



Special Educational Needs and Disability  
Information, Advice and Support Service



# Support across 5 days 16+

An easy-read guide for children and  
young people with an Education,  
Health and Care plan



SCAN ME



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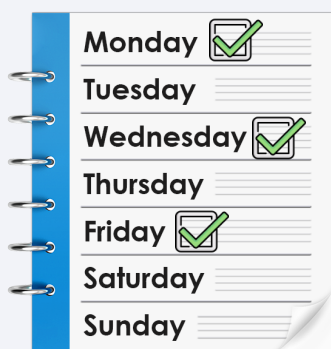
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## Section 1. Introduction



**Many young people say they like to keep busy and miss the routine of going to school every day.**



**After age 16, learning or other activities are not normally every day.**



**However, you might need additional time and support to learn, or to take part in other activities.**

