

Staffordshire's Local Offer for Care Experienced Young People (Care Leavers)



Contents

- [Introduction](#)
- [What is the local offer?](#)
- [Am I eligible?](#)
- [Our role](#)
- [What we will do \(our corporate parenting principles\)](#)
- [Our Independence Programme](#)
- [The Role of Your Personal Advisor \(PA\)](#)
- [Support post 21](#)
- [What is a pathway plan?](#)
- [Extra Support](#)
- [Finding a home](#)
 - [Social housing in Staffordshire](#)
 - [If you want to live outside of Staffordshire](#)
 - [Young people who are 18+ and at risk of homelessness](#)
 - [Additional information for Unaccompanied Asylum-Seeking Children](#)
- [Finances](#)
 - [Claiming Universal Credit](#)
 - [Additional information for Unaccompanied Asylum-Seeking Children](#)
- [Education, Training, and employment](#)
 - [Virtual school](#)
 - [Entrust](#)
 - [Foundations to employment](#)
 - [Open Door Staffordshire](#)
 - [Additional information for Unaccompanied Asylum-Seeking Children](#)
- [Health and Wellbeing](#)
 - [Breathing space](#)
 - [Your emotional health](#)
- [Loving and lasting relationships and participation in society](#)
 - [We want our young people to be listened to and taken seriously](#)
 - [The voice project](#)
- [Other help and support](#)
 - [Finding a home](#)
 - [Finance](#)
 - [Education, training, and employment](#)
 - [Health and wellbeing](#)
 - [Relationships and participation in society](#)
 - [Additional resources to support care experienced young people](#)
- [Unaccompanied asylum-seeking children \(UASC\) disclaimer](#)

Introduction

This offer details the support and advice that Staffordshire Care Experienced Young People will receive as they leave care.

Participation and co-production are at the heart of what we do. The offer will be reviewed regularly as we are always finding ways to change and improve. We have consulted with our children and young people through The Voice project and this offer includes their ideas and suggestions.

It is important to us that our care experienced young people are both prepared and supported to lead happy, healthy, and fulfilling lives.

As Corporate Parents we have an important role, to ensure that our Care experienced young people have the same opportunities and aspirations when they leave our care, as other young people.

What is the local offer?

The Local Offer sets out the support and services we offer to Staffordshire's care experienced young people.

The Offer is for care leavers up to the age of 25, to help you get ready to live independently in the right housing and employment so that you are well prepared for adult life.

Moving out to live on your own or with friends is a huge step; it will be exciting and challenging at the same time. This local offer will help us make sure you feel safe, supported, and are aware of who you need to go to if you need help.

Just like any good parent, we are here for you, to help you learn the skills you need to be healthy, happy and achieve your goals as you become independent.

The Local Offer covers five areas of life you might need support with:

1. Housing and finding a home
2. Finances
3. Education, training, and employment
4. Health and wellbeing
5. Relationships and participation in society

Your Personal Adviser can help you understand and get the most out of the Local Offer.

Am I eligible?

The Children (Leaving Care) Act 2000 tells us what we must do to support young people who are leaving care; and the support you will receive will depend on what your Leaving Care Status is. Your status will depend on your circumstances and your age. You could be either an 'Eligible', 'Relevant', 'Former Relevant' or 'Qualifying' young person. If you are unsure about your Leaving Care Status, please ask your Social Worker or Personal Advisor. Or you can email our Care Leavers offer team for more information.

Email: careleaverslocalofferteam@staffordshire.gov.uk

Coram Voice

Coram Voice also provides a useful tool to help you to find out your care leaver status, you can find more [information on their website](#).

Our role

Staffordshire County Council is your 'Corporate Parent', which means as you grow towards adulthood, we will support you to learn the skills you need to be able to live on your own and support yourself.

We are committed to ensuring that our young people are prepared for independence.

