

Further information, support and advice is available via:

**SENCO** (Special Educational Needs Coordinator) at your child's school.

**Rainbow Resource** [www.rainbowresource.org.uk](http://www.rainbowresource.org.uk). This is the Local Offer for families with a child or young person aged 0-25 years, who has special educational needs, a disability or additional needs.

**SEND Partnership Service** 01225 394382  
[send\\_partnershipservice@bathnes.gov.uk](mailto:send_partnershipservice@bathnes.gov.uk). SPS offers confidential, impartial and independent advice and support to families regarding their child's SEND provision in pre-school and school settings up to age 25.

**SEND Team** 01225 394306 [special\\_educationalneeds@bathnes.gov.uk](mailto:special_educationalneeds@bathnes.gov.uk). This team is responsible for completing your child's Education and Health Care plan, organising provision and administering the plan.

**Carers Centre & Parent Carers Aiming High** 0800 0388 885  
[www.banescarerscentre.org.uk](http://www.banescarerscentre.org.uk) a local charity supporting people who care for family and friends who need extra support day-to-day.

**Youth Connect** 01225 396980  
[youthconnect\\_supportservices@bathnes.gov.uk](mailto:youthconnect_supportservices@bathnes.gov.uk). Works with young people aged 11-25 to support, challenge and enable the learning of young people to realise their full potential.

**Off The Record** 01225 312481 [www.offtherecord-banes.co.uk](http://www.offtherecord-banes.co.uk) provide a range of free, confidential and independent services for children and young people that supports the development of their emotional health and well being.

**Sirona** 01225 831400 [www.sirona-cic.org.uk](http://www.sirona-cic.org.uk) provide health and social care support in B&NES.

**Preparing for Adulthood** [www.preparingforadulthood.org.uk](http://www.preparingforadulthood.org.uk)

**Transition Information Network** [www.transitioninonetwork.org.uk](http://www.transitioninonetwork.org.uk)

This document can be made available in a range of languages, large print, Braille, on tape, electronic and accessible formats

## Supporting Preparation for Adulthood

### Information for Families

### Community Inclusion

(Friendships Relationships and  
Community Participation)



## Friends, Relationships and Community

Many young people preparing for adulthood find this stage in life particularly difficult as it's a time for growing as a person socially and taking on new responsibilities. Starting planning and awareness training as early as possible helps to develop skills and understanding including how to stay safe and how to have a meaningful adult life.

In addition friendships change, most people develop friendships when they are young, usually with people who live close to them or who they go to school with. When you leave school some of the links are broken. Likewise a lot of clubs and activities that have supported your young person often end at 18.

As part of preparing for adulthood we want your young person to:

- Know their community and what is available locally
- Maintain important friendships and keep in touch
- Build new relationships and friendships
- Find activities that are important and meaningful for them
- Try new things
- Be part of the community in a way that is important to them
- Join new clubs/associations
- Become as independent as possible in relation to using public transport

Once we know what is important to your young person any actions required can be included in their Education Health and Care plan from year 9 onwards

Information to support decision making regarding friends, relationships and community can be found on the Rainbow Resource

By accessing the Rainbow Resource you can view organisations that provide help and support around friendships, relationships and community and find out about positive activities happening in your community.



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

In addition Youth Connect provide a range of services for young people and can be contacted on the number below.

**Youth Connect** 01225 396980  
[youthconnect\\_supportservices@bathnes.gov.uk](mailto:youthconnect_supportservices@bathnes.gov.uk)

Additional sources of advice and support are listed overleaf