

PFA Live

Preparing for Adulthood



Preparation Booklet 2026



Lifelong
Learning
& Skills



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Welcome to your PFA Live Preparation Booklet

We know that moving into adulthood can feel scary and confusing.

Everyone's journey is different.

We are here to help you.

This booklet gives you information about support you can get as you move towards adulthood.

Inside, you will find organisations in Sheffield that can help you prepare for adult life.

They give support and advice in different areas.

We have grouped them to make it easier to read:



Social Care, Day Activities and Supported Living (help and support in daily life)



Education, Training and Skills



Family Support and Advocacy
(someone to speak up for you)



Health and Wellbeing



Employment, Volunteering and Future Pathways

Take your time looking through the booklet and use the contents page to find different types of support.

Each page explains:

- What they do
- How they help you prepare for adulthood
- The support they offer
- Why you might want to speak to them
- A key message from the organisation

Think about who you would like to talk to at the event.

You can tick them on your planning map and write down any questions you have.

Keep this booklet to look at again whenever you need to.

Remember

No matter what your future looks like, there are people who can help you.

Be proud of yourself for taking the time to read this booklet.

You are making steps towards your future.

Talentino

Talentino provide inclusive careers education, Preparation for Adulthood support and SEND progression pathways for young people with additional needs.

Talentino works with mainstream schools, specialist settings, SEND units and alternative provision to deliver practical, accessible and engaging activities that help learners prepare for adult life, employment and future pathways.

At the event,
Talentino will
be running
fun, hands-on
SEND-friendly
activities designed
to build:

- communication
- teamwork
- problem-solving
- independence
- confidence
- future planning

talentino?





Visitors can try:

- careers games and matching activities
- creative and enterprise tasks
- teamwork challenges
- communication activities
- vocational profile activities
- pathway and future planning discussions

All activities are visual, practical, flexible and accessible for a wide range of learning and communication needs.



Social Care, Day Activities and Supported Living

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The Adventure Service

A day service who provide high-quality outdoor learning experiences and weekend short breaks.

What do they do?

They provide outdoor adventure opportunities.

How do they help me prepare for adulthood?

They will help you to build independence, self-confidence and make new friends.

Type of support

Small group activities.

Why might I speak to them?

If you like being in the outdoors and being adventurous.

Key message

You can achieve your potential through adventure.



theadventureservice.com

welcome@theadventureservice.com



Dimensions UK

A not-for-profit organisation supporting adults with learning disabilities and autism.

What do they do?

They provide individual and small group supported living homes across Sheffield and beyond.

How do they help me prepare for adulthood?

They support with young adults to get their first jobs, go on dates, cook for themselves, take medication independently, travel alone, and more.

Type of support

Person-centred, active support that puts you at the centre of your own support plan.

Why might I speak to them?

If you want a free guide to a good transition and many other resources for families and carers of young people.

Key message

Moving into your own home is exciting but can feel a little scary, and we'll support you every step of the way to help you build hobbies, friendships, health, and essential life skills.

[dimensions-uk.org](https://www.dimensions-uk.org)

Business-Development@dimensions-uk.org





Lifeways

A supported living provider for adults with complex needs in the community.

What do they do?

They support adults with learning disabilities, autism, physical disabilities, acquired brain injuries, and mental health conditions.

How do they help me prepare for adulthood?

They will help with building confidence, life skills and independence. They will provide support that is centred around your needs.

Type of support

Supported Living: From shared houses and bungalows to purpose-built self-contained apartment blocks.

Why might I speak to them?

If you want to be supported to live more independently, learn life skills, and gain confidence.

Key message

Support is tailored to enable you to live a fulfilling and independent life in the community; celebrating positivity, individuality and ambition at all times.



National Care Group

A social care provider supporting people with disabilities and additional needs.

What do they do?

They provide day support, short breaks or longer term supported living.

How do they help me prepare for adulthood?

They will help you to build independence, confidence, and life skills.

Type of support

Supported living, residential care, community outreach, life skills, personal care, and social opportunities.

Why might I speak to them?

If you want to get help with independent living and adult life.

Key message

Your potential plus our commitment changes lives.



nationalcaregroup.com

info@nationalcaregroup.com



Shared Lives Service

Sheffield City Council's Service that matches people with trained carers, who you they live with and learn from in their home.

What do they do?

They provide day support, short breaks or longer term supported living.

How do they help me prepare for adulthood?

They will help you to live independently in the community.

