

READY FOR WHAT'S NEXT?

- **Excited about your next step?**
- **Not sure what to do?**
- **Changed your mind?**
- **Haven't got a place in education or training yet?**
- **Need help making choices?**
- **Feel anxious or worried?**



You're not alone—support is available!

What's next as you move on?

Take a break—you've worked hard! Celebrate your achievements. You have options for education and training.

Not sure about your next step?

Don't worry, help is available—contact the Help You Choose helpdesk for friendly advice on **0344 800 8022** or email helpyouchoose@norfolk.gov.uk

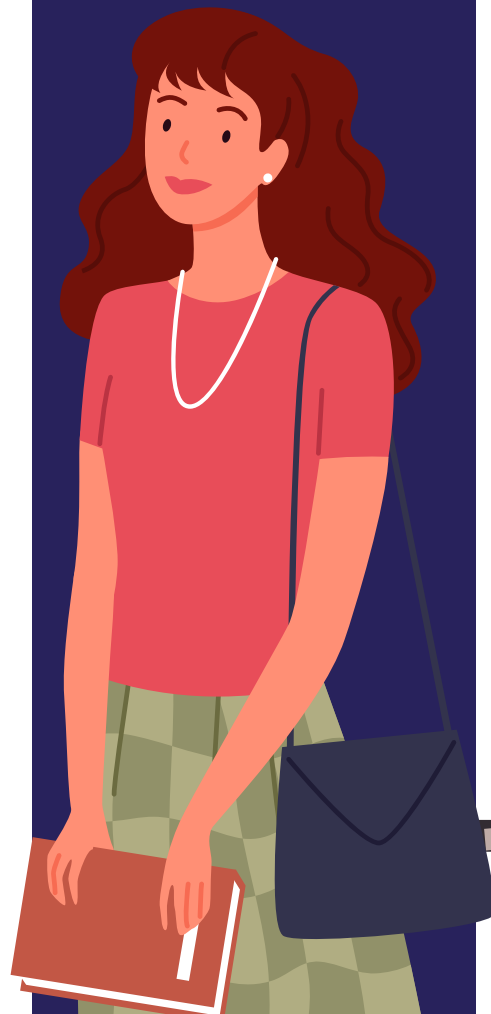
1. Your participation

All young people must stay in education or training until 18 — but you have choices!



2. Your guarantee

Norfolk guarantees a place in education or training for all 16 and 17-year-olds.

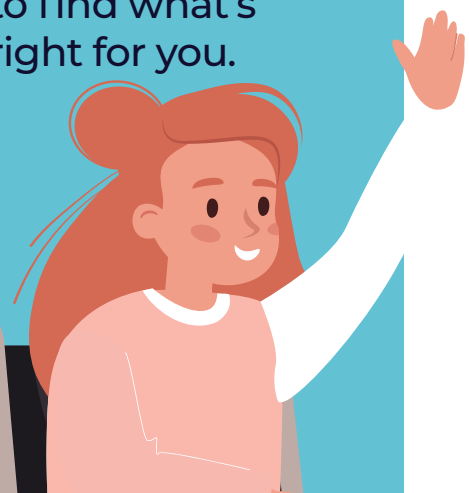


3. Your choices

Most young people already have something lined up – like a

- College or sixth form course
- Foundation apprenticeship
- Supported internship
- Job with training
- Volunteering

If you haven't yet, don't worry – there's still time to find what's right for you.



Common questions:



What if I haven't applied or got an offer yet?

If you have an EHCP speak to your EHCP Co-ordinator. You can visit [**Help You Choose**](#) for courses, apprenticeships and supported internships, or speak to one of our friendly Help You Choose advisers - call **0344 800 8022** or email [**helpyouchoose@norfolk.gov.uk**](mailto:helpyouchoose@norfolk.gov.uk)



What if I change my mind?

No problem. During term time speak to your school or your Careers Adviser or over the summer speak to a Help You Choose adviser. If you have an EHCP speak to your EHCP Co-ordinator.



What if my course or apprenticeship falls through?

You can look for new ones on [**Help You Choose**](#) or [**Find an Apprenticeship**](#). You can also speak to a Help You Choose adviser or your EHCP Coordinator.



Who will help me at college or sixth form?

You won't be on your own. There will be teachers and support staff to help you every day. If they don't know the answer, they'll find someone who does.



Who will help me in the workplace?

Your employer or supervisor or the person who is supporting you each day are there to help you.



What if I start a course and it doesn't feel right for me?