What we will do (our Corporate Parenting Principles)

- Prioritise and Promote relationships at every interaction
- Be attachment aware and trauma informed – understanding your lived experience
- Act in your best interests
- Promote your physical, mental health and wellbeing; and support you to build your emotional resilience
- Encourage you to express your views, wishes and feelings and take them into account
- We will consider making care leavers a protected characteristic
- Be inspirational and aspirational in our planning with you
- Support you to have access to:
 - Loving, stable homes
 - Quality education
 - Fulfilling work or training opportunities
 - Any other services that you need
- Appropriately prepare you for adulthood and independent living throughout your care journey
- Embed a culture of reflection and learning

Our Independence Programme

Our Care Leavers have told us that they don't always feel prepared for leaving care and becoming independent. In Staffordshire we want to change that. We are committed to ensuring that for our children in care, preparation for independent life starts early and forms part of our permanency planning strategy for young people.

In co-production with our care experienced young people, we have developed the [Staffordshire Independence Programme](#).

The programme is a series of modules to help you prepare for adult life and support you to move to your own tenancy.

The programme is accredited, this means you will get a certificate for completing it and it will show housing providers that you are ready to manage your own tenancy.

The role of your Personal Adviser (PA)

Your PA (and Social Worker) will help you get ready to live independently and offer advice and support after you leave care.

Your PA will be allocated to you within 3 months of you becoming an 'Eligible' young person. You will become 'Eligible' when you turn 16 years old and have been looked after by us for more than 13 weeks. If you are unsure whether you are an 'Eligible' young person, please ask your Social Worker.

Your PA will co-work with your Social Worker to support you until you are 18 years old. When you turn 18, or earlier if you leave care before you are 18, you will no longer have a Social Worker. However, your PA will continue to support you until you are at least 21, and sometimes up to the age of 25 if you need further support.

Support post 21

At 21, your PA will talk with you about what support you want post-21.

If you would like support post 21, you will update your pathway plan with your PA. The plan will outline your needs and what support you will continue to get.

However, if you decide you feel ready to move on, you can step down. This means you will have a 'you call us'. We would no longer be actively working with you, but we will send you occasional reminders to let you know that we are still there to support you if you need us, and to provide you with our contact details.

If you decide you need support, please contact us, and our door will be open until you are 25.

To contact us, you can call the duty worker on the team that used to support you. Please tell the duty worker that you are an over 21 year old care experienced young person, and that you would like some support. The duty worker will then put you in touch with the relevant person.

Duty numbers for teams in each double district are:

Stafford and Souths Staffs: 01785 276800

Burton and Tamworth: 01827 78255

Lichfield and Cannock: 01543 510100

Newcastle and Moorlands: 01538 483129

Or you can email the following email addresses to ask for support:

careleaverofferteam@staffordshire.gov.uk

Where possible, you will keep the same PA. The support you get from your PA will depend on what you want and what your circumstances are. They will talk to you about what support you need and record this information in your pathway plan.

What is a pathway plan?

Your pathway plan will look at your Education, Training, Employment, Health, Finances and Relationships; and will look at where you are living and where you want to live in the future. This is your plan and will be written with you. Your Pathway Plan will set out your needs, views and future goals; and will also set out what we can do to support you. We will review your Pathway Plan with you, at a minimum of 6 monthly intervals, and support you to achieve your goals and reach your full potential.

Extra support

You and your Personal Adviser will look at any extra support you need. You might need extra support because:

- You have special educational needs or a disability
- You are an unaccompanied Asylum-Seeking Child (UASC), and your immigration status is unclear
- You are in or leaving custody or you have had contact with the criminal justice system
- You are a young parent
- You are going through a difficult time in your personal life

Finding a home

Your PA will help you find somewhere to live when you turn 18. This could be:

- Staying with your foster carers
- Supported lodgings – this is where you live in someone’s home, they provide a safe and supportive place to live; the supported lodgings host will offer emotional and practical support, like, cooking, budgeting to help prepare you to live independently
- Supported Accommodation (such as foyers, self-contained flats and shared houses hostel type accommodation)
- Private rented accommodation – however this tends to be an expensive option as private landlords rent their property at the market rate.
- Social housing (sometimes called Council housing), is provided by government agencies or non-profit organisations

Your PA will support you to get set up in your new home. They will help you to purchase essential items for your home, apply for benefits if you are entitled to them and help you to set up and understand the bills that you will need to pay.

