

Research Summary - Why it Works

- Self-regulated learning, which incorporates skills such as planning, reviewing, and self-testing, correlates with higher academic success.
- Life-skills such as budgeting, independent living, and navigating services improves wellbeing and stability for care leavers.
- Carer support that encourages independence, rather than doing everything for the young person, is linked with better mental health & adjustment.

Gloucestershire Local Support & Contacts

Organisation	What they do	Contact details
Gloucestershire County Council – Leaving Care Team	Personal Adviser support, pathway plans, help with education, housing, finances	Based in Gloucester (Shire Hall), Cheltenham (Grosvenor Hall), Stroud (Redwood House) Gloucestershire County Council
Gloucestershire Youth Support Team (YST)	Advice & support with education, employment, wellbeing, housing risk; youth centres across county	Tel: 01452 415707 (Gloucester); Cheltenham: 01242 242825; Email: YSTinfo@goucestershire.gov.uk Glos Families Directory+
Gloucester City Council – Housing Services	Help & advice for care leavers at risk of homelessness or needing housing accommodation	Tel: 01452 396396; Email: Homeless.Team@goucester.gov.uk Gloucester City Council

Helplines & Charities

NHS Gloucestershire Care Leavers Covenant – www.mycovenant.org.uk

Young Gloucestershire – www.youngglos.org.uk

National Youth Advocacy Service – www.nyas.net

The Rees Foundation – www.reesfoundation.org

Become – www.becomecharity.org.uk

Gloucestershire Educational Psychology Service

How Foster Parents Can Help Prepare Young People for Further & Higher Education

Based on the voices of care leavers

“Knowing how to budget, cook simple meals, and ask for help made my first university term easier”

Brief Foster Parent Guide



What skills and tasks to teach young people preparing for adulthood and transitions to FE or HE

Study & Learning Skills

- Time-management: making calendars, scheduling deadlines.
- Note-taking & organisation: using digital/ paper systems.

Planning & Self-Regulation

- Breaking tasks into steps, goal setting.
- Coping strategies for stress.

Practical Independent Living

- Budgeting & banking (opening account, paying bills).
- Cooking simple meals, laundry.

Systems Navigation

- Completing applications (college/ UCAS), financial aid.
- Using public transport, finding accommodation.

Social & Well-being Skills

- Advocacy: asking for help, talking to tutors or support services.
- Health: registering with GP, knowing how to access mental health services.

How can Foster Carers support development of skills for the future?

Supporting autonomy

Scaffold rather than do: "I'll help you plan; you'll do the work."

Use checklists, routines; small steps and celebrate successes.



Research into care leavers' experiences highlights the following as ways to support young people in accessing Further or Higher Education:

- Help to consider timelines for how they can plan ahead, such as open events, how/ when applications are due, and planning for interviews or attending education meetings. Encourage good practice strategies such as putting dates into diaries or on phones.
- Provide opportunities for developing financial awareness through setting up weekly or monthly budgeting tasks.
- Practicing domestic skills, such as cooking and cleaning to support their confidence and skills to take care of themselves.
- Explore a range of study planning and strategies for learning for exams to trial what works well for the young person so they can build these into their preparation for current examinations and future.
- Develop safe independent travel skills to help them to have the knowledge and skills for planning travel and how to keep safe.
- Explore where they can access support for writing applications and personal statements, and teach skills and tips for writing these.
- Support young people to be able to recognise and communicate their wants, needs and advocate for themselves in effective ways.
- Ensure they understand how to access health services they may need to aid them to remain healthy.