



# POST 16 INFORMATION BOOKLET

A guide to preparing for transition to Post 16 education or training 2025/ 26



Council of the  
ISLES OF SCILLY

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## Introduction

Welcome to the Council of the Isles of Scilly post-16 information guide. The purpose of this guide is to provide information about preparing for transition to post-16 education or training specific to the circumstances on the Isles of Scilly, where most young people leave the islands to continue their studies. The well-being of young people on the Isles of Scilly is paramount as they prepare for this important step. We hope you will find the necessary information to help navigate the process with confidence.

Your child's school will provide specific careers information and the range of post-16 qualifications, education or training options.

The Council recently consulted on its [post-16 transport policy statement](#) where parents and young people told us that they needed more information so that they can prepare earlier for post-16. The post-16 transport policy statement has information about travel and transport arrangements. Inside this guide you will find details about the range of accommodation options available on the mainland, approximate costs as well as how to apply for the travel and accommodation grant <sup>1</sup> and the schedule of grant payments. There is also a 'Bee Healthy- A health guide for young adults going to the mainland' with all the practical things young people need to know about managing their health whilst on the mainland.

We are super keen that the information guide is useful and would welcome feedback about anything else that could be included. Please send any comments to [post16@scilly.gov.uk](mailto:post16@scilly.gov.uk)

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<sup>1</sup> The specific grant contribution towards travel and accommodation that is unique to the Council of the Isles of Scilly.

## Post-16 Education, Training or Employment

This section provides an overview of the main options for post-16 education or training. The law requires all young people in England to continue in education or training until at least their 18th birthday<sup>2</sup>, although in practice the vast majority of young people continue until the end of the academic year in which they turn 18. There are also broader duties in relation to the participation of young people with Education Health and Care plans aged between 20-24 years. There are lots of things to think about when making the decision about what post-16 pathway is the right one for your child. To help decide, you might want to discuss:

- what career or job they'd like in the future- certain jobs require certain routes or qualifications
- what are their predicted grades, and the grade/ level required to access certain courses
- what way they like to learn, in a more academic or more practical way
- what type of learning environment suits them best

### What are the options

After year 11 the main options are either full-time education or an apprenticeship or training. The main pathways to consider are:

- 6<sup>th</sup> Form Colleges or Schools: usually focus on A-level qualifications- two-year course followed by exams.
- Further Education Colleges: they may offer a wider range of courses including A-level and vocational qualifications that have assessed practical elements.
- Apprenticeships: a real job with training that can take 1-4 years to complete. The employer pays wages while you learn. Off the job training takes place either weekly or in blocks at college or university.
- Traineeships: are an opportunity for students aged 16-24 who do not have qualifications or experience to start an apprenticeship. They involve study and work placements and support finding a job or apprenticeship. This could also include Supported Internships.

Some young people want to go straight into employment, but this must include some guided learning hours.

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<sup>2</sup>[https://assets.publishing.service.gov.uk/media/660e971663b7f8001fde187f/Participation\\_of\\_young\\_people\\_in\\_education\\_employment\\_or\\_training.pdf](https://assets.publishing.service.gov.uk/media/660e971663b7f8001fde187f/Participation_of_young_people_in_education_employment_or_training.pdf)

## Cornwall Post-16 Provision

The choice of education, training and accommodation remains entirely one of parental choice in according to their child's needs. However, the Council wants to take an approach that promotes young people from the Isles of Scilly being as local as possible and is the reason why accessing post-16 education and training in Cornwall makes most sense. Furthermore, Cornwall hosts a wide range of excellent post-16 options for young people whilst also allowing easier access to return home during holidays and where the impact of travel disruption is easier to manage. This section covers the education and training providers in Cornwall.