Social housing in Staffordshire

There are 8 different district or borough housing authorities you can apply to live in:

- Stafford
- Cannock
- East Staffordshire
- Newcastle
- Lichfield
- South Staffordshire
- Staffordshire Moorlands
- Tamworth

As a care experienced young person, you will have a local connection to every district and borough in Staffordshire up to the age of 21. So, you can apply to any of the above districts or boroughs. You might want to apply to the area you were born in or a place where you have built up links. We have built up positive working relationships within each of the districts and boroughs to ensure you have a smooth transition to your own tenancy.

Depending on which area you live, you could receive support in your tenancy from your new landlord.

Our Care Leavers said...

"Help me make the right accommodation choices, manage my money effectively and learn how to take practical steps to live independently."

If you want to live outside of Staffordshire

There are some restrictions to applying for social housing out of the area as you will need to have a 'local connection' to that area.

If you already live outside of Staffordshire, you will have local connections to the area you now live in if you have lived there for more than 2 years, including sometime before your 16th birthday. You should also have a local connection to that area if you established links there, such as going to college or in employment in that area. The housing authority will then support you to find suitable accommodation.

It is important that you complete the [Staffordshire Independence Programme](#) to help prepare you to learn the skills you need to manage your own tenancy. Your PA, foster carer, residential support worker, supported lodgings host or supported accommodation support worker can help you with this.

Young people who are 18+ and at risk of homelessness

If at any time you are at risk of losing your home, you will be supported by your PA to work with your local district/borough council.

- The district/borough will assess your needs and create a personalised housing plan, which will consider any support needs you may have
- You would be expected to attend all appointments and actively engage with the plan and support offered.
- In most cases you will be provided with temporary accommodation, this may not be in an area of your choice.
- If you are under 21, you should get priority banding for housing. However, this does not always apply and can depend on your circumstances. If we believe that you have not been placed into the correct housing banding, we will challenge this.
- If you are 21 or over, you may have an assessment from the district/borough to assess if you are in priority need. If you do not agree with the decision made regarding your housing situation you can request a review with the Housing Provider, this will need to be done in writing within 21 days of the initial decision. Your PA or our Housing PA can support you with this.

- You can still claim the standard element of Universal Credit if you have 'No Fixed Abode' as Department for Work and Pensions (DWP (Department for Work and Pensions)) have agreed you can use the address of your local Job Centre. If you have any problems with this, please let your PA know as soon as possible, and they can help you to access support from our Leaving Care Welfare Benefits Officer

Staffordshire County Council has 2 specialist housing personal advisors. If you are homeless or at risk of homelessness, we will allocate a housing PA to you who will advocate on your behalf to try to resolve any housing issues and try to support you to access suitable accommodation.

[Additional Information for Unaccompanied Asylum-Seeking Children \(UASC\)](#)

If you are unable to claim social housing because you are waiting for your decision from the Home Office and therefore have no recourse to public funds, we will provide you with accommodation until the Home Office decides on your claim. We will also provide you with a weekly allowance whilst you wait for your decision to be made.

Finances

Financial support is different for everyone depending on what you need. Your Personal Adviser will talk through this with you individually, using the Care Leavers financial regulations.

The financial regulations are reviewed regularly to make sure that they offer everyone what they need, and so our financial offer may change in the future.

