

KICUP SKILLS

A PLACE OF YOUR OWN

RECOMENDED AGE 16+

*KICup stands for Kids in Care, the up represents the high aspirations we have for you. This name was created by care experienced people within Three Circles Fostering.



A PLACE OF YOUR OWN



Whilst you are 16 or 17 there will be no expectation or pressure for you to move from your foster carers or but it is really important there is a plan for where you will live when you are 18 and ensure everybody is working with you and your carers to prepare you for this. This will all be detailed in your pathway plan. To find out more about your pathway plan check out [this handy factsheet](#).

If you are in foster placement and want to stay there after you reach 18, as long as both you and the foster carer are in agreement, and you are engaged in education, training or employment, then the local authority will support you to remain there. This is called Staying Put. To read more about Staying Put there is some information produced by the [Young People's Benchmarking Forum](#) you can read [here](#).

FACTSHEET 3 Your pathway plan PAGE 1 OF 2

PATHWAY TO SUCCESS

THE PATHWAY PLAN IS A REALLY IMPORTANT DOCUMENT WHICH SETS OUT WHAT YOU WANT TO DO, WHAT SUPPORT YOU NEED AND HOW THE COUNCIL WILL HELP YOU GET IT.

Every looked after child must have a pathway plan, usually starting around your 16th birthday. It's the law! Your pathway plan says how the council will help you prepare to live independently. It's like a contract between you, the council and other important professionals in your life. Most importantly, it gives you a chance to get your wishes and feelings written down, as the plan must take your views into account.

This is from a series of FREE factsheets for young people with care experience, produced by **Become**.

What's a pathway plan and why is it important?

When preparing your pathway plan, remember:

- Take anything you're unhappy about.
- There should always be a 'plan B' in case things don't turn out as expected.
- Disagreements with your SKV/PA should be noted carefully so everyone's point of view is clear.
- Other people can be asked about your plan, such as your family, foster carer, teachers, health services, IRO and advocate (but not without you knowing).
- The last year of your pathway plan should focus on support you can get while living independently. Good pathway plans should say who's there to help you, what they can do and how you can get in touch.

Reviews

Your pathway plan should be reviewed at least every 6 months, but you can ask for it to be reviewed any time. If there are any big changes in your life, there should be a review, because your plan should reflect what's happening now. Whenever your pathway plan is reviewed, you and your Social Worker/PA should

Don't forget:

- It's about your life.
- You must be involved in completing it.
- It should say how your council will help you.
- You should always have a copy.

Carers Advice Line
0800 023 2000

BECOME

STAYING PUT GUIDE

What does it mean for you?

HOUSING OPTIONS

The accommodation options for 16 or 17 year olds include:

- Foster care
- Residential care
- Trainer flats - usually a stepping stone between residential care and independent living
- Your family
- Supported accommodation - perhaps a shared house or flat, where you have your own room but share some facilities with other young people and receive support from a housing support officer
- Specialist accommodation - a residential school for example

The accommodation options for 18 year olds include:

- Staying put - this is where you stay in your foster home and we can agree this as long as you stay in education, training or are working
- Supported accommodation - perhaps a shared house or flat, where you have your own room but share some facilities with other young people and receive support from a housing support officer
- Foyers and other supported housing
- Specialist accommodation
- Independent accommodation - council flat or private rented for example
- Your family
- Buying your own home with a mortgage

To get to know more about your rights, no matter your age.... check out this handy guide called Sorted and Supported. If you need help understanding your rights, get in touch with us on 01625 533 531



HOME TRUTHS

Are you about to move out for the first time? Whether you're moving into student accommodation or your own place, living away from home can be an eye opening and daunting experience. Even if you are not moving out just yet, it is useful to learn about the process so when you do - you feel prepared

The Mix, which is a website for young people aged 13 and over have created an app (with young people) that you can work through to learn everything you need to know about having a place of your own.

You work through the information on the app and collect badges on:

KEYS TO HOME

FINANCES

PEOPLE

DIY

LEGAL ASPECTS

BENEFITS

WELLBEING

Ready to get started?

We have outlined a step by step guide to how you get onto the Home Truths app to start working through the badges. You might need your carers support for this, or if you want us to help you, call 01625 533531 and ask for Charlotte or Seb!



Head to <https://www.themix.org.uk/>
and click 'Apps and Tools'

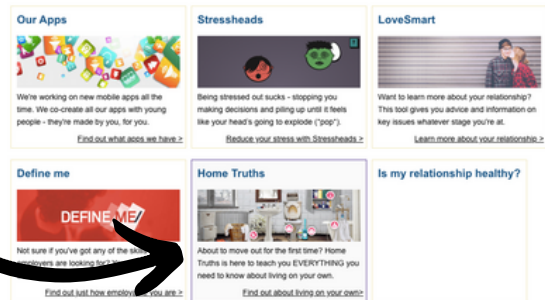


2

Scroll down the page and then click 'Home Truths'

Apps and Tools

Useful mobile apps and handy tools to help you get information and support more easily.



