



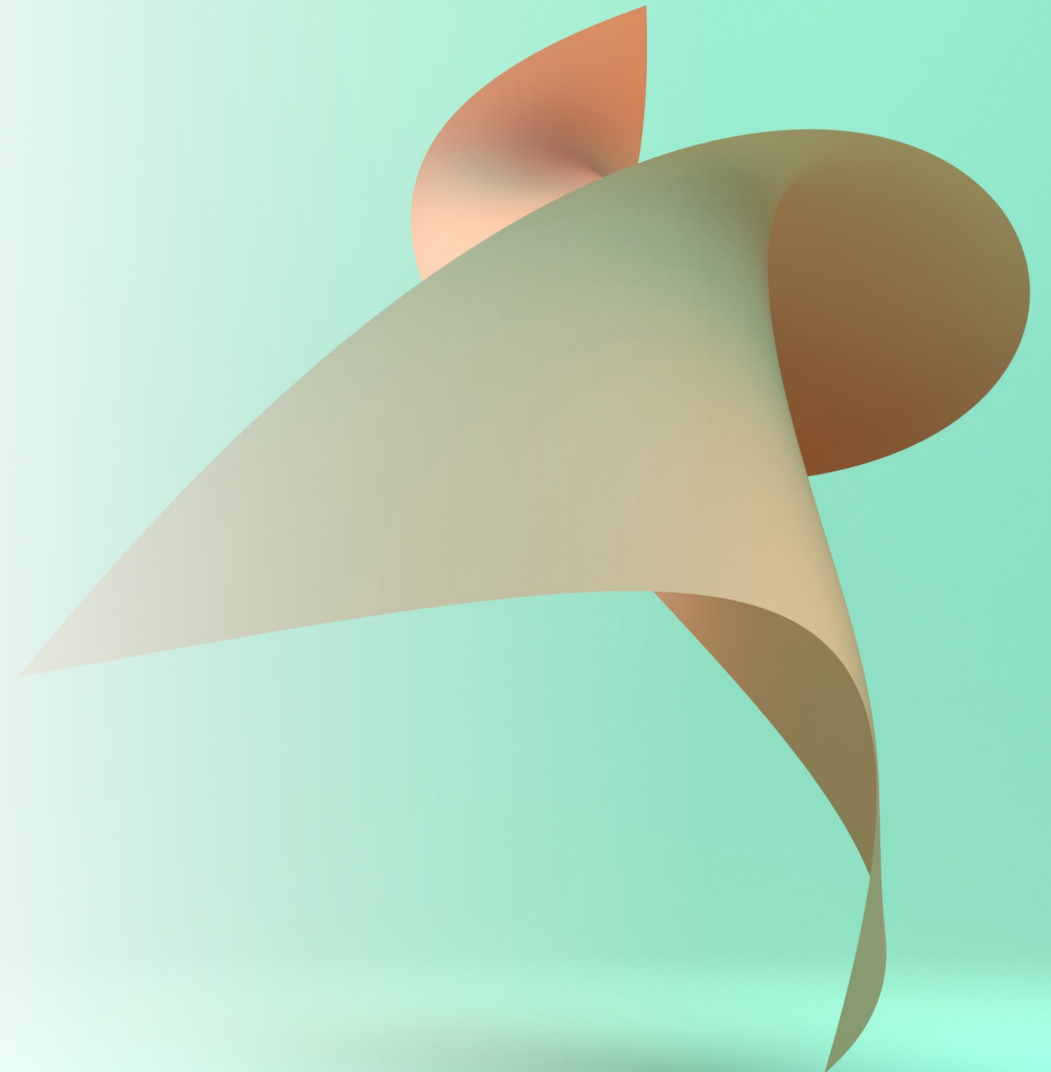
future  
projects



# Transitions

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**Bridging the cliff edge for vulnerable  
young people entering adulthood**



# About this session

Introductions (5 mins)

Brief introduction to Transitions (5 mins)

Case study reflection & Padlet feedback (5 mins)

Group discussion (10 mins)

Discussion of development of Transitions (10 mins)

Introduction to UOS evaluation - approach, findings, next steps (10 mins)