We will try to help you financially, including:

- We will give you a leaving care grant of up to £2,000, to help you buy essential things when moving into your own home.
- We will pay your council tax up to the age of 21 once all relevant benefits are considered.
- We will provide or tell you about relevant money management courses.
- We will support you to access your Junior ISA or Child Trust Fund.
- Support you to re-connect and maintain relationships with your family.
- Support you to access a leisure allowance, of up to £30 a month, until you are 21 years old.
- If you go to university, we will pay you a Higher Education Bursary of £2,000 a year for each year of your course.
- We will offer exceptional financial support in emergencies.
- We will give you a financial gift at birthdays and Christmas or other celebrations up to the age of 21.
- We will give you financial incentives for completing voluntary work up to the age of 21.
- We will pay you financial incentives, of up to £20 a day, if you undertake work experience placement as part of our Foundations to Employment project.
- We will pay for one form of photo ID, passport, driving license or citizen card
- If you are pregnant, or have become a parent, we will provide you with 'baby boxes' which will contain a variety of items to support you with your new arrival.

Claiming Universal Credit

We work in partnership with the Department for Work and Pensions (DWP), to support you to plan and claim Universal Credit. Your PA will work with you to prepare your universal credit claim and support you to attend an interview with an identified DWP representative.

It can take up to 5 weeks for your Universal Credit claim to be processed and for you to receive your first payment. If you are going to struggle financially whilst your claim is being processed, please discuss this with your PA and we can offer you some financial support until you get paid.

As a Care Leaver you will have access to direct welfare benefit support should you need it. This support includes applying for any eligible state benefit, checking benefit entitlement, ensuring you are in receipt

of the correct benefit rates, applying for disability benefits and/or appealing benefit decisions made by the DWP. Our welfare benefits officer can also support you to ensure that any council tax bills you receive are correct, inclusive of all reductions, and arrange for payment to be made up until your 21st birthday.

You will need a photo ID, a national insurance number and a bank account to receive payment from employment or benefits.

- We will support you to get your important identification documents, such as a passport or provisional driving license, before your 18th birthday.
- We will support you to get your National Insurance number.
- We will support you to open a bank account.

[Additional Information for Unaccompanied Asylum-Seeking Children \(UASC\)](#)

If you are an unaccompanied asylum-seeking child in the care of the Staffordshire Local Authority, you will be supported to make your asylum claim and access an immigration solicitor who can claim legal aid to support you with your claim. Your PA, foster care or support worker will help you to attend your appointments with the Home Office and your solicitor and will attend with you if you would like them to.

If you are unable to claim benefits because you are in an 'excluded group' due to your immigration status, help available might differ to those not classed as an excluded group. You can discuss this with your PA, and solicitor if you have one, who can help you to find out what financial support you may be entitled to.

Education, Training and Employment

We want you to have the support you need to achieve your goals in life.

The law says we must provide you with expenses linked with employment, education and training. In particular:

- We will give you a Higher Education (HE) corporate bursary of at least £2,000 if you go to university, for every year of that course.
- We will provide somewhere for you to stay during university holidays (or funding for this if you would prefer to make your own arrangements) if you are in full time, HE or full time residential further education and your term time accommodation is not available.

Our care leavers said...

"Help me to understand my options for education, training and employment, support me to make the best choice for me and give me practical and financial help to secure employment and achieve in life."

Virtual school

We will offer you support and advice from the Virtual School until you finish your post 16 education at College or Sixth Form. We will support you through the Personal Education Plan (PEP) process until the end of your time in year 13. The Virtual School Post 16 Team can offer advice and support to you and your personal advisor.

We liaise with the Skills and Employability Service to offer you advice and guidance on your next steps into employment, education or training towards the end of your time in further education or training, this is arranged through the PEP process.

Through your time in care, we offer opportunities to visit universities and find out more about higher education options through programmes such as A2U (Aspire to University) or other opportunities such as attending summer schools, open days or by arranging individual visits.

