CareFirst

CURRICULUM HANDBOOK

for Families

A GUIDE FOR PARENTS AND CARERS

Everything you need to know about how we support your young person to learn, grow and prepare for adulthood

PERSONALISED
Learning tailored to each young person's needs, strengths and aspirations

SUPPORTIVE
A nurturing environment where every learner feels safe, valued and included.

ASPIRATIONAL
Preparing learners for happy, healthy and successful futures.



Welcome!

We are so pleased to welcome you to the Care First Community .

This handbook has been created to help you understand what your young person will learn, how we support them, and how together we can help them achieve their goals and dreams for their future.

At Care First, we believe every young person has strengths, interests and potential. Our curriculum is designed to help them build skills for life, gain confidence and prepare for adulthood in a way that is meaningful and personalised to them.

We are here to support you every step of the way. If you have ever a question, please speak to your young person's teacher, campus lead or any member of our team.



OUR VISION

Empowering young people to live fulfilling, independent and meaningful lives.

Our curriculum is built around Preparation for Adulthood (PfA). This means we focus on key areas that help young people be ready for life after education.

Our PfA Framework



Everything we do is designed to help your young person build the skills, knowledge and confidence to achieve their dreams and live the life they choose.

HOW LEARNING WORKS

Two Pathways: One goal.

We offer two curriculum pathways that are tailored to meet each young person's needs, strengths and aspirations.

Both pathways focus on building the knowledge, skills and confidence needed for a happy, healthy and independent future.

FOUNDATION PATHWAY

Building life skills and independence



A personalised curriculum that focuses on communication, confidence, independence and wellbeing.

Best for young people who:

- Need a more supported learning environment
- Are developing their life and social skills
- Learn best through practical, meaningful experiences

VOCATIONAL PATHWAY

Preparing for work and further learning



A skills-based curriculum that prepares young people for employment, further training or independent living.

Best for young people who:

- Are ready to build work related skills
- Want to gain qualifications and experience
- Are aiming for employment, training or supported internships

Every young person follows a personalised learning programme based on their EHCP outcomes, interests and next steps.

PREPERATION FOR ADULTHOOD (PfA)

Getting ready for life.

PfA is at the heart of everything we do. Our curriculum helps young people develop the skills they need for adulthood and supports them to make positive choices about their future.



EMPLOYMENT

Developing skills, experience and confidence for work.

Examples include:

- Work experience
- Employability skills
- Enterprise projects



INDEPENDENT LIVING

Building practical skills for more independence.

Examples include:

- Cooking & budgeting
- Personal care
- Travel training



COMMUNITY PARTICIPATION

Being active members of the community.

Examples include:

- Volunteering
- Community projects
- Social activities



HEALTH & WELLBEING

Supporting physical, mental and emotional wellbeing.

Examples include:

- Healthy lifestyles
- Emotional regulation
- Therapeutic support



COMMUNICATION & SOCIAL SKILLS

Building confidence and strong relationships.

Examples include:

- Communication skills
- Teamwork
- Friendships & respect

FOUNDATION CURRICULUM

Learning for life.

Our Foundation Curriculum is personalised and holistic. It focuses on developing independence, communication wellbeing and confidence through practical, engaging and meaningful learning experiences.

Key areas of learning include:

COMMUNICATION FOR LIFE

Developing communication skills to express needs, make choices and build relationships.

LIFE SKILLS

Building everyday skills for greater independence at home, in college and in the community.

COMMUNITY PARTICIPATION

Exploring the community, making connections and taking part in social activities.

HEALTH, WELLBEING & THERAPEUTIC CURRICULUM

Supporting physical health, mental wellbeing and emotional resilience.

ENTERPRISE & WORK AWARENESS

Exploring work, enterprise and employability in fun and practical ways.

PERSONAL INTERESTS & EXPERIENCES

Building on individual interests and encouraging creativity, choice and enjoyment.

PERSONALISED LEARNING

All learning is based on each young person's EHCP outcomes, strengths, interests and next steps towards adulthood.

Learning that's meaningful. Outcomes that matter.

We celebrate every achievement, no matter how big or small, and support each young person to reach their full potential.

VOCATIONAL CURRICULUM

Preparing for the world of work.

