



Leaving Care

Supporting young people into
adulthood and independence

Regulated by





Our Head of Strategy and Operations has often praised the work undertaken for our young person, how you have worked with us and other professionals to achieve positive outcomes for him.



I have enjoyed my time living here at Kensington and thank the staff and management for their support.

This 18 year old has now gone on to have his own tenancy



Supporting young people as they leave care

Leaving Care Service

Leaving Care is a division of Keys Group and offers individualised support packages to young people aged 16 to 23. Supporting young people as they leave care to maximise their potential and develop the resilience and life skills required to live independently, maintaining their own tenancy in the local community.

Our service aims to provide a positive experience for young people as they grow and develop into young adults. Using the Keys independent training programme, young people can acquire the life skills necessary to achieve positive outcomes and to aid in their individual journey into adulthood.

We offer a combination of packages including accommodation. Packages are individually tailored, person centred plans incorporating mentoring, advocacy and guidance to support, as appropriate, the young person's engagement with education, training, development and employment.

Keys Leaving Care is registered and regulated by the Care Quality Commission (CQC) and can therefore provide personal care for those requiring this additional support during transition to independence. Examples of personal care include assistance with taking medication, meal preparation, laundry, as well as advice, encouragement and emotional and psychological support.

Each transition package includes a phased support/care reduction plan agreed in consultation with the young person prior to the start of their placement. The plan is centred around supporting the young person to achieve the skills required to live independently and monitoring of the progress required to trigger the associated reduction in support as goals are achieved.

What makes us different

Our key strengths and areas of expertise set us apart from many leaving care providers, in particular:

- We are registered and regulated by the Care Quality Commission and can offer support to those young people requiring more complex support/care packages.
- Our excellent record in transitioning young people into employment – our young people not in education, employment or training (NEET) currently stands at 24%*, compared to the national average of 46% for care leavers.
- Our intensive but short transition periods – on average 9 months.
- Our bespoke education programme for young people who are NEET - and can access the AQA unit award scheme which includes certification.

* As of January 2019

Support and accommodation packages

Transitional support packages:

Linking children's residential care staff and Leaving Care support teams to ensure a smooth crossover between provisions including pre-transition "life skills" work.

Low level support packages:

Accommodation with a minimum of 21 hours per week within a solo provision.

Medium level support packages:

Accommodation and overnight staff presence in addition to daily support sessions.

High level support packages:

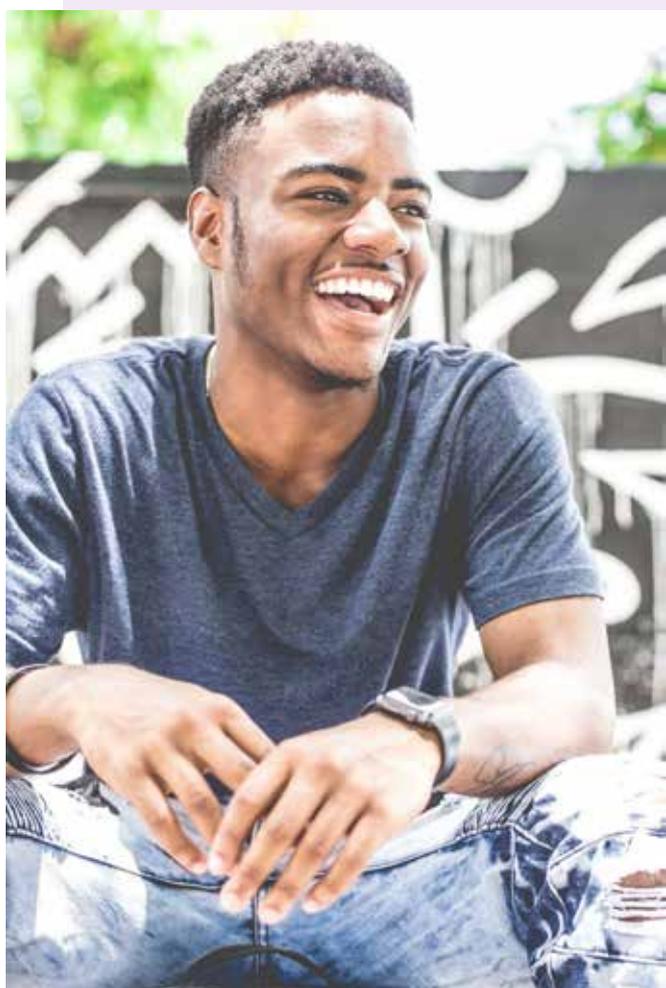
Accommodation and 24/7 staffing provision on a one to one or two to one basis.

