Acting in your best interests.

We are offering you a personal advisor who will be in contact with you at minimum of every 8 weeks.

We will talk with you about your life, what you want for the future and how we can support you in achieving your aspirations.

We will take into account your experiences to date, including those people who matter to you, so that we understand your needs, wants and wishes.

You will have a Pathway Plan which is a written record of what you want for your future. This will be reviewed with you at a minimum of six monthly.

Local Offer for Care Leavers

Peterborough City Council

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Detailing all the support and services available to young people

Leaving Care.
Health

As you leave care you will have a final health assessment to ensure you understand your health needs and are supported to make any necessary arrangements.
A looked after children’s Nurse will work with you to provide a ‘health passport’ containing key information from your childhood (for example when you had your immunisations) and your current health needs.
A small passport will be given to you and your full leaving care passport will be on your GP records and you can request a copy at any time.

You will also be supported in completing and reviewing your Pathway Plan.
This will be personalised to you and will signpost to appropriate services in respect to your sexual health and physical and emotional wellbeing.

Physical Health

Your GP will be your main point of contact and the School Nurse team have a Chat health line (need to check with Peterborough team) which you can use.

The national NHS website has A-Z health information, links to how to find GP’s and Dentists and how to access a variety of services

Mental Health and Emotional Wellbeing

If you are feeling stressed, worried or unhappy the best thing is to contact your GP who will be able to assess how you are feeling and recommend certain treatments, for example, talking therapies or medication or refer you to other agencies.

If urgent you can call NHS 111 (option 2 for mental health).

There are many online resources to support you and these can be found on the 'keep your head' website.

There is also CHUMS an emotional well-being service which can provide therapeutic support and KOOTHT an online service offering counselling.

The Psychological Well-being Service (IAPT) teams are there to help people manage issues such as anxiety and low mood for people over the age of 17.
You can self-refer to this service - selfreferIAPT@cpft.nhs.uk or by calling 0300 300 0055.

Special Educational Needs or Disabilities (SEND).

Young people with special educational needs or disabilities (SEND) and who have an education, health and care plan (EHCP) are supported on a smooth and clear pathway to adulthood through the 0-25 Disability Service.

Young people with special educational needs or disabilities (SEND) and their families can access further information about support and services in Peterborough through the Peterborough Local Offer.

Unaccompanied Asylum-Seeking Young People

If you are an unaccompanied asylum seeking young person you can access the British Red Cross drop in service.

You can also receive confidential and discreet support around screening for blood born viruses in your first language via iCaSH.
**Sexual Health**

For confidential advice and contraception including emergency contraception, pregnancy testing, sexual health advice and sexually transmitted infection testing you can contact [iCaSH](#).

You can also get a [postal chlamydia test kit online](#) and access free condoms via the [C-card scheme](#).

**Smoking**

If you smoke and would like help to quit, you can get help by contacting the Peterborough stop smoking service on 0800 376 56 55 or by emailing livehealthy@peterborough.gov.uk

**Drug and Alcohol**

If you need some help with a drug or alcohol problem you can contact [ASPIRE](#) - you can self-refer by attending the centre or by phone.

You can also contact the national drugs website [Talk to Frank](#). - text 82111 or telephone 0300 123 6600.

**Local Services:**

- **Centre 33** offers free and confidential information and support for young people.
- **Women's Aid** - services and support for women experiencing domestic violence.
- **Garden House** offers a range of support services including health and wellbeing related support for young

**Minor Injuries Unit** , City Care Centre, Thorpe Road. (01733) 847000

**National Organisations:**

- **Young minds** - mental health charity.
- **Relate** - To talk about relationship issues.
- **Samaritans** - If you need to talk to someone.
- **Change4life** - For healthy eating and exercise advice.
LEAP offer independent advice around energy efficient homes for new tenants, and who is the best provider for your money. They can also provide support around repairing and replacing your boiler and essential kitchen appliances.

**Accommodation Services**

You will have access to the housing register from the age of 16, but at 17 ½ you will have the opportunity (through your PA) to Band 1 priority social housing.

The housing department will work with you to identify appropriate supported accommodation provision when and if you need it i.e. Foyer.

Your PA will work with you, and an advisor from a Supported Housing provider i.e. Foyer, to look into future housing options.

**Setting up Home**

You will receive £1500 of Financial support to set up your own home, when you are ready to do so.

You can also access advice, guidance and signposting about how to set up new accommodation and to keep the tenancy going.

**Staying Put**

You have the option of 'Staying Put' with your foster carer if you both want this, and we can provide guidance about what this will mean for everyone.

**Staying Close, Staying Connected**

Staying Close, Staying Connected is a partnership between Break and Peterborough City Council. The aim is to change the way young care leavers are supported by putting a framework around young people as they leave residential care that will dramatically transform their outcomes.
Education

We have a partnership arrangement with Peterborough Regional College, and if you come from a different country we will ensure you are supported to learn English.

A named worker who will work with you to get you back into education up until the age of 18.

Financial support for those in Higher Education

Funding of first year's accommodation at university, with financial support through holiday periods. This will be for the first university degree.

Apprenticeships

We will support you to find an apprenticeship, so you have the right knowledge and experience for the type of industry you want to work in.

We will work in partnership with employers in Peterborough to find you a suitable apprenticeship.

Employment

We will work with the Department of work and pensions to make sure your application for ongoing benefit support is processed in a timely manner, with the right information.

Support in writing your CV, this can be through the Care Leaver drop in ‘job club’ every Wednesday from 11am - 1pm or via the Youth Access Hub on Mondays, Tuesdays and Wednesdays from 1pm - 4pm.

Support from the Right Resolutions organisation in partnership with us to get you into work.

Guaranteed place on National Citizen Service for those in year 12 and 13 to help you get experience in work, to add to your CV.

Contribution to specialist work related clothing or support with the purchase of an interview outfit.

Free dry cleaning of your interview outfit at any Timpson's dry cleaning store.
Getting you ready for adulthood

We will ensure you have copies of your Birth Certificate, National Insurance number, a Passport, and any other relevant documents so that you can access education and/or employment.

We will host drop-in sessions to provide information and guidance and help you to link with local agencies and to meet other young people who can access leaving care services. Your PA will give you more details of this.

If you have lost touch with family, we can support you to reconnect with those who are important to you.

We will discuss your individual needs with you and identify what support you need and who can provide it.

We will stay in touch with you up to the age of 25 if that is what you want.

Care Leaver Drop In

every Wednesday from 11am - 1pm

A free haircut on a bimonthly basis at the Care Leaver evening drop in.

Your Relationships

We will support you to maintain or regain contact with family through Reconnecting Roots and PA services.

We will work with you to create a pathway plan that supports you to develop and maintain healthy relationships with peers, friends, and family.

Being part of your community

You will have the opportunity to:

- take part in Children’s Social Care staff recruitment interviews.
- join the care leavers forum which is a community of like-minded people.
- meet with local councillors on specific issues.
- Provide your views, comments, and complaints so we can shape and improve how we do things.

You can join the Children in Care Council or leaving care forum, and as part of the Council, you can access wider council meetings where decisions are made about the ongoing offer to young people in care.
Peterborough Leaving Care Team
Sandmartin House
Fletton Quays
Bittern Way
Peterborough
PE2 8TY
T: 01733 864371
M: 07572 463574