

**Action for Carers Surrey –  
Surrey Young Carers**

***Moving on to a new  
college or sixth form***

**Year 11 Transition Information**



# Welcome

As a young carer helping to look after someone in your family, you may have some extra questions and concerns as you move on to sixth form or college.

This booklet has information and advice we hope will help you.

Don't forget, you can get in touch with the team at Surrey Young Carers at any time – see the last page for contacts.

Wishing you all the best as you move on to sixth form or college.



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## 1. Who can I go to for support in college/sixth form?



There may be a specific Young Carer Lead (if you are not sure we can help you find out – see our contact details at the end of this booklet).

Or anyone in the pastoral team such as your Form Tutor or Head of Year.

## 2. Who can I talk to at work or at my apprenticeship/training programme?

Your Line manager, Supervisor or Human Resource Manager.

## 3. Is it important they know about my caring responsibilities?

**Yes!** If they know, they can do more to help you. They can make allowances for you and be more understanding if things are difficult at home. For example, if you struggle with meeting assignment deadlines they can give you extensions without making a fuss or if you have difficulty getting in on time because of your caring responsibilities, they will take that into consideration too. It can avoid you getting into trouble unfairly.



Many colleges offer bursaries to young carers.

## 4. How can my college or sixth form help me?

There's a lot they can do to help:

- They can liaise with your curriculum team and provide extra support if required.
- They will understand and look to support any particular needs you might have – e.g. you can discuss with your tutors about having your phone out in lessons or when you may need to call home in the middle of a lesson.
- They can provide someone to speak to if things become overwhelming, such as a college counsellor.
- They may provide drop in groups for young carers so you can meet others in a similar situation and share any worries or concerns you have.
- They can signpost and refer you to external agencies for specialist support.



## 5. How can my apprenticeship or training programme help me?

- They could provide more flexible working to make it easier to work around your caring responsibilities.
- They can give special leave arrangements such as carers' leave or compassionate leave.
- They can be more supportive and understanding of your individual circumstances.



## 6. How can the SYC team help in school?

You can contact us at any time for any support or advice relating to your educational establishment. We have links with most schools, colleges and sixth forms and can talk to them on your behalf if you would like them to. For example, if you are having problems with your coursework, or making plans where to go next, we can help you – and your teachers – find a solution.

### The Angel Award



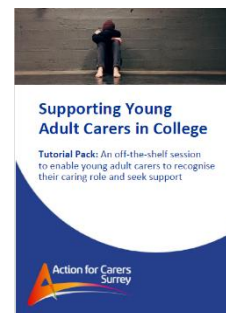
We encourage colleges and sixth forms to be as supportive as they can to their young carers by working with them towards the 'Angel Award'. This award recognises the achievement of eight standards demonstrating that the school is 'young carer friendly'.

### College Young Carer Tutor Pack

We also have a 'Tutor Pack' for use in colleges – it allows Tutors to deliver an hour's tutorial which helps all students understand what caring is, and helps young carers realise they are carers.

### Young Adult Carers

We can also offer you further information and support as a young adult carer. We have special events, activities and mutual support. Below are some of our young adult carers on an Action to Carers trip to Brighton. Get in touch to find out more. You can email [SYC@actionforcarers.org.uk](mailto:SYC@actionforcarers.org.uk)



## 7. What next? Thinking about the future

It can be quite daunting planning for the future...

Some good questions to start...

- *'What do I really enjoy doing?'*
- *'What career path do I want to take?'*



<https://www.bbc.co.uk/bitesize/careers> - BBC Bitesize has some great information and articles regarding future choices.

### College

Many young people have already chosen their subjects by now. But if you have not, then get in touch with a further education college and choose a perfect course that suits you!

#### What do colleges or sixth forms offer?

College or sixth forms usually cater for 16-19-year-olds and offer courses that follow on from GCSEs. Some further education colleges even offer university level courses.

The college you go to depends on the type of courses that are offered and it's therefore really important to do enough research before choosing. Other things to consider are distance. How will you get there and how long does it take to get there? If you are considering a sixth form then this is usually attached to the secondary school you already attended.

Colleges and sixth forms offer A levels, however colleges have a wider range of courses to offer. It is also important to consider whether you would need to retake your GCSE's and which colleges or sixth forms allow this and cater for this.

Most colleges offer the following:

- GCSEs and A levels
- Vocational subjects (related to a broad subject area like business or health and social care)
- NVQ courses
- BTEC courses
- Apprenticeships
- [Vocational Higher Education Level courses](#), such as Foundation Degrees, Higher National Diplomas (HNDs) and Certificates (HNCs)
- Foundation Courses to develop Maths, English, study skills, confidence and employability. These courses can give students the chance to try out several different vocational areas
- Learning for leisure - these courses are usually part-time and often in the evenings. They may involve learning more about a hobby or interest e.g. ceramics, art.

## What next?

Depending on what courses you choose and your grades, many students either go on to university or employment. This is why it's so important to research the courses you want to do, depending on what you'd like to go into.

## More information

<http://www.pearson.com>

<https://www.careerpilot.org.uk/parent-zone>

<https://www.ucas.com/>

[https://icould.com/buzz-quiz/?buzz\\_page=0](https://icould.com/buzz-quiz/?buzz_page=0) – (A fun career quiz!)

