HM Prison & Probation Service

Toolkit for Supporting Care Leavers in Custody 2019

Developed as part of Barnardo's Care Leaver Engagement Service

Believe in children

Barnardo's

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Why do we need to think about Care Leavers?

'Those with experience of the care system are more likely to have experienced significant trauma and abuse and other disadvantage that can put them more at risk of violence, self-harm and suicide when in prison. Many also have experiences of being failed by their corporate parents and can come to prison feeling extremely isolated and angry.'

(Farmer Review, 2017)

- **27% of the prison population have spent some time in care**, despite the fact that only 1% of under 18s enter local authority care annually.
- It is likely that around a **quarter of 18-25 year olds in your establishment are defined as Care Leavers.**
- Care leavers are **more likely to be reconvicted or breached** when they leave custody (MoJ, 2013).
- Care leavers are **some of the most vulnerable individuals you will be working with** in custody, many will have experienced significant trauma during their childhoods which will impact on their physical and mental health, as well as their behaviour.
- Looked after children and care leavers are between **four and five times more likely to attempt suicide in adulthood**.
- The **prison service are committed to providing effective support to Care Leavers** in custody:

'HMPPS will provide a framework of provision and policies that together, will work to improve the life-chances of care leavers once in the community'

MoJ Care Leaver Covenant (2018)

Understanding Care Leaver Needs

Stigma and labels

Some young people may have had a negative experience of the care system and do not want to be associated with being a Care Leaver. Many young people consider 'Care Leaver' a negative label that carries stigma associated with challenging behaviour and poor attainment. Care Leavers need support to understand the benefits of identifying themselves as a Care Leaver; have the opportunity to speak about their care experience; and be made aware that staff understand the challenges they might have faced.

Lack of influence over decision making

During their time in care, young people may have felt that decision making processes were taken out of their hands - they have felt like nobody listened to them when decisions were made to remove them from a family home, move placement or leave care. Care Leavers may need support to share their views and trust that their views are being listened to.

Transition to adulthood

18 often feels like a 'cliff edge' for Care Leavers with a rapid transition to independent living and adult services, often lacking the emotional, practical and financial support that other young people have access to when they leave home. They may need additional support to develop independent living skills prior to release. A third of all Care Leavers leave care before their 18th birthday.

Education, training and employment

Unfortunately, research suggests that Care Leavers are far less likely to achieve well in education than their peers. In 2013, only 27% of children in care had achieved 5 GCSE's compared to 80% of non-looked after children (DfE, 2013). As a result, Care Leavers in custody may need additional support and encouragement to access education and training.

Health needs

The impact of trauma and maltreatment in childhood (63% of children enter care as a result of abuse or neglect) places Care Leavers at risk of poor physical and mental health. It can also impact on their ability to self-regulate their feelings and behaviour. For many Care Leavers, their physical and mental health needs may not have been diagnosed or treated due to lack of support networks or regular placement moves.

Relationships

Previous trauma/disrupted attachment, changes in caregiving arrangements, involvement of numerous agencies in their lives, inconsistency in PA/social worker may make it difficult for Care Leavers to develop and maintain positive relationships. It may take longer to overcome the barriers that many individuals put up to prevent trusting relationships being developed. They may display behaviour that makes it difficult to develop those relationships. However, it is important to remind yourself why it is that these young people may find relationships difficult and let them know that you will keep trying. Consistency and perseverance are key.

How to define a Care Leaver

The definition 'Care Leaver' dictates what support an individual will be able to access from the Local Authority who was responsible for caring for them.

Care Leaver status is defined by:

- The age the individual is now (they must be 25 or under)
- The age the individual was in care (they must have been in care on their 16th birthday)
- How long the individual was in care for (they must have been in care for at least 13 weeks since their 14th birthday to be eligible for full support from the local authority)

The chart below tells you who is defined as a Care Leaver and the type of support they are eligible for from local authorities.

To confirm an individuals' care leaver status contact the local authority that was responsible for their care – a list of authorities and contact numbers can be found on pages 12-21.

