



**young people
and care leavers
services**

an integrated approach

At Look Ahead we believe in young people and we support them to build self-confidence, learn life skills, develop their talents – and achieve their dreams.

We support young people who are 16-plus and involve them in the design and delivery of our service; they are at the heart of what we do.

The young person may have been in care, on the streets or faced challenges at home; some may have mental health needs, or be misusing substances, others might be involved in gangs.

But whatever their background, at Look Ahead we know that a young person's past does not need to determine their future.

Our support is always personalised – taking into account the wishes of the young person – and is delivered by our skilled, compassionate staff who guide them on their journey towards independence.

All our Young People's services are backed by 30 years of Look Ahead expertise.



why choose Look Ahead?

- Our support is person-centred.
- We take a trauma informed approach ensuring our young people feel safe and can build trust.
- We work in partnership with families, carers, clinicians and a range of services to achieve the best outcomes.
- We have a bespoke property offer and our accommodation is modern, high-quality and tailored to customer needs.
- We work with commissioners to identify and develop services to meet local need.
- Look Ahead uses a strengths-based approach and promotes independence with our Lifeskills programme.
- We work in Psychologically Informed Environments with an emphasis on healing and nurturing.
- Our staff are recruited for their compassion and aspirations for young people. They are trained to Care Certificate standards and receive ongoing training including in mental health.

30
years' experience

1,200
young people
supported yearly



At Look Ahead we have been supporting young people for more than 30 years.

Today we support over 1,200 young people between the ages of 16 and 25 every year through a wide range of services.

our service models

Semi-independent living (SIL)

182 care leavers supported since the first service began in 2016.

Young people may need extra support before they are ready to live independently. At Look Ahead we are experts in working with Care Leavers and Looked After Children. We also have bespoke services for young parents and their children and Unaccompanied Asylum Seeking Children (UASC).

All of our services offer Psychologically Informed Environments that take in account the needs and past experiences of our young people.

Our support recognises the impact of trauma on the young people we work with who may have experienced terrible events such as domestic abuse, or fleeing their home due to civil war, and all of our staff work in a trauma informed way.

As well as support with their mental health we offer practical help for them too, in areas such as finances, employment/training and relationships.

Our goal is for young people to achieve independence and move into a home of their own.

Our SIL services can be spot purchased by any local authority leaving care or social work team to provide support and accommodation to a young person aged 16-21.

Our properties

Look Ahead runs Young People's services in London, Berkshire, Buckinghamshire, and Kent.

Offering a mixture of self-contained and shared flats, with communal lounges and gardens, the properties each have an office staffed around the clock by a support worker and sometimes by security staff. They are homely and run by nurturing support staff and one even boasts its own organic vegetable garden! Our young people customise their own rooms creating a space of their own to relax and re-charge.

Supported housing services

These services can be applied flexibly, adapting to a young person's changing needs.

Hostels

Our hostels provide support for young people with complex needs who are unable to remain in the family home.

Using trauma-informed care, we help them get back on their feet, typically for two years, before they move into their own home.

In 2019/20 almost eight in 10 young people leaving our service achieved independent living

Step-down and visiting support

Our step-down or visiting support services are a bridge to independent living. They are offered on a local basis to young people living in shared accommodation.

Floating support

We support young people living across a variety of different settings - with friends, relatives or in shared accommodation, to build the skills and confidence to maintain their home.

Parent and child services

Our specialist services offer support for women from pregnancy to parenthood. Our teams help each young parent to meet the practical and emotional challenges of raising a child, establish support networks and build healthy relationships that benefit the whole family.

Lifeskills programme

Our Lifeskills programme has been co-developed by our

customers and staff. Mapped to the Government's Care Leavers' Strategy, it promotes health and emotional wellbeing, education and training, managing finances and building positive relationships. Our programme instils the confidence in young people to know that they can succeed.

Education, training and employment support

At Look Ahead we have a strong focus on securing the best opportunities for our young people to get into work, education or training. We work in partnership with providers to help with practical skills including CV writing and interview techniques. Ongoing support is offered to maintain placements.

In 2019/20 more than six in 10 young people were in work on leaving our service

Partnership working

At Look Ahead we know that the best way to support young people is by working in close partnership with statutory services. We work in tandem with many organisations including the NSPCC, social services, Child and Adolescent Mental Health Services (CAMHS), Community Mental Health Teams (CMHT), police and Youth Offending Teams (YOT).



Semi-independent living

Our properties

Supported housing services

Lifeskills programme

Education, training and employment support

Partnership working



who to contact

If you would like to work with us to develop bespoke solutions specific to the particular needs and challenges you face, please do not hesitate to get in touch.

Rosa Napolitano

Executive Director of Business Development and Innovation

Tel: 07908 300 506

Email: RosaNapolitano@lookahead.org.uk

Megan Reynolds

Director of Homelessness and Complex Needs

Tel: 07872 112 912

Email: MeganReynolds@lookahead.org.uk

 [@lookaheadtweets](https://twitter.com/lookaheadtweets)

 www.linkedin.com/company/lookahead

 www.facebook.com/LookAheadFB/



Look Ahead is a leading provider of specialist care, support and housing across London and the South East. We deliver high quality mental health, homelessness, learning disability and young people's services.

With almost 50 years of social care experience behind us we are proud to make a positive difference to the lives of the 7,000 people we support each year.

INVESTORS IN PEOPLE™
We invest in people Silver

Look Ahead Care and Support Ltd, a charitable housing association registered under the Co-operative and Community Benefit Societies Act 2014: No. 21004

Registered with the Homes and Communities Agency No. LH0013