**Post 21 Support**

**Keep in Touch up until 25**

We are here for you, and by the time you are 21 years old, we aim for you to feel ready to reduce your support from us. By this point, we would hope for you to be in stable accommodation, have the right services in place, and access to community resources as well as generally be flourishing in independent life.

Before your 21st birthday, your PA will talk to you about the possible changes in support after your 21st birthday. Your final pathway plan would have reviewed your support needs, from which you would have in place targeted support.

If the decision is that you are managing well on your current level of support, then we will contact you at the very least, once a year by letter. We also advertise our events and activities as well as our service offers through regular social media updates, see below for ease the QR codes:

**How to link in:**

**Facebook   email distribution**

**Instagram**   **Local offer web site** 

We host events throughout the year, aimed specifically at over 21’s, and include the toastie café and quiz nights. Just let us know if you would like to get involved in setting up more post 21 events!

Life can throw us many challenges; should you feel that you need additional support between 21 up until 25. We encourage you, at such times, to reach out to your family or friends, and any other agencies already working with you in the first instance. Should you need support above what is already on offer, (what is next needs to go on here as it is not a new paragraph).

We will complete a post 21 assessment with you, which helps identify any additional support needs you may have. This could also include general advice and guidance or more in-depth support for a period of time.

You can contact us on our duty numbers, which are **Tel:01604 364779/8 (9am to 5.30pm Monday to Thursday 9am to 5pm on a Friday)**

**OR**

You can also email us on **LeavingCareTeamDuty@nctrust.co.uk**

We also encourage you to pop into our duty spaces at any of the below addresses:

* Russell House, Rickyard Road, Northampton, NN3 3QZ, Monday to Friday (9am to 5.30 / 5pm on Friday’s
* William Knibb Centre, Montagu St, Kettering NN16 8AE: Tuesday’s (9am – 5:30 pm
* Guild Hall, St Giles' Square, Northampton NN1 1DE: Friday Mornings until 12.

**Higher Education 21-25**

If you are in Higher Education (HE), University, we would like to support you until you finish your course, or 25, whichever is sooner. It is expected that you and your PA agree a frequency of contact throughout the year and they will make sure this is agreed by their manager; this is normally every 8 weeks. It is important to us that you succeed in your studies, and therefore would really like to know if you were struggling, so that we could help to resolve any issues. We will support you to ensure you’re accessing your local offer and we will continue to do Pathway Planning with you, which will be reviewed 6-monthly.

For further information please see the [**Northamptonshire Care Leaver Local Offer | Northampton Children's Trust (nctrust.co.uk)**](https://nctrust.co.uk/young-people/leaving-care/northamptonshire-care-leaver-local-offer/)

**No closed doors aged 25 +**

Your life journey is important to us, and we would really like to hear and celebrate your achievements, and that doesn’t change just because you turn 25; we welcome you to contact us at any time!

Many of our older young people keep in touch with their previous workers, often sharing changes in their lives, particularly all the positive things that have happened to them as well as aspirations they may have. Just remember, we are here to help whether that be for general advice or if your experiencing a difficult time. Just pick up the phone or drop in and if we can’t help we will signpost you to the right services!