Definition	Age	Criteria	What the Local Authority *must* provide
Relevant children	16 - 17 years old	No longer in care In care (or YOI) on or after 16th birthday In care for at least 13 weeks after 14th birthday	• Listen to the CL's wishes and feelings • Appoint a Personal Adviser • Undertake a needs assessment • Prepare a Pathway Plan • Regularly review the Pathway Plan • Find and pay for accommodation • Pay subsistence • Keep in touch and visit regularly
Former relevant	18 – 25 years old	No longer in care In care on or after 16th birthday In care when turned 18 In care for at least 13 weeks since 14th birthday	• Listen to the CL's wishes and feelings • Provide a Personal Adviser • Regularly review the Pathway Plan • Help with expenses connected with work, education or training • Provide or pay for accommodation during college or university holidays if studying away from home • Provide other support by buying the items needed directly or, in exceptional circumstances, by giving cash, to the

		If, at the age of 21, the young person requests ongoing support, then s/he remains a former relevant child until age of 25.	extent that welfare and education needs require it • Contribute towards living expenses near to employment, education or training • A higher education grant of £2,000 • Keep in touch and visit regularly
Qualifying	18 – 25 years old	In care on or after 16th birthday In care for less than 13 weeks since 14th birthday	• Provide advice and support • Keep in touch with the Care Leaver • Provide or pay for accommodation during college or university holidays if studying full-time away from home, up to the age of 25.

Source: https://coramvoice.org.uk/young-peoples-zone/am-i-care-leaver

Important to remember:

- Many individuals' may be 'care experienced' even if they do not meet the 'Care Leaver' criteria. They may have support needs as a result of their care experience.
- Unaccompanied asylum-seeking children will automatically be in the care of the Local Authority on arrival to the UK. On 31st March 2018 there were 4,480 unaccompanied asylum-seeking children in England.
- 'Care Leaver' is a label that some individuals may not feel comfortable with. Many young people did not choose to 'leave care' and instead feel that 'care' left them. Young people often feel there is a stigma associated with the 'Care Leaver' label.
- Some individuals may choose not to have contact with their Personal Advisor, others may not know who their Personal Advisor is.
- Some individuals may not be aware of their 'Care Leaver' status – you may need to ask a series of questions to ascertain whether they are a Care Leaver.
- The length of time and the age at which they were in care will define what support from the local authority they are entitled to. This will NOT necessarily define what support they *require.*

Jargon Busting

Advocate

Young people in care are legally entitled to an advocate who will help make sure their voice is heard in decisions that affect them as well as help them to make a complaint and ensure that they are receiving the support they are entitled to. Advocates usually work for independent organisations, whereas Children's Rights Officers work for the council. There are also advocacy services available for Care Leavers – see resource list on pages 22-25.

Corporate parent

A corporate parent is intended to carry out many of the roles a parent would. It is the local authority's role to be the corporate parent for Care Leavers. They should provide the child they are responsible for with the best possible support and care and safeguard them from harm. For care leavers this responsibility continues until their 21st birthday with this continuing until they are 25 should they want it. They are also able to ask for it at any point until they are 25.

Local Offer

All local authorities have to publish a 'Local Offer for Care Leavers' which details what support they are providing for Care Leavers and how that support can be accessed. It should include who to contact to access support and where to go for support with; health and wellbeing, relationships, education, employment, housing and finance. Most of these offers are published on-line (links listed in Local Authority contacts, pages 12-21).

Pathway Plan

Local Authorities *must* develop a Pathway Plan with a young person in care sometime after their 15th birthday, usually around their 16th birthday, to support them to live independently. This Plan, based on a needs assessment, covers all aspects of a Care Leaver's life from relationships, health and identity to independent living skills, employment and housing. The Plan should include details about how the PA and Care Leaver will stay in touch. Much of the information included may help inform an individual's Sentence and/or Resettlement Plan while they are in custody.

Personal Advisor (PA)

Once a young person in care is over 16, or a Care Leaver they will be appointed a Personal Advisor (PA). The PA will take over from the Social Workers in supporting the young person to live independently, developing/reviewing Pathway Plans until that individual is 21 (and up to 25 if an individual requests this). In some cases a young persons' PA may have also been their social worker. PAs should stay in regular contact, and support young people with accessing education, training and employment and provide advice on things like housing, money, health, relationships and wellbeing.

Support available for Care Leavers

Personal Advisor

Up until the age of 21 (and 25 if requested by the young person), PA's should visit Care Leavers in custody regularly to review their **Pathway Plans** and ensure they have access to the support they are eligible for (as identified in **Local Offer**) from the local authority upon release.

Local and national services for Care Leavers

There are a number of national organisations that provide support and advice to Care Leavers – see resource list.

Most local authorities also have a number of charities and targeted services delivering additional support to care leavers. Details of these services are listed in **Local Offers** – they might include supported lodging providers, mentoring, 1:1 support and group forums.

