

Support for Learning

There are different types of support available to help you with your learning.

Whether you're in school, college, or thinking about your next steps, here's what you need to know:

1. Support in School and College

Most schools and colleges have a **SENDCo (Special Educational Needs and Disabilities Coordinator)**—this is the person who makes sure you get the right support. This might include:

- Extra help in lessons from a teaching assistant.
- Specialist equipment, like a laptop or coloured overlays.
- A personalised learning plan to suit your needs.
- Adjustments in exams, like extra time or a quiet room.

If you don't feel like you're getting the right support, you can talk to your school or college, or ask for advice from **Shropshire SENDIASS** (we can help you understand your rights and what to do next).

2. Education, Health and Care Plans (EHCPs)

If you need more support than a school or college can usually offer, you might have an **EHCP**. This is a legal document that sets out the help you need in education, health, and social care. If you already have an EHCP, it should be reviewed every year to make sure it's working for you.

If you think you need an EHCP but don't have one, you (or a parent/carer) can ask for an assessment. Your school, college, or SENDIASS can guide you through this.

3. Post-16 Support (After School)

If you're aged 16–25, there are different options for learning and support, including:

College – Many colleges offer SEND support and foundation courses to help with

independent learning and life skills.

Sixth Form – Some schools have sixth forms with extra support for SEND students.

Apprenticeships – You can learn on the job while getting extra support if needed.

Supported Internships – These are work-based programmes for young people with SEND who want to gain experience.

Shropshire Council, colleges, and training providers can help you explore these options.

4. Help with Social and Emotional Wellbeing

Learning isn't just about schoolwork—if you're struggling with confidence, anxiety, or friendships, there are people who can help:

[Kooth](#) – Free online counselling and support for young people.

[YoungMinds](#) – A charity offering advice on mental health and wellbeing.

5. Travel and Independent Living

If you need help getting to school or college, **Shropshire Council** may be able to help with travel support. There are also organisations that can help with independent living skills if you're preparing for adulthood.

Need Advice?

If you're unsure about anything, **Shropshire SENDIASS** can give you free, confidential advice about learning and support. We can help you:

- Understand your rights in education.
- Get the right support in school or college.
- Plan for the future and explore your options.

Get in touch if you have any questions—we're here to help!