## Looking for more options?

### Apprenticeships

#### What is an apprenticeship?

An apprenticeship combines hands-on work with the opportunity to train and obtain qualifications. It's also a paid position, so you earn while you learn. At least 20% of your time is set aside for learning, usually at a college, university or training provider.

The rest of your time is spent applying your knowledge and skills in the actual workplace, doing the job that you set out to get. At the end of it, you'll gain official certification, which will be equivalent to traditional qualifications

#### Do what you enjoy!

Your ideal apprenticeship needs to be something you have a passion for doing.

A good example is being outdoors. Do you like going for walks? Do you spend a lot of your time in the countryside, or at a public park? If you live for fresh air, you may not enjoy spending your entire working day behind a desk, crunching numbers in a spreadsheet.

#### More info on apprenticeships and college

<https://www.prospects.ac.uk/jobs-and-work-experience/apprenticeships/what-is-an-apprenticeship>

There is useful information on the 'apprenticeship guide' website, as well as vacancies that may be of interest to you:

<http://www.apprenticeshipguide.co.uk/>

You can get some further information below, as well as find some appropriate apprenticeships near you: <https://www.gov.uk/apply-apprenticeship>

This UCAS website offers a wealth of information about apprenticeships, again directing you to what apprenticeships are available and how you can apply:

<https://www.ucas.com/apprenticeships-in-the-uk>





## 8. Activity: 12 Day Photo Challenge

This is a challenge to help you express yourself and be creative. Take a photo every day for 12 days using the themes outlined below. Be as creative as you like. We would love to see your finished collection of photos! Please email them to: [SYC@ActionforCarers.org.uk](mailto:SYC@ActionforCarers.org.uk) – and entitle your image Year 11 Photos.

**Day 1:** Black and white

**Day 2:** Breakfast

**Day 3:** Something blue in your house

**Day 4:** Today's weather

**Day 5:** The letter 'A'

**Day 6:** Close Up

**Day 7:** Pets/Wildlife

**Day 8:** Shoes

**Day 9:** Your favourite colour

**Day 10:** Feeling happy

**Day 11:** Something old

**Day 12:** Hands





## 9. Useful websites and apps to help with options after GCSEs

### Where can I find further information about moving on after GCSEs?

#### Action for Carers

[www.actionforcarers.org.uk/](http://www.actionforcarers.org.uk/)

Lots of information about young carers, support and resources.



#### UCAS

[www.ucas.com/further-education](http://www.ucas.com/further-education)

Useful information about your route after GCSEs, careers advice, financial support.

#### Government website

[www.gov.uk/browse/education](http://www.gov.uk/browse/education)

Guidance on bursaries, apprentices, career skills, course and qualifications

#### NHS Being a young carer - your rights

[www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/being-a-young-carer-your-rights/](http://www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/being-a-young-carer-your-rights/) Clear information about your rights as a young carer, where to find financial support, support services

#### Pearson Choices After Year 11

[www.pearson.com/uk/learners/secondary-students-and-parents/career-choices/careers-advice-topics/choices-after-year-11.html](http://www.pearson.com/uk/learners/secondary-students-and-parents/career-choices/careers-advice-topics/choices-after-year-11.html)

Information on grades needed for all routes, information on different courses

#### Target Careers

[www.targetcareers.co.uk](http://www.targetcareers.co.uk) Help for school leavers to make decisions about their future. Explore options for careers, university or apprenticeships and get help applying successfully.

#### The Uni Guide

[www.theuniguide.co.uk](http://www.theuniguide.co.uk)

Useful information on routes ahead, helpful advice at different stages.

### For emotional wellbeing and good mental health



#### Kooth Online and App

[www.kooth.com](http://www.kooth.com)

Kooth is a safe, confidential and anonymous mental health and emotional well-being platform for children and young people, accessible through any connected device.

#### ThinkNinja App

[www.healios.org.uk/services/thinkninja1](http://www.healios.org.uk/services/thinkninja1)

An app specifically designed to educate 10-18 year olds about mental health, emotional wellbeing and to provide skills young people can use to build resilience and stay well.

## 10. SYC Team – talk to us!

We encourage schools to be 'carer-friendly' – including working with them to help get our 'Angel Award'. This is a scheme where schools must achieve eight standards to prove their support of young carers. (More on our website.)

Our teams can link with schools and talk to them on your behalf if you would like them to.

You can get touch with the Surrey Young Carers team by calling 0303 040 1234 Option 3 or email [syc@actionforcarers.org.uk](mailto:syc@actionforcarers.org.uk). Also visit [www.actionforcarers.org.uk](http://www.actionforcarers.org.uk) for more information.

**We're here to help carers of all ages, across Surrey, with free information, support, events, advice and more.**

**Please get in touch to find out more about how we can support you.**

**Surrey Young Carers, part of Action for Carers Surrey**

Call on **01483 568269** or email **[syc@actionforcarers.org.uk](mailto:syc@actionforcarers.org.uk)**

**[www.actionforcarers.org.uk](http://www.actionforcarers.org.uk)**



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