Financial Support

Some Local Authorities send money to Care Leavers on their birthday up until they are 25.

Care Leavers are also eligible for certain grants which may support their resettlement – for example for education and training. Some councils also run council tax exemption schemes for Care Leavers.

Local Offers should detail the financial assistance available.

TIP: The best place to find out about what support is available for a Care Leaver is to check out the local authority Local Offer or speak to their Personal Advisor – see contact details on the following pages.

List of Local Authority Care Team Contact Numbers & Local Offers

You might contact a local authority (with a young persons' permission) to:

- Identify/contact a Personal Advisor/social worker for a Care Leaver in custody
- Check a young persons' Care Leaver status
- Engage local authority in resettlement/sentence planning for a Care Leaver
- Inform the local authority that a Care Leaver is in custody
- Help to identify significant others/family members for a Care Leaver

You might access a local offer to:

- Identify support/services available to care leavers in that area
- Share information with a Care Leaver about the range of support available. Many local offers are written as colourful leaflets that are accessible to young people (see links below). It may be useful for a Care Leaver to go through the local offer before they meet with their Personal Advisor.
- Identify contact details of services/individuals within the local authority.

County	Local Authority	Leaving Care Team contact number	Link to Local Offer
Bedfordshire	Bedfordshire	0300 300 8000	
Berkshire	Bracknell	01344 354304	
	Reading	0118 937 5320	http://www.reading.gov.uk/careleavers
	Slough	01753 477321	https://www.scstrust.co.uk/your-service/my-future/
	West Berkshire	01635 519530	http://info.westberks.gov.uk/CHttpHandler.ashx?id=46211&p=0
	Wokingham	0118 9088083	http://childrenincarecouncil.wokingham.gov.uk/care-leavers-local-offer/
Bristol	Bristol	0117 353 4176	http://www.rvoice.co.uk/pages/home/care-leavers/bristol-local-offer
Buckinghamshire	Buckinghamshire	aftercareteam@buckscc.gov.uk	https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/advice.page?id=GIVSsf4UkOg
	Milton Keynes	01908 253434	
Cambridgeshire	Cambridgeshire	01480 372463	https://www.cambridgeshire.gov.uk/residents/children-and-families/children-s-social-care/care-leavers-local-offer/
	Peterborough	01733 864371	https://pcc-live.storage.googleapis.com/upload/www.peterborough.gov.uk/healthcare/childrens-social-care/PCCCareLeaversGuide2017.pdf?inline=true
Cheshire	Cheshire East	01606 271500	https://www.cheshireeast.gov.uk/livewell/care-and-support-for-children/services-from-childrens-social-care/local-offer-for-care-leavers.aspx
	Cheshire West & Chester	01244975926	https://www.cheshirewestandchester.gov.uk/residents/health-and-social-care/children-and-young-people/Care-leaver-offer/Contacts-for-care-leavers.aspx
	Halton	0151 511 8612	https://localoffer.haltonchildrenstrust.co.uk/care-leavers-local-offer/
	Warrington	01925446235	https://www.mylifewarrington.co.uk/kb5/warrington/directory/directory.page?directorychannel=5_26

Cornwall	Cornwall	0300 1234 101	https://www.cornwall.gov.uk/health-and-social-care/childrens-services/children-in-care-and-care-leavers/cornwalls-local-offer-to-care-leavers/
County Durham	Darlington	01325 406284	https://www.darlington.gov.uk/education-and-learning/childrens-social-care/leaving-care-and-the-local-offer/
	Durham	03000 262 289	https://www.durham.gov.uk/article/19443/Find-out-more-about-our-Local-Offer-for-care-leavers
	Stockton on tees	01642 527860	https://www.stocktoninformationdirectory.org/kb5/stockton/directory/service.page?id=BJyynfFaVOE
Cumbria	Allerdale & Copeland	01946 595300	https://www.cumbria.gov.uk/eLibrary/Content/Internet/537/6374/6987/42331113640.pdf
	Barrow & South Lakeland	01229 408000	
	Carlise & Eden	01228 227025 / 226991	
Derbyshire	Derbyshire	01773 717212	https://www.derbyshire.gov.uk/site-elements/documents/pdf/social-health/children-and-families/children-we-look-after/the-local-offer-for-derbyshire-care-leavers.pdf
Devon	Exeter	07581156261	https://www.standupspeakup.org.uk/wp-content/uploads/2018/09/Care-Leavers-Local-Offer-V8-Final-Sept-18.pdf
	South Devon	01392 384797	
	Mid/East Devon	01392 384121	
	North Devon	07790770713	
	Plymouth	01752 398200.	https://www.plymouth.gov.uk/sites/default/files/LeavingCare.pdf
	Torbay	01803 208400	https://www.torbay.gov.uk/children-and-families/services-and-support/iyss/care-leavers/
Dorset	Bournemouth	01202 458893	https://www.bournemouth.gov.uk/childreneducation/care-leavers/Care-Leavers-Documents/Bournemouth-Local-Offer-to-Care-Leavers.pdf
	Dorset	01305 225809	https://www.dorsetforyou.gov.uk/children-families/childrens-social-care/children-in-care/local-offer-for-care-leavers/local-offer-for-care-leavers.aspx
	Poole	01202 714713	https://poole.gov.uk/social-care-and-health/a-local-offer-for-care-leavers/the-pathways-team/

