



connexions

WEST OF ENGLAND

Guide for  
young people

[ **About  
Connexions  
and transition  
planning** ]



## What is Connexions?

Connexions helps young people think about and plan for the future.

Connexions works with schools, social services and other people. This helps to make sure you get the help and support you need.

## What can a Connexions personal adviser do for you?

A Connexions personal adviser can give you information and advice about things like:

- › staying at school
- › going to college
- › getting some training
- › getting a job
- › learning to do things by yourself
- › money
- › relationships
- › housing
- › health
- › things to do in your spare time.

You can see your personal adviser in school or in your local Connexions centre.

## Your transition plan – your future

When you are in year 9 you will have a meeting in school to plan for your future. This is usually called a transition review. After the meeting, a transition plan will be produced.

A transition plan is a way of saying:

- › what you want to do when you reach 16, or older if you stay on at school.
- › how you are going to make your plans happen.
- › who can help you.

It looks at many parts of your life, such as education, training, work, health and housing.

You will decide who will be at the meeting with you. You could choose your parents or carers, a teacher, your Connexions personal adviser or someone else.

You will probably meet your Connexions personal adviser before the meeting to talk about:

- › what you like to do in school.
- › what you like to do outside school.
- › what you might like to do when you leave school.
- › what help you might need.

You can have someone (called an advocate) speak for you at your meeting. This could be a parent or carer, your Connexions personal adviser, or someone else.

After the transition review you and your parents or carers will get a copy of the transition plan.

The people who work with you will also get a copy.

The local authority will consider providing the support and services that are listed in your transition plan.

Your transition plan will change as you go through school, so that it is always right for you.



## Further information

- › Connexions Direct: information and advice for young people. Most of the sections contain disability content.  
[www.connexions-direct.com](http://www.connexions-direct.com)
- › Connexions West of England easy read site: information about learning, training, work and life.  
<http://easyread.connexionswest.org.uk>
- › Futures4Me: local learning and training opportunities. [www.futures4me.co.uk/woe](http://www.futures4me.co.uk/woe)
- › Jobs4U: job descriptions and the qualifications needed.  
[www.connexions-direct.com/jobs4u](http://www.connexions-direct.com/jobs4u)
- › Young Mencap: live, play, learn!  
<http://young.mencap.org.uk>

# Your local Connexions centres

- **Bath and North East Somerset:**  
28 Southgate, Bath BA1 1TP. T: 01225 461 501
- **Bristol:**  
4 Colston Avenue, Bristol BS1 4ST.  
T: 0117 987 3700. Minicom: 0117 907 4514
- **North Somerset:**  
45 Boulevard, Weston-super-Mare BS23 1PG.  
T: 01934 644 443
- **South Gloucestershire:**  
21–23 High Street, Kingswood, South  
Gloucestershire BS15 4AA. T: 0117 961 2760 or  
  
28 Gloucester Road North, Filton, South  
Gloucestershire BS7 0SJ. T: 0117 969 8101

Connexions centres are open Monday to Friday – contact them for their opening times. Or visit the website: [www.connexionswest.org.uk](http://www.connexionswest.org.uk)

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