Q&A (15 mins)

# About the team

Grace Richardson, Support Services Manager, Future Projects

Dr Katherine Allen (evaluation lead). Senior Research Fellow, Institute for Social Justice & Crime (ISJC)

Dr Laura Stevens, Research Fellow, ISJC

Dr Linda Cooper, Associate Professor in Social Justice, ISJC

Heidi Dix, Director, Youth Justice Institute

# Transitions Project and Why Future?

future  
projects



*Supporting Young People,  
who have been identified as the  
most at risk,  
through the transition period  
from  
Youth Services into adulthood.*

# Who are we?

## future projects



future  
support

*A collection of specialist support services which help those most in need through hands-on support, advice and advocacy*



future  
education

*A specialist independent school which engages children with complex needs in learning, inspiring them to achieve and nurturing them to become successful adults.*



future  
radio  
107.8<sup>fm</sup>

*A radio station which engages the community, builds skills and provides opportunities through great music, conversation and people.*

- ▶ *Health and Wellbeing*
- ▶ *Housing and homelessness*
- ▶ *Welfare Rights and Benefits*
- ▶ *Debt and Money Advice*
- ▶ *Criminal Justice & Offender Support*
- ▶ *Family Support*
- ▶ *Therapeutic Education*
- ▶ *Adult Learning*
- ▶ *Volunteering*
- ▶ *Employment Support*
- ▶ *Training & Skills*
- ▶ *Tackling Loneliness and Social Isolation*
- ▶ *Community Development*



# Current Projects

Pathways - Homelessness Prevention/Tenancy  
Sustainment

Money Matters - Debt, Budgeting & Finance

Transitions Project - Youth Support & Advocacy

CanConnect - Proactive Intervention & Prevention  
Program

Connect to Work - IPS Supported Employment

Norwich Energy Project - Energy Advice & Support

Baseline Support - Community Support & Advocacy

# What is the Transitions Project

Countywide service for young people (17-25) identified as at risk of involvement in serious violence

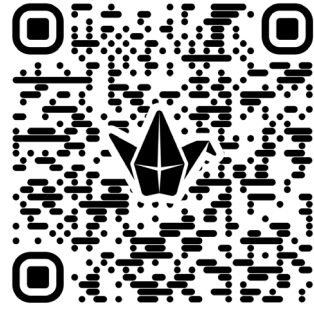
Developed and delivered by Future Projects, funded by NCSP (Serious Violence Duty). Sits within our Future Projects hub, under Future Support.

Youth Connector delivers bespoke, open-ended support, working flexibly on a one-to-one basis with young people referred into service

Aims of service: to promote wellbeing, address identified risk factors and strengthen protective factors

Ethos of service: Trauma-Informed, Person Centred, needs-led support and service navigation

# Case study



Sam is 17 years old but turns 18 by the end of May 2026.