East Riding of Yorkshire	Hull	01482 615650	http://www.hull.gov.uk/children-and-families/advice-and-support-young-people/care-leavers-local-offer
	East Riding of Yorkshire	01482 396422	https://www.eastriding.gov.uk/living/children-and-families/leaving-care/
East Sussex	Brighton & Hove	01273 295400	https://www.brighton-hove.gov.uk/sites/brighton-hove.gov.uk/files/care-leavers-reach-stars-local-offer-01-may-2019.pdf
	East Sussex	01273 335150	https://www.eastsussex.gov.uk/media/13111/local-offer-for-care-leavers-2019-2020.pdf
Essex	Basildon	03330 013 8935	https://assets.ctfassets.net/knkzaf64jx5x/2IVwRlx9S6FTvi4p9d4Rqs/940012dd7600a823d721a8feb51a7d12/The-Local-Offer-for-Care-Leavers.pdf
	Chelmsford	03330 013 8941	
	Colchester	03330 013 9980	
	Harlow	0333 013 9932 / 0333 013 9939	
	Southend on Sea	01702 212087	
Gloucestershire	Cheltenham	01242 262695	https://www.gloucestershire.gov.uk/media/2083341/care-leavers-offer-brochure-final-web.pdf
	North Gloucester	01452 547540	
	South Gloucester	01452 551276	
	Stroud	01453 763993	
	South Gloucestershire	01454 868418	http://www.southglos.gov.uk//documents/Care-Leavers-Guide_Final.pdf
London, City of London & Middlesex	Barking & Dagenham	0208 227 5496	https://www.lbbd.gov.uk/sites/default/files/attachments/Local-offer-to-care-leavers.pdf
	Barnet	020 8359 6220	https://www.barnet.gov.uk/children-and-families/care-leavers-local-offer
	Bexley	020 8303 7777	https://www.bexley.gov.uk/services/children-young-people-and-families/childrens-social-care/our-offer-young-adults-leaving-councils-care
	Brent	0208 379 4612	https://www.brent.gov.uk/media/16411177/appendix-1-lbbrentleavingcareofferjan18v3.pdf
	Bromley	020 8313 4108	https://www.bromley.gov.uk/download/downloads/id/4669/care_leavers_guide.pdf

	Camden	020 7974 3377 / 020 7974 6169	https://www.backchatonline.org.uk/pages/care-leavers/stuff-to-know/camden-local-offer-for-care-leavers/services-from-21-to-25-years
	Croydon		https://www.croydon.gov.uk/healthsocial/families/local-offer-for-care-leavers
	Ealing	020 8825 8481 / 8634	https://www.youngealing.co.uk/projects/local-offer-for-ealing-care-leavers/
	Enfield	020 8379 3418	https://new.enfield.gov.uk/services/children-and-education/local-offer-for-care-leavers-2019-20-children-and-education.pdf
	Greenwich	020 8921 8224	https://www.royalgreenwich.gov.uk/downloads/download/943/care_leavers
	Hackney	020 8356 4603	https://www.hackney.gov.uk/leaving-care-local-offer
	Hammersmith & Fulham	020 8753 6522	https://www.lbhf.gov.uk/sites/default/files/section_attachments/366_9ds_care_leavers_offer_booklet-a5_rev1.pdf
	Haringey	0208 489 5800	http://www.youthspace.haringey.gov.uk/aspire-children-care-council/leaving-care-local-offer
	Harrow	020 8420 9687	
	Havering	01708434343	
	Hillingdon	0800 277066	https://archive.hillingdon.gov.uk/article/33520/Local-offer-for-care-leavers
	Hounslow	020 8583 4580	https://www.hounslow.gov.uk/downloads/20141/services_for_looked_after_children_and_care_leavers
	Islington	020 7527 8585	
	Kensington and Chelsea	FCSISTdutyteam@rbkc.gov.uk	https://www.rbkc.gov.uk/children-and-education/local-offer-care-leavers-managing-your-finances
	Lambeth	0207 926 6315	https://www.lambeth.gov.uk/children-young-people-and-families/children-looked-after-and-care-leavers/lambeths-local-offer-to
	Lewisham	020 8314 7808	https://lewisham.gov.uk/myservices/socialcare/children/support-for-young-people-leaving-care-local-offer
	Merton	020 8545 4288	https://directories.merton.gov.uk/kb5/merton/directory/youth.page?youthchannel=6

