, if you need them
- Giving you your 'Important Health Information' document or access to our specialist care leaver wellbeing workers
- Making sure information about your health is considered in your Pathway Plan
- Giving you information about local health services and support (you can find this on the local offer website - **www.nottshelpyourself.org.uk/health**)
- If you have a disability, your social worker will work with you to plan for leaving care
- Free access to district council run leisure centres if you reside in Nottinghamshire or a local Everyone Active centre
- Access to apply for our You Know Your Mind grant of up to £350 to spend on things that will help you improve your mental health and emotional health and wellbeing. For more information speak with your personal adviser or the 21Plus Service.

For more information about the health and happiness offer visit:

www.nottshelpyourself.org.uk

Training and jobs

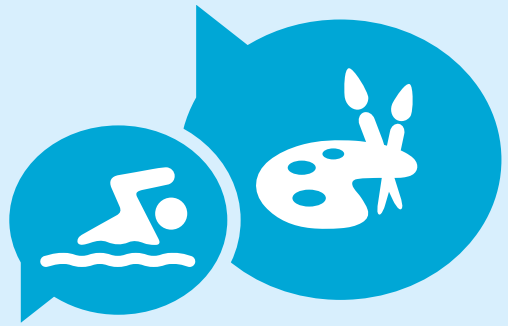


We call this our Achievement Offer and includes:

- Having access to an achievement adviser to work out what your education, training and/or employment goals are, and to build your confidence and skills towards getting the job you want
- Exploring (and when possible providing you with) work experiences to help you decide the kind of job you're interested in
- Encouraging and helping you to secure appropriate training and/or employment, or a place at college or university if that is what you want
- Helping you to secure an apprenticeship if this is what you want. As a care leaver you can access a £3k bursary whilst you complete your apprenticeship
- Nottinghamshire County Council (NCC) and some of our district councils are offering apprenticeship vacancies specifically for care leavers
- Guaranteeing all care leavers an interview when applying for a job or apprenticeship with Nottinghamshire County Council as long as you meet all the 'essential criteria' for the job
- A top-up to your apprenticeship wage to ensure you are receiving the National Living Wage
- Helping you access help with the cost of childcare while you are learning or working
- Linking with local and national businesses to offer you employability briefings. These are opportunities to see what they do and how you could work for them.

For more information about training and jobs then look at our Achievement Offer at www.nottshelpyourself.org.uk or contact achievement@nottsc.gov.uk.

Things to do



Our things to do offer includes:

- Offering you free access to Nottinghamshire County Council's youth centres and activities until your 22nd birthday
- Offering you free access to the Duke of Edinburgh Award Scheme
- Supporting you to join Nottinghamshire's Children in Care Council, so you can get involved in making things better for children in care, and care leavers like you
- Helping you to get all your essential identity documents together e.g. birth certificate, passport, national insurance number (when appropriate)
- Helping you to maintain and/or explore your faith and ethnicity and celebrate important life, faith and cultural events with you
- Offering you discounted/reduced travel passes for buses in and around Nottinghamshire
- Free access to district council run leisure centres if you reside in Nottinghamshire or a local Everyone Active centre
- Celebrating your achievements individually or at our annual achievement event.

Speak with your personal adviser or the Achievement Service at
achievement@nottsc.gov.uk.

For more information about the things to do offer visit:
www.nottshelpyourself.org.uk.

You can contact Nottinghamshire's Leaving Care Team by phone or email:

For Bassetlaw (Worksop and Retford), **Newark and Sherwood**

(Newark-on-Trent, Edwinstowe, Southwell and Ollerton)

Contact: **0115 804 4401** or **LeavingCare.North@nottsc.gov.uk**

For Mansfield (Mansfield Woodhouse, Market Warsop) and **Ashfield** (Selston, Hucknall, Kirkby-in-Ashfield and Sutton-in-Ashfield)

Contact: **0115 804 1236** or **LeavingCare.Central@nottsc.gov.uk**

For Broxtowe (Beeston, Stapleford, Kimberley and Eastwood),

Gedling (Arnold, Carlton, Calverton, Ravenshead, Newstead), and **Rushcliffe**

(West Bridgford, Bingham, Cotgrave, Radcliffe-on-Trent, Ruddington, Keyworth and East Leake)

Contact: **0115 854 6318** or **LeavingCare.South@nottsc.gov.uk**

If you are aged 21 to 24 you can contact the 21Plus Service at:

0115 804 4154 or **21Plus@nottsc.gov.uk**

If you would like to speak with our Achievement Service then you can either speak with your personal adviser or you can email them at

achievement@nottsc.gov.uk

Our Unaccompanied Asylum Seeking Children (UASC) team support looked after UASC and former UASC care leavers until their 21st birthday. You can contact them at **uasc@nottsc.gov.uk**

You can also access all our Local Offers through websites and apps on your phone or smart devices. This information can be provided in alternative formats and languages. If you would like this, then please contact us at the above details.