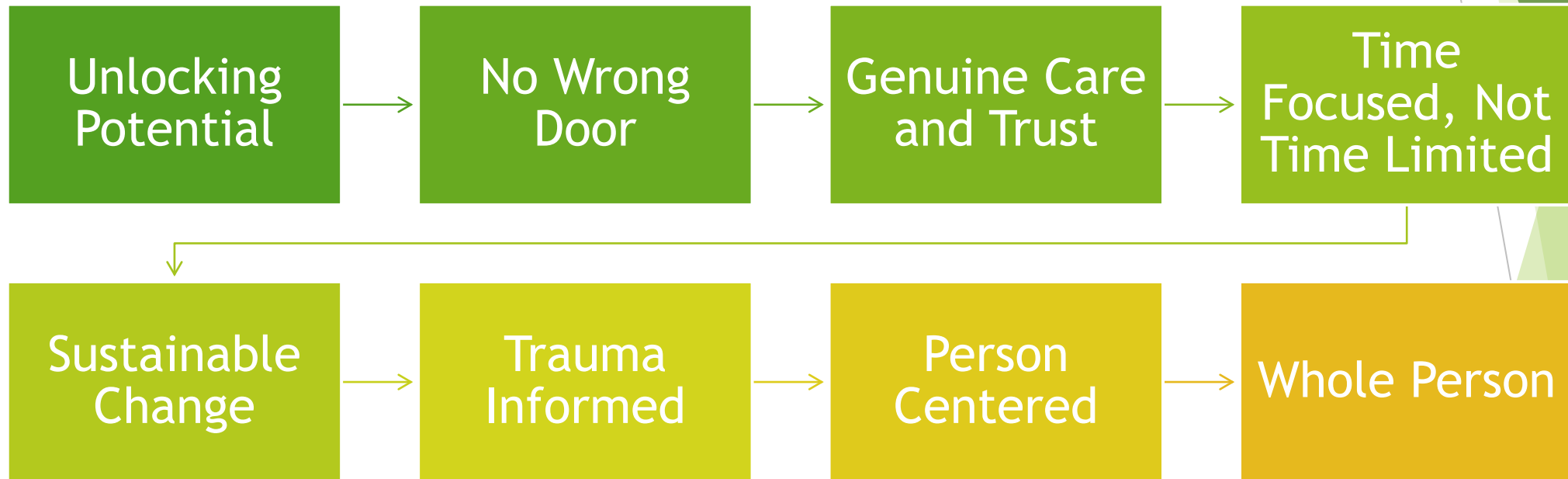
Sam found it extremely difficult to focus in school, and did not obtain a Maths or English GCSE. This led them to drop out of college without any qualifications or job prospects, despite being a gifted artist who did exceptionally well in Art GCSE.

Now Sam is out of education, they have more time on their hands and are feeling bored and lonely. They have started using drugs, and are spending more time on their own and with people they don't know very well. Sam's parents are concerned that Sam's current lifestyle may place them at risk.

Sam has come to the attention of local social services due to previous incidents. Sam has been assigned workers before, but it takes them a while to open up to new people. In the past, by the time they got used to a worker the worker had moved on. Therefore, Sam has difficulty trusting officials and services now.



# Principles of Our Projects



# Whole Person Approach

Accommodation

Citizenship

Criminal Justice

Relationships

Finance

Health

Employability

Safety/Risk

Unhealthy Behaviours

Welfare Rights

Wellbeing

# Aims

To provide a bridge from the young person's previous support to adulthood

To build a firm foundation from which to build a future on

To ensure connection and nurture engagement, with appropriate services

To build capacity and encourage independence

To build their self confidence and recognition of their skills and talents

To ensure that their basic needs are met to a good standard

To ensure they are at the center of all decisions, maintain some control and are fully informed at all times

# What have we been doing?

- ▶ Engaging with Mental Health providers
- ▶ Assessment for Neurodiversity
- ▶ ICASH visits
- ▶ Accessing drug and alcohol services
- ▶ Welfare Benefits
- ▶ Life skills
- ▶ Education providers, in schools and colleges
- ▶ Making a house a home
- ▶ Safety planning
- ▶ Relationship Counselling
- ▶ Crime and concerns
- ▶ Sourcing and accessing accommodation
- ▶ Employment, Volunteering, Training and Work Experience
- ▶ A lot of fun stuff too

# What have we learned?

Not to parent, but to walk alongside them

Connecting not signposting

Giving space to be themselves

Creating a team around them

Don't forget the parents!

Choices and freedom, with a safety net

The right to be forgotten

# About the evaluation

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Independent evaluation of the Transitions service by team from Institute for Social Justice & Crime, University of Suffolk