	Newham	020 3373 1893	
	Redbridge	0208 418 4950	https://www.redbridge.gov.uk/adult-and-childrens-services/information-for-care-leavers/
	Richmond upon Thames	Kingston: 020 8547 6901	
		Richmond: 020 8831 6160	
	Southwark	Reception : 0207 525 7077	
		Duty team: 0207 525 1769	
	Sutton	0208 770 6600	https://www.suttonlocalofferforcareleavers.org.uk/
	Tower Hamlets	020 7364 1140	https://www.towerhamlets.gov.uk/Documents/Youth-Services/Care_leavers/Local_Offer_for_Care_Leavers.pdf
	Waltham Forest	020 8496 3000	https://search3.openobjects.com/mediamanager/walthamforest/fsd/files/care_leavers_offer_booklet_1.pdf
	Wandsworth	020 8871 6733	https://thrive.wandsworth.gov.uk/kb5/wandsworth/fsd/service.page?id=WGMuGm6dedE
	Westminster	020 7641 4143.	https://www.westminster.gov.uk/being-in-care-and-leaving-care
	Luton	01582 547820	https://www.luton.gov.uk/Health_and_social_care/children_and_family_services/childrens-services/childrensocialcare/Aftercare/Pages/default.aspx
	Windsor & Maidenhead		https://www3.rbwm.gov.uk/download/downloads/id/3964/local_offer_for_care_leavers.pdf
Greater Manchester	Bolton	01204 337376	https://www.bolton.gov.uk/children-care/young-people-leaving-care-local-offer/1
	Bury	0161 253 6666	https://www.bury.gov.uk/CHttpHandler.ashx?id=19827&p=0
	Manchester	0161 227 3030	https://www.manchester.gov.uk/careleavers
	Oldham	0161 770 1171	https://www.oldham.gov.uk/careleavers
	Rochdale	0300 303 0440	http://www.rochdale.gov.uk/children-and-childcare/cared-for-children/Pages/Care-Leavers-offer.aspx

	Stockport	0161 475 6700	https://www.stockport.gov.uk/showcase/care-leavers
	Tameside	0161 342 3168	https://www.tameside.gov.uk/localoffertocareleavers
	Trafford	0161 912 5050	https://www.trafford.gov.uk/residents/children-and-families/children-in-care/Trafford-Care-Leavers-Offer.aspx
	Wigan	01942 487150	https://www.wigan.gov.uk/Resident/Health-Social-Care/Children-and-young-people/Care-leavers/Children-leaving-care.aspx
Hampshire	Hampshire	0300 555 1384	https://fish.hants.gov.uk/kb5/hampshire/directory/advice.page?id=T3SjaCfrefM
	Portsmouth	02392 8391111	https://democracy.portsmouth.gov.uk/documents/s20930/Care%20Leavers%20Offer%20pack%20Appendix%202.pdf
	Southampton	02380915350	https://sid.southampton.gov.uk/kb5/southampton/directory/family.page?familychannel=10-11
Herefordshire	Herefordshire	01432 261625	
Hertfordshire	Hertfordshire	0300 123 4043	https://www.hertfordshire.gov.uk/services/Childrens-social-care/leaving-care/care-leavers.aspx
Isle of Wight	Isle of Wight	01983 823434	https://www.iow.gov.uk/Residents/Care-Support-and-Housing/Childrens-Services/Isle-of-Wight-Care-Leavers/Isle-of-Wight-Local-Offer-for-care-leavers
Kent	Dover	03000 410 701	https://www.kent.gov.uk/about-the-council/strategies-and-policies/childrens-social-work-and-families-policies/care-leavers-local-offer
	West Malling	03000 421 124	
	Medway		https://www.medway.gov.uk/info/200260/local_offer_for_care_leavers/761/local_offer_for_care_leavers
Lancashire	Lancashire	0300 123 6720	https://www.lancashire.gov.uk/youthzone/care-leavers-local-offer/
	Blackburn	01254 243250	https://www.blackburn.gov.uk/Adoption/Information-for-Care-Leavers.pdf
	Blackpool	01253 754840	https://www.blackpool.gov.uk/Residents/Health-and-social-care/Children-and-families/JustUz/Resources/Documents/Final-Care-Leaver-Offer-180918.pdf
Leicestershire	Leicester	0116 454 1004	https://www.leicester.gov.uk/health-and-social-care/adoption-and-fostering/looked-after-children/leaving-care-support/

