



# Transitions Service

Information for Young People



# Introduction

Mindroom is a charity that champions all forms of neurodiversity and supports all kinds of minds. Our mission is to be a leading centre for change, in how we live, work and learn. We achieve this through support, education, advocacy, and research.

## Our Transitions Service

Since 2018 we have been working directly with young people who are approaching the transition from school into adult life. Our transitions service works alongside young people to help them to reflect on their strengths, interests and needs and to share their views regarding their own transition into adult life, using our resource Future Me.

## What we do

If you choose to work with us we will meet with you for about half an hour each week over half a school year. We have found that the young people who receive our support develop a clearer idea of what they want for themselves, improve their self-esteem, and have more confidence in choosing and taking their next steps.

## Future You!

The programme that we follow is called Future Me. It is designed to help you to reflect on your hopes and dreams for the future, your skills and qualities, and some aspects of what living as an adult could mean for you.

In a nutshell, Future Me can help you to think about your own views on what you want for yourself so that you can tell other people.

## What we cover

There are two different versions of Future Me that we can follow. We will decide with you and the people that have asked us to work with you which will be best for you. We will choose between the standard version and the employability version, which focuses more on career choices. The table below shows what they each include

<b>Future Me (Standard)</b>	<b>Future Me (Employability)</b>
<p data-bbox="395 589 552 619"><b>Set units</b></p> <ul data-bbox="242 628 708 852" style="list-style-type: none"><li>Setting the scene</li><li>Reflection</li><li>My General Skills</li><li>My Independent Living Skills</li><li>My Qualities</li><li>Review &amp; Reflect</li></ul>	<p data-bbox="1043 589 1200 619"><b>Set units</b></p> <ul data-bbox="820 628 1422 852" style="list-style-type: none"><li>Setting the scene</li><li>Reflection</li><li>My General Skills</li><li>My Qualities</li><li>First Steps to Employment</li><li>Building My Own Employability Skills</li></ul>

Future Me (Standard)	Future Me (Employability)
<p><b>Optional units</b></p> <ul style="list-style-type: none"> <li>Developing Independent Living Skills</li> <li>My Education &amp; Training</li> <li>My Career Plan</li> <li>My Money</li> <li>My Travel</li> </ul>	<p><b>Optional units</b> (One must be completed)</p> <ul style="list-style-type: none"> <li>Being a responsible employee</li> <li>or</li> <li>Dealing with situations at work</li> </ul>
<p><b>Set units</b></p> <ul style="list-style-type: none"> <li>My Information</li> <li>Moving On</li> <li>Final Review</li> </ul>	<p><b>Set units</b></p> <ul style="list-style-type: none"> <li>My Information</li> <li>Moving On</li> <li>Final Review</li> </ul>

If you complete the Employability version then you may gain the SQA Employability Award at SCQF level 3 or 4.

## Optional extras

As well as meeting with you each week for our 1-to-1 session we might also arrange an opportunity to take you on a visit to a workplace or college. We will decide together whether either of these would be useful to you.

### **Workplace Visit**

We can arrange a visit to a local employer. If we do this then you will learn more about being an employee, including what sort of expectations might be made of you, as well as what support you should expect, in a workplace setting.

### **College Visit**

In this opportunity you can learn more about the difference between life in school and life at college, the expectations made of you there and what support you should expect in a college setting.

# Referral Criteria

There are 3 criteria that need to be met for us to be able to work with you. These are:

- ✓ You must be aged 14-18
- ✓ You must identify as *neurodivergent*\* (but you don't need a formal diagnosis)
- ✓ You must be either *care experienced*\* or *on the edge of care*\*

\*There is more information about what we mean by these terms on our website. Please take a look at [mindroom.org/help-and-support/transitions-service/](https://mindroom.org/help-and-support/transitions-service/)

If you're not sure about whether you meet these requirements then please either get in touch with us yourself or ask a trusted adult to do it for you and we'll be happy to discuss it. Our contact details are below.

## Getting started

For us to work with you we need to have a referral from a teacher at your school, another adult that has responsibility for you or you can refer yourself.

If you're not sure whether this has happened then check with the person that gave you this leaflet, or get in touch with us using the details below.

## Contact us

**Email:** [andrew@mindroom.org](mailto:andrew@mindroom.org)

**or Telephone:** 0131 370 6730

For more information on the Salvesen Mindroom Centre, including our range of services and training as well as on neurodiversity, please visit our website:

[www.mindroom.org.uk](http://www.mindroom.org.uk)





Our transitions service is fully funded by the Scottish Government through The Promise Scotland, an organisation that exists to support Scotland in keeping its promise to care experienced children and young people that they will grow up loved, safe, and respected.

For more information on The Promise Scotland and its commitment to care experienced young people please visit their website:

[www.thepromise.scot](http://www.thepromise.scot)

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