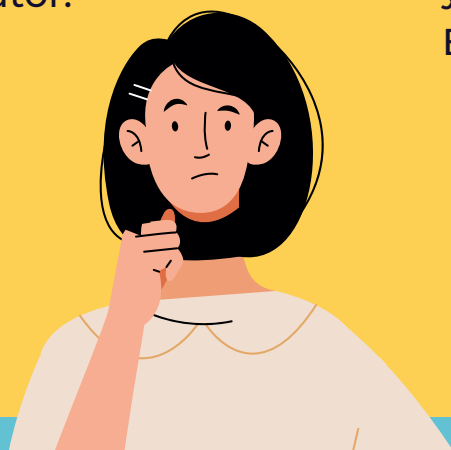
That's okay! Don't be scared to talk to your teacher or support staff – they're there to help you.



What if I feel worried or anxious?

It's okay to feel that way. You can talk to the college staff, or your employer and they'll support you to find someone who can help.

Remember, if you have an EHCP you can always speak to your EHCP Co-ordinator.



Want more help with your choices?

Here are some useful websites:

Help You Choose — www.helpyouchoose.org

Search for courses, apprenticeships, supported internships and advice on finding work or training. There's a special section for young people with SEND too.

Apprenticeships Norfolk — www.apprenticeshipsnorfolk.org

Get extra help to find and apply for apprenticeships and supported internships. You can also follow them on Instagram and Facebook.

I Can Be A — www.icanbea.org.uk

Find out about jobs and careers in Norfolk and Suffolk. You can make your own CV using the CV wizard.

National Careers Service — www.nationalcareers.service.gov.uk

Learn about lots of different jobs and what they're like, how much they pay, and how to get started.

Norfolk SEND Local Offer — www.norfolk.gov.uk/send

Find all the support available for young people with SEND in education, health and care.

Feeling anxious or worried?

You're not alone—there are people who care and places that can help.

Just One Norfolk

Support for your health, emotions, and wellbeing.

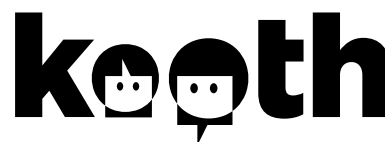
- Visit: www.justonenorfolk.nhs.uk
- Call: **0300 300 0123**
- Text: **ChatHealth: 07480 635060 (Mon–Fri, 9am–5pm)**

Kooth.com – online information & advice

A safe place to:

- **Read helpful articles**
- **Chat with friendly counsellors**
- **Join live forums**
- **Free, private, and open 24/7**
- **No referral needed**

Visit: www.kooth.com



Help You Choose – Health & Wellbeing Info

With links to websites and organisations that can help you with health, mood, and lifestyle. Go to: www.helpyouchoose.org/information/health-wellbeing

FYI Norfolk

Made with and for young people in Norfolk and Waveney.

Find trusted advice on:

- **Mental health**
- **Relationships**
- **Your body and how you're feeling**

Check it out: www.fyinatorfolk.nhs.uk

Need our help? Just get in touch

If you aren't fixed up with anything for September 2026 go to www.helpyouchoose.org/contact You can also call the Help You Choose Helpline on **0344 800 8022** or email helpyouchoose@norfolk.gov.uk We're available to answer calls 9am-5pm on Mondays to Thursdays and 9am-4.30pm on Fridays.

We will keep in touch with you

Between the ages of 16 and 18, (or up to your 25th birthday if you have an Education and Health Care Plan) Norfolk County Council will keep in regular contact to offer you support with education, training or work. This means from time to time you will be called by our Help You Choose team just to check things are going well. If you need our support, we are here to help.



Dear young person

How Norfolk County Council uses your information

We want to make sure you get the right support as you move on after Year 11. To do this, Norfolk County Council collects and shares information with organisations that help young people find education, training, or work.

We have a legal duty to share your information so that we can support your transition. This means we don't need your permission, but we want you to understand how your information is used.

You can read more about how we protect your data and your rights by visiting our privacy notices online at www.norfolk.gov.uk/gdpr

Why do we share your information?

Since 2013, all young people have been required to continue in education or training until at least age 18. Under the law, we help young people stay on track, find opportunities, and access support.

We also work with schools, colleges, and training providers to make sure they offer courses that meet the needs of young people.

How will we use your information?

We will share your details when:

- 1** You are not in education, training, or work—we will share your contact details with providers who can help you.
- 2** You have chosen a sixth form, college, or training provider—they will receive relevant information to support your transition, like your Year 11 achievements.
- 3** Your old school needs updates about your next steps—this helps them improve support for students in the future.
- 4** The Department for Education (DfE) needs to review how we are doing in helping young people.

For further information go to www.norfolk.gov.uk/gdpr

Email: helpyouchoose@norfolk.gov.uk

Call: **0344 800 8022**



If you need this information in large print, audio, Braille, alternative format or in a different language please contact us on **0344 800 8022** and we will do our best to help.

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Norfolk County Council