### 6<sup>th</sup> Form Colleges

There are several 6<sup>th</sup> Form Colleges in Cornwall. More information can be found at:

[Where to Study in Cornwall at 16](#)

### Further Education Colleges

Cornwall offers a range of further education colleges. More information can be found at:

[Further and Higher Education Colleges - Cornwall Council](#)

The Council has been working closely with Truro and Penwith College and Cornwall Colleges as nominated providers. Details of these providers are below.

### Cornwall College

[Cornwall College | Vocational Courses, Apprenticeships & Degrees](#)

### Truro and Penwith College

[Truro & Penwith College | Go Further](#)

## Accommodation

The choice of accommodation on the mainland for students while they continue their education, or training remains entirely parental choice according to their child's needs. Please bear in mind that the travel and accommodation grant is a contribution towards these costs and any costs that exceed the grant amount are the responsibility of parents or carers. The Council doesn't approve any accommodation or make representation regarding the suitability, quality of provision, health and safety, facilities or condition of the accommodation provided.

However, the Council has produced an example accommodation agreement to help families when making their own accommodation arrangements. 6<sup>th</sup> form colleges or FE colleges with boarding will usually have their accommodation agreement. The example agreement could be helpful in asking the right questions when visiting accommodation.

### What are the options

This section provides an overview of the types of accommodation on offer and also what to expect in terms of costs. There are several accommodation options for students. These include:

#### Staying with family or friends

Some families are fortunate to have family living in Cornwall who can offer support and a place to stay while their child attends school or college. Families can make their own arrangements towards living costs using the travel and accommodation grant. However, if a student is staying with a parent on the mainland, they are not eligible for the accommodation allowance; however, they can claim travel to and from the mainland.

#### Host families

For many families the traditional solution to finding accommodation on the mainland, has been to use a host family. This still remains an option of choice for many families on the Isles of Scilly. This is because host families provide a warm welcoming home environment for young people whilst also being able to offer a shoulder to lean on. The Council has been working to support families on the Isles of Scilly by increasing the number of host families, offering to undertake DBS checks and facilitating a regular host family forum.

Details about available host families and their family profiles are available from Children's Services. Please request information via the [post16@scilly.gov.uk](mailto:post16@scilly.gov.uk) inbox or call 0300 1234 105 Option 5 to speak to a member of the team.

#### Cornwall Colleges

Cornwall Colleges offer accommodation for students aged 16 and over at some of their campuses. Details can be found at:

<https://www.cornwall.ac.uk/accommodation/#information>

### 6<sup>th</sup> form colleges with boarding

Some state 6<sup>th</sup> form colleges in England offer boarding accommodation. The closest in the Southwest region are Richard Huish College based in Somerset or Exeter Maths School which offers a more specialist curriculum. Details can be found at:

[Huish Boarding - Richard Huish College](#) or [Exeter Maths School | Weekly Boarding](#)

### Accommodation costs

Table 1 below provides an illustration of what to expect in terms of accommodation costs according to which option you choose. More details about the types of accommodation, number of weeks and costs for meals are available from the providers.

Table 1: Approximate costs of accommodation

Accommodation type	Cost (approx.)
Richard Huish 6 <sup>th</sup> form boarding	£16, 500 (annual term time)
Exeter Maths School boarding	£12, 562 (annual weekly term time)
Cornwall Colleges boarding	£6, 500 (annual term time)
Host family	£7, 200 (annual term time)

## Travel and Accommodation Grant Eligibility

Learners who are eligible for the travel and accommodation grant are those:

- who are resident<sup>3</sup> on the Isles of Scilly
- who are of sixth form age and adult learners receiving education or training at:
  - a school;
  - a further education institution;
  - a local authority maintained or assisted institution providing higher or further education;
  - a 16 to 19 Academy; or
  - at any establishment (not falling within the above categories) at which the authority secures the provision of education or training under section 15ZA of the Education Act 1996

There are separate funding regulations in relation to apprenticeships that means young people on apprenticeships are not eligible for the specific ESFA grant. However, they will be able to access the additional funding of £1,635.00 provided by the Council.

