**We will still be available to offer advice and guidance at any time, please feel to contact us and speak to the duty worker**

**18plus Leaving Care Team**

**East Kent**

Thistley Hill

Melbourne Avenue

Dover

Kent

CT16 2JH

03000 410701

**18plus Leaving Care Team**

**North West Kent**

Worrall House

30 Kings Hill Avenue

West Malling

Kent

ME19 4AE

03000 421124



# Life After Care

**Introduction**

At the age of 21 (or 24 if in higher education) the support you receive from 18plus will come to an end.

With this in mind we recognise that taking responsibility for yourself can be worrying but equally an exciting time.

Young people who use the service have informed us that there are 4 main areas that they need help with.

***Health***

***Housing***

***Money management***

***Education & Employment***

**Please keep your pack in a safe place.**

**We hope that you will find our pack useful and wish you every success in your future**

**Your Useful contacts**

|  |  |  |  |
| --- | --- | --- | --- |
| *Contact Name* | *Number* | *Contact Name* | *Number* |
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**Education**

There are many ways to gain free advice & financial help from the

government to support you with learning costs. Help may also be available for childcare.

**Drop into 18plus**

If you leave us at 21 and you go back into full time education before your 25th birthday, you could be eligible for our support.

|  |  |  |
| --- | --- | --- |
| Local newspapers | www.jobsite.co.uk | www.totaljobs.com |
| www.monster.co.uk | Jobs posted on the internet | Advice on cv writing |

**Employment**

Job centre - Helps you find work & give you financial support when looking.

**Volunteering**

Volunteering is an excellent way of building your skills.

If you would like more information visit.

www.do-it.org.uk or www.volunteering.org

**Education & employment**

|  |  |
| --- | --- |
| www.gov.uk | Information on courses, qualifications & financial support |
| www.kentadulteducation.co.uk | Info on essential qualifications |
| www.learndirect.co.uk | Info on essential skills such as English & Maths |
| www.apprenticeships.org.uk | Information on apprenticeship training which is useful if you prefer to learn on the job. |
| www.cxk.org  01233 645852 | Careers guidance, advice and work related learning for vulnerable young people and adults (including the National Careers Service)  Mental health & wellbeing services (Young Healthy Minds) |

**Sexual Health**

It is important that you look after yourself by ensuring that you and your partner practice safe sex.

For information on sexual health a good place to start is:

**Feeling Down?**

If you are having a stressful time and you are not feeling yourself there are people you can talk to. A good place to start is:

**health**

|  |
| --- |
| Your local family planning & GUM clinic |
| **www.brook.org.uk 0808 802 1234**  Free & confidential sexual health advice for under 25’s |
| **www.tht.org.uk 08451221200**  HIV & Sexual health information |

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| **www.samaritans.org 08457 909090**  One to one private support |
| **www.mind.org.uk 0300 123 3393**  Advice and support with mental heath concerns |
| **www.thesite.org**  Lots of general information |
| **www.b-eat.co.uk**  With advice around eating disorders |
| **www.nshn.co.uk**  Support with self harm |

Your health is very important. Our health effects how we feel and our ability to perform day to day tasks. If you are worried about your health it is important that you seek support from a Doctor or a trained specialist who will be able to help you.

In emergencies call 999 Non emergencies call NHS Direct on 111

**Make sure that you are registered with a local GP and dentist.**

**Alcohol and Drugs:** If you need support with alcohol or drug addiction or general advice a good place to start is your local doctors or:

**www.turning-point.co.uk**

National health & social care provider

**www.talktofrank.com - 0800776600**

Confidential help & advice for anyone concerned about drug use

**www.alcoholics-anonymous.org.uk- 0845 769 7555**

support and advice with issues around alcohol

**Top tips**

**Seek advice sooner rather than later**

**Eat well and a variety of foods**

**Exercise as much as you can**

**health**

**Budget**

|  |  |
| --- | --- |
| **Outgoing** | **Weekly / Monthly** |
| Mortgage / Rent |  |
| Council Tax |  |
| Water rates |  |
| Sewage |  |
| Ground rent / Service charge |  |
| Building/Contents Insurance |  |
| Life insurance / Pension |  |
| Gas |  |
| Electric |  |
| TV License |  |
| TV, Internet & Phone |  |
| Travel |  |
| Food |  |
| Clothing |  |
| Childcare |  |
| Mobile Phone |  |
| Other 1 |  |
| Other 2 |  |
| TOTAL |  |