Lincolnshire	Lincolnshire	01522 575955	http://search3.openobjects.com/kb5/lincs/fsd/family.page?familychannel=1800
	North Lincolnshire	01724 296500	https://www.northlincs.gov.uk/wp-content/uploads/2018/09/Local-Offer-to-care-leavers-revised-July-2018.pdf
Merseyside	Knowsley	0151 443 4597	knowsleycareleavers.co.uk/
	Liverpool	0151 233 3932	https://liverpool.gov.uk/council/strategies-plans-and-policies/children-and-families/liverpool-leaving-care-local-offer-2019/
	St Helens	01744 677089	
	Sefton	0151 934 3037	https://www.sefton.gov.uk/media/1429573/Sefton-Local-Offer-for-Care-Leavers.pdf
	Wirral	0151 666 3777	https://democracy.wirral.gov.uk/documents/s50059439/Enc.%201%20for%20Wirrals%20Local%20Offer%20for%20Care%20Leavers.pdf
Norfolk	North Norfolk	cs.leavingcareteam.north@norfolk.gov.uk	https://www.norfolk.gov.uk/children-and-families/care-leavers-local-offer
	East Norfolk	cs.leavingcareteam.east@norfolk.gov.uk	
	West Norfolk	cs.leavingcareteam.west@norfolk.gov.uk	
	South Norfolk	cs.leavingcareteam.south@norfolk.gov.uk	
	Norwich	cs.leavingcareteam.norwich@norfolk.gov.uk	
North Somerset	Bath and North East Somerset	01225 39 6930	https://www.bathnes.gov.uk/sites/default/files/care_leavers_local_offer_2019.pdf
	North Somerset	01934 421 900	https://search3.openobjects.com/mediamanager/northsomerset/fsd/files/care_leavers_entitlements.pdf
North Yorkshire	Middlesbrough	01642 354100	https://www.middlesbrough.gov.uk/children-families-and-safeguarding/children-care/getting-ready-leave-care/benefits-and-support-care-leavers-local-offer-care-leavers

	Redcar & Cleveland	01642 774774	https://www.redcar-cleveland.gov.uk/resident/adult-children-health/children-services/looked-after-children/Pages/Leaving-Care-Team.aspx
	York	01904 555389	https://www.york.gov.uk/downloads/file/17592/care_leavers_local_offer_2019
	Northallteron Team	01609 533796	https://www.northyorks.gov.uk/core-offer-care-leavers
	Scarborough Team	01609 536193	
	Selby Team	01609 535633	
	Knaresborough Team	01609 533865	
Northamptonshire		01604 364778 / 01604 364779	https://www3.northamptonshire.gov.uk/councilservices/children-families-education/young-northants/children-in-care/Documents/Care%20Leavers%20Local%20Offer%202018.pdf
Northumberland	Northumberland	01670 536400	https://www.northumberland.gov.uk/Children/Looked-after/Northumberland-Care-Leavers.aspx
Nottinghamshire	Bassetlaw, Newark and Sherwood and Mansfield	0115 804 1236	https://www.nottshelpyourself.org.uk/kb5/nottinghamshire/directory/landing.page?newdirectorychannel=12
	Ashfield, Broxtowe, Gedling and Rushcliffe	0115 854 6318	
	21Plus team	0115 804 4154	
Oxfordshire	Oxford City	01865 323 222	https://www.oxfordshire.gov.uk/residents/children-education-and-families/childrens-services/local-offer-care-leavers
	Banbury	01865 816 677	
	Abingdon	01865 897 984	
Rutland	Rutland	01572 720 942.	https://www.rutland.gov.uk/my-services/health-and-family/childrens-social-care/leaving-care/
Shropshire	Shropshire	01743 254590	https://www.shropshire.gov.uk/looked-after-children/leaving-care/
	Telford	01952 385817	http://www.telford.gov.uk/downloads/file/10184/local_offer_to_care_leavers
Somerset	Main office	0300 123 2224	https://www.somersetcareleavers.org.uk/
	Taunton Deane and West Somerset	01823 357431	