Students who are living with a parent on the mainland are not eligible for the accommodation allowance; however, they can claim travel to and from the mainland.

### How to apply for the grant

During the summer prior to the start of the academic year in which post 16 education will commence the Children's Services team will send you a pack with all the information you need in order to apply for the allowance. Included in this pack is the *post 16 travel and accommodation application* form. Complete this form ensuring all sections are fully completed and that both the student and guardian have signed the accommodation and travel agreement sections. Return the completed form to Children's Services via the [post16@scilly.gov.uk](mailto:post16@scilly.gov.uk) email address, by the deadline date stated in the application letter.

### Claiming the grant

Claims are issued to parents or carers in three instalments and are made via [post16@scilly.gov.uk](mailto:post16@scilly.gov.uk) using the post-16 travel and accommodation claim form with receipt or invoices as proof of payment.

If the schedule of payment (see table 1 below) does not meet your needs, please indicate this on the *post-16 travel and accommodation grant application form* and a member of the Children's Services Team will contact you to discuss this, and we will endeavour to devise a payment schedule that is suited to you and your accommodation provider.

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<sup>3</sup> Meaning habitually and normally resident and where the student has shared residence, travel and accommodation assistance will only be provided from one address to be agreed between the parents and where no agreement can be reached it will be deemed to be the home address of the parent who receives Child Benefit for the student (where applicable).



The amount of allowance paid to you is a contribution and any shortfall in travel or accommodation costs are the responsibility of the student and their guardian.

Students have access to reduced travel fares from the islands. Please remember to ask for these when making your booking, and also to keep membership to loyalty schemes up to date.

Table 2: Schedule of claims and grant instalments

Term	Grant payment and claim period	Approximate date payment will be made following submission of receipts previous half terms receipts
Autumn	On receipt of completed travel and accommodation grant application form	1 <sup>st</sup> instalment – End of August
	September-December receipts and claim form submitted	2 <sup>nd</sup> instalment- December/ January
Spring	January-April receipts and claim form submitted	3 <sup>rd</sup> instalment on receipt of Jan-April receipts
Summer	May-July final receipts and claim form submitted	N/A

### General Information

- The allowance must be applied for each academic year.
- All payments will be made by bank transfer (BACS). Please ensure that a BACS form is completed and submitted along with your application form so that payments can be made promptly.
- Please inform the Council immediately if there is a change to the course, if the student leaves their course or finishes their course early.
- Confirmation of attendance, on a half termly basis, will be obtained by us from educational establishments.
- At the end of the academic year, you will be notified of the final deadline date – *after which no further allowance claims can be made.*

## Appendix 1

### Other information and websites

- People Hub

The People Hub offers free advice and support for residents of Cornwall and the Isles of Scilly who are looking for help getting into with employment or training. They may provide guidance on accessing resources. Contact them at 0333 015 0699 or visit

[People Hub](#)

- Cornwall opportunities: Isles of Scilly Hub

[Isles of Scilly Hub](#)

- Cornwall opportunities: post-16 providers

[Post 16 SEND Providers](#)

- National Careers Service

[Post 16 options | National Careers Service](#)

- Success at School

[Success at School: Careers advice for schools and students](#)

- UCAS: higher education information

[UCAS | At the heart of connecting people to higher education](#)

## Appendix 2

Bee Healthy: A guide for young people going to the mainland

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## Bee Healthy

### A health guide for young people going to the mainland

Looking after your own health needs on the mainland may be new to you.

It's a good idea to register with a GP, dentist and optician for your routine health care.



**GP** – You will need to register with a GP close to where you now live. During holidays if you travel back to your family home you can register as a temporary resident at your previous GP practice. You can make an appointment by phone, or in person by going into the surgery and talking to the receptionist. They may ask what you need help with. This will help them decide how soon you need to be seen and help them choose the most suitable doctor, nurse or health professional to help you. You may also be able to book an appointment online. Some surgeries ask you to phone first thing in the morning if you need to be seen the same day. If you're unable to attend your appointment, tell the surgery in advance.



