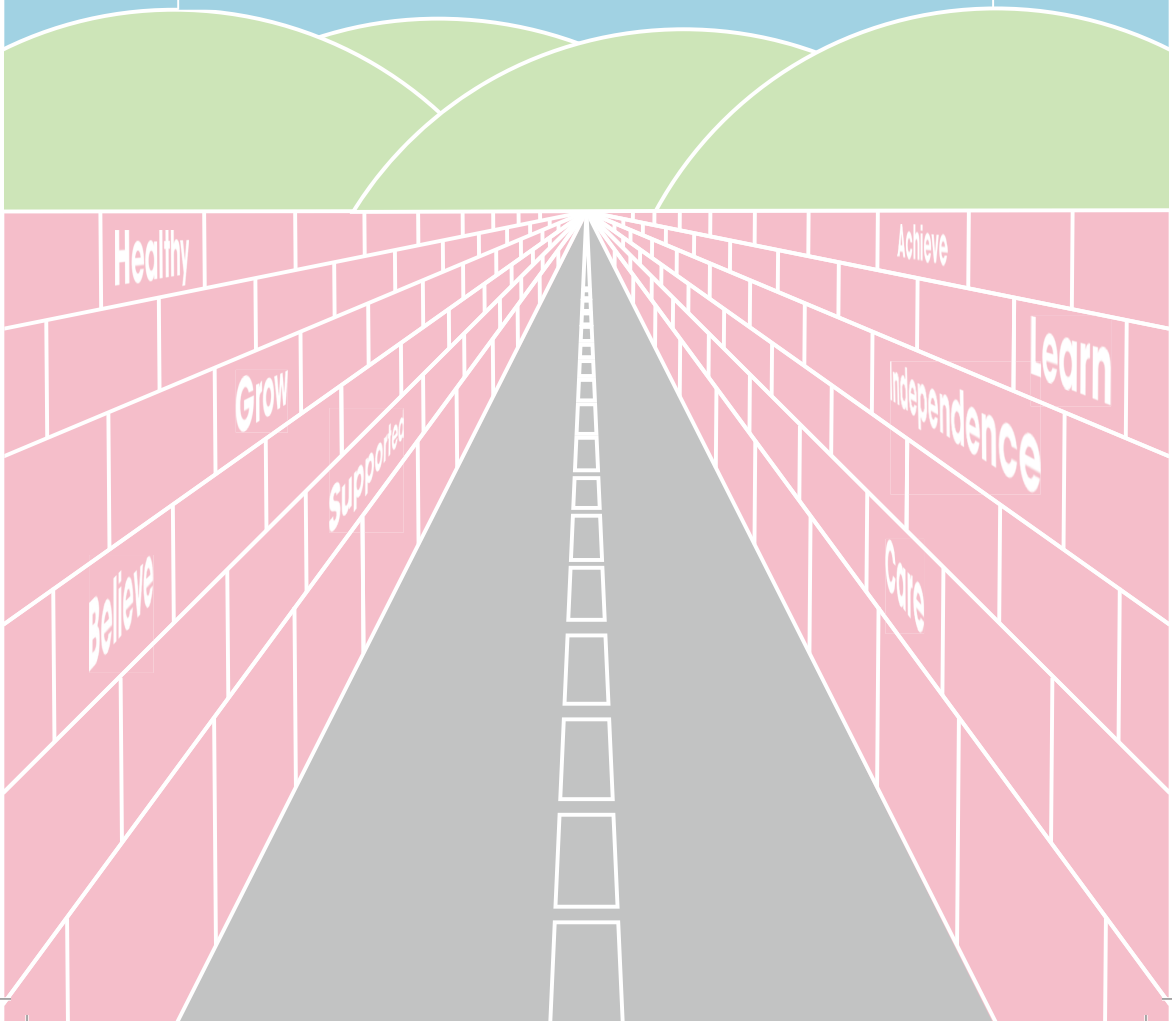


# The Deal for Care Leavers: What we can do for each other



## **Our Part: Help you to be healthier**

### **We will:**

Give you access to our Employee Assistance Programme to provide help with your emotional wellbeing including counselling, therapy and debt advice.

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Give you an annual gym pass for Inspiring Healthy Lifestyles' leisure centres until you are 25. You can also get a free pass for a friend so you don't have to go on your own, you can have fun and get fit together.

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Provide you with free health prescriptions until you reach the age of 25 and make sure that your Specialist Nurse informs your GP of any health needs you may have so that they can support you.

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Provide you with a 'health passport' which details your health and family health history. This will include details of services available for you to access.

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Give you access to the Children in Care Specialist Nursing Team for health advice and support, up to the age of 25.

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Provide you with sexual health and contraception support, advice and information on a one to one basis in the care leavers hub and other places within the community.

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Provide you priority access to drug and alcohol treatment and support you to develop your confidence and resilience to help you make good decisions.

## **Your Part: Look after your own health**

### **We'd love it if you would:**

Make good use of the support available to you for your emotional wellbeing so that you can be supported with any challenges you are facing.

