

Pathways

Pathway is the name for the assessment and plan that your Pathway Co-ordinator writes. Your Pathway Co-ordinator may be your allocated social worker or Early Intervention worker if you are still looked after. When you become the responsibility of Throughcare and Aftercare and if you have an allocated worker they will become your Pathway Co-ordinator.

There are seven topics covered:

Where I Live

Family and Friends

Health and Wellbeing

Lifestyle

Learning and Work

Money

Rights and Responsibilities

Your Pathway Assessment summarises the main issues in your life and you will be asked for your views on what these are.

Your Pathway Plan summarises what the task is, who is doing the task and by when. It is reviewed every 6 months.

Where I Live

What can happen while you are still accommodated:

Discuss with your worker what kind of accommodation would suit you best and practice some of the skills you will need when you move on.

Foster carers and YPC staff can support and help you with this.

Where could I live when I leave care?

There are different types of accommodation you could move to when you leave care:

Move in with family members or friends

Lothian Supported Carers Scheme (LSCS)

You will have your own bedroom in the home of an approved supported carer. You will be responsible for your money, cooking, cleaning and washing. You will have an allocated LSCS support worker.

Group living

You will have your own bedroom and will share bathroom, kitchen and living room. Staff offer 24 hour support.

Examples: Cauvin House, Portland Street.

Community Living

You will have your own bedroom and will share a bathroom, kitchen and living room with the other residents and volunteers who live there.

The community members prepare meals together and are responsible for keeping the house clean and tidy. Staff offer support Monday - Friday.

Examples: *Cyrenians City, Cyrenians Farm*

Careleavers flats

Furnished single tenancy with an allocated, visiting support worker.

Examples: Rock Trust, Barnardo's 16+, Horizons, Link Living

Supported flats

Unfurnished single tenancy with an allocated, visiting support worker.

Examples: Link Living, Horizons, Barnardo's, RockTrust.

Council housing or Housing Association

Once 16 you can register your name on the Council housing list by filling in an EdIndex application. For advice, talk to your worker then meet with the Housing Options Team.

What happens if I have nowhere to live after I leave care?

If you think you might become homeless speak to your allocated worker or the duty worker as soon as possible.

There is temporary accommodation available in Edinburgh and the Housing Options Team will help you find somewhere to stay. You can also refer yourself to Stopover who run two hostels especially for Young People or Nightstop run by Rock Trust.

In an emergency contact Emergency Housing on 0800 032 5968

Family and Friends

Lots of young people can have difficult relationships with family members and friends. This can be a normal part of growing up but sometimes young people leaving care can have more difficulties than others.

We can support you to keep in touch with family and friends by helping with travel costs so you can visit family members and people who are important to you.

You can also use our Drop-In to meet with friends or use the laptops to access social networking sites like Facebook.

There are a number of organisations that can also offer support and we can help you get support from them:

Here are links to some other websites that might be useful:

- [Relationships Scotland](#)
- [Relate](#)
- [SCCYP](#)
- [Amber Mediation](#)

"I was stranded and empty handed but Throughcare seen me through, they give you lots to do"

Connor, 18

Health and Wellbeing

Health is not just about being sick or ill; it is also about how you feel and what's happening in your life.

Various issues can affect your health and accessing the correct health information is important as it can help you to make decisions about the things in your life which are difficult and help you to make changes.

"The staff are always here to support you, even when you don't need it"

Terri, 19

- A Throughcare and Aftercare Nurse Practitioner is based within the team and can be contacted by anyone for advice, support or information.
- 329 High Street run a weekly Healthy Respect Drop in on a Tuesday from 10 - 1.30pm where you can access general and sexual health information, C:Card, pregnancy testing and Chlamydia Postal Testing Kits.
- C:Card Direct Point - Monday to Friday within opening hours (08:30 - 16:30 Mon - Thur, 08:30 - 15:30 Fri).
- As a care leaver you are entitled to apply for an Edinburgh Leisure card which gives you free access to gym, swimming, classes and Edinburgh Leisure facilities. For an application form speak to your allocated worker or contact the duty worker.
- We can help you to register with a doctor, dentist or optician and can support you to attend appointments. If you would like to be referred on for specialist support with your physical or mental health we can help you to identify the support that would suit you best.

Have a look at our Leisure section for some ideas.

Learning and Work

Finding the right training, education course or job is one of the most important decisions any of us will make.

We work with a number of specialist agencies who will give you as much information and help as you need to make the right decision about your future.

There are a number of steps you can take to increase your chances of getting a job or being accepted on to a course:

- go on work experience
- prepare a CV
- volunteer
- learn new skills
- gain new qualifications
- look for jobs

You can get help with these from these organisations who attend our drop in on a Tuesday:

Skills Development Scotland

Rathbone

Venture Trust

Venture Trust contact details:

Steph Nicolson
Stephanie@venturetrust.org.uk
0778 5426 751

Claire Walshe
Claire@venturetrust.org.uk
0779 1757 029

You can either pop in to see if they are in or we can help you to make an appointment to see them.

