

ON TRACK FOR SEPTEMBER → 2026 ←

- Excited about your next step in September?
- Concerned about the GCSE grades you have achieved?
- Changed your mind about what you want to do?
- Not got an offer of a place in education or training yet?
- Want to know who can help you with your choices?
- Feel anxious or worried?



**Don't worry or feel that you are on your own.
There is plenty of help and advice available...**

What next after year 11?

Take a breath - you've put in a lot of work to get to today and whatever your results, you can be positive about your next steps.

Hopefully you will have got the GCSEs you need for your next step, but if you haven't, don't panic. You can contact the Help You Choose helpdesk (details below), and one of our friendly team will help you. No pressure, no judgement, just someone who's happy to listen and support you.

As you approach Year 12, here are three things you need to remember:

1. Your participation

You **must** continue in education or training at least until you are 18.

But you have choices about what you can do.



2. Your guarantee

All 16 and 17-year olds are guaranteed an offer of a place in education or training for September 2026.



3. Your choices

By now, most young people will have an offer of a place in sixth form or college, an apprenticeship or a job with training. However, if you don't yet have a place for September there is still time to get yourself sorted.



Frequently asked questions...

Q: My grades aren't what I needed, what now?

A: Don't panic. If you think a grade is wrong talk to your Head of Year about appealing the grade.

You can also retake maths and English language in autumn 2026 or summer 2027. You can then use the higher grade as your official GCSE grade.

To find out more read the **Ofqual Student Guide 2026**.

Q: I haven't applied for anything yet or got an offer for September. Is it too late?

A: No. Head to the **Help You Choose website** to look at local courses and apprenticeships. You can talk to an Adviser by calling the Help You Choose helpline on **0344 800 8022** or emailing **helpyouchoose@norfolk.gov.uk**. You can also contact sixth forms, colleges or other providers directly. You could find the longer you leave it the less choice you may have.

Q: I have changed my mind about what I want to do. Is that okay?

A: That's fine. Speak to your school's Careers Adviser or take a look at the **Help You Choose website** for other options. Alternatively, contact the Head of Sixth or the college Student Services team at the sixth form or college you have applied to. If you accept a different course, make sure you tell the provider who made the original offer that you've changed your mind, so they are not still expecting you for enrolment.

Q: My apprenticeship has fallen through. What should I do?

A: See what apprenticeships are available on Help You Choose or on the **Find An Apprenticeship** website. Sign up for vacancies and contact local employers to see if they offer apprenticeships. But make sure you apply for a sixth form or college course as a back up, just in case.

Where to explore your options

Help You Choose — www.helpyouchoose.org

Search and apply for courses and apprenticeships; create a CV, find job-hunting tips and information to support young people with SEND.

Find an apprenticeship — www.findapprenticeship.service.gov.uk

Find out about apprenticeships across England.
Register and make applications online.

Apprenticeships Norfolk — www.apprenticeshipsnorfolk.org

Find information and support on apprenticeships in Norfolk.
You can also follow them on Facebook, Instagram and LinkedIn.

I Can Be A — www.icanbea.org.uk

Discover different industries, career ideas and job links across Norfolk and Suffolk.

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

Information on over 800 jobs explaining what skills and qualifications you need, what the work is like, pay and career prospects.

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

Information and support available for children and young people with special educational needs and disabilities (SEND) on education, health and social care. You can also visit the SEND section on Help You Choose www.helpyouchoose.org/send for more information and advice about your options and choices.

Feel anxious or worried? You're not alone.

Getting your results might leave you feeling anxious or worried. If that's how you're currently feeling, there's lots of support available for you. You can contact any of the services listed below for help.

Just One Norfolk

For information and advice, go to www.justonenorfolk.nhs.uk and follow the links or browse the resources to help improve your health or mental wellbeing. Call Just One Norfolk on **0300 300 0123**.