Our Vocational Curriculum helps young people build real work skills, gain qualifications and experience the world of work.

WHAT WE OFFER:

QUALIFICATIONS
A range of vocational and functional qualifications that support progress and future opportunities.

WORK EXPERIENCE
Real work placements and experiences to build confidence, skills and understanding of the workplace.

FUNCTIONAL SKILLS
English and Maths learning that supports independence, employability and everyday life.

INTERNSHIPS & PROJECTS
Longer term opportunities to develop skills, take on challenges and build a portfolio of achievements.

EMPLOYABILITY SKILLS
CV writing, interviews, teamwork, problem solving and communication skills.

We work with...

- Local employers
- Community partners
- Training providers
- Supported internships
- Volunteering opportunities

We open doors, build confidence and help every young person take their next step towards a bright future.

HOW WE MEASURE PROGRESS

Understanding progress. Celebrating success.

We regularly check progress to make sure every young person is moving forward and getting the support they need.



INDIVIDUAL TARGETS

Targets are set from your young person's EHCP outcomes, strengths and interests.

- Personalised and meaningful
- Reviewed regularly



ONGOING ASSESSMENT

We use a range of assessments to understand learning and development.

- Observations
- Discussions
- Evidence of learning
- Practical activities



PROGRESS REVIEWS

We review progress regularly with learners and families.

- Celebrating achievements
- Identifying next steps



REPORTS & FEEDBACK

You will receive termly updates on progress and achievements.

- Clear and simple reports
- Opportunities to talk with staff



CELEBRATING SUCCESS

We celebrate every achievement, no matter how big or small!

- Certificates and awards
- Displays and celebrations



Progress is not just about qualifications. It's about confidence, independence and being ready for the future.



THERAPIES & CLINICAL SUPPORT

Supporting wellbeing. Building potential.

We have a dedicated clinical team who work alongside learners and staff to support physical, emotional and sensory needs.

OUR CLINICAL TEAM INCLUDES:

SPEECH & LANGUAGE THERAPY
Supporting communication and interaction skills.

OCCUPATIONAL THERAPY
Developing independence, motor skills and daily living abilities.

EMOTIONAL WELLBEING & PASTORAL SUPPORT
Supporting emotional wellbeing, resilience and personal development.

SENSORY INTEGRATION
Supporting sensory needs to help learners feel calm and ready to learn.

THERAPEUTIC INTERVENTIONS
Individual and group support tailored to each young person.

Every young person is unique.

We provide individual support to help them thrive and reach their full potential.

CAREERS & DESTINATIONS

Building brighter futures.

We support every young person to think about their future and work towards their goals. We help them explore options, build skills and make plans for life after Care First.

WE SUPPORT WITH:

CAREERS EXPLORATION
Exploring different jobs, industries and career opportunities.

PERSONALISED PLANNING
Creating individual plans based on interests, strengths and ambitions.

FURTHER EDUCATION
Support to progress to college, apprenticeships or other courses.

EMPLOYMENT
Helping young people find work placements, jobs and supported employment.

INDEPENDENT LIVING
Building the skills needed to live as independently as possible.

ONGOING SUPPORT
We stay connected and support transitions into adult life.







Every young person follows a personalised learning programme based on their EHCP outcomes, interests and next steps.

WORKING WITH FAMILIES

Stronger together.

We believe that working closely with families is essential to help every young person succeed.

Strong partnerships between home and Care First help us understand each learner's strengths, aspirations and support needs, ensuring they receive the encouragement and opportunities they need to thrive.

WE WORK WITH FAMILIES BY:

KEEPING YOU INFORMED

Regular updates on progress, achievements and next steps.

INVITING YOU IN

Opportunities to attend reviews, events and celebrations.

LISTENING TO YOU

Your views and feedback help shape the support your young person receives.

WORKING TOGETHER

We create plans together to support learning and wellbeing.

OFFERING SUPPORT

We are here to answer questions and signpost additional support.

CELEBRATING TOGETHER

We celebrate every achievement, big or small!

Your partnership helps us make a real difference to your young person's journey.

WHAT SUCCESS LOOKS LIKE

Real outcomes. Real Futures.

Every learner's journey is unique. At Care First, we support learners to develop the skills, confidence, independence and resilience needed to achieve their personal goals and prepare for adulthood.