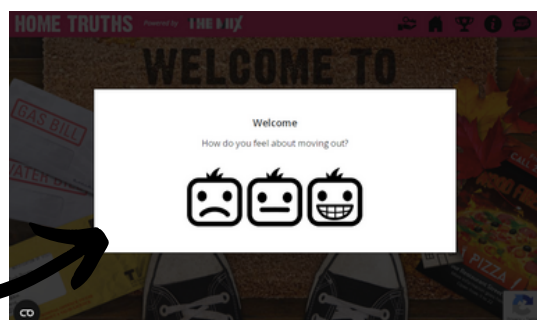
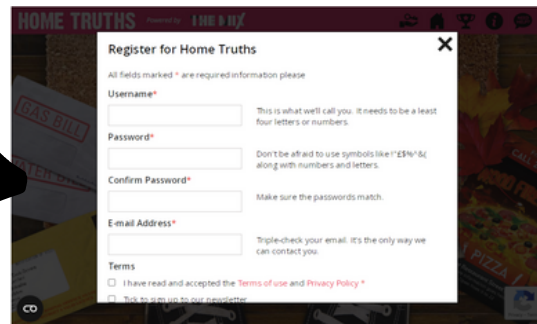
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Click on register now and follow the instructions. Or click register later if you would rather not create an account



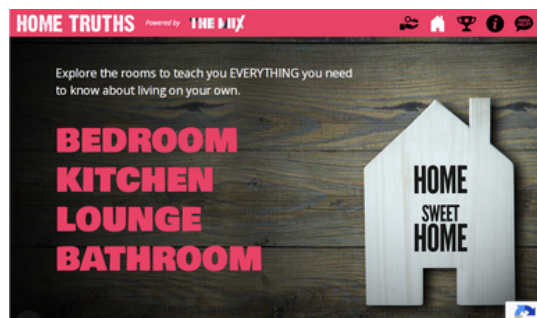
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The app might ask you how you are feeling about moving out and you can click which ever face matches your thoughts



5

Now it is time to explore the rooms to learn the things you need to know about living on your own!



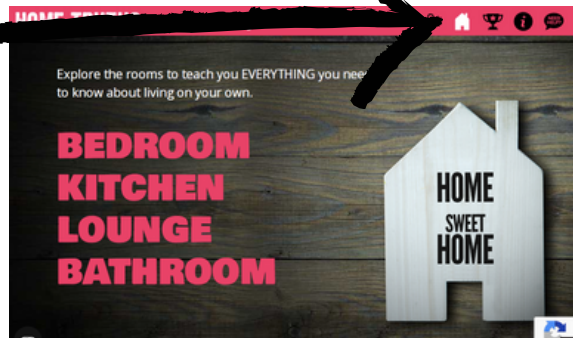
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Each room will have lots of pink circle icons that you can click to learn more. Work your way through each icon before exploring the next room.



7

When you want to explore another room, click on the house button here. Click on another room and follow the same process as before, working your way through the icons.



8

When you are ready, you can take some quizzes to earn badges to mark your progress. Click on the trophy button and then take the quizzes to test what you have learned. Through the app you will learn all about getting the keys to your home, finances, people, DIY, legal aspects, benefits and wellbeing



GETTING HELP AND ADVICE

If you need an advocate or information about your rights contact:

- Coram Voice
 - www.coramvoice.org.uk/alwaysheard
 - help@coramvoice.org.uk
 - Freephone: 0808 800 5792 / 07758 670 369

For legal advice and information contact:

- Child Law Advice Service (Coram Children's Legal Centre)
 - www.childlawadvice.org.uk
 - 0300 330 5480
- Law Stuff (Coram Children's Legal Centre)
 - www.lawstuff.org.uk
- Find a solicitor (Law Society)
 - www.lawsociety.org.uk/find-a-solicitor

For immigration advice contact:

- Migrant Children's Project (Coram Children's Legal Centre)
 - www.childrenslegalcentre.com
 - mcpadvice@coramclc.org.uk
- Children's Advice Project (Refugee Council)
 - www.refugeecouncil.org.uk
 - 0207 346 1134
- Find a solicitor (Law Society)
 - www.lawsociety.org.uk/find-a-solicitor

For housing and homelessness advice contact:

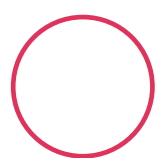
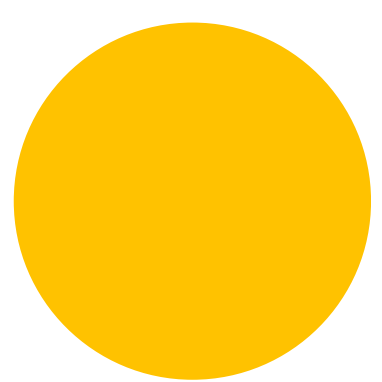
- Shelter
 - www.shelter.org.uk
 - 0808 800 4444

For care leavers with disabilities contact:

- SCOPE
 - www.scope.org.uk
 - 0808 800 3333
- Mencap
 - www.mencap.org.uk
 - 0808 808 1111
- MIND
 - www.mind.org.uk
 - 0300 123 3393 or email info@mind.org.uk

Other advice and support services for care leavers:

- Help at Hand (Children's Commissioner)
 - <https://www.childrenscommissioner.gov.uk/help-at-hand/>
 - 0800 528 0731
- Care Advice Line (Become)
 - www.becomecharity.org.uk/help-advice/care-advice-line/
 - 0800 023 2033



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Where possible, we have utilised [language that cares](#) through this document