Type of support

Housing and care support.

Why might I speak to them?

If you are thinking about future living options.

Key message

Shared Lives is an alternative to residential care.

Shared Lives
Sheffield

[sheffield.gov.uk/campaigns/
shared-lives-campaign](https://sheffield.gov.uk/campaigns/shared-lives-campaign)
sharedlives@sheffield.gov.uk



Sheffield Mencap and Gateway

A local charity supporting people with learning disabilities and autism in Sheffield.

What do they do?

They run activities, learning programmes and support services for children, young people, adults and carers.

How do they help me prepare for adulthood?

They help you build independence, confidence and life skills like cooking, socialising and using the community.

Type of support

Group activities, day services, social clubs, accredited learning, health support and 1:1 support.

Why might I speak to them?

If you want to make friends, learn new skills, gain confidence or get support for everyday life and future planning.

Key message

We will support you to live a full, independent and happy life.

sheffieldmencap.org.uk

mencapoffice@sheffieldmencap.org.uk





Social Care – Adult Future Options Team (Day Activities)

A Sheffield City Council provider service.

What do they do?

They provide structured supported activities and programmes.

How do they help me prepare for adulthood?

They will help you build independence, routine, and social skills as an adult.

Type of support

Supported Activities, social care.

Why might I speak to them?

If you need support after education ends, want supported daytime activities or you want to build routine and live an active life.

Key message

We help you stay engaged in meaningful activities and build independence.



[sheffield.gov.uk/social-care/
children/support-for-send](https://sheffield.gov.uk/social-care/children/support-for-send)
scapLD@sheffield.gov.uk



Social Care – Enablement Team

Sheffield City Council's social care support team.

What do they do?

They provide short-term and flexible support, with up to 12 weeks of support.

How do they help me prepare for adulthood?

They will help you develop independence at home and in the community.

Type of support

Individualised social care support.

Why might I speak to them?

If you need support to develop specific life skills.

Key message

Support is tailored to achieving your own personal goals.



[sheffield.gov.uk/social-care/
children/support-for-send
enablement@sheffield.gov.uk](https://sheffield.gov.uk/social-care/children/support-for-send-enablement@sheffield.gov.uk)



Social Care – Preparation For Adulthood Team

Sheffield City Council's social care team supporting young people with a disability into adulthood.

What do they do?

They provide plans for support, outcomes and transitions.

How do they help me prepare for adulthood?

They will help you prepare for adult life and adult social care services.

Type of support

Transition support.

Why might I speak to them?

If you are moving towards adult social care.

Key message

Planning early supports better outcomes.



[careandsupportadults.sheffield.gov.uk/
web/portal/pages/forms/prepad](https://careandsupportadults.sheffield.gov.uk/web/portal/pages/forms/prepad)
pfa@sheffield.gov.uk



Triple A Support

A disability mentoring and support organisation.

What do they do?

They provide mentoring, life skills and community support.

How do they help me prepare for adulthood?

They will help you build confidence, independence and healthy routines.

Type of support

Mentoring and community support.

Why might I speak to them?

If you want support to become more independent and active.

Key message

Support is personalised to my goals and interests.



tripleasupport.co.uk

admin@tripleasupport.co.uk



Education, Training and Skills

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- 23** Nacro
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- 27** Sheffield Wednesday FC Community
Programme College (SWFCCP)
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Choices College

A Supported Internship College linked with the NHS.

What do they do?

They provide Supported Internships in the NHS.

How do they help me prepare for adulthood?

They will help you gain work skills, confidence and independence.

Type of support

Education and employment support.

Why might I speak to them?

If you want support into work, through a tailored Supported Internship.

Key message

Every young person has the potential to succeed.



CHOICES COLLEGE
STEPS TO SUCCESS

hee.nhs.uk/our-work/choices-college-supported-internships

jo.laplana@nhs.net



FACES

Sheffield City Council's Family Adult Community Education Service (FACES).

What do they do?

Provide learning opportunities up to level 2 in English, maths, digital skills and other vocational courses for adults aged 19+.

How do they help me prepare for adulthood?

They will help you prepare for adulthood by building your confidence, independence, and everyday life skills.

Type of support

Education and advice.

Why might I speak to them?

If you want help choosing the right course level, getting advice and guidance during your studies.

Key message

FACES helps adults build confidence, skills and opportunities through supportive community learning.



