



ON TRACK FOR **SEPTEMBER** → 2025 ←

- Excited about your next step in September?
- Concerned about the GCSE grades you have achieved?
- Changed your mind about what you want to do?
- Not got an offer of a place in education or training yet?
- Want to know who can help you with your choices?
- Feel anxious or unsafe?



**Don't worry or feel that you are on your own.
There is plenty of help and advice available...**

WHAT NEXT AFTER YEAR 11?

Give yourself some much-deserved time to relax and whatever your results were, you can approach your next step in education and training with real optimism.

Hopefully you will have got the GCSEs you need for your next step.. but if you haven't, don't panic, contact the Help You Choose help-desk (details below) and one of our friendly team will be pleased to help you.

As you approach Year 12, here are three things you need to remember:

1. Your participation

All young people **must** continue in education or training at least until they are 18.

But you have choices about what you can do.



2. Your guarantee

All 16 and 17-year olds in Norfolk are guaranteed an offer of a place in education or training for September 2025.



3. Your choices

By now, most young people will have an offer of a place in sixth form or college, or have secured an apprenticeship or other job with training. However, if you don't yet have a place for September there is still time to get yourself sorted.



FREQUENTLY ASKED QUESTIONS...

Q: What do I do if I haven't got the GCSE results I needed?

A: If you don't think that your GCSE grade(s) are a good match for your ability, or if you believe an error has been made in determining your grade, you have a right to appeal. Speak to the Head of Year in the school that submitted your grades and they will explain the process to you.

Alternatively, you can take GCSE exams in the autumn 2025 or in summer 2026. If you choose to do this, you can then use the higher of the two grades as your final, official GCSE grade. To find out more read the **Ofqual Student Guide 2025**.

Q: What if I haven't applied for anything yet or if I haven't got an offer for September 2025?

A: Go to **Help You Choose website** and look at the courses and apprenticeships available or talk to an Adviser by calling the Help You Choose helpline on **0344 800 8022** or emailing **helpyouchoose@norfolk.gov.uk**. Alternatively, contact the sixth form, college or training provider direct when you are ready.

Q: What if I have changed my mind about what I want to do or where I want to go to learn?

A: Talk to the Careers Adviser in your school or go to the **Help You Choose website**.

Alternatively, contact the Head of Sixth or the college Student Services team at the sixth form or college you have applied to. If you get an offer of a different course remember to tell the sixth form or college who made the original offer that you have changed your mind so they are not still expecting you for enrolment.

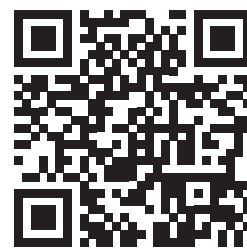
Q: The apprenticeship I had for September is no longer available. What do I do now?

A: See what apprenticeships are available on Help You Choose or on the **Find An Apprenticeship website**. Sign up for vacancies and start contacting local businesses to see if they will take you on as an apprentice. But make sure you apply for a course to your local sixth form or college as a back up.

MORE INFORMATION ABOUT MY CHOICES?

Help You Choose - www.helpyouchoose.org

Search and apply for courses and apprenticeships; create your own CV, get advice on finding a job, making applications and preparing for interviews. There is also information to support young people with SEND, ensuring their families and friends understand the options and choices available.



Scan me to visit the
Help You Choose website

Find an apprenticeship - www.findapprenticeship.service.gov.uk

Find out about apprenticeships available.
You can register, search and make applications online.

Apprenticeships Norfolk - www.apprenticeshipsnorfolk.org

For information and support on apprenticeships in Norfolk.
Keep up to date by following **@AppsNorfolk** on X.

I Can Be A - www.icanbea.org.uk

Information and links to many of the most important industries in Norfolk and Suffolk and with links to jobs, apprenticeships and other opportunities. Use the CV wizard to create your own standout CV.

National Careers Service - www.nationalcareers.service.gov.uk

Lots of useful information on over 800 jobs explaining what skills and qualifications you need, what the work would be like, pay and career prospects.

Norfolk SEND Local Offer - www.norfolk.gov.uk/send

In one place, information about provision available for children and young people who have special educational needs and disabilities (SEND) across education, health and social care.

You can also visit the SEND section on Help You Choose
SEND www.helpyouchoose.org/send for more information and advice about your options and choices.

FEEL ANXIOUS OR UNSAFE?

For some young people and families, there are times in life that can be worrying, lonely or scary. If your situation is making you feel anxious or worried about your physical or mental health, you might like to consider finding out more about these services.