	Mendip	01749 822946	
	South Somerset	01935 463948	
	Sedgemoor	01278 447924	
South Yorkshire	Barnsley	01226 772626	https://www.barnsley.gov.uk/services/children-families-and-education/children-in-care-and-care-leavers/children-in-care-information-just4u/care-leavers/
	Rotherham	01709 822673	
	Doncaster	01302 737559	https://www.doncasterchildrenstrust.co.uk/sites/default/files/Financial%20Guidelines%202017-18.pdf
	Sheffield	01142039060	http://democracy.sheffield.gov.uk/documents/s33362/Care%20Leavers%202.pdf
Staffordshire	Stafford	01785 276800	https://www.staffordshire.gov.uk/Care-for-children-and-families/leavingcare/Local-Offer/Care-Leaver-Local-Offer-FINAL-V-3-17.12.2018.pdf
	Burton	01283 239666	
	The Voice Project	01785 253878	
	Stoke on Trent	01782 233575	https://www.stoke.gov.uk/info/20009/children_and_families/141/leaving_care
Suffolk	North east	0300 123 1610	https://www.surreycc.gov.uk/social-care-and-health/children-in-care/our-support-to-care-leavers
	North west	0300 123 1630	
	South east	0300 123 1620	
	South west	0300 123 1640	
Surrey			https://www.surreycc.gov.uk/social-care-and-health/children-in-care/our-support-to-care-leavers
Tyne & Wear	Gateshead	0191 433 2647	https://www.gateshead.gov.uk/article/11176/Gateshead-s-Local-Offer-for-care-leavers
	Newcastle	0191 2777 377	https://www.newcastle.gov.uk/services/care-and-support/children/leaving-care/our-care-leavers-offer
	South Tyneside	0191 424 5010	
	Sunderland	0191 561 7109	https://togetherforchildren.org.uk/sites/default/files/2018-05/Local%20Offer%20for%20Sunderland%20Care%20Leavers.compressed.pdf
Warwickshire	Warwickshire	01926 414888	https://www.warwickshire.gov.uk/leavingcare

West Midlands	Birmingham	0121 464 1229	https://www.birminghamchildrenstrust.co.uk/downloads/download/79/care_leavers_offer_2018
	Coventry	024 7678 7808	https://www.dudley.gov.uk/residents/care-and-health/children-and-family-care/care-leavers/
	Dudley	01384 817670	https://www.dudley.gov.uk/residents/care-and-health/children-and-family-care/care-leavers/
	Sandwell	0121 569 2201	https://www.sandwellchildrenstrust.org/wp-content/uploads/2019/03/Local-Offer-for-Care-Leavers-published-March-2019-2.pdf
	Solihull	0121 709 7060	https://getitsorted.me/
	Walsall	01922 650555	http://childrens-services.webwalsall.com/wp-content/uploads/Guide-for-Care-Leavers-17-18.pdf
	Wolverhampton	01902 556439	http://win.wolverhampton.gov.uk/kb5/wolverhampton/directory/service.page?id=HgIaRjtu7H4
West Sussex	West Sussex	0330 222 2004	https://www.westsussex.gov.uk/media/12123/local_offer_care_leavers.pdf
West Yorkshire	Bradford (Odsal)	01274 436760	https://www.bradford.gov.uk/children-young-people-and-families/looked-after-children/the-leaving-care-service/
	Bradford (Shipley)	01274 437123	https://www.bradford.gov.uk/children-young-people-and-families/looked-after-children/the-leaving-care-service/
	Calderdale	01422 394099	https://www.calderdale.gov.uk/v2/residents/education-and-learning/local-offer/leaving-care
	Kirklees	01484 21900.	
	Leeds	0113 378 1149	_
	Wakefield	01924 306139	http://www.wakefield.gov.uk/schools-and-children/local-offer-for-care-leavers?
Wiltshire	Swindon	01793 466715	https://www.swindon.gov.uk/info/20018/children_and_young_people/943/care_leavers_local_offer
	Wiltshire		http://www.wiltshire.gov.uk/virtual-school-post-16-care-leavers
Worcestershire	Worcestershire	01905 845613	http://www.worcestershire.gov.uk/careleavers