Even though I have my ups and downs with my worker, she is always there to support me”

Sam, 21

Lifestyle

Everyone has their own distinct lifestyle that covers their typical actions and surroundings on a daily basis. Some of the things that make our lifestyle distinct are:

- Habits that affect the time we go to bed and get up, what we eat, what we do etc.
- Career choices can affect our habits and the activities we do, whether we go to college or university or do our training in a workplace.
- Finances can affect what we are able to do and choices we make.
- Friendships, which can encourage us both positively and negatively.
- Emotional well being will mean we are more able to manage all of the above.

A positive, productive and healthy lifestyle takes a conscious effort and may mean changing some things that you do at the moment.

It may help to:

- Identify the problem or target you would like to aim for
- Make a plan
- Review the plan

If you have a Pathway Plan you can make sure this is discussed as part of your action plan.

If you do not have an allocated worker you can make a duty appointment and discuss your ideas with the duty worker.

Have a look on the Leisure section of this guide below for some ideas of things you could get involved in.

"I enjoy the Drop-In on a Tuesday, especially when we have projects to get involved in"

Tash, 21

"Like" our [facebook](#) page (TcAc Edinburgh) to keep up to date with what activities and opportunities are available.

Leisure

Nothing to do, don't know what's on? There's plenty to get involved in across the whole city, so if you're game, there's definitely something out there for you.

"whenever you need help my worker is always there to assist me"

Toni, 18

Edinburgh Leisure:

Edinburgh Leisure is the biggest provider of sport and leisure across the city. With a Leisure Access card from Throughcare and Aftercare, you can get free access to gyms, swimming, classes and bookings for 6 months.

Young Scot:

With a Young Scot Card you can get great discounts on everything from shops to cinemas to sports to bus and train travel. It's also recognised nationally as a proof of I.D

Street Soccer:

Street Soccer use football as a trigger to energise people who are socially excluded, combined with sport related personal development and training, to empower them to change their own lives for the better.

6VT:

6VT Youth Café is located in the old town of Edinburgh. Their hours of operation extend past that of most other traditional youth provision, providing supports at time when many young people find themselves in a vulnerable position. As a purpose designed youth café they provide a high quality, safe environment which is respected by service users.

If you would like to find out more about the service we can offer please feel free to Drop in to our office or visit our [facebook](#) page.

Money

We can provide certain young people with a maintenance payment. To qualify you must be 16 or 17 years of age and have left care after your school leaving date, along with a few other criteria. We would then pay you the equivalent of the current rate of Job Seeker's Allowance. If you qualify for this we would also help you with the rent costs of where you are living. These payments would always go direct to the landlord. Payments made under these arrangements are known as Section 6 money.

"Throughcare is a great place for people to come to, workers are easy to talk to and very helpful and I think the service is a great thing for support to young people"

Hannah, 20

If you are in education or training and eligible for our service and are over 18 and under 21 years of age we can assess you for other help you may need. This may include costs of materials for your course etc...

Ways in which we may be able to help you financially include:

- Hardship
- Maintenance and rent payments (even if you are at college)
- Winter Fuel Payments
- Furnishing your accommodation (Setting Up Home Grant)
- Travel Assessment
- Clothing Assessment
- Christmas Payment (up to age 19)
- Birthday Payment (up to 19th Birthday)
- Emergency support

- Additional financial support if you attend training or volunteer
- Assist you to apply to Trusts and Charities for funds

If you want to know more information about any of the above topics please speak to your allocated Social Worker, if you have one, or speak to our duty worker who can advise you on these matters.

Rights and Legal Issues

Throughcare and Aftercare offer support to ensure that you are fully aware of your rights and what to do if you are not satisfied with the service you are receiving or the way you have been treated.

Your views are very important to us as we are committed to listening to you and taking your views into account so we can continually make improvements to our service and the help we can offer to young people.

We have a simple system in place if you have any concerns. You can speak to your allocated worker, or duty worker, about your views or concerns. You can also write them down and either give them to a member of the team or leave them in our suggestion boxes (in our reception area and Drop In area).

You can also contact **The Children's Rights Team** or **Who Cares? Scotland** who are also available for advice and support on these matters.

The Children's Rights Team: Room 1.4, 12 Manor Place, Edinburgh, EH3 7DD

Tel: 0131 529 2424.

Who Cares? Scotland - 5 Oswald Street, Glasgow, G1 4QR

Tel: 0141 226 4441

Other useful contact details include:

- [Scottish Throughcare Forum](#)
- [SCCYP](#)
- [Article 12](#)

If you are experiencing legal problems you can also get in contact with Scottish Child Law Centre: Freephone 0800 328 8970 (under 21's)