Just One Norfolk

For information and advice, go to www.justonenorfolk.nhs.uk and follow the links or browse the resources to help improve your health or mental wellbeing. Call Just One Norfolk on **0300 300 0123**.

For free and confidential health support, text **ChatHealth** on **07480 635060** to start a conversation with a trained health professional (open Monday to Friday, 9am-5pm).

Kooth.com - online information & advice

Kooth is an online mental health platform that offers articles, advice, live forums and live chat with friendly counsellors. It's free, safe and anonymous. No referral needed with instant access to same day support. To use the service visit www.kooth.com and join Kooth.



Help You Choose

The Health and wellbeing section on [Help You Choose](#) has lots more health and advice information.

FYI (For Your Information)

www.fyinenorfolk.nhs.uk .FYI Norfolk is a health information website designed for and by young people in Norfolk and Waveney. It provides trusted advice and support on various health topics, including physical health, emotional and mental health, relationships, and more.

NEED OUR HELP? JUST GET IN TOUCH

If you do not yet have a place in education or an apprenticeship for September 2025 go online **www.helpyouchoose.org/contact**. Alternatively call the Help You Choose Helpline on **0344 800 8022** or email **helpyouchoose@norfolk.gov.uk**. All enquiries are monitored from 9am until 5pm on Mondays through to Thursdays and 9am until 4.30pm on Fridays.

We will keep in touch with you

Between the ages of 16 and 18, Norfolk County Council will keep in regular contact to offer you support with education, training or work. This means from time to time you will be called by our Help You Choose team just to check things are going well. If you need our support, we are here to help.



If you need this information in large print, audio, Braille, alternative format or in a different language please contact us on **0344 800 8022** and we will do our best to help.



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Employment and Training Service,
Norfolk County Council, Tel: 0344 800 8022

How Norfolk County Council will use your personal information to support your post-16 transition

Norfolk County Council uses information about young people for who it provides services to enable it to carry out its legal functions and duties. Some of this information is shared with partner organisations to assist young people with their post-16 transition to sixth form, college or work with training.

This letter tells you about how we will share your information with partner organisations. It is necessary for us to share your data to carry out our legal duties, and if we were not able to do so, we would not be able to meet these duties. So, we are not asking for your permission to share your information as we are required to do this, but this letter is to let you know how we will share your personal information with others.

You can read more about the information we hold about you and how we use your information and your rights under data protection legislation by reading our [**privacy notices online**](#). The general privacy notice includes a section on your privacy rights and how the law protects you. The children and young people education privacy notice sets out how we use your information.

What are our duties?

Since 2013 it has been a legal requirement for all young people of school leaving age to participate in education or training at least until their 18th birthday. Under Section 68(1) of the Education and Skills Act 2008, Norfolk County Council has a statutory duty “to encourage, enable or assist young people’s participation in education or training”. We therefore have a role to ensure that all 16 and 17-year olds are made aware that they should participate in learning and that they will be offered a place of education or training. We also work with post 16 providers to shape the education and training provision for 16-18-year olds to ensure it meets the needs of young people and to collect and record the offers made to young people to ensure that we can target our resources on those who need help to find a suitable place.

Norfolk County Council are also required to keep in touch with all young people aged 16 to 18 at least annually and more frequently if that young person is not participating in education, employment or training. This communication will usually take place by phone, email, letter or in person. Post 16 Providers must also inform us of any young person that drops out of 16-18 education or training from their institution for us to make contact and try to re-engage in education or training.

Information to be shared

To meet our responsibilities under section 68 of the Education & Skills Act, we will share the following information in the following circumstances:

- 1.** If you are not participating in education, employment or training, or when it is not known what you are doing, we will pass your contact details to those providers who we know will be able to assist with providing education, training or support.
- 2.** We will also share information with your chosen provider of post 16 education or training to enable them to support your transition and to provide you with the provision that meets your needs. This will include information about your achievements in Year 11 including GCSE English and Maths.
- 3.** We will also inform the school you attended in year 11 about your post 16 destination for two years (until age 18) or until age 24 if you have an Education and Health Care Plan (EHCP). This helps the school to review and improve the information, advice and guidance they provide for young people in Years 8-11 which in turn assists us in meeting our duty to encourage the participation of 16-18-year-olds in education and training.
- 4.** We will also share your information with the Department for Education (DfE) to enable the DfE to assess our performance.

For further information go to: www.norfolk.gov.uk/gdpr

Email: helpyouchoose@norfolk.gov.uk

Tel: 0344 800 8022