



CAREERS SUPPORT CASE STUDY

Care leavers can often find themselves without the support needed for further education and employment.

“COVID had hit my industry really hard, I was struggling to get work and it developed from there. Claire helped me in a number of respects around that time.”

Like most people during the pandemic, Martin, 55, found himself unemployed and unsure of his next move. As a care leaver, he had heard of the Rees Foundation previously, so was aware of the careers support offered.

Martin was helped by Claire, and they discussed jobs which he found interesting and the kind of work he was looking for.

After an initial search, Martin found a role and Claire encouraged him to apply. She went through the application form with him and he was invited to interview for his chosen job.



WHAT DOES CAREERS SUPPORT INVOLVE?

The Rees Foundation recognise it can be difficult to navigate the world of work without guidance, and that's why they offer a Careers Support project.

The project helps with a variety of aspects in the world of work, such as writing a CV, all the way through to helping develop presentations for an interview and other interview prep.

Prior to the interview, they discussed the types of questions he may be asked, and rehearsed what he might say. Martin landed the role, and Claire was delighted for him.

“Claire is very down to earth; she instantly cheers you up and she's got your back. She's a solution finder and professionally someone you can really trust to help you.”

Whilst Martin was looking for employment, he found it difficult as he didn't have a laptop to be able to job hunt.





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He believes Claire saw the potential in him, even when he couldn't see it in himself. He said:

“At the time I was probably a difficult person to work with as I was down and quite gloomy in my outlook and Claire pulled me out of that.”

Martin was fostered and adopted as a child and did well in education, but didn't feel his background was right for further education.

He always always felt he could have done better under different circumstances. Martin didn't have a good relationship with his foster father, who wasn't a great example to him.

“He made it clear to me throughout my upbringing that I wasn't the model 'son' he thought I should be.”

There is no age limit to the Careers Support service and the service is constantly evolving to ensure care experienced people are receiving the help and support they need to get them into employment.

When asked what advice Martin would give to those thinking of accessing careers support, Martin would encourage anyone to get in touch.

“100% they should do it straight away. I was in a rut and I was depressed.



EARLY YEARS DEVELOPMENT HAS AN IMPACT

The Nuffield Foundation, based at the Rees Centre at the University of Oxford have found that care leavers in England are over ten times more likely than their peers to be not in education, employment or training (NEET) in their 21st year.

- 41% of care leavers aged 19–21 years are not in education, employment, or training (NEET), compared to 12% of all 19- to 21-year-olds.
- The research reported a strong link between higher levels of special educational needs during Key Stage 4, including attending a special school. 62.4% of care leavers were identified as having a high level of need.
- The study shows the range of challenges that care leavers face in accessing education, employment, and training opportunities that will help them as they move in adulthood.

“The work that I did with Claire has pulled me out of that. I feel supported and there are lots of material ways in which Rees has helped me. I can honestly say I would be deeply depressed if I hadn't met Claire.

“I can't really speak highly enough of the Rees Foundation. I don't know any other organisation that would help in the ways they do.”