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Take care of your physical wellbeing and enjoy a healthy lifestyle as much as possible.

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Visit your doctor and other health services if you are not feeling well, take any advice they give you and take your medication responsibly.

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Keep your health passport safe. It will help you understand your health needs and any family medical history that may be important.

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Visit the specialist nursing team if you need support or have questions about your health or wellbeing.

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Make sure you practice safe sex and make informed decisions about your sexual health and what contraception would suit your needs best. Don't be afraid to say no to having sex with someone if it doesn't feel right to you and never feel pressured to have sex before you feel ready.

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Drink alcohol in moderation, avoid illegal drugs and make sure you stay safe if you are drinking by knowing your limits, planning how you will get home in advance, drinking soft drinks to pace yourself and looking after your drink to avoid spiking.

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Know where to get help and support if you are concerned after taking any substance.

## **Our Part: Support you to learn and grow**

### **We will:**

Make sure you have a laptop and the information you need to help you with your future education or employment choices.

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Provide you with free Internet access for the first 12 months of moving into your first home so you can access online training courses, education websites and apply for employment and training opportunities.

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Provide you with a link online to contact the virtual schools team for support and guidance up to age 25.

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Provide you with a Personal Opportunities Plan (POP) if you are continuing in education following your 18th birthday to make sure your educational needs are being met and that you have access to the right support.

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Offer you an Apprenticeship for Young People's grant, place you in our priority group and guarantee you an interview.

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Offer you work experience opportunities with employers from different sectors to suit individual aspirations.

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Offer a bespoke employment support programme including traineeships and pre-apprenticeships.

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Offer matching of workplace mentors to support career progression.

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Offer you a one to one session to look at what activities are available in your local area and to support you to access these.

## **Your Part: Be the best you can be**

### **We'd love it if you would:**

Talk to us about your career aspirations and what you need to help you to achieve your dreams.

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Use the Internet responsibly. Continue to learn and develop through online learning and self-directed learning and seek employment and training opportunities.

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Engage positively in the support you need to reach your full potential, attend all lessons and fully engage with your course, whilst thinking about the additional support you may need to reach your goals.

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Make sure that you apply for work opportunities and prepare for your interview to ensure that you can meet your goals and dreams for your future.

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Take opportunities to experience different work environments to help you to decide what area of employment best suits you.

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Help us to understand your hopes and dreams, through open and honest discussions.

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Make the best use of what is available to you in your community and local services to help build your self-reliance, confidence and build links within your community.

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Know that there is someone who you can trust to ask for support and help when needed. Help support someone else who may feel worried and confused about their future and moving into adulthood.

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Have a go at a new positive activity in your local area.

## **Our Part: Support you to live independently**

### **We will:**

Offer a range of different accommodation options including, staying put, semi-independent accommodation, supported living and independent living.

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Make sure that you are awarded 'Group A' status on the housing register so that you can be rehoused quickly into an appropriate property. We will help you with the bidding process.

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Make sure that any local authority accommodation we offer you is decorated throughout and includes carpets and curtains or blinds.

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Provide you with £2300 for your First Homes Grant to help get your home ready to live in and to make sure it has all the required furnishings and white goods to meet your needs.

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Make sure you don't have to pay council tax until you are 25.

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Provide you with free internet access for the first 12 months of moving in to your first home so that you can access 'my account', utility accounts, services, employment sites, training opportunities and health and well-being resources.

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Provide you with a TV licence for the first 12 months of moving in to your first home.

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Provide you with an adult passport and provisional driving licence if you are entitled to these documents.

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Offer you the opportunity to have a block of 10 driving lessons to help you become more independent.

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We will make every effort to keep in touch with you by visits, phone, text and email. We will celebrate your birthday with a present and cake, invite you to lunch and tea and celebrate special occasions with you.

## **Your Part: Live well independently**

### **We'd love it if you would:**

Take up any support we offer so that you can choose the best option for you.

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Actively seek suitable housing and regularly bid on properties and ask for support when needed to help make sure you can be housed quickly.

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Respect your property and keep it clean and tidy. Respect your neighbours.

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Make sure all your bills are paid on time and that you look after all the items in your home so that they last a long time and your home is a nice place to be.

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Be a positive member of your community by being respectful of your neighbours, taking care of your property and getting involved in positive opportunities in your community.

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Access my account (on [www.wigan.gov.uk](http://www.wigan.gov.uk)) or other online council services, to help you pay your bills on time and avoid getting into debt.

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Start planning as to how you will ensure your licence is maintained after the first twelve months alongside your other bills.

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Keep these documents safe, as they are important. They will enable you to access better employment and travel opportunities and will be sometimes needed as proof of your identity.

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Revise for your theory test and engage in your lessons. When you pass, take advantage of the freedom being able to drive offers, such as opening up more training and work opportunities.

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Keep in touch with us.

For more information for care leavers, please go to:  
**[www.wigan.gov.uk](http://www.wigan.gov.uk)** and search, **Care leavers offer.**