**Local Offer Review**

**Frequently Asked Questions requested by Children and Young People**

**Preparation for Adulthood:**

**Who can I contact for careers guidance?**

* Your school or college should have a guidance counsellor or careers advisor you can speak to.
* You can also find the Connexions service here: [Education and careers for 15 to 18 year olds - Bury Council](https://www.bury.gov.uk/schools-and-learning/education-and-careers-for-15-to-18-year-olds).
  + The Connexions service runs workshops to support young people with writing a CV as well as hosting careers events
  + CV workshop dates can be requested by emailing [connexions@bury.gov.uk](mailto:connexions@bury.gov.uk)
  + The Connexions service will provide education and careers advice for young people with an Education, Health and Care Plan up to the age of 25
* You can also visit the National Careers Service website for guidance and information [Careers advice - job profiles, information and resources | National Careers Service](https://nationalcareers.service.gov.uk/home)
* You can also contact your local Job Centre [Contact Jobcentre Plus: How to contact Jobcentre Plus - GOV.UK (www.gov.uk)](https://www.gov.uk/contact-jobcentre-plus) for help from Job Coaches and Disability Employment Advisers
  + What Is A Disability Employment Advisor?
    - A disability employment advisor (DEA) offers support and advice to people with disabilities and their families. In particular, they help people with disabilities get access to job-related resources, services, and accommodations.
    - Disability employment advisors specialise in advocating for job seekers with disabilities, helping them to find meaningful work.
    - Every job centre in the UK has a DEA, and you can request an appointment for specialist advice and coaching.
  + What Does A Disability Employment Advisor Do?
    - DEAs typically work in the Department for Work and Pensions (DWP) or one of the Jobcentre Plus offices around the UK. They specialise in offering guidance and assistance to people with disabilities. This includes people looking for employment or those having issues with their current job.
    - Your disability employment advisor can assist you in the following ways:
    - Career advice: Your local DEA can help you set realistic employment goals and get the training to achieve them.
    - Assessment: DEAs can assess your specific needs and the barriers you face when finding employment. Then, they can suggest suitable jobs or training based on your skill set.
    - Job searching: A disability employment advisor will help you identify jobs that best suit your abilities. In addition, they will coach you as you update your CV, obtain references, and prep for interviews.
    - Reasonable accommodations: DEAs provide updated information about reasonable workplace adjustments that can help you thrive in your new role.
    - Funding and financial support: Disability employment advisors can provide you with information about disability-related benefits you may be eligible for. These include Employment and Support Allowance (ESA) and Personal Independence Payment (PIP).
    - Build awareness: DEAs often offer employers valuable advice on how to improve workplace disability inclusion and create a more accessible hiring process. They may even advocate on behalf of jobseekers to ensure that employers provide reasonable adjustments.
    - Workplace assessments: Your local disability employment advisor can work with both job seekers and employers to identify and address any potential barriers. This could be tackling accessibility issues in the work space or calling out non-inclusive practices.
  + DEAs work to support people with disabilities as they find long-term employment. They also offer a source of information and guidance for organisations looking to become a disability-friendly employer.

**Where can I get work experience which will support my additional needs? e.g., in schools**

* There are lots of organisations in Bury that can help you with work experience.
* You can contact Citizen’s Advice: [Home - Citizens Advice Bury & Bolton (cabb.org.uk)](https://www.cabb.org.uk/) or the Job Centre: Contact Jobcentre Plus: How to contact Jobcentre Plus - GOV.UK (www.gov.uk)
* You might be able to get an internship through college or take part in Bury Youth Service’s Young Leader Programme.
* You can also visit charity shops, guide or scout groups, a local food bank, or many other organisations to ask if they are taking on new volunteers. Make sure you tell them about your additional needs so they can best support you.
* Local providers of opportunities for voluntary work can be found here: [www.buryvcfa.org.uk](http://www.buryvcfa.org.uk)

**What qualifications will I need for different jobs? How do I get those qualifications?**

* This will vary depending on the job you want to get.
* If you know what you would like to do, try Googling that along with ‘entry requirements.
  + For example, if you want to be a teacher, you can Google ‘teacher entry requirements’ and find information about what you need to do to become a teacher.
* Most jobs require you to have a little bit of work experience, so it might be a good idea to find somewhere to volunteer while you work towards your qualifications.
* Your teachers or college tutors, will be able to help you find out exactly what you need to do to get the job you would like.