[lifelong-learning.sheffield.gov.uk/
family-adult-community-education/
about-faces](https://lifelong-learning.sheffield.gov.uk/family-adult-community-education/about-faces)
faces@sheffield.gov.uk



Learning Curve Group

A National Training provider offering Study Programmes, 19 Plus Courses and Apprenticeships.

What do they do?

They deliver skills and training to 16–18, apprenticeships, and adult learning programmes across multiple industries.

How do they help me prepare for adulthood?

They help you to build skills and gain qualifications to support employment.

Type of support

Smaller group sizes. Peer on peer. Additional Learner Support if required. Industry Specialists.

Why might I speak to them?

If you want find out what qualifications you can gain and where your nearest academy is.

Key message

We will help and support you gain qualifications for a career-based industry.



learningcurvegroup.co.uk
training@learningcurvegroup.co.uk



Longley Park Sixth Form

An inclusive sixth form for young people aged 16–19 (up to 25 with an EHCP).

What do they do?

They offer Academic and Applied General courses with personalised support for learners with SEND.

How do they help me prepare for adulthood?

They will help you build confidence, independence and self-advocacy. They will help to prepare you for work, further education or higher education.

Type of support

Academic teaching, pastoral care and personalised. Additional Learning Support. Small groups or 1:1 support and assistive technology.

Why might I speak to them?

If you need support with learning, wellbeing, independence or planning your future and next steps.

Key message

Longley Park supports the whole young person, not just their education.



Nacro

A Post-16 training and education provider for young people.

What do they do?

They offer hands-on Vocational courses like construction, animal care and a Supported Internship, working in partnership with the Asda.

How do they help me prepare for adulthood?

They build confidence, independence and real-life work skills within a range of vocations.

Type of support

Small classes (Maximum 12 Students a class), mentoring, work experience and career advice.

Why might I speak to them?

If you want to gain or improve qualifications, learn a practical vocation or get ready for work.

Key message

See your future, gain skills and move into work or further study.



nacro.org.uk/nacro-services/nacro-education/nacro-education-sheffield
studysheffield@nacro.org.uk



Sheaf Training

A Sheffield City Council training provider for young people with SEND.

What do they do?

They deliver vocational courses, work preparation and life skills.

How do they help me prepare for adulthood?

They will support you to build skills for employment and independence.

Type of support

Training and employability.

Why might I speak to them?

If you want to explore practical courses and work skills.

Key message

Training is designed to prepare you for real working life.



[lifelong-learning.sheffield.gov.uk/
post-16-send-education/about-sheaf-training](https://lifelong-learning.sheffield.gov.uk/post-16-send-education/about-sheaf-training)

SheafAdmissions@sheffield.gov.uk



Sheffield College - Bloom Provision

A Post-16 training and education provider for young people.

What do they do?

They deliver personalised learning including work and life skills. Small-groups and in-class support plus access speech and language therapies, neurodiversity support, and Lego therapy.

How do they help me prepare for adulthood?

They will help you learn skills, build friendships, access your community and make plans for the future.

Type of support

Personalised Learning.

Why might I speak to them?

If you want to make an aspirational progression plan and explore practical courses and work skills.

Key message

We help you shape your own support plan while preparing you for real working life.

[sheffcol.ac.uk/
bloom-preparation-for-adulthood](https://sheffcol.ac.uk/bloom-preparation-for-adulthood)
admissions@sheffcol.ac.uk





Sheffield United Community College

What do they do?

They offer Post-16 and Higher Education 1 and 2 year courses. Sport or Esports alongside activities like Football, Fitness, Esports, or Media.

How do they help me prepare for adulthood?

You can gain a recognised qualification. This can lead to university or a job. You also build life and work skills.

Type of support

Qualifications, enrichment activities, work experience, mentoring, and career guidance.

Why might I speak to them?

If you want to learn about courses and explore your study or career options.

Key message

We work to create a community that students are proud to be a part.



COMMUNITY
COLLEGE

sufc-community.com/communitycollege

enquiries@sufc-community.co.uk



Sheffield Wednesday FC Community Programme College (SWFCCP)

What do they do?

They offer sports-based courses and support for young people.

How do they help me prepare for adulthood?

They could help you gain qualifications, build confidence, develop work skills, and progress to university or employment.

Type of support

Educational, pastoral, financial, SEND support.

Why might I speak to them?

If you want a practical course (e.g. sport), need extra support with learning, or want help moving into work or university.

Key message

Everyone deserves equal opportunity and support to succeed.