**Pharmacists** can offer advice on a range of illnesses, such as coughs, colds, sore throats, ear infections and aches and pains. They can also give advice about medicines. This includes how to use your medicine, worries about side effects or any other questions you have. Prescriptions are issued by your GP or a prescribing member of your clinical team. You can take them to any pharmacy. If you are between the ages of 16 and 18 and are in full-time education, such as college, you are able to receive an exemption from paying for prescriptions. Ask your GP surgery or pharmacist about arranging repeat prescriptions.



**Dentist**- On the NHS, you can have treatments and services considered clinically necessary for your oral health. This includes check-ups, emergency appointments, X-rays and extractions, and restorative treatments such as fillings, crowns and dentures. Free care includes patients under 18 and patients under 19 and still in full-time education. Orthodontics is available on the NHS for those under the age of 18. You can make your appointment by phone or by going in to the Dentist Surgery. If you're unable to attend your appointment, tell the dentist in advance and they'll try to arrange a new appointment.



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**Optician-** The NHS recommends that you should have your eyes tested every 2 years. You can make an appointment at any high street optometrist and this will be easier when you are on the mainland. You're entitled to a free NHS sight test if you are under 16 or are 16, 17 or 18 and in full-time education. You may also be eligible for a voucher towards the cost of glasses. Some optometrist branches can also provide **hearing tests**. You can make your appointment by phone or by going in to the shop. If you're unable to attend your appointment, tell the hospital in advance and they'll try to arrange a new appointment.

### Your NHS Number

Your NHS number is a 10 digit number unique to you. It helps healthcare staff and service providers identify you correctly and match your details to your health records. You do not need your NHS number to use NHS services.

**How to find your NHS number** - You can find your NHS number in any documents or letters sent to you by the NHS or you can ask your GP.

### Being referred for more tests

You may be referred for an investigation (e.g. an x-ray or CT scan) or a test which cannot be done in primary care (e.g. gastroscopy). You may also be referred to the many community based services some of which may be within the practice (e.g. community ultrasound or same day access physiotherapy) or within other community centres.



### Being referred to a specialist

You may be referred for an opinion on your condition from a consultant or his/her team, to help diagnose your condition or to help decide on the best management of your health problems. You will have a choice of where you are referred. Please make the doctor aware of any specific needs e.g. carer, social issues, disability etc. It is important that the details they have about your address are accurate and any telephone numbers are correct.

### I have to be referred, what happens next?

Most referrals are made electronically through the Choose & Book system. It can take up to 5 days for the referral letter to be prepared and sent by the doctor. Where a referral is immediate or urgent, then these are done and sent on the same day. If an urgent



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appointment is not received within 10 working days it is the patient's responsibility to inform the Surgery Secretary who will take appropriate action.

#### Waiting times

Waiting times may vary between hospitals, and you should consider this when choosing a hospital. When you're referred for your first outpatient appointment, the NHS e-Referral Service lets you book the appointment at a hospital or clinic of your choice, on a date and at a time that suits you. The length of time you wait will depend on your specific treatment and clinical needs, and you could be seen quicker or wait longer than the waiting time shown. You can take someone with you to your appointment. Most hospital websites have information on how to get there on public transport.

#### Cancelling and rearranging appointments

If you're unable to attend your appointment, tell the hospital in advance and they'll try to arrange a new appointment. Many appointments are wasted each year because patients do not turn up on the day. If you do not come for your appointment, you'll lose your referral and will have to ask your GP for a new appointment. This also means the waiting time clock will start again.

#### Going into hospital as a patient

Depending on your circumstances, you could be admitted as an outpatient – you'll go to hospital for an appointment, but not stay overnight a day patient (day case) – you'll be given a hospital bed for tests or surgery, but will not stay overnight; this can include treatments such as minor surgery, dialysis or chemotherapy an inpatient – you'll stay in hospital for 1 night or more for tests, medical treatment or surgery.