Entrust

Entrust offers a Careers Information, Advice and Guidance (CIAG) Service to support Throughcare Social Worker/PA responsibilities. Careers Advisers can offer expert, independent and impartial advice and

guidance tailored to the needs of individual young people to help them reach their full potential and make the right decisions about their futures. This includes:

- A careers interview with an action plan in Year 10
- A careers interview with an action plan in Year 11
- Attendance at a Year 11 Personal Education Plan (PEP) meeting to identify progression needs, or provide a current careers action plan
- Support to help 16 and 17 year olds secure an offer of education or training in the local authority area, including help with transition. The offer can include:
 - full-time education in school sixth-forms or colleges
 - an apprenticeship or traineeship
 - employment combined with part-time education or training
- Attendance at an initial Post 16 PEP meeting
- Careers guidance for 16 to 21 years not in education, employment or training, and up to age 25 for young people with learning difficulties and disabilities. For over 18's this will need to be requested by your PA
- A guidance interview with young people who meet the required criteria and are wanting to return to learning post 21 years of age, as requested by your PA

Foundations to employment

The Foundations to Employment project offer a work placement to young people who are leaving or have left care and are not employed or in education/training. when they start their placement – this You will be paid a financial incentive of £20 a day for attending and engaging in your work placement, up to 5 days a week. You will also get a £25.00 incentive on achieving an employability award qualification.

Benefits of the Foundations to employment

- A positive experience of the real work environment
- Increased skills, knowledge and self-confidence
- The learning of disciplines, routines and relationships in the workplace
- Increased levels of motivation

Open Door Staffordshire

[Open Door Staffordshire](#) is an employability programme managed by Staffordshire County Council within the Skills and Employability Team.

The purpose of the programme is to support job seekers over the age of 18 throughout Staffordshire.

We offer 12 weeks' structured work experience usually in the area that the candidate is looking for paid employment.

Therefore, during the placement the candidate gains relevant and up to date skills and experience to add to their CV and increase employability.

[Additional Information for Unaccompanied Asylum-Seeking Children \(UASC\)](#)

If you wish to attend university there are some circumstances, such as not being a British Citizen, where you may be classed as an overseas student by the student loans company and therefore unable to get a student loan.

Our UASC Care Leavers said...

"Help to support me through the complex legal processes around the right to remain in the UK and the education, training and employment opportunities available to me whilst these decisions are being made"

Health and wellbeing

In partnership with Health colleagues, we will support and encourage you to be healthy and provide the help you need to achieve this. We will:

- Provide a health passport before your eighteenth birthday, which summarises your health information and history.
- Signpost you to sexual health services.
- Help you to register with health services, including GP, dentist and opticians when you move home.
- Help you to manage your emotional wellbeing and signposting to other agencies.
- If you have significant additional needs, then we can support you to engage with our in-house Adult Services for an assessment of needs beyond 18.
- Helping you to attend hospital or doctors appointments
- Offer a mentoring scheme, focusing on specific areas to support your wellbeing
- Provide you with sanitary products to combat 'period poverty'

Our Care Leavers said...

"Help me to understand how to access physical and mental health support in my local area, who to contact in an emergency; and how to stay fit and healthy."

Breathing space

Breathing Space Intensive Support will be offered to young people that are currently in care and pregnant with their first child; or young people that are care leavers, who are pregnant with their first child and in need of support to help them to access parenting support, advice and guidance to be able to meet their baby's needs.

One-to-one support will focus on the practical elements of parenting, the emotional needs of a baby, and supporting young parents to access community activities and groups to help them and their baby develop their confidence and skills.

Your emotional health

In Staffordshire, we recognize the importance of supporting you to build your emotional resilience before you leave care.

There are a number of organisations across Staffordshire supporting mental health and emotional wellbeing.

Action for Children have been jointly commissioned by Staffordshire County Council and the Integrated Care Board to provide an emotional health and wellbeing service to children and young people across Staffordshire. This service supports children and young people with low to moderate mental health & emotional wellbeing needs such as low mood and anxiety.

The Action for Children service is accessible to care experienced young people up to 25.

