

What Next for Me?



Planning your Future with Connexions Nottinghamshire



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Planning your Future with Connexions Nottinghamshire

What is Connexions?

Connexions is a service for young people, like yourself, to help you think about:

- what you would like to do when you leave school
- any problems you might have

When you are 13 or 14 you should meet a Connexions Personal Adviser.



What is a Connexions Personal Adviser?

It is their job to help you to plan for your future. You could also talk to them about any problems you might have.

They will be able to help you until you are 19, or sometimes until you are 25.



Visit www.sortitonline.com or phone 0115 9126611 to find your local Connexions centre

A Connexions Personal Adviser

How can we help?



A Connexions Personal Adviser can talk about things like:

- what you would like to do when you leave school
- problems with your health
- college
- worries about bullying, alcohol or drugs
- work or training
- money
- what you enjoy doing

Your Personal Adviser can also help you to talk to other people, like social workers, teachers, college tutors, employers and your family if you need it.

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Making Decisions

Who can help you?

If you are finding it hard to talk about your future, there are lots of people who want to help you. They can help you to think about your choices. They could also help you to tell people what you want.

- **People at School or college**
- **Family and Friends**
- **A Connexions Personal Adviser**

It is their job to help you plan for your future and listen to your problems.

- **Your Key Worker**

You may have a Key Worker if you live in residential care or visit a respite service, like CrocusFields, Edwinstowe Hall or Caudwell House.

- **Your Social Worker**

You may have a Social Worker. Their job is to get any extra help you need.



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Making Decisions

Your Personal Adviser or Key Worker can also help you find:

An Advocate

This is someone who gets to know you well.

An Advocate can:

- help you say what you want
- make plans
- tell other people what you have chosen to do.

A Circle of Support

Instead of having one Advocate, some people have a Circle of Support. This is a group of people who know you well. It may be a group of friends or family or other people.



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Connexions and Special Education Needs

If you find it harder to learn than other young people of the same age, you might need extra help with your education.

You could have particular problems learning to read or write, a physical disability, or another difficulty that means you need a lot of help.

You may have difficulty speaking English.

Connexions Personal Advisers work with...

- you
- your parents or carers
- your school

...to make sure you get all the help you can.



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Connexions and Special Education Needs



A Connexions Personal Adviser will help you and your family to get the correct advice and support:

- in school
- in work
- with money and benefits
- in health matters
- transition planning
- in learning English as a second other language.

A Connexions Personal Adviser can help you to explain your decisions to people like social workers, teachers, college tutors, employers and benefits agencies.



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Planning Changes Your Transition Plan

Transition means CHANGE. In this case the change is leaving school.

Every year you have a meeting at school. The meeting is a chance for you to talk about your life. In year 9 your meeting is called a Transition Review.

The Transition Review meeting will include your teacher and your parents or carers. There will also be people you may not have met before such as a Connexions Personal Adviser.

You can:

- think about the future
- think about what you want to do when you leave school
- talk about what you want to do when you are an adult.



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Planning Changes Your Transition Plan

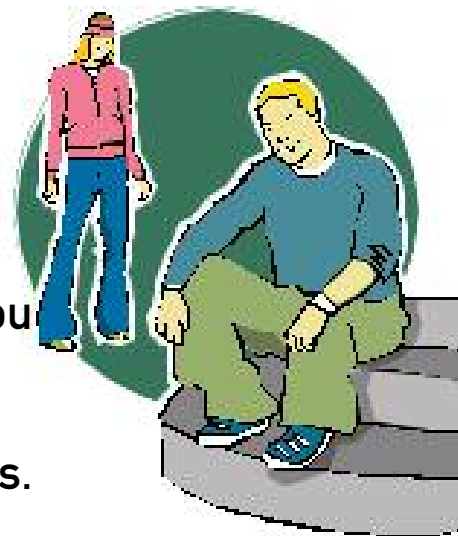
You can talk about where you will live, and what you will do in the daytime. Things like college, work or training.

You can also talk about health, money and activities.

After this meeting your views are written down. This is called the 'Transition Plan'. Your Transition Plan can be changed in Year 10 if you want it to. In Year 11, the meeting will be very important. You will be asked to make choices that could affect your future:

- in education
- into work
- in daytime activities.

Ask your Connexions Personal Adviser or Key Worker about these choices. Parents and carers can also find support and information by calling 'Parent Partnership' on: 0115 948 2888.



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Your Choices in Education

School – You may wish to stay on at school. Here you will know the teachers and already have friends. Many people stay on to gain more skills.

College – Your local college may have courses that meet your needs. Different colleges run different courses.

Specialist Colleges – These are usually residential, which means you live at the college. You go home during holidays. Depending on the college you may:

- learn how to become more independent
- try new activities
- try work experience
- receive support from nurses, doctors and therapists
- work towards qualifications.

Your Connexions Personal Adviser can help you make your choices in education.



Your Choices into Work

You may find a job where you can train for a National Vocational Qualification (NVQ) and get a wage at the same time. Where you live will affect the opportunities available to you.

Some people start by trying out different kinds of work with extra support. This is called 'Life Skills'. You also get paid for this.

Here you will:

- meet new people
- find out what work is like
- learn new skills
- get extra support if you need it.

You may also get help with the cost of your travel and childcare if you need it.

Ask your Connexions Personal Adviser for more information.



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Entry to Employment (e2e)

This is for people aged 16 to 18 who are not ready to go to college or Work Based Learning.