**Health Passport** - My Health Passport' is a resource for anyone with a disability who might need hospital treatment. The passport is designed to help young people to communicate their needs to doctors, nurses and other healthcare professionals.

The **Health for Young People** website provides you with information to stay safe and healthy, as well as helping you decide what to do when you feel unwell.

<https://www.what0-18.nhs.uk/health-for-young-people>





## Bee Healthy

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#### Feeling unwell or having an accident

What if I can't see my GP? There are other options:

Speak to a **pharmacist** who can give advice.

**NHS 111** (dialled from your phone) can help if you think you need medical help right now but you're not sure what to do. If you need to go to A&E, NHS 111 can book an arrival time so they know you are coming. An arrival time is not an appointment but helps to avoid overcrowding.

**Minor injuries' unit and Urgent treatment centres** can help with many of the most common problems people go to A&E for.

Go to A&E (**Accident and Emergency**) Generally you should only go there (or ring 999) in emergencies such as major trauma or accidents, loss of consciousness, confusion, persistent severe chest or abdominal pain, a stroke, or breathing difficulties.

Call an **ambulance**– You should call 999 in a life-threatening emergency only.

**First Aid**- Make sure you are aware of basic first aid and where your nearest defibrillator is. <https://www.nhs.uk/conditions/first-aid/>



#### Mental Health and Wellbeing

We all have mental health, just like we all have physical health. It's about how we think, feel and act. Sometimes we feel well, and sometimes we don't. When our mental health is good, we feel motivated and able to take on challenges and new experiences. But when our mental health is not so good, we can find it much harder to cope.

here are some ways that you can seek support from website advice to online cognitive behavioural therapy (CBT) programmes.

Young People Cornwall

The Dreadnought Centre

Action for Children

Talking Therapies 16+

CLEAR

Silver Cloud

Kooth

Intercom Trust

Young Minds

Childline







## Bee Healthy

### A health guide for young people going to the mainland

Mind Your Way

Penhaligon's Friends

**YOUNGMINDS**

**childline**

ONLINE, ON THE PHONE, ANYTIME

**Intercom Trust**

**kooth**

## CAMHS

CAMHS delivers a range of teams for children and young people and covers the spectrum of ages 0 to 18 years old. The different teams offer consultation and evidence-based interventions based on the level of mental health need that children and young people present with. This also depends on the children, young people, and their carers readiness to engage with what our teams can offer.

You can **self-refer** to CAMHS. All referrals are carefully considered to ensure where the needs of the young person will most appropriately be met and our recommendations maybe for a service within CAMHS, a CAMHS-commissioned community-based service, other NHS services, or services provided by Cornwall Council.

## Out-of-hours-support

If you are in crisis, or know someone else that needs help, call NHS 111 and select the mental health option.

**Childline:** A counselling service for children and young people. Call 0800 1111.

**Kooth:** Free, safe and anonymous online support for young people. Open Monday to Friday, midday to 10pm, and Saturday and Sunday, 6pm to 10pm.

**The Mix:** Call their 24/7 helpline on 0808 808 4994.

**Nightlink:** An emotional support helpline. Call 0808 800 0306 or text 07717 989 021. The helpline is open 5pm to midnight.

**Papyrus:** Call 0800 068 4141 if you have concerns about suicide either for yourself or for someone else. The helpline is open Monday to Friday, 10am to 5pm, evenings 7pm to 10pm and weekends 2pm to 5pm. You can also text 07786 209 697 or email Papyrus.

**Samaritans:** Talk to the Samaritans if things are getting to you. Call 116 123 free 24/7.

**Stay Alive app:** A pocket suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis.

**Neurodiversity Hub** <https://parentcarerscornwall.org.uk/neurodiversity/>





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If you think that your mental health and wellbeing needs may be because you are neurodivergent, you may find this resource helpful.