If you require more help, you may need support from another service; usually referred to as CAMHS (Child & Adolescent Mental Health Service).

In Staffordshire there are two CAMHS providers:

The [Midlands Partnership NHS Foundation Trust \(MPFT\)](#) and [North Staffordshire Combined Healthcare NHS Trust \(NSCHT\)](#)

NSCHT cover Newcastle-under-Lyme and the Staffordshire Moorlands (& Stoke-on-Trent) and MPFT cover the other 6 districts:

- Cannock (including Rugeley)
- East Staffordshire (Burton on Trent, Uttoxeter, etc.)
- Lichfield (including Burntwood)
- South Staffordshire (Kinver, Wombourne, Penkridge, Codsall, etc.)
- Stafford (including Stone, Gnosall, etc.)
- Tamworth

Your PA will help you find suitable services from community groups in your local area for mental and emotional health and support.

Loving and lasting relationships and participation in society

As well as support from a PA, we may be able to offer you additional practical and emotional support, such as:

- A mentoring scheme in place for young people up to the age of 21.
- Help to maintain or regain contact with people special to you or who cared for you in the past, such as former foster carers, independent visitors or social workers.
- Providing you with support to help you to re-connect and maintain relationships with your family.
- Supporting you to engage with our Voice Project, to help you to build confidence, develop new skills and make new friends.

Our Care Leavers said...

"Help me to stay in contact with my family network to socialise and take part in local clubs and activities and provide support to help me to understand what makes a safe and healthy relationship."

We want our care leavers to be active members of society, and to have all the chances in life that other young adults have. We can help you participate in society in the following ways:

- Providing information on groups and clubs you may wish to join.
- Informing you about relevant awards, schemes and competitions you can enter, in line with your talents and interests.
- Encouraging and helping you to enroll on the Electoral Register, so you can vote in elections.
- Support you to obtain one form of photo, this can be your passport, provisional driving license or citizen card
- Offering work experience via our links.
- Informing you about voluntary work that we think you may be interested in.
- We will support you to stay healthy and fit, by providing a leisure allowance of up to £30 a month.
- Giving you advice and helping you to challenge any discrimination you face as a care leaver.

We want our young people to be listened to and taken seriously

You should be involved in all decisions about your plans for leaving care. You can have access to an independent advocate if you want to challenge decisions made about you, or if you are unhappy with the support you receive.

Independent advocates can inform you about your rights and help you to be heard in meetings. They are separate from Children's Services.

You can see the information we keep about you, including the files and records written about you when you were in care. Your PA can help you to access these.

The Voice Project

We offer Care Leavers up to age of 25 the opportunity to share their voices and Experiences. The lived experiences of young people in Staffordshire are extremely valuable in supporting and shaping future services.

The Leaving Care Forums are held in Stafford and Burton once a month from 6pm until 7:30pm. We do consultations in the form of activity-based sessions (so always an element of fun involved) and every meeting includes dinner and refreshments. The Leaving Care Forums not only offer you the opportunity to make things better, but it is also a chance for you to meet new people, develop new skills and improve confidence. Many members of The Leaving Care Forum have been involved in delivering training for Social Workers and Staff members, taken part in interview panels and attended conferences all over the UK. If you are interested in finding out more contact The Voice Project at vp@staffordshire.gov.uk or call 01785 253878.

The Hive

Through consultation with Staffordshire Care Experience young people, we have opened 'The Hive'. This is a property in the Cannock area of Stafford, where you can drop in and have access to washing facilities, drying facilities, quiet area, TV area and computer access. Or you can just drop in to socialise and meet new people. We will have visitors dropping in from other agencies, such as DWP, housing, careers service, drug, alcohol support, wellbeing service and sexual health; all who can offer you advice and guidance.

The Hive will run one day a week on a Thursday, 10am till 4pm.

Please speak to your PA about this and they can support you to attend.

