



## Signposting and resources for post-16 young people

### Mental health support

[Kooth](#) - Kooth is an **online platform to help young people with their mental health and wellbeing**. It's a welcoming space to safely explore your feelings. You can anonymously talk to other people your own age on moderated discussion forums, and chat to mental health professionals via messaging.

[4YP - For Children & Young People Charity](#) 4YP works with 7-25 year-olds at our Ipswich town centre hub, in schools and out in the community. Provides a range of clinical and therapeutic services for young people with identified poor mental health and wellbeing.

[Your Mind - The Source](#) The Source website has been created to provide information, advice and sources of support to young people in Suffolk – when they need it, on a range of issues that impact their lives. The Source website is aimed at supporting young people in Suffolk aged 11-19 years old (up to 25 for young people with additional needs).

### Preparing for adulthood framework

[“Measuring Employability Skills: A rapid review to inform development of tools for project evaluation”](#) by Blades, Fauth and Gibb is helpful when considering skills and the next steps for an individual student. See tables below. Use scaling to measure where they are now (baseline) and where they would like to be (goal) could be used to help plan next steps.

**Table 1. Soft employability skills and attributes**

| Personal                                                 | Interpersonal                                                                              | Self-management                                                  | Initiative & delivery                       |
|----------------------------------------------------------|--------------------------------------------------------------------------------------------|------------------------------------------------------------------|---------------------------------------------|
| Confidence<br>Self-esteem<br>Motivation<br>Self-efficacy | Social/<br>interpersonal<br>skills<br>Communication<br>skills<br>Teamwork<br>Assertiveness | Self-control<br>Reliability<br>Positive attitude<br>Presentation | Planning<br>Problem-solving<br>Prioritising |

**Table 2. Definitions of soft employability skills and attributes**

| Skill/ attribute  | Definition                                                                                       |
|-------------------|--------------------------------------------------------------------------------------------------|
| (Self) confidence | Belief in oneself or one's own abilities                                                         |
| Self-esteem       | A positive or negative orientation toward oneself; an overall evaluation of one's worth or value |
| Motivation        | Interest/ engagement, effort and persistence / work ethic                                        |



|                              |                                                                                                                                                                             |
|------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Self-efficacy                | Belief in one's ability to succeed in a particular situation                                                                                                                |
| Social/ interpersonal skills | Ability to interact appropriately with other people, without undue conflict or discomfort                                                                                   |
| Communication skills         | Ability to convey information effectively so that it is received and understood; appropriate verbal/ nonverbal communication with colleagues, managers and customers/others |
| Teamwork                     | Ability to work cooperatively with others                                                                                                                                   |
| Assertiveness                | Ability to confidently express views or needs without either aggression/ dominance / undue submissiveness towards others                                                    |
| Self-control                 | Ability to control own emotions and behaviour, particularly in difficult situations or under stress                                                                         |
| Reliability                  | Attendance, time-keeping, consistent standards                                                                                                                              |
| Positive attitude            | Keen to work, learn, accept feedback and take responsibility                                                                                                                |
| Presentation                 | Consistently clean, tidy and appropriately dressed, with a polite and professional manner                                                                                   |
| Planning                     | Ability to plan tasks and monitor progress                                                                                                                                  |
| Problem-solving              | Ability to identify problems and devise solutions                                                                                                                           |
| Prioritising                 | Ability to identify and focus on priority tasks                                                                                                                             |

## Preparing for Adulthood resources

NDTi Person-centred Planning Tools: [Preparing for Adulthood: Person-centred Planning Tools - NDTi](#)

## Travel and Transport Support

[Suffolk-SENDIASS-Travel-and-transport-16-easy-read.pdf](#)

Suffolk Travel Training: [Travel Training - Suffolkonboard](#)

## Accessing Support

[Support-across-5-days-16-plus.pdf](#)

## Post 16 study/employment

[Home - Apprenticeships Suffolk](#)

[Education Programmes for Young People | Inspire](#)

[icanbea... \(Careers & Ideas in Norfolk & Suffolk\) | icanbea...](#) - Icanbea is designed to help young people navigate the large spectrum of employment possibilities in Suffolk and Norfolk, providing information on the most important industries in East Anglia, as well as providing direct links with the key companies and the opportunities they offer.

[Rising High in Suffolk](#) has work experience, apprenticeships, internships and graduate opportunities within the public sector in Suffolk.



[Youth Focus Suffolk](#) is a website providing support to organisations and individual adults who support young people in their community and want to enable greater youth voice and social action. We provide training on a range of topics for communities to better understand and support young people, as well as a free online peer network where professionals and volunteers can share information and experiences. Community Action Suffolk support us in the delivery of working with communities to engage with young people, creating safe spaces and activities for them.

Additional Services Available to Post-16 CYP/families

Activities Unlimited: [Activities Unlimited - Suffolk SEND Local Offer](#)