The Neurodiversity Hub has a **teenage section** for most areas: **Energy Levels**; **Emotional Regulation**; **Sensory Processing**; **Attention & Impulse Control**; **Sleep** and **Friendship**.

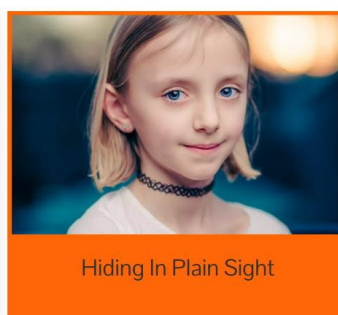
There's also a section called **Hiding in Plain Sight**. You also have your own area called **"My Independent Life"** which includes topics such as This Is Me; Self Care; Mental Wellbeing; Puberty; People and Healthcare.



My Independent Life



Childhood Experiences



Hiding In Plain Sight



Emotional Regulation

### Sexual Health: Cornwall and Isles of Scilly



Brook offers a wide range of confidential services including STI testing, treatment, contraception (including long acting and emergency), pregnancy testing, and specialist young people's services. They also offer postal STI testing and treatment through our digital partner, SH:24.



# Bee Healthy

## A health guide for young people going to the mainland

### Talking to my doctor

#### Before your appointment

- ☐ Write down your 2 or 3 most important questions.
- ☐ List or bring all your medicines and pills – including vitamins and supplements.
- ☐ Write down details of your symptoms, including when they started and what makes them better or worse.
- ☐ Ask your hospital or surgery for an interpreter or communication support if needed.
- ☐ Ask a friend or family member to come with you, if you like.

#### During your appointment

- ☐ Do not be afraid to ask if you do not understand. For example: "Can you say that again? I still do not understand."
- ☐ If you do not understand any words, ask for them to be written down and explained.
- ☐ Write things down or ask a family member or friend to take notes

#### Checklist of questions to ask at your appointment

- |   |   |
|---|---|
| <input type="checkbox"/> Tests, such as blood tests or scans                        | <input type="checkbox"/> What will happen if I do not have any treatment?     |
| <input type="checkbox"/> What are the tests for?                                    | <input type="checkbox"/> Is there anything I should stop or avoid doing?      |
| <input type="checkbox"/> How and when will I get the results?                       | <input type="checkbox"/> Is there anything I can do to help myself?           |
| <input type="checkbox"/> Who do I contact if I do not get the results?              | <input type="checkbox"/> What next  |
| <input type="checkbox"/> Treatment  | <input type="checkbox"/> What happens next?                                   |
| <input type="checkbox"/> Are there other ways to treat my condition?                | <input type="checkbox"/> Do I need to come back and see you? If so, when?     |
| <input type="checkbox"/> What do you recommend?                                     | <input type="checkbox"/> Who do I contact if things get worse?                |
| <input type="checkbox"/> Are there any side effects or risks? If so, what are they? | <input type="checkbox"/> Do you have any written information?                 |
| <input type="checkbox"/> How long will I need treatment for?                        | <input type="checkbox"/> Where can I go for more information?                 |
| <input type="checkbox"/> How will I know if the treatment is working?               | <input type="checkbox"/> Is there a support group or any other source of help |
| <input type="checkbox"/> How effective is this treatment?                           |   |

#### Before you leave your appointment

##### Check:

- ☐ You have covered everything on your list.
- ☐ You understand, for example: "Can I just check I understood what you said?"
- ☐ You know what should happen next – and when. Write it down.

##### Ask:

- ☐ Who to contact if you have any more problems or questions.
- ☐ About support groups and where to go for reliable information.
- ☐ For copies of letters written about you – you're entitled to see these.
- ☐ Can I have the results of any tests? If you do not get the results when you expect – ask for them. Ask what the results mean.