Other help and support

Finding a home

- [Staffordshire County Council](#)
- [Stafford Borough Council](#)
- [Newcastle Under Lyme Borough Council](#)
- [Newcastle Housing Association](#)
- [Staffordshire Moorlands District Council](#)
- [East Staffordshire Borough Council](#)
- [Cannock Chase District Council](#)
- [Lichfield District Council](#)
- [Tamworth Borough Council](#)
- [South Staffordshire District Council](#)
- [Shelter](#)

Finances

- [Your local Citizen's Advice Bureau](#)
- The [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
- [Talisman Charitable Trust](#) provide poverty relief grants for education, health, housing, disablement or disability
- The [Money Advice Service](#) provide free and impartial money advice, set up by government
- [The Trussell Trust](#) develop, run, and enable community projects that combat poverty & exclusion including provision of food banks across the County
- [Entitledto](#): independent and accurate online benefit entitlement checker
- [House of Bread Food Bank](#)
- [Warm Home Discount Scheme](#)
- [Central Government's Benefits](#)

Education, training and employment

- [National Careers Service](#)
- [Adult and Community Learning for ages 19+](#)
- [Staffordshire County Council learning options](#)
- [Central Government's Apprenticeships](#)

- [UCAS – Supporting care leavers toolkit](#), providing information and advice to help support care leavers who are applying to higher education
- [Nova Training – training provider](#)
- [PM Training – training provider](#)
- [National Apprenticeships – Direct Gov](#)
- [Volunteering opportunities](#)
- [Propel](#) – information for young people thinking about attending University. Links to details about what support each University can offer to care experienced young people

Health and wellbeing

- [SAVANA charity](#) based in North Staffordshire who provide support for anyone who has experienced or is affected by any form of sexual violence
- [Arch](#) works in North Staffordshire and surrounding areas supporting and tackling domestic abuse, helping to end homelessness and promoting social inclusion
- [Brighter Futures](#) provide a range of services for those whose emotional, physical, social or financial situation leaves them excluded and in need of support
- [PAPYRUS](#) is the national charity dedicated to the prevention of young suicide
- [Young Minds](#) are a national charity supporting young people with mental health support to enable them to have the resilience to overcome life's difficulties
- [Changes YP](#) is a peer support service promoting the recovery of young people in mental distress throughout Stoke-on-Trent and Staffordshire
- [Cognitive Behaviour Therapy \(CBT\)](#) self-help page, which has been proven to help mental health problems

Relationships and participation in society

- [National Youth Advocacy Service](#) (Commissioned to ensure your voice is heard when decisions are being made)
- [Coram Voice](#) enables and equips children and young people to hold to account the services that handle their care
- [National Citizen Service \(NCS\)](#) aims to develop a more cohesive, engaged and responsible society, and participants will improve their communication skills and develop as leaders

Additional resources to support care experienced young people

- [Coram Voice](#) - Coram Voice also have an online tool that you can use to find out what your Leaving Care Status may be, and gives more information about what support you can receive

- [Rees Foundation](#) - Rees Foundation offer help and advice to care for experienced individuals about any concern and are always here to listen. They run several projects that hopefully can make a real difference to care experienced people of any age and want to celebrate all personal and professional achievements of those who have experienced being in care no matter how big or small
- [Care Leavers Covenant](#) - The Care Leaver Covenant is a national inclusions programme that supports care experienced young people and provides lots of information about opportunities for young people
- [Become](#) – is a charity that can offer advice and guidance to care experienced young people

Unaccompanied asylum-seeking children (UASC) disclaimer

Important - In some situations, we may have to stop the support you receive from us due to your immigration status. If you have been refused leave to remain in the UK, and have no further right to appeal that decision, we will complete a Human Rights Assessment with you. We must do this because immigration laws tell us that we cannot continue to support people who do not have any leave to remain in the UK, unless ending our support would breach their Human Rights. A Human Rights Assessment being completed may mean that we can continue to support you, find different ways to help you with your immigration status or that we stop supporting you with accommodation and money and help you to return to your country of origin.