Useful Resources

Useful websites

Become: https://www.becomecharity.org.uk/about-us/

Coram Voice: https://coramvoice.org.uk/

The Care Leavers' Foundation: http://www.thecareleaversfoundation.org/

The Care Leavers' Association: http://www.careleavers.com/

National Youth Advocacy Service: https://youngpeople.nyas.net/

Care Leaver Covenant: https://mycovenant.org.uk/

Rights, benefits and entitlements for Care Leavers

https://www.ncl.ac.uk/students/wellbeing/assets/documents/CareLeavers.pdf

https://coramvoice.org.uk/young-peoples-zone/what-are-my-rights-and-entitlements

https://www.childrenscommissioner.gov.uk/help-at-hand/leaving-care-your-rights/

Help to define a Care Leaver

https://coramvoice.org.uk/young-peoples-zone/am-i-care-leaver

Information for young people about family estrangement

https://www.standalone.org.uk/guides/adultchildren/

Advocacy services for Care Leavers

The **Coram Voice's Always Heard** team maintains the national database of local authority advocacy services for Care Leavers. This is the most accurate and up to date list of advocacy services. https://coramvoice.org.uk/young-peoples-zone/always-heard. Alternatively the Always Heard team can be contacted directly on **0808 800 5792.**

The **National Youth Advocacy Service** can also provide advocates for Care Leavers. They can be contacted directly on: 0808 808 1001 or visit the website for more information about the service: https://youngpeople.nyas.net/index.php/about-us/advocacy

Support and information for Care Leavers who are parents

http://www.frg.org.uk/ypa/need-help-or-advice/care-leavers

Grants available for Care Leavers

https://www.capstonecareleaverstrust.org/

http://www.thecareleaversfoundation.org/About_Grants

https://www.buttleuk.org/need-support/young-people#help

http://dev.reesfoundation.org/what-we-do

http://www.sparkfoundation.org.uk/FAQGrants.html

Phone/advice lines for care leavers

Become *Care Advice Line*

For young people in Care, Care Leavers and those supporting them, the phoneline provides advice about money, health and wellbeing, rights and entitlements, housing and education, contacting family members and signposting to local services.

Freephone 0800 023 2033 / advice@becomecharity.org.uk

Coram *Always Heard Advice Line*

For Looked After Children and Care Leavers to find out about their rights and access support.

Freephone 0808 800 5792 or **WhatsApp** +44 (0)7758 670369
Text 07758 670369 (you can send a text to this number and ask for someone to call you back, texts to this number are at your standard rate for sending texts, calls to this number cannot be answered)
Email help@coramvoice.org.uk.

Factsheets for young people about different aspects of Leaving Care

These free downloadable factsheets cover:

- Pathway Plans
- Who's who is Children's Services
- Financial Entitlements for Care Leavers
- Entitlements in High Education

https://www.becomecharity.org.uk/for-young-people/care-factsheets/ (available in 7 different languages)

Information about housing options

http://england.shelter.org.uk/__data/assets/pdf_file/0010/1308457/Factsheet_Help_for_care_leavers_18.pdf

Videos to inspire care leavers/challenge stigma (relating to different areas of their lives)

http://inspire-me-live.herokuapp.com/

https://www.youtube.com/watch?v=yQG9Z0iCEOMhttps://www.youtube.com/watch?v=yQG9Z0iCEOM

https://www.youtube.com/watch?v=OBo26NoEebchttps://www.youtube.com/watch?v=OBo26NoEebc

https://www.youtube.com/watch?v=E-wp7HN9Zvshttps://www.youtube.com/watch?v=E-wp7HN9Zvs

Support and information for young refugees and asylum seekers

https://coramvoice.org.uk/sites/default/files/Who%20is%20Who%20leaflet%20online%20version_0.pdf

www.childrenslegalcentre.com/wp-content/uploads/2018/06/Leaving-Care-Support-June-2018-FINAL.pdf

Understanding Local Authorities' Role in Supporting Care Leavers

https://careleaverpp.org/wp-content/uploads/2018/03/Support-for-care-leavers-resource-pack.pdf

Reducing Offending by Looked After Children (nacro, 2012)
https://3bx16p38bchl32s0e12di03h-wpengine.netdna-ssl.com/wp content/uploads/2012/05/reducing-reoffending-by-looked-after-children.pdf