How to Prepare for Adulthood – Introductory Session Notes

**Date:** July 2, 2025  
**Host:** Maria Swift, Post-16 Strategic Lead for SEND, Sheffield City Council  
**Co-Host:** Wayne Priestley, SEND Support Manager, Sheffield City Council

# Who This Session Was For:

- Young people  
- Families & carers  
- Professionals supporting young people

# What We Covered:

## 1. Purpose of These Sessions

- To inform and empower young people and their support networks.  
- To share information on services, opportunities, and practical steps.  
- Future sessions will include guest speakers and cover key topics in more detail.

## 2. What is “Preparation for Adulthood”?

It’s about helping young people with SEND to have the adult lives they want by focusing on:

- Aspirations – what matters to them  
- Planning – starting early, especially from Year 9 onwards  
- Support – making use of services and resources available

## 3. The Four Pillars of Adulthood

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| Pillar | Focus Areas |
| Education, Training & Employment | Pathways to work, vocational training, volunteering, and job skills |
| Independent Living | Housing, life skills (e.g. cooking, budgeting), travel training |
| Friends, Relationships & Community | Making friends, feeling included, having fun and belonging |
| Good Health | Physical & mental health, annual health checks, developing resilience |

## 4. Resources You Can Use

- Sheffield’s Local Offer website: https://www.sheffielddirectory.org.uk/localoffer  
- Preparation for Adulthood Transition Guide  
- Post-16 Guide for Young People  
- NDTi (National Development Team for Inclusion)  
- Kooth and Sheffield Mental Health Guide

# Spotlight on Supported Internships

Supported internships are one-year work-based programmes for young people (16–24) with EHCPs. They are unpaid and focus on helping young people move into paid work. Support is provided by job coaches.

Providers in Sheffield:  
- Sheaf Training  
- Sheffield College  
- Nacro  
- Choices College

# FAQs Answered:

- EHCPs do not automatically end after internships  
- Internships are accessible to wheelchair users and young people with personal care needs  
- Year 10+ reviews should include aspirations and planning across all four pillars  
- Organisations wanting to offer internships can contact Maria Swift directly

# Upcoming Sessions:

- July 9: With SENDIAS  
- July 16: With the Social Care PFA Team

# Feedback & Suggestions

Attendees are encouraged to provide feedback and suggest future topics and guest speakers.

# Support & Contacts

- Advice & advocacy: SENDIAS Sheffield  
- Interested in internships: Contact individual providers (see slides)  
- General queries: https://www.sheffielddirectory.org.uk/localoffer