**Budget**

|  |  |
| --- | --- |
| **Income** | **Weekly / Monthly** |
| Wages / Salary |  |
| Wages / Salary—Partner |  |
| JSA / ESA |  |
| Income Support |  |
| Working Tax Credits |  |
| Child Tax Credits |  |
| Child Benefit |  |
| DLA |  |
| Maintenance / CSA |  |
| Other |  |
| TOTAL |  |

|  |  |
| --- | --- |
| Income |  |
| Outgoing |  |
| Total |  |

**Know your rights and responsibilities:** In order to maintain a tenancy agreement it is important that you know your rights and responsibilities. These will be given to you as part of the terms and conditions of you renting the accommodation.

For more information a good place to start is:

**Issues with housing: Do be aware that if you break the conditions of your tenancy, your landlord (or the Council) can start eviction proceedings against you. This begins with issuing a S21 asking you to leave and may result in you being summoned to court.**

**Reasons for eviction:**

**Non payment of rent**—make sure you pay your top-up if necessary and provide all relevant details to claim your Housing Benefit. If your Housing Benefit stops for any reason, it is essential to sort this immediately. If you work, you will be responsible for paying your rent and Council Tax.

**Behaviour—**anti-social behaviour won’t be tolerated. Respect your neighbours and they will respect you.

**Criminal Damage**—Any damage to your home is your responsibility, regardless of who did it.

Landlords value good tenants. If there are no problems, they will want to keep you there as long as possible.

If evicted for any of these reasons, the council are likely to find you INTENTIONALLY HOMELESS—this means they no longer have a duty to house you!

**housing**

|  |
| --- |
| **www.centrepoint.org.uk** |
| **www.shelter.org.uk– 0808 800 4444**  information on housing and homelessness |
| **www.direct.gov.uk**  information on all types of housing and benefits |

**housing**

**Top tips**

 It is important that you take steps to keep your self safe in your home

 If you are a smoker Take care with butts and hot ash.

 Rented properties must have fire alarms fitted.

 Check fire alarms once a week.

 Check Gas safety certificates are up to date.

 Take care when cooking don’t leave things unattended

 Don’t overload sockets

 Use candles carefully and don’t leave them unattended

**Making a complaint:**

If talking through issues with your housing provider fails, it is your right to complain. A complaint is generally taken more seriously if it is in writing. Some organisations will support you with your complaint. For more information A good place to start is:

**www.citizensadvice.org.uk**

**or**

**www.lgo.org.uk 0300 061 0614**

For making complaints against the council

Keeping track of your money can be tricky but it is a vital skill to develop. If you are not sure how to take control of your money, there are people and websites that can help you.

**Money Management**

|  |  |
| --- | --- |
| **Financial advice:**  If you feel things are getting out of hand or you want advice in a certain area of your finance. | **www.moneyadviceservice.org.uk**  **www.thesite.org**  General money management advice  **www.citizensadvice.org.uk**  One to one money advice and support  **www.moneysavingexpert.com**  General money saving tips and budget planner |
| **Benefits:**  It is important that you claim the benefits that suit your situation. For general advice, get the right support and check your benefit entitlements. | **www.gov.uk**  Advice on all benefit e.g. housing and council tax  **Job centre**  Advice on income support and other benefits |
| **Debt:**  If you feel things are getting out of hand it is important that you seek support sooner rather than later.  Avoid payday lenders! | **www.nationaldebtline.co.uk 0808 808 4000**  How to manage money problems  **www.creditaction.org.uk**  Money management site |

**Top Tips**

 Ensure your outgoings are not more than your income

 Know how much money you have to work with .

 Writing out a budget can help you to work out your out goings.

 Make sure you get the best from your budget.

 Seek advice before things get out of hand