CQC regulated intensive support packages:

Placements for young people with more complex needs that can only be met by a regulated domiciliary provision.

CQC regulated placements are typically suitable for young people;

- With a planned discharge from a secure environment.
- Displaying self-injurious behaviours including ligatures, swallowing of harmful substances and/or objects and who have historically made attempts on their life or have been diagnosed with suicidal ideation.
- With a history of being missing from home and/or at risk of sexual exploitation.
- Displaying Post Traumatic Stress Disorder and attachment issues.
- Requiring intervention work as a consequence of displaying sexually harmful behaviours or those who are currently on a sexual offences prevention order.
- Requiring support with the administration of medication.
- With a diagnosed learning difficulty.



Education

One of our objectives is to engage all young people in education, employment and training. Whilst many will be keen to engage and already be in education, employment or training with goals for their future, others, often due to multiple reasons, find it difficult to focus on their future and therefore are difficult to engage.

Leaving Care has a dedicated NEET Manager who liaises with our staff to offer advice and guidance around education, employment and training.

Each young person has an EET plan detailing the work being carried out to engage the young person with education or employment, setting individual monthly targets and tracking outcomes.

Leaving Care offers:

1. Life Skills Journal

All young people are expected to complete our Life Skills Journal with the support of their keyworker, which covers:

- Money
- Health
- Education, Employment and Training
- Family and Relationships
- Identity
- Where I live
- How I feel
- Practical and Life Skills

The Journal provides an opportunity for the young person and staff to assess individual starting points, set objectives and measure progress, thus making this a person centred approach. Certificates are issued to recognise achievement.

2. AQA Unit Award Scheme

Leaving Care has also introduced the AQA Unit Award Scheme. This provides a wide range of units recognising achievement at all levels. These awards are designed to be easily administered and offer a route to engage young people and reward them for progress, however minimal that may be.

All young people work through three mandatory group units.

- **Initial Group** covering basic life and practical skills e.g. cooking, cleaning, shopping, managing money
- **Development Group** covering CV writing, more advanced budgeting skills, job applications etc.
- **Moving Forward Group** covering taking on own tenancy, benefits and claims, furnishing a flat etc.

Certificates are awarded to recognise achievements and to motivate and encourage young people to use these awards as a stepping stone to more permanent and long term education, employment or training.

3. The Training Hub

Young people have access to over 30 online training modules through The Training Hub. These have been specifically written for care leavers and cover a range of current topics to enable young people to gain further knowledge and understanding, aiding their journey towards independent living. These provide an alternative platform for learning in a bright, interactive and relevant way.

4. Resilience Lab

Resilience Lab is a series of six workshops for young people which aim to equip young people with a toolkit of strategies to help them cope with and overcome the challenges they face in their lives.

All Leaving Care staff are trained in 'Resilience Lab' in order to implement the strategies and support young people on a daily basis.



How we do it

Our keyworkers and multi-disciplinary team act as positive role models helping each young person to develop the practical skills and resilience required as they transition to independence from care.

