



“Leaving Care - We’ve Been There”

Over the last few years we’ve been talking to young people to find out how best to develop a useful resource about leaving care. We asked them to send in their real-life experiences and top tips, and then we formed a development team who guided the structure, format and design of the final product.

We asked the development team to set priorities to focus on each issue. Issues covered include ‘rights and entitlements’, pathway planning’, ‘managing emotions’ and ‘raising aspirations’. The development team decided that raising aspirations should be a regular theme. We also look at

'accommodation' and 'getting into trouble with the law'. However, we want continued input from young people on what we should be focusing on.

This is an essential guide for all young people who are currently leaving care or have left care in the last few years.

Edition 1 can be [viewed here](#) or downloaded [Leaving Care Guide Issue 1](#)

Edition 2 can be [viewed here](#) or downloaded [Leaving Care Guide Issue 2](#)

Edition 3 can be [viewed here](#) or downloaded [Leaving Care Guide Issue 3](#)