

Preparation for Adulthood Guidance (VI)

We want young people to make plans for their future that are ambitious and achievable in order that each young person can be the best version of themselves.

To make this happen, careful planning is needed in all areas of their lives to ensure a successful transition to adulthood. The four main areas we focus on are:

Health (including mental health), Community Inclusion, Employment, and Independent Living.

And here are some useful links that offer information, advice, and support for each of the key areas:

Health (including mental health)

[Transition to services for adults : Birmingham Community Healthcare \(bhamcommunity.nhs.uk\)](https://www.bhamcommunity.nhs.uk)

[Home | Forward Thinking Birmingham](#) (Mental Health Support)

<https://www.kooth.com/> - online Mental health support.

Community Inclusion

[Find a youth centre | Birmingham City Council](#)

[Become a volunteer | Birmingham Voluntary Service Council \(bvsc.org\)](https://www.bvsc.org)

Employment

Further studies: BCS: [Open Days – Birmingham Careers Service](#)

BCC: [All further education colleges in Birmingham | Birmingham City Council](#)

Local Offer: [GFE Providers in Birmingham.pdf \(localofferbirmingham.co.uk\)](#)

Careers: [Birmingham Careers Service – Guiding Young People](#)

[Employment support services | Disability charity Scope UK](#)

[Find an apprenticeship - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

Independent Living

A range of advice is available from charities that provide help for specific disabilities, for the above areas and independent living. Here are some options for vision impaired young people: [Thomas Pocklington Trust - Thomas Pocklington Trust \(pocklington-trust.org.uk\)](https://www.pocklington-trust.org.uk) and [Look UK – Supporting Visually Impaired Young People to Thrive \(look-uk.org\)](https://www.look-uk.org) inc [Peer Mentoring Projects for VI Young People – Look UK \(look-uk.org\)](#)

For students that have an EHCP (Education, Health and Care Plan) please see our local offer website for more information on what you need to do:

<https://www.localofferbirmingham.co.uk/post-16-and-preparing-for-adulthood/post-16-transition/>

If you need extra help from social care to support you through your transition into adulthood, information on what help is available can be found here: [I am a Young Person – Local Offer Birmingham](#)