

Where can I go and who can I contact if I need help or advice?

For young people and families during and after their Post 16 transition

Transition from Longcause to your chosen Post 16 destination can be scary and worrying. You may have lots of questions or need someone to talk to at different points in this process. Here is a list of people and organisations that you can contact that will help you.

You can also talk to someone in your family and this may be the best place to start and then together you can contact someone on the list below.

- Longcause School: 01752 336881 jjarvis@longcause.plymouth.sch.uk - you can always call school and speak to your choice of adult who you trust, feel most safe with and knows you
- Longcause School: ahutchinson@longcause.plymouth.sch.uk
- Gemma Mayhew, your CSW Careers Advisor: gemma.mayhew@cswgroup.co.uk - Gemma will know you from our meetings at school and will be happy to help or point you in the right direction of someone that can
- Your tutor or a key adult at your new provision - whether this is City College, Eat That Frog, Duchy College or anywhere else, there will be someone who will find time to talk to you and help you. If you are unsure who this will be, someone at Longcause will know.
- National Careers Service: nationalcareers.service.gov.uk - a free service that can help you with next steps and preparing yourself for them
- Plymouth Information and Advice for SEND: pias@plymouth.gov.uk , 01752 258933
- Plymouth Gateway: 01752 668000, gateway@plymouth.gov.uk - The Gateway should be used if you need help, information or advice relating to a child (pre-birth to 18 years old) or up to 25 years old if the child has special educational needs