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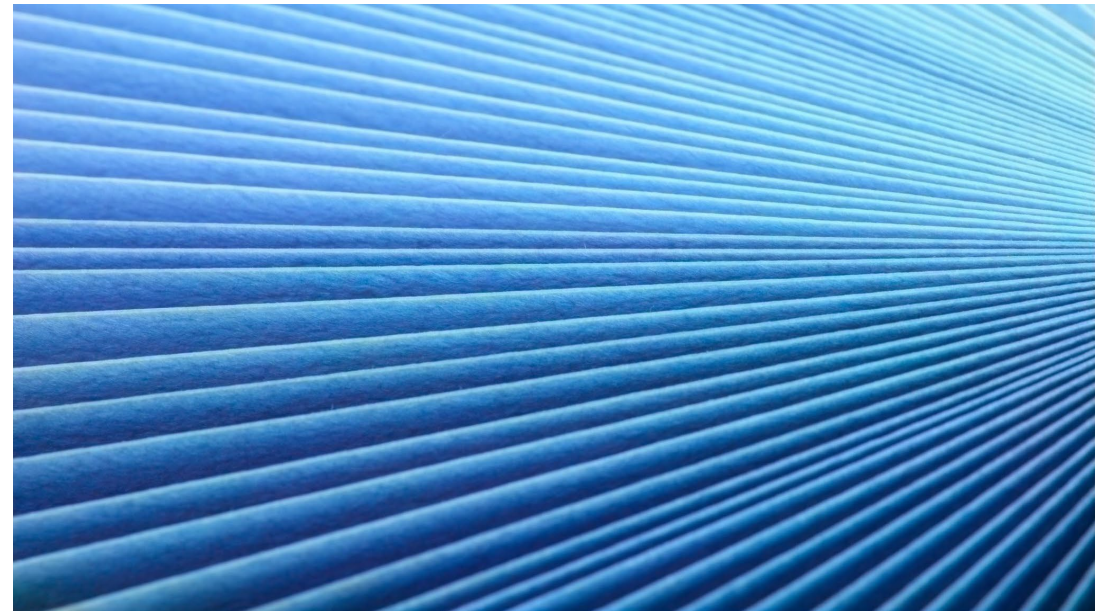
To explore how Transitions works, and the difference it is making locally for young people, family members and services.

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Multiple data sources, including service data, interviews, workshops

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Focus on exploring perspectives of those engaging with, and involved in developing/delivering the service



# How does Transitions promote change?

Principles: public health approach, transitional safeguarding and trauma-informed practice

Foundation: relationship between the young person and the Youth Connector

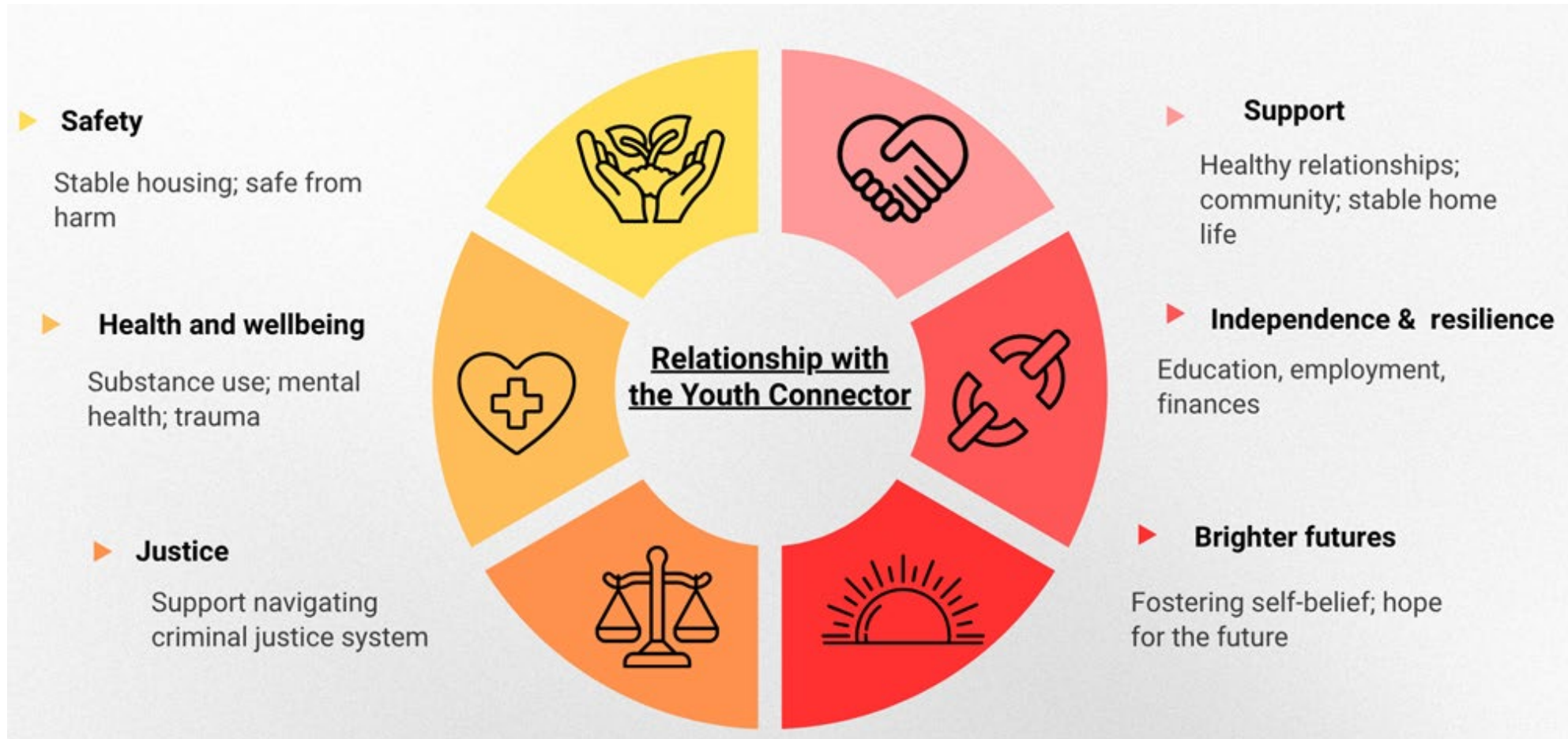
Service navigation, advocacy, practical and emotional support – bridging the critical service gap for young people entering adulthood