**How do I find a job?**

* You might be able to get help with this at college, but if not, you can ask any adult in your life to help you begin your job search.
* To do this you will need a Curriculum Vitae (CV), which outlines your qualifications, education history, work experience, and skills.
* You can find CV templates online and lots of articles that explain what information needs to be on it.
* Bury’s Connexions service holds workshops to help young people to write their CV.
* Once you have a CV, you can visit Find a job - GOV.UK (www.gov.uk) or [Contact Jobcentre Plus: How to contact Jobcentre Plus - GOV.UK (www.gov.uk)](https://www.gov.uk/contact-jobcentre-plus) or try searching other job websites to see what work vacancies are in your area.
* You can also contact the Citizen’s Advice Bureau for advice and information: [Home - Citizens Advice Bury & Bolton (cabb.org.uk)](https://www.cabb.org.uk/)

**How can I get a job in a different city?**

* It can be helpful to use job searching websites– just make sure you change your location from Bury to wherever it is you would like to work before you start your search.
* If you want to work outside of Bury, you should consider whether you want to live somewhere else.
  + If you would like to still live in Bury, you should look for jobs that are close by, like Bolton or Manchester.
  + Just keep in mind that you will need to pay for buses or trams and allow yourself a bit more time to get to work in the mornings.
  + For information about travelling to work, you can visit [Tram | Bee Network | Powered by TfGM](https://tfgm.com/ways-to-travel/tram) for information about the Metrolink service or [Bus | Bee Network | Powered by TfGM](https://tfgm.com/ways-to-travel/bus) for information about bus services
* If you would like to move to a different city, like London, you can look for accommodation the same way you would in Bury.
* Young people who have an Education, Health and Care Plan will need to notify the EHC Team ([ehc@bury.gov.uk](mailto:ehc@bury.gov.uk)) if they change address or move out of the area so that Plan can be transferred to the new address.

**Is university the right fit for me?**

* Not everyone enjoys university, and you might decide to study locally for a diploma or find an apprenticeship instead.
* For guidance on this, you should speak to your teacher or guidance counsellor.
* If you are not in college anymore, contact the Connexions Service: [Education and careers for 15 to 18 year olds - Bury Council](https://www.bury.gov.uk/schools-and-learning/education-and-careers-for-15-to-18-year-olds) to find out some more information.
* You can also look online at alternatives to university.
* Young people with an Education, Health and Care Plan should bear in mind that entering Higher Education (university) means that the Plan will be ceased.
  + Universities are equipped with their own staff and resources to deal with students’ individual needs.

**How can I get student finance?**

* If you’re going to university and would like to apply for student finance, the first thing you should do is visit Student Finance England’s website: [Student finance for undergraduates: Overview - GOV.UK (www.gov.uk)](https://www.gov.uk/student-finance)
* You will find information about how to apply for student finance and how much money you are eligible for.
* For additional help, you can contact your university to ask about bursaries and other financial support.
* You can find this support in the student union or on thewebsite.
* If you receive student finance, you will have two different loans
  + One loan will cover tuition costs and is paid straight to the university.
  + The other is a maintenance loan and is designed to help you pay rent, buy groceries, and cover other living expenses.
* The amount of help you receive will depend on how much money your parents earn, but it’s different if you don’t have parents or require additional support.
  + More information about this can be found on Student Finance England’s website.
* You will have to repay any student loans you take out once you are in employment.

**How do I move out?**

* If you would like to move out and live independently from your family there are a few things to consider.
* You need to decide how you will pay your rent and choose where you would like to live.
* You can search on the internet for websites to find homes that are available to rent, or you can visit Six Town Housing to see if they can help: [Home | Six Town Housing](https://www.sixtownhousing.org/).
* You might get extra support in your house search if you have a disability.
  + For example, you might decide you’re not ready to live completely alone, and you’d like to have housemates or an adult who can check up on you every once in a while.
  + You can also look on the Local Offer in the Preparing for Adulthood section for information and advice about Independent Living.

**What do I do when I live alone?**

* There are lots of things to think about when you live alone for the first time.
* It will be important to take things one step at a time.
* You can look on the Local Offer in the Preparing for Adulthood section for information and advice about Independent Living: [Preparing for Adulthood (ages 16 - 25) - Bury Council](https://www.bury.gov.uk/social-care-and-support/child-care-and-support/children-with-disabilities/bury-send-local-offer/preparing-for-adulthood/preparing-for-adulthood)

**How do I open a bank account?**

* You can look online to decide which bank you would like to open an account with.
  + You might decide to choose one where there is a branch close to where you live
* Once you’ve decided, you can visit the bank and ask about the different accounts they have, and they will open one for you.
* You can also open an account online with some banks, but it’s important to know which account you want as there are lots of different types.
* A good account to start with is a current account – with this, you will have a debit card and the option to set up mobile banking.
* You will have to pay money into this account, and you will be able to move money out of it, for example to pay your bills.
* You can use your debit card to spend money in shops and online very easily, and the card will come with a four-digit PIN number that is just for you.

