

Important Contacts & Information

*neuro
love*

Physical Health

Health check-up's & Assessments: This is usually annually and conducted by children in care nurse.

Health Passport: Some LA's give children in care a health passport once they turn 18 which details all important health information.



Gym Memberships: Some LA's offer free gym memberships for care leavers to help them stay fit and healthy.



Access to healthcare: Local authorities must support and allow access healthcare, for example, transport to appointments or knowledge of the nearest sex clinic.

Mental Health



Neurolove: We are here to chat 7 days a week from 9.00am-8.00pm. Book a session or chat live with a social therapist:
<https://neurolove.org/book-a-chat/>



Mind: This charity provides information about mental health disorders and ways you can access support: <https://www.mind.org.uk/>

CAMHS: There are specialist departments that work with children in care & 2 authorities which support 16-18 year olds.

Local authority: Your PA or social worker can provide referrals for your local area



The Legal Stuff

Advocacy: You are entitled to advocacy from your LA. This service helps your voice to be heard to professionals and can provide specialist support.

Need support? Check out **NYAS:**
<https://youngpeople.nyas.net/>



Unsure on your rights? Check out **Coram:** For advice when you are in care:

<https://coramvoice.org.uk/myrights/my-rights-and-entitlements/> and your rights when leaving care: **<https://coramvoice.org.uk/myrights/all-you-need-to-know-about-leaving-care/>**



Finances



Leaving Care Grant: Every care leaver is entitled to £2,000 grant from LA to furnish your accommodation.

16-19 Grant: If you are aged between 16-19 & are in education, your entitled to £1,200 of your education provider.



HE Grant: If you are in higher education you can receive scholarships from the universities.

Capstone: You can receive between £300-2,000 to help towards education, driving lessons or equipment

<https://www.capstonecareleavertrust.org/>



Spark: Receive up to £600 to help towards setting up your home:

<http://sparkfoundation.org.uk/FAQGrants.html>