Here you will have the chance to:

- try out work experience
- work in small friendly groups
- find out about benefits that you may be able to claim
- deal with any problems you may have
- improve your reading and writing
- try out different activities like sport or art
- go on trips away from home
- learn how to cook.

If English is your second language there is help available for you. Ask your Connexions Personal Adviser.



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Your Choices into Work with Support

You may need more help in starting work. This help might include finding the right job and getting started.

Talk to your Connexions Personal Adviser about all the options available to you.

- **Disability Employment Advisers** work at **Job Centre Plus** offices. They can tell you what jobs there are, and how to apply for them.
- Some organisations like **Scope**, **Mencap** or **Remploy** can help you to get employment. They might help to pay your wage.

Ask your Connexions Personal Adviser about the help these people offer you.

Voluntary Work

You do not get paid a wage, but you can:

- meet other people
- have fun
- find out what it is like to have a job.

Ask your Connexions Personal Adviser about volunteering.



Your Choices in Day Service

Social Services offer Day Service at Day Centres in Nottinghamshire. At these centres you can join in lots of activities like:

- learning daily living skills
- bowling and swimming.

Most day services have links with local colleges.

Different services offer different things. You may be given a place in the nearest and most suitable Centre for you.

Your Connexions Personal Adviser can help you to find out more about day service.



Money Matters

Benefits

If you are not able to work you should be able to get benefits.

There are different types of benefits.

- **Income Support** – You may be able claim this from when you are 16. Your Connexions Personal Adviser will help you to find out if you can.
- **Disability Living Allowance** – You may get this if you need someone to help look after you or if you find it difficult to walk or get around.
- **Incapacity Benefit** – You may be able to claim this benefit if you are over 16 and cannot work because of a disability or illness.

Parents or carers may be able to claim benefits as well.

Talk to your Connexions Personal Adviser about benefits for you. Or if you have a Social Worker or a Welfare Rights Worker they may be able to help. They can help you fill out forms too.



Extra Help

As well as talking to your Connexions Personal Adviser, you can find most information on the INTERNET. Listed below are some sites you may find useful. If you have additional or special educational needs there are a selection of sites listed overleaf.

For Students:

www.sortitonline.com

Connexions Nottinghamshire's own site for young people. Covering work, learning, health, leisure, justice and lots more.

www.after16.org.uk

an excellent site for options, support and related matters.

Ask your Personal Adviser or teacher about Connexions – a multi-media CD-rom with everything you need to know about jobs, training, education, money and life.



Visit www.sortitonline.com or phone 0115 9126611 to find your local Connexions centre

Extra Help

For Parents and Carers:

www.disabilitybenefits.co.uk ____

All the information you will need about benefits & applications.

www.skill.org.uk ____

Education and related legislation information.

www.familyfundtrust.org.uk ____

Very good general information site for parents and carers.

www.fusion-4.org.uk ____

Useful local information for parents and young people.

www.natspec.org.uk

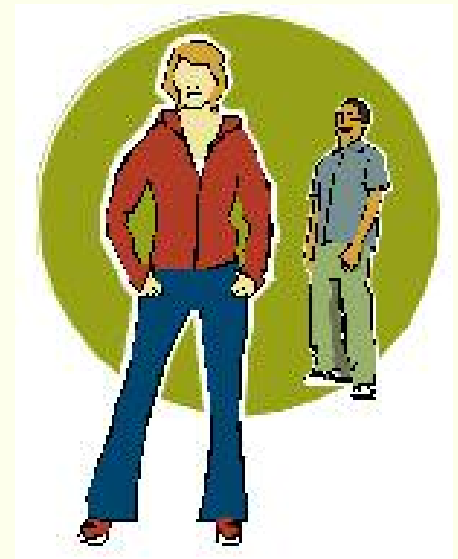
Details of specialist Further Education.

For Colleges:

www.community-care.co.uk ____

__Information about specialist day provision and support.

You can use the INTERNET for free at your local Connexions Centre and help will be available if you need it. Free internet access is also available in all Nottinghamshire public libraries.



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Tell us what you think of this pack

Talk to your Personal Adviser or contact
the Communications Manager,
Connexions Nottinghamshire on:
0115 912 6611 or email
communications@cnxnotts.co.uk



A Message to Parents and Carers

Connexions Nottinghamshire is committed to helping all young people through education and into adult life.

The Connexions Personal Adviser can help throughout this process.

Connexions Personal Advisers welcome contact with parents and carers, and are available to talk to you at school or at your local Connexions centres.

Details of all Connexions Nottinghamshire centres can be found on the back of this folder.

Ask about our What Next for Me? Supplement, 'What is Connexions?'

Where are Connexions Nottinghamshire centres?

Ask your Personal Adviser to help you or telephone your nearest Connexions centre.



Mansfield
30-32 Regent Street
☎ 01623 632000



Hucknall
Portland Road
☎ 0115 8402067



Newark
27 Lombard Street
☎ 01636 702084



Eastwood
158 Nottingham Road
☎ 01773 713449



Kirkby-in-Ashfield
Morley Street
☎ 01623 727470



Retford
8 Spa Lane
☎ 01777 710701



Nottingham
24-32 Carlton Street
☎ 0115 9484484



Worksop
Ryton Street
☎ 01909 473165

Details of all Connexions centres can be found on:

www.sortitonline.com - click on 'find a Personal Adviser'.

Or contact Connexions Direct for instant confidential advice
over the phone or on the internet:

**Telephone: 080 800 13219 Text: 07766 413219 www.connexions-direct.com
8am – 2am 7 days a week**

This is also available in large print, braille and audio tape. Ask your Personal Adviser or contact the Communications Manager on 0115 9126611