COMMUNITY
PROGRAMME

swfccp.co.uk/college
education@swfc.co.uk



Travel Training

A Sheffield City Council service that teaches independent travel skills.

What do they do?

They help people learn to use public transport safely.

How do they help me prepare for adulthood?

They will help you travel independently.

Type of support

Life skills training.

Why might I speak to them?

If you want to learn to travel on your own.

Key message

Independent travel builds confidence.



[sheffield.gov.uk/schools-childcare/
home-school-travel/
apply-independent-travel-training](https://sheffield.gov.uk/schools-childcare/home-school-travel/apply-independent-travel-training)
indetravel@sheffield.gov.uk



Yorkshire Rose College

A specialist college for Deaf and SEND people aged 16–25.

What do they do?

They provide bespoke study programmes, vocational learning and specialist therapies.

How do they help me prepare for adulthood?

They will help you to grow in confidence, build independence and prepare for work and adult life.

Type of support

Specialist education and employability support – Small class sizes.

Why might I speak to them?

If you want personalised support with communication, independence or future planning.

Key message

Every student is supported to learn, grow and thrive in their own way.



**Yorkshire
Rose
College**

thecarrfentonfoundation.org.uk/college

enquiries@thecarrfentonfoundation.org.uk



Family Support and Advocacy

- 31** Community Youth Services
 – Voice & Influence
- 32** Family Hubs
- 33** The Parent and Carer Forum
- 34** SSENDIAS



Community Youth Services – Voice & Influence

A service that helps young people have their voices heard.

What do they do?

They support young people to influence decisions and services.

How do they help me prepare for adulthood?

They will help you build confidence, communication skills and speak up for yourself.

Type of support

Youth voice and participation.

Why might I speak to them?

If you want to share your views, experiences or ideas for change.

Key message

Your voice matters!



[haveyoursay.sheffield.gov.uk/
youth-voice-influence-service](https://haveyoursay.sheffield.gov.uk/youth-voice-influence-service)
youth.services@sheffield.gov.uk



Family Hubs

Hubs based in the community that you live in supporting children, young people and families.

What do they do?

They offer advice, a warm welcome space and groups for parents with children under 5 plus links to other early help services.

How do they help me prepare for adulthood?

They will support your family to understand services and plan for adulthood.

Type of support

Family support.

Why might I speak to them?

If your family wants advice or support.

Key message

Support is available for the whole family.



[sheffielddirectory.org.uk/
sheffield-family-hubs](https://sheffielddirectory.org.uk/sheffield-family-hubs)

sheffieldfamilyhubs@sheffield.gov.uk



The Parent and Carer Forum

A Parent Carer Forum and Peer Support Workers.

What do they do?

They bring together families with children with disabilities and special educational needs throughout Sheffield, to support each other, exchange information and signpost sources of help and advice.

How do they help me prepare for adulthood?

They will provide advice, guidance and peer support for families.

Type of support

Advice, peer to peer support and signposting to services.

Why might I speak to them?

If you have a child or young person with SEND and need help understanding next steps or want to talk to someone who understands.

Key message

You are not alone—we understand your journey.



sheffieldparentcarerforum.org.uk



SSENDIAS

An impartial SEND advice and support service.

What do they do?

They provide information about SEND rights and processes.

How do they help me prepare for adulthood?

They will help you and your family to understand EHC plans and choices.

Type of support

Advice and guidance.

Why might I speak to them?

If you need clear, independent advice.

Key message

You have rights and choices.



SHEFFIELDSENDIAS

Please note that SSENDIAS will not be in attendance at the event so please contact them directly at:

sheffieldsendias.org.uk
ssendias@sheffield.gov.uk



Health and Wellbeing

- 36** Autism Social Communication Education and Training Service (ASCETS)
- 37** SENDSARS



Autism Social Communication Education and Training Service (ASCETS)

A Sheffield City Council team supporting autistic children and young people.

What do they do?

They offer advice and support around autism.

How do they help me prepare for adulthood?

They will help you and your family understand autism and plan support.

Type of support

Specialist health support.

Why might I speak to them?

If you need autism support or you want help managing daily life with autism.

Key message

We can help you understand and manage your needs.



[sheffielddirectory.org.uk/localoffer/
adhd-autism-sensory-processing-
and-neurodiversity](https://sheffielddirectory.org.uk/localoffer/adhd-autism-sensory-processing-and-neurodiversity)

autism.educationteam@sheffield.gov.uk



SENDSARS

Sheffield City Council's team responsible for EHC plans.