**What bills do I need to pay, and how do I pay them?**

* The main bills you might have to pay would be your energy bill (this covers gas and electricity), water bill, internet bill, and council tax.
* The amount of council tax you pay depends on the size of your home and where it is located.
  + If you know the full address of your home, you can look online to find out how much council tax you will have to pay.
* You will also need to consider insurance to cover yourself for any damage to your property or belongings.

**How can I get money and save it?**

* In order to generate an income, you will either need paid employment, or you may need to apply for universal credit.
  + Universal credit is England’s benefit scheme and it can help people pay for things while they are looking for work.
  + You may also be eligible for universal credit if you have a disability.
  + You can find out more about this at [Benefits calculators - GOV.UK (www.gov.uk)](https://www.gov.uk/benefits-calculators).
* If you want to save money, speak to your bank about opening a savings account.
  + You can choose how much money you save each month, and sometimes you will be paid interest on this money so the amount you have saved can grow.
  + Your bank can tell you more about that, and help you decide which savings account is best for you depending on what you are saving for (e.g., a house or a holiday).

**How can I buy a car and what bills will I have to pay to use my car?**

* To buy a car, you will need to have driving lessons and pass a test to get a driving license.
  + You can use a search engine such as Google to find local driving instructors.
* Once you have done this, you will need to make sure you have enough money to buy a car.
  + This means you might have to work and save money each month, or you might have an adult in your life who has offered to help pay for it.
  + You might find that buying a second hand car is more affordable.
* If your car is more than 1 year old, you will need an MOT certificate to prove that it is road worthy.
  + You will need to find a local mechanic or garage who is registered for MOT testing to help you with this and there will be a charge.
* You will also need driving insurance to cover you and other road users and pedestrians should you have an accident whilst driving.
  + You can use a comparison website to get an idea of how much this would cost.
* You will also need to pay for road tax to drive on the roads in Britain.
  + The amount you pay depends on the size of your car engine but you can organise this online: [Tax your vehicle - GOV.UK (www.gov.uk)](https://www.gov.uk/vehicle-tax)
* And of course you will need to pay for petrol or diesel to power your car, unless you have an electric model.

**Where can I go with my friends?**

* As an adult, you might not be seeing your friends at college anymore.
* You can still see them though – you just might have to arrange it with them.
* If you both have a phone, you can text or call each other and arrange to meet up in a café, restaurant, cinema, or any other public space.
* You could also go to each other’s houses or sign up to a group together, like a youth club or dance class.
* You can also find information about things to do with your friends on the Local Offer in the Preparing for Adulthood section under ‘Friends, relationships and community’.

**What do I do and how do I stay safe if I drink alcohol?**

* It is safest not to drink alcohol, but if you decide to, it’s important to do it safely.
* Alcohol will have information on the label about how much is safe for you to drink – these are called units.
* Generally, you shouldn’t have more than 14 units in one week.
  + One pint of lager is almost 3 units, and one medium glass of wine is 2.3 units.
* If you drink too much, you might feel dizzy, nauseous, or hear a ringing noise in your ears.
* Try to have some water in between drinks to keep yourself hydrated so that you don’t feel poorly.
* Make sure you’ve had plenty to eat, and if you start to feel unwell, switch to soft drinks until you feel better.
* Make sure you don’t try to walk home at night if you’ve had too much to drink – see if you can get a taxi or walk with a friend.
* If someone (including you) drinks too much and can’t walk or speak, they may have alcohol poisoning, and you should call 999 to get help.
* You can find more information and advice about drinking alcohol here: [Drinkaware Home | Drinkaware](https://www.drinkaware.co.uk/) or here: [Alcohol units - NHS (www.nhs.uk)](https://www.nhs.uk/live-well/alcohol-advice/calculating-alcohol-units/) or here: [Tips on cutting down - NHS (www.nhs.uk)](https://www.nhs.uk/live-well/alcohol-advice/tips-on-cutting-down-alcohol/)