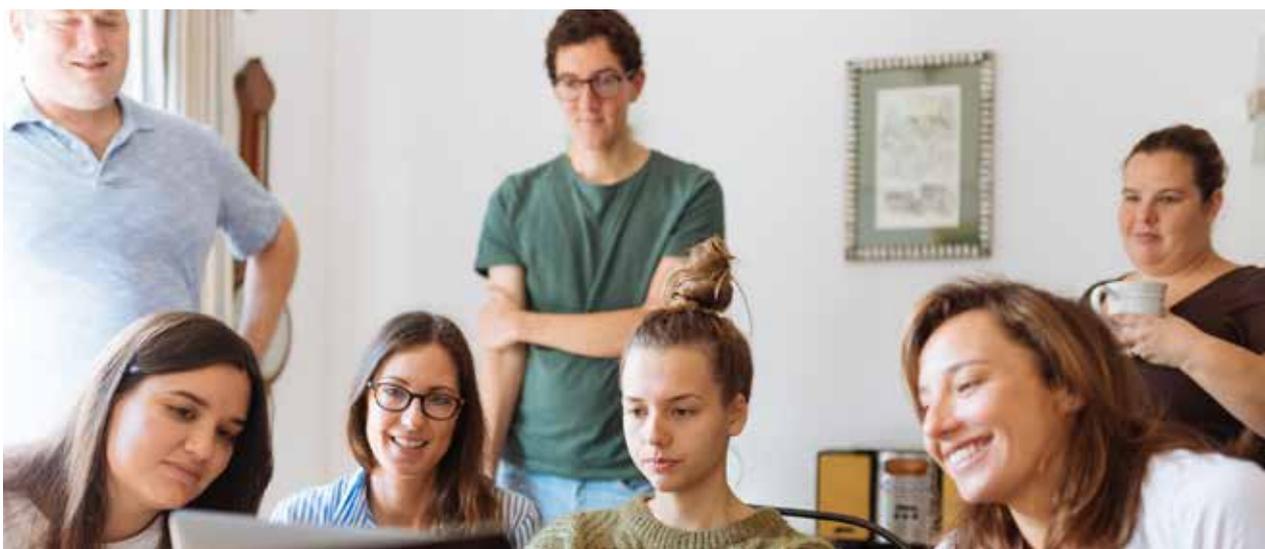
Support packages include help with accommodation, housing applications and managing finances.

Priority is given to implementing support to those not in employment, education or training through engagement with our dedicated training manager.

Our standards of practice and achievement of outcomes focus on our commitment to improving the lives and prospects of the young people we support, based on the key principles of the Every Child Matters framework.

Engagement and links with our clinical team ensure that we are able to manage risks using appropriate risk management tools and we utilise appropriate specialist support within the organisation.

We can also call on the services of the specialist advisors within the wider Keys Group.



Keys Leaving Care Standards

Keys Leaving Care standards of practice frame the design of individualised support packages;

1. Supporting what matters most to young people now and in the future.
2. Building self-esteem, confidence, resilience and independence.
3. Developing individual choice, decision-making and self-direction.
4. Supporting positive enjoyment and achievement.
5. Promoting personal safety and protection.
6. Promoting and supporting education/employment and development of life skills.
7. Supporting positive social inclusion, community relationships and citizenship.
8. Developing and maintaining health and well-being.

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Get in touch

If you have any queries or would like to find out more, don't hesitate to get in touch with our dedicated Leaving Care Referrals Team on the details below:

Leaving Care Referrals Team

t: 0121 728 7800 (option 2-1)

e: leavingcare.referrals@keys-group.co.uk



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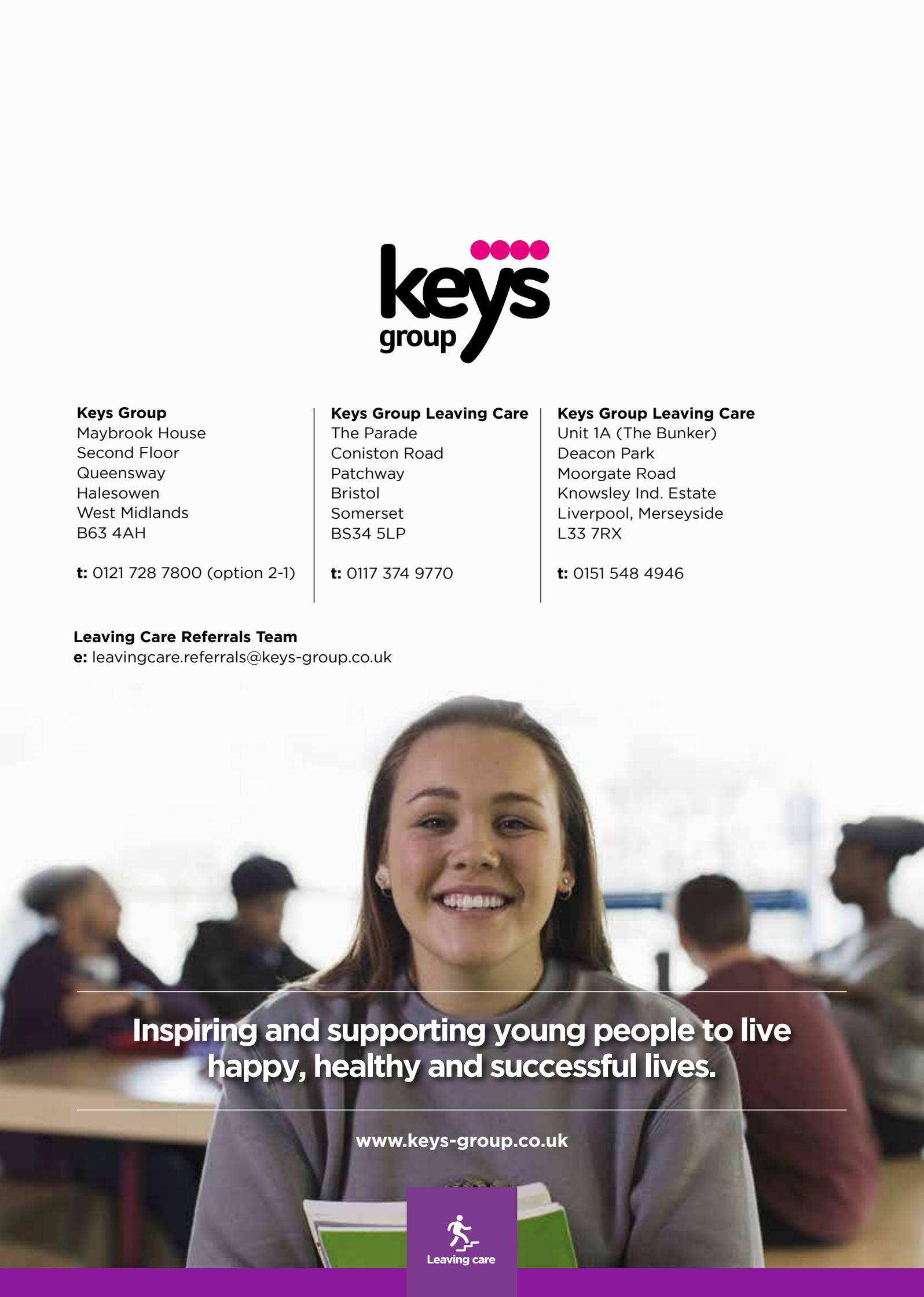
Keys Group Leaving Care

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Leaving Care Referrals Team

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A young woman with long dark hair, wearing a grey sweater, is smiling warmly at the camera. She is holding a green folder or book. The background is a blurred classroom with other students sitting at desks.

**Inspiring and supporting young people to live
happy, healthy and successful lives.**

www.keys-group.co.uk



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