



**ALTERNATIVE
FUTURES GROUP**

Our Support Services



**Transitional
Support**



Transition describes the process of moving from childhood into adult life. Alternative Futures Group supports young people who are moving from children's services such as residential care homes and school into more independent living. We recognise that transition can be an exciting yet challenging time for young people and their families, so we involve people from day one, building as much choice and control into people's lives as possible using a range of person-centred planning tools and models. Our models are based on the Pathways to Getting a Life and focus on work, housing, good health, friends and relatives and community participation.

Can we support you?

To find out more about our transitional support please get in touch:

 0845 0176 744

 mail@alternativefuturesgroup.org.uk

 AlternativeFuturesGroup.org.uk

  AFGsupport

Our aim

Our aim is to support people in the transition from children's services into independent living within the wider community.

The support we provide

Our transitional support is designed to equip young people with the skills required to successfully live independently, based upon the principles of active citizenship.

Alternative Futures Group's support planning process looks at a person's whole life and how best to support them to achieve their aspirations, goals and outcomes. We work closely with the person supported, those who care and know them best, and other professionals using a variety of Person Centred Tools. This process creates their Person Centred Plan, identifying clearly how the person would like to be supported, what their needs are and what good support looks like for them now and in the future.

We are experienced in developing bespoke support, and our approach is unique to each person we support. There isn't and shouldn't be a 'one size fits all'. We believe the skills and support we deliver will go a long way in preparing young people for adulthood.

Here are just some of the ways we can help:

Independent Living

We recognise that finding a new home can be quite daunting for most people - but even more so for young people moving out of their family home or moving on from residential settings.

We can help support young people through this all important transition in a way that suits them. We have trained and experienced support staff who will work with individuals to see what their housing needs are and how best we can support them to achieve this. This could be a single tenancy to shared supported accommodation and depends on each individual's needs and goals.

Finding a job

Everyone needs a bit of help to find and keep a job following the transition from school, college or further learning. At Alternative Futures Group we work hard to ensure people are full and active citizens in the community and this includes supporting people to find employment locally. We work closely with other voluntary organisations and charities to offer people choices around paid work, vocational work, volunteering, education and apprenticeships.

Money

The transition to adulthood and independence can be challenging for any young person. Living independently comes with the management of many new responsibilities, one of the most challenging being managing your money. Many young adults have little experience

managing money and have much to learn about developing and sticking to a budget, paying rent and bills, taxes, and saving for the future. We provide support to enable individuals to take control of their finances, developing the skills to manage their day to day finances, budget effectively and access the benefits they are entitled to. This is a fundamental element of an individual's support plan and staff are skilled and trained to support people in this area of their life.

Community participation and personal relationships

The importance of friends, personal relationships and citizenship become increasingly important following the transition to adulthood. A huge part of what we do is supporting people to be a part of their local community and develop friends and relationships which can lead to more natural forms of support. For example, we recruit local people who know their own communities - they are natural connectors, they know who does what where and are best placed to link people into these groups and activities.

Personalisation and person centred support is at the heart of everything we do, and will not thrive and grow without social capital - the reciprocal relationships that build trust, peer support and social engagement within communities; we help to develop that capital with people. Some practical examples of this work include a dedicated community connector post in Lancashire and a dedicated Community Circles Facilitator in Rochdale.



 0845 0176 744

 mail@alternativefuturesgroup.org.uk

 AlternativeFuturesGroup.org.uk

  AFGsupport