What do they do?

They manage EHC assessments and annual reviews.

How do they help me prepare for adulthood?

They can write Education Health and Care plans to support you in education and adulthood.

Type of support

Statutory SEND service.

Why might I speak to them?

If you have questions about your EHC plan.

Key message

Planning helps prepare for adulthood.



[sheffielddirectory.org.uk/
localoffer/education-and-learning](https://sheffielddirectory.org.uk/localoffer/education-and-learning)
sendassess&review@sheffield.gov.uk



Employment, Volunteering and Future Pathways

- 39** Autism Plus
- 40** Community Youth Services –
Information, advice & guidance
- 41** Opportunity Sheffield



Autism Plus

A specialist organisation supporting neurodivergent adults to secure work and stay in work.

What do they do?

They help neurodivergent adults to look for employment, build confidence, work with employers and then support people at work too.

How do they help me prepare for adulthood?

They will help with confidence building, identifying opportunities and options for the future. They will help you apply for work and stay in work.

Type of support

Specialist Employment Support.

Why might I speak to them?

If you want help to find work or you want help to keep work.

Key message

We can help you decide what to do after education.



autismplus-employmentservices.co.uk

employmentsupport@autismplus.co.uk



Community Youth Services – Information, advice & guidance

A careers information, advice and guidance service.

What do they do?

They provide one-to-one advice on careers and future pathways.

How do they help me prepare for adulthood?

They will help you understand your options after school.

Type of support

Information Service.

Why might I speak to them?

If you want to talk about your future plans.

Key message

We can help you plan your next steps.



[sheffield.gov.uk/schools-childcare/
support-young-people-not-in-
education-employment-training](https://sheffield.gov.uk/schools-childcare/support-young-people-not-in-education-employment-training)
youth.services@sheffield.gov.uk



Opportunity Sheffield

Sheffield City Council's employment and skills service.

What do they do?

They help people find jobs, gain skills, and access training.

How do they help me prepare for adulthood?

They will offer you 1:1 advice, training, job search help, and work experience opportunities.

Type of support

Help with jobs, career choices, training, or overcoming barriers to work.

Why might I speak to them?

If you want to get help with jobs, career choices, training, or overcoming barriers to work.

Key message

We support you to gain skills and move into employment.



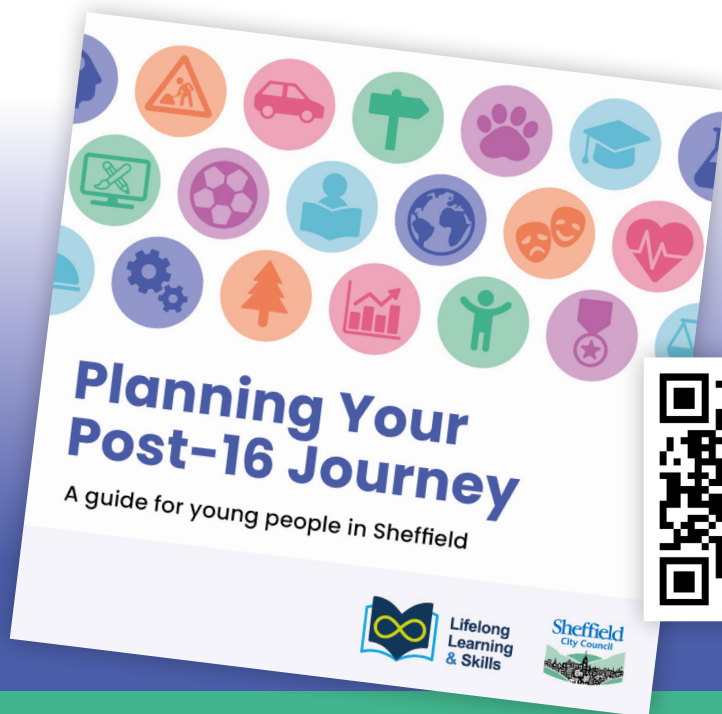
[pathways-to-work.](#)

[campaign.sheffield.gov.uk](#)

opportunity@sheffield.gov.uk

**If you are going into education or training,
this guide can help you plan your next step.**

You can access this online, on the Sheffield
Local Offer – Here is a special shortened link to it
<https://tinyurl.com/yt4tkyft> or scan the QR code below.



**Lifelong
Learning
& Skills**

