Ready2Comply

TOOLKITS FOR CHILDREN'S SERVICES

DIRECT WORK RESOURCE · INDEPENDENCE AND LEAVING CARE

Moving On

Getting ready for my own place

A colourful, ready-to-use direct work pack to help young people build the skills and confidence for living independently – money, home, food, health, paperwork, rights and staying safe.

- Ages 15–17
- 1:1 or small groups
- 3–4 sessions
- Editable Word

SAMPLE

Worker's guide

Session plans, care leaver rights for staff, SEND and trauma-informed tips, disclosures and recording

Activity sheets

Living on my own, budget spotter, 12 scenario cards, skills checklist, my moving-on plan, who to ask

Skills check

Young person's skills check with worker's guide (no score), observation checklist, record sheet – plus a certificate

For children's homes, supported accommodation and schools · British English · Version 1.0 · November 2026

Care leaver rights and facts in this pack were checked against legislation.gov.uk, GOV.UK and NHS sources in November 2026 (see Sources, page 21). Local offers differ – check what your council provides.

Ready2Comply is not affiliated with any bank, charity, government body or organisation named in this pack. Not financial or legal advice – entitlements vary by local authority, so check the local offer for care leavers.

Living on my own

What you'll need to sort out – and where to get help

Money

Bank account, budget, saving, paying bills.

⚠ Watch out for debt and 'easy money'.

Food

Shopping lists, cooking basics, food safety.

⚠ Takeaways eat the budget fast.

Home

Cleaning, laundry, rubbish, fire safety.

⚠ Smoke alarms save lives – test them.

Health

Register with a GP and dentist; prescriptions.

⚠ Do it before you move.

Paperwork

ID, NI number, birth certificate, tenancy.

⚠ Keep documents safe.

Education & work

College, training, jobs, CVs.

⚠ Ask about bursaries and support.

My rights

Pathway plan, personal adviser, local offer.

⚠ Support can last to 25.

Staying safe

Who you let in, who stays over.

⚠ Your home, your rules.

Wellbeing

Friends, hobbies, keeping in touch.

⚠ Loneliness is common – reach out.

Did you know?

As a care leaver you'll have a **personal adviser**, and you can ask for support **up to age 25**. Your council also has a **local offer** saying what help you can get – ask for a copy.

SAMPLE

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Real-life situations

Cut out the cards or pick one. What's going on? What would you do?

1 Pink shirts

You put your new white work shirts in the wash with a red hoodie. Now they're all pink and your shift is tomorrow.

🤔 What's going on? ⚠️ What could go wrong? 🗣️ Who could help?

2 Empty fridge

It's Wednesday. You've spent your money on takeaways and energy drinks. There's nothing in the fridge until Monday.

🤔 What's going on? ⚠️ What could go wrong? 🗣️ Who could help?

3 Red letter

A letter says your electricity bill is overdue and they'll take further action. You've been ignoring the envelopes.

🤔 What's going on? ⚠️ What could go wrong? 🗣️ Who could help?

4 Easy money

Someone on Instagram offers you £300 to let money go in and out of your bank account. "No risk, it's legit."

🤔 What's going on? ⚠️ What could go wrong? 🗣️ Who could help?

5 Phone contract

You want the newest phone. The shop offers a 36-month contract with 'nothing to pay today'.

🤔 What's going on? ⚠️ What could go wrong? 🗣️ Who could help?

6 Ill and alone

You've just moved and feel really ill. You haven't registered with a doctor and don't know what to do.

🤔 What's going on? ⚠️ What could go wrong? 🗣️ Who could help?

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