

Support you can get from South Gloucestershire Council if you are leaving care





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About this information

We are South Gloucestershire Council.



This information is about support you can get from us if you are leaving care.

We can work with you to look at any extra support you might need.



We want to listen to you and hear what you say.

We want to make sure the support is right for you.



Your social worker or personal advisor will also talk to you about the support you can get.

Someone to support you when you leave care



You will have someone to support you when you leave care.

They are called a **personal advisor**.



They work for South Gloucestershire Council.

You will meet with your personal advisor at least every 2 months.

You will look at any support you might need.

They will give you support until you are 25 years old.

Speak to your personal advisor to find out more about any support in this booklet.



Making a plan about what you need



We will help you to make a plan about the support you might need when you leave care.

The plan is called a **Pathway Plan**.



You will make the plan with your social worker or personal advisor.

You will look again at the plan at least every 6 months.

That is to see if anything needs to change.



You will get a copy of your plan to keep.

The plan should be in the language you want.



Having a say about your care

You can get support to say what you think about your care and what you need.

There are lots of ways you can do that.



For example, there are groups that listen to young people leaving care and what they need.

They are called **EPIC** groups.



You can also help to make decisions about the support we give people and what you think it should be like.



There are people who can support you to speak up and get what you need.

They are called **advocates** or **mentors**.

Advocates can also help you if you want to say something about your care.

Education, jobs and training



We can help you to look at what education, jobs or training you might want.

For example, you might want some of the things below:

- You might want training to learn how to do a job. You also get paid to do the job while you learn.

This is called an **apprenticeship**.

- You might want to try out a job for a bit to see what it is like.

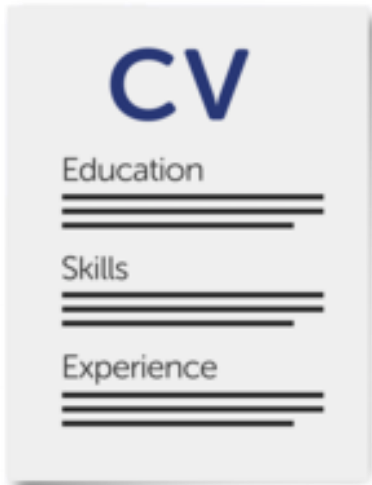
This is called **work experience**.

- You might want support to get a job if you don't have one.





- You might want support to look at what jobs you want in the future if you already have a job.



- You might want support to get ready to have a job.

For example, you might want support to write a CV.

This is a document that talks about you and what you can do.

Money to help with your education or work

You might be able to get some money to help you do the things below:

- Go to college or university.
- Do an apprenticeship.
- Buy clothes for job interviews.

We can look at this with you.



Your health



We can help you to get a doctor, optician or dentist.

We can go to the doctor with you if you want us to.

You will get a **health passport**. This is a small book that has all your health information in one place.

You can get a free health check every year if you have a learning disability.

They are called **Annual Health Checks**.

We can think about mental health support with you if you are sad or worried.

We can help you get other support you might need to do things every day. This is called **adult social care**.



Support to do things on your own

We can support you to learn new skills to do things on your own.

We can also support you with things like:

- Learning to drive.
- Getting a TV licence so you can watch TV.
- Getting a mobile phone.



We can support you to get the important documents you need.

Like your passport, birth certificate and National Insurance number.



We can support you to get some money to live on if you can.



That includes money from the government like **Universal Credit**.



You can also get £3000 when you leave care to buy things for your home.



Having somewhere to live

We will work with you to think about where you want to live.



There are some choices about where to live.

For example, you can try living in a flat for a while to learn new skills for living on your own.

You can do this if you are between 16 and 21 years old.



You might live with a carer.

You might want to carry on living with the carer if you can.



There are other ways to live in someone's home or on your own.

That includes paying rent to live somewhere.

Or getting support to live in a flat on your own or with other people.

Finding out about your past



We are always happy to talk with you about your life in the past.

We can support you to look at information about you and your life.

This information is called **records** or **files**.



If you came to this country on your own from another country

We will help you to get the right support if you came to this country to be safe.

We can also help you to find your family.

We can do that if you are under 18 years old.



How to find out more

Speak to your personal advisor about any of the support in this document.



You can also get an app on your phone. It is called the **Bridges SG** app.

The app gives you lots of information that might help you when you leave care.



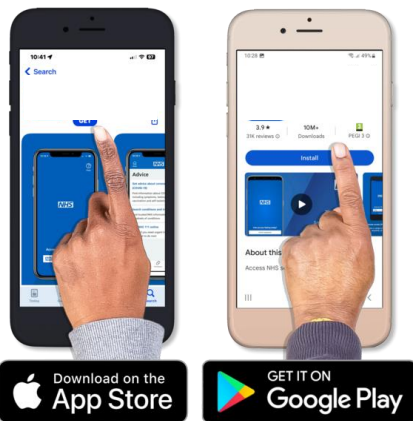
It has information about things like:

- Housing and money
- Jobs and education
- Health and relationships

You can get the app by going to the app store on your phone.

That is **Google Play** or **Apple App store**.

Or you can scan the QR codes below:



Apple App store



BRIDGES SG - iOS

Google Play App store



BRIDGES SG - Android