Promoting protective factors – access to services, housing, health, financial stability, education, employment, community resources

Addressing identified risk factors - substance use, deprivation, disparities in educational engagement/attainment

# Supporting protective factors

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# What has changed for young people and families?

- Supported in making a positive change:

*If I didn't have help with the benefits that [the Youth Connector] helped put in place for me, I would have been selling drugs. And I'm happy to admit that because I want people to understand that because I had the right support, it changed my life in a way you can't even imagine **(Young person)***

- Increased confidence and wellbeing:

*The Youth Connector has helped me a lot, because I was in a bad place. Just having them there to support you, even though she's not there every second of the day, you know in the back of your mind that they're there and it's quite comforting. That time of the week when me and the Youth Connector see each other, it just lifts you up. It's just having that consistency and someone there that you actually think cares about you, someone you can trust **(Young person)***

- Increased peace of mind:

*I can see the difference in my daughter, and I know if anything is bothering her the Youth Connector will pick up on it. I think she knows that she can turn to the Youth Connector for anything **(Family member)***

# How is the learning being used?

Evaluation finding/recommendation	Future Project reflections and next steps
Transitions is aligned with principles of trauma-informed practice and transitional safeguarding, responding flexibly to young people's individual (and evolving) needs, experiences and circumstances	Validation of practice and organisational ethos, which emphasises the need for a responsive, individualised and person-centred approach
Having funding to support a wider team of Youth Connectors would enhance wellbeing and effectiveness and reduce operational risk	A second Youth Connector has been appointed
Short-term project funding can increase uncertainty for young people, family members and staff, and conflicts with the open-ended nature of the service	Working towards sustainable, longer-term funding and trauma-informed commissioning, with a focus on demonstrating the social return on investment from Transitions programme to secure ongoing investment
Transitions service has a rich pool of data, but limitations with the database prevented more in-depth outputs and analysis	Modifying back-end of database to enhance monitoring and evaluation capabilities
Family members described positive impacts linked to the presence of a trusted, supportive adult, for both the young person and themselves (Youth Connector)	Affirms wider impact of Transitions, and the value of light touch support and signposting for family members



# Acknowledgements

- Transitions and Future Projects team
  - Charlotte Karamata – Youth Connector
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  - Sarah Wynn – Money Advise
  - Esme Southgate – Connect to Work
  - Camilla Wright – Assistant Manager
  - Grace Richardson – Support Services Manager
- Young people and family members
- Local professionals who supported evaluation by contributing to workshop
- Nicola Allum
- Amanda Murr

# Contact Us

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