



Leicester
City Council

Preparing for Adulthood


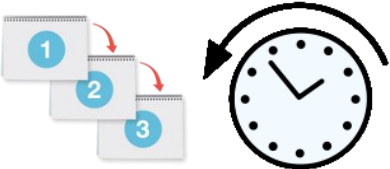
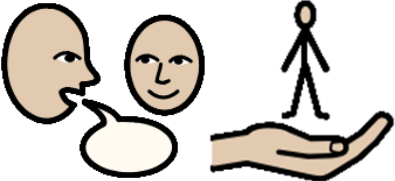
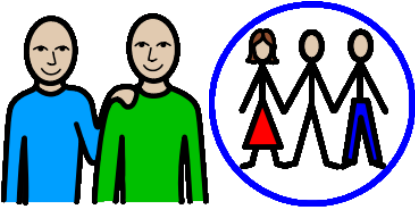



Relationships and the Community

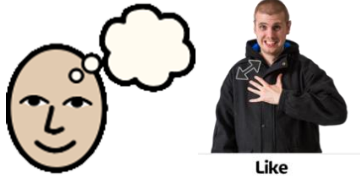
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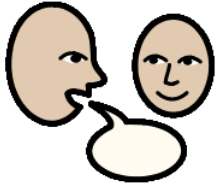
Preparing for Adulthood – Relationships and the Community

This guide is for young people, aged 14 -25 with special education needs and disabilities (SEND) More information is available on the [Local Offer Preparing for Adulthood](#) pages

	<p>Preparing for adulthood is important.</p>
	<p>It is important to start planning early.</p>
	<p>It is important to talk to others who can help.</p>
	<p>These can be friends and family.</p>
	<p>School teachers and support workers/Professionals and other services.</p>
	<p>It is important to start planning and setting goals.</p>
	<p>It is important to let people know your views.</p>

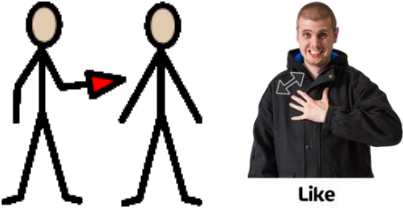

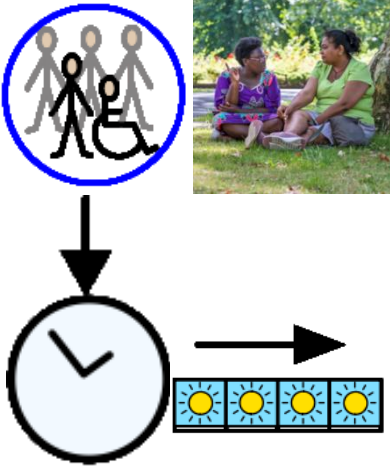






Think about how you will share your views.







Years 9 – 11 (Aged 13 – 16)

Things to think about for the future



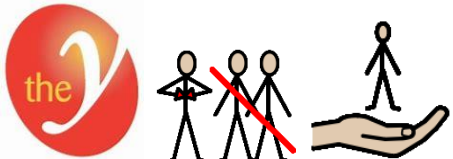
 <p>Stick figures: one pointing to another. Photo: a young man with a 'Like' button below him.</p> 	<p>Think about if you would like to meet up with friends and make new friends outside of school.</p>
 <p>Icon: a group of four people, one in a wheelchair, inside a blue circle. Below it is a clock and a row of four suns with an arrow pointing right.</p>	<p>Think about how you would like to be part of your community now and in the future.</p>
 <p>Stick figures: one pointing to another. House icon with musical notes and a person inside.</p>	<p>Think about how you would access activities.</p>
 <p>Photo: a young man with a 'Like' button below him.</p>  <p>Icon: a hand holding a stack of coins with a red X over it.</p> 	<p>Think about if you would like to volunteer.</p>

Learning skills to be part of the community

	<p>Think and plan how you want to spend your time.</p>
	<p>Know where to look to find places and activities.</p>
	<p>Think about if you need help to access an activity or Short Break.</p>
	<p>Talk to friends to arrange meeting up outside of school.</p>
	<p>Have opportunities to make new friends outside of school.</p>

	<p>Learn to travel on your own. Do you like to get independent travel training?</p>
	<p>Learn to stay safe when using activities in the community.</p>
	<p>Find volunteering opportunities.</p>

Who can help

	<p>Family, friends and School.</p>
	<p>Look on the Local Offer for more information, support and activities and other services that can also help.</p>
	<p>Flat 108 helps young people aged 16-18 learn how to be independent.</p>

BIG MOUTH FORUM

GO DISABLED GO



The [Big Mouth Forum](#) can help you to gain confidence to voice your opinion and meet other young people.