For free and confidential health support, text **ChatHealth** on **07480 635060** to start a conversation with a trained health professional (open Monday to Friday, 9am-5pm).

Rooth.com – online information & advice

Kooth is an online mental health platform that offers articles, advice, live forums and live chat with friendly counsellors. It's free, safe and anonymous. No referral needed with instant access to same day support. To use the service visit www.kooth.com and join Kooth.



Help You Choose

The Health and wellbeing section on [Help You Choose](#) has lots more health and advice information.

FYI (For Your Information)

www.fyinatorfolk.nhs.uk FYI Norfolk is a health information website designed for and by young people in Norfolk and Waveney. It provides trusted advice and support on various health topics, including physical health, emotional and mental health, relationships, and more.

Need our help? Just get in touch

If you do not yet have a place in education or an apprenticeship for September 2026 go online www.helpyouchoose.org/contact.

Alternatively call the Help You Choose Helpline on **0344 800 8022** or email helpyouchoose@norfolk.gov.uk. All enquiries are monitored from 9am until 5pm on Mondays through to Thursdays and 9am until 4.30pm on Fridays.

We will keep in touch with you

Between the ages of 16 and 18, 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.



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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Employment and Training Service,
Norfolk County Council, Tel: 0344 800 8022

How Norfolk County Council will use your personal information to support your post-16 transition

Norfolk County Council uses information about young people for who it provides services to enable it to carry out its legal functions and duties. Some of this information is shared with partner organisations to assist young people with their post-16 transition to sixth form, college or work with training.

This letter tells you about how we will share your information with partner organisations. It is necessary for us to share your data to carry out our legal duties, and if we were not able to do so, we would not be able to meet these duties. So, we are not asking for your permission to share your information as we are required to do this, but this letter is to let you know how we will share your personal information with others.

You can read more about the information we hold about you and how we use your information and your rights under data protection legislation by reading our [privacy notices online](#). The general privacy notice includes a section on your privacy rights and how the law protects you. The children and young people education privacy notice sets out how we use your information.

What are our duties?

Since 2013 it has been a legal requirement for all young people of school leaving age to participate in education or training at least until their 18th birthday. Under Section 68(1) of the Education and Skills Act 2008, Norfolk County Council has a statutory duty “to encourage, enable or assist young people’s participation in education or training”. We therefore have a role to ensure that all 16 and 17-year olds are made aware that they should participate in learning and that they will be offered a place of education or training. We also work with post 16 providers to shape the education and training provision for 16-18-year olds to ensure it meets the needs of young people and to collect and record the offers made to young people to ensure that we can target our resources on those who need help to find a suitable place.

Norfolk County Council are also required to keep in touch with all young people aged 16 to 18 at least annually and more frequently if that young person is not participating in education, employment or training. This communication will usually take place by phone, email, letter or in person. Post 16 Providers must also inform us of any young person that drops out of 16-18 education or training from their institution for us to make contact and try to re-engage in education or training.

Information to be shared

To meet our responsibilities under section 68 of the Education & Skills Act, we will share the following information in the following circumstances:

- 1** If you are not participating in education, employment or training, or when it is not known what you are doing, we will pass your contact details to those providers who we know will be able to assist with providing education, training or support.
- 2** We will also share information with your chosen provider of post 16 education or training to enable them to support your transition and to provide you with the provision that meets your needs. This will include information about your achievements in Year 11 including GCSE English and Maths.
- 3** We will also inform the school you attended in year 11 about your post 16 destination for two years (until age 18) or until age 24 if you have an Education and Health Care Plan (EHCP). This helps the school to review and improve the information, advice and guidance they provide for young people in Years 8-11 which in turn assists us in meeting our duty to encourage the participation of 16-18-year-olds in education and training.
- 4** We will also share your information with the Department for Education (DfE) to enable the DfE to assess our performance.

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

Email: helpyouchoose@norfolk.gov.uk

Tel: 0344 800 8022