Learners may choose to progress towards a range of opportunities and pathways. The examples below highlight just some of the possible next steps that learners may work towards as they continue their journey beyond Care First.

EMPLOYMENT & VOLUNTEERING

- Supported internships
- Volunteering opportunities
- Work experience
- Paid employment

Building confidence, skills and experience for the workplace.

FURTHER LEARNING & TRAINING

- College courses
- Accredited learning
- Adult education
- Specialist training

Continuing education and developing new skills.

INDEPENDENCE & ADULTHOOD

- Independent travel
- Managing money
- Community access
- Supported or independent living

Developing the skills needed for adult life.

Every young person's journey is different.
We support learners to move towards employment, further learning, greater independence and meaningful adult lives.

> *Care First has helped me believe in myself. I've learnt new skills, made friends and achieved things I never thought I could.*
> *– Care First Learner*

OUR COMMITMENT

Together we can achieve great things.

At Care First, we are committed to providing high quality education and support that changes lives.



WE PUT LEARNERS FIRST

We listen, we care and we tailor everything we do to support each young person to thrive.



WE BELIEVE IN POTENTIAL

We help learners build confidence, develop skills and believe in what they can achieve.



WE WORK TOGETHER

We work in partnership with families, staff and professionals to create the best outcomes.



WE SUPPORT WELLBEING

We promote physical, emotional and mental wellbeing in a safe, inclusive and nurturing environment.



WE AIM HIGH

We set high expectations and celebrate every achievement, no matter how big or small.



WE ALWAYS STRIVE TO IMPROVE

We reflect, learn and keep improving our curriculum, support and opportunities for every learner.

FREQUENTLY ASKED QUESTIONS

Quick answers to common questions.

If you have any other questions, please get in touch. We are always happy to help.



WHAT CURRICULUM WILL MY YOUNG PERSON FOLLOW?

We create a personalised learning programme based on each learner's EHCP outcomes, strengths, interests and aspirations.



HOW WILL I KNOW HOW MY YOUNG PERSON IS DOING?

We provide regular updates, reviews and reports. Families are welcome to contact us at any time to discuss progress and achievements.



WHAT QUALIFICATIONS CAN THEY ACHIEVE?

We offer a range of accredited qualifications, including ASDAN, AQA Unit Awards, and NCFE Functional Skills and vocational qualifications, tailored to each learner's needs and goals.



HOW OFTEN DO LEARNERS GO OUT?

Community learning is an important part of our curriculum. Learners regularly access their local community through educational visits, leisure activities, volunteering opportunities, travel training, work experience and life-skills activities.



IS TRANSPORT AVAILABLE?

Transport is not provided by Care First.
Please speak with your Local Authority or funding team regarding transport arrangements and eligibility.



HOW DOES CARE FIRST SUPPORT WELLBEING?

We have a dedicated clinical team and a range of therapeutic and wellbeing support available to help learners feel safe, supported, confident and ready to learn.

GET IN TOUCH

We're here for you.

If you would like to know more about our curriculum, or have any questions, please don't hesitate to contact us.

CALL US

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VISIT OUR WEBSITE

www.optionsautism.co.uk/carefirst

We'd love to hear from you!



Your questions, ideas and feedback help us to keep improving.

We believe that great communication and strong partnerships make the biggest difference.

Thank you for being part of our community.

Care First Academic Year 2026/2027

Autumn Term 2026

Inset: Tuesday 1st September – Friday 4th September
Term Starts: Monday 7th September
Half Term: Monday 26th October – Friday 30th October
Term Ends: Friday 18th December
Holiday: Monday 21st December – Friday 1st January

Spring Term 2027

Term Starts: Monday 4th January
Half Term: Monday 15th February – Friday 19th February
Term Ends: Thursday 25th March
Holiday: Monday 29th March – Friday 9th April

Summer Term 2027

Term Starts: Monday 12th April
May Day Bank Holiday: Monday 3rd May
Half Term: Monday 31 May – Friday 4th June
Term Ends: Wednesday 21st July
Holiday: Thursday 22nd July – Wednesday 1st September

www.optionsautism.co.uk/carefirst

CareFirst™
Living and learning for a brighter future