Disabled
Children's
Service



Disabled Childrens Service
May be able to support you to find a [short break](#) or activity.






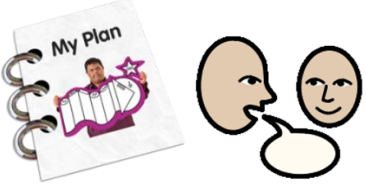
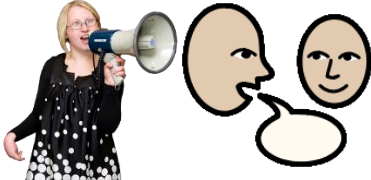
[Duke of Edinburgh Awards](#) support with building skills and making friends.



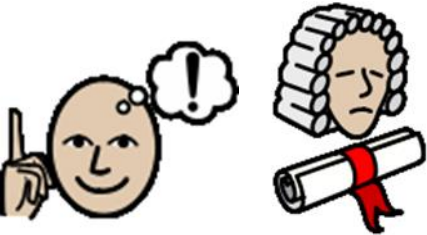




[SENDIASS](#) can help you to understand information and share your views

Years 12 – 14 (aged 16 – 19)



Review your progress




 <p>Goals Year 9</p>	<p>Are your hopes and goals the same as in year 9?</p>
	<p>What is working well? What have you enjoyed?</p>
 <p>Learn</p>	<p>Have you learnt new things?</p>
	<p>Have you been involved in the planning for your future?</p>
	<p>Can you share your views or do you need help?</p>

Things to think about for the future





	<p>Do you understand the changes in law and how they affect you at 18?</p>
	<p>Do you understand what the differences are between children's and adult service support?</p>
	<p>Do you know where to go for support?</p>
	<p>Can you receive support from Adult Social Care?</p>
	<p>Ask people working with you to explain changes in services.</p>






Important skills to learn

	<p>How to keep in touch with friends.</p>
	<p>How to access activities in the community.</p>

 <p>Like</p> 	<p>How to travel on your own. Do you need independent travel training?</p>
	<p>How to stay safe when using activities in the community.</p>




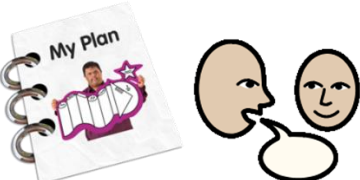
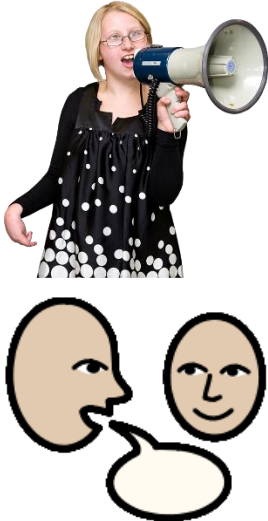
Who can help

	<p>Family, friends and School.</p>
 <p>Information and support for ages 0-25 Families.leicester.gov.uk</p>	<p>Look on the Local Offer for more information, support and activities and other services that can also help.</p>
	<p>Flat 108 helps young people aged 16-18 learn how to be independent.</p>
	<p>The Big Mouth Forum can help you to gain confidence to voice your opinion and meet other young people.</p>


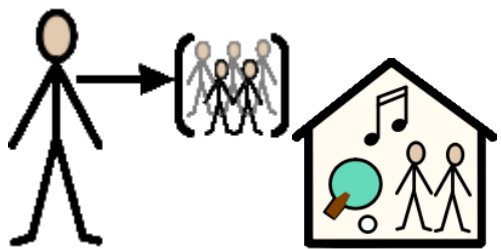


 <p>Disabled Children's Service</p>	<p>Disabled Childrens Service May be able to support you to access a short break.</p>
	<p>SENDIASS can help you to understand information and share your views.</p>
	<p>The National Citizen Service Programme offer volunteering opportunities for young people during Summer holiday or half term.</p>
  <p>Prince's Trust</p>	<p>The YES project and the Princes Trust, can help you with your personal development opportunities.</p>

Post 19



Review your progress

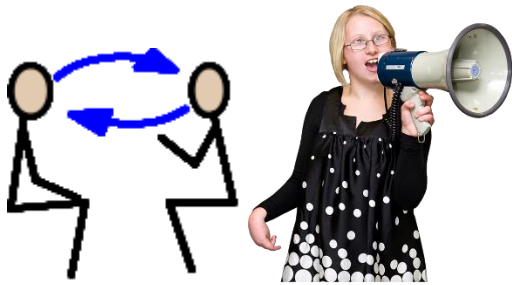
	<p>Are your hopes and goals the same?</p>
	<p>What is working well? What have you enjoyed?</p>
	<p>Have you learnt new things?</p>
	<p>Have you been involved in the planning for your future?</p>
	<p>Have you been able to share your views or do you need help?</p>

Things to think about for the future

	<p>How are you going to keep in touch with your friends?</p>
	<p>How will you take part in activities?</p>
	<p>How will you stay safe in relationships including sexual relationships.</p>
	<p>How will you Stay safe online.</p>

Who can help

	<p>Family and Friends.</p>
	<p>Look on the Local Offer for more information, support and activities and other services that can also help.</p>



The [Big Mouth Forum](#) can help you to gain confidence to voice your opinion and meet other young people. He



The [Health for teens](#) website gives you a lot of advice on feelings, growing up, relationships, lifestyle and sexual health.



[SENDIASS](#) can help you to understand information and share your views.



The [National Citizen Service](#) Programme offer volunteering opportunities for young people during Summer holiday or half term.



Prince's Trust

The [YES project](#) and the [Princes Trust](#), can help you with your personal development opportunities.



[Adult Social Care](#) Support if you require a high level of support.



Leicester City Council has an enablement team and shared lives service that help adults to be more independent. To find out if you can get support contact 0116 454 1004.



Useful information and Contact details

Adult Social Care

<https://www.leicester.gov.uk/health-and-social-care/adult-social-care/>

<https://www.leicester.gov.uk/health-and-social-care/adult-social-care/what-support-do-you-need/preparing-for-adulthood/>

https://www.ageuk.org.uk/leics/?gclid=EAlaIQobChMIjoDHrof86QIVRrDtCh3Zsw1sEAAYASAAEgIcDvD_BwE

Big Mouth Forum

0116 454 4710

www.bigmouthforum.co.uk

City Psychology Service,

New Parks House, Pindar Road, Leicester LE3 9RN

0116 454 5470

<https://families.leicester.gov.uk/send-local-offer/search-for-services/local-authority-services/city-psychology-service/>

Connexions,

2 Wellington Street, Leicester, LE1 6HL

0116 454 1770

<https://www.leicesteremploymenthub.co.uk/job-seekers/connexions-for-young-people/>

Department of Work and Pensions

<https://www.gov.uk/contact-jobcentre-plus>

<https://www.gov.uk/contact-pension-service>

Family information Service,

<https://families.leicester.gov.uk/>

Leicester Adult Education College,

54 Belvoir Street, Leicester, LE1 6QL

0116 454 1900

<https://www.leicester.gov.uk/schools-and-learning/adult-skills-and-learning/>

Leicester City Parent Carer Forum

07723 801676

<https://www.lcpcf.net>

Leicestershire Cares

42 Tower Street, Leicester, LE1 6WT

0116 275 6490

<https://www.leicestershirecares.co.uk>

Local Offer

<https://families.leicester.gov.uk/send-local-offer/>

Menphys

The Menphys Hub, Bassett Centre, Bassett Street, South Wigston, Leicester, LE18 4PE

01455 324020

<https://www.menphys.org.uk/>

National Citizen Service

Leicestershire Education Business Company, 30 Frog Island, Leicester, LE3 5AG

0116 240 7007

<https://www.leics-ebc.org.uk/young-people-parents-and-guardians/national-citizen-service>

Prince's Trust

6 Faraday Court, Leicester, LE2 0JN

0800 842 842

<https://www.princes-trust.org.uk>

SEND Support Services,

New Parks House, Pindar Road, Leicester, LE3 9RN

0116 454 4650

<https://families.leicester.gov.uk/send-local-offer/search-for-services/local-authority-services/learning-communication-and-interaction-team/>

Special Education Needs and Disability Information Advice Support Service (SENDIASS),

1st Floor Alliance Building, 6 Bishop Street, Leicester, LE1 6AF

0116 482 0870

<https://sendiassleicester.org.uk>



Sendiass Leicester



Sendiass

The Carers Centre

Unit 19, 4th Floor, Matrix House, 7 Constitution Hill, Leicester, LE1 1PL

0116 251 0999

Notes

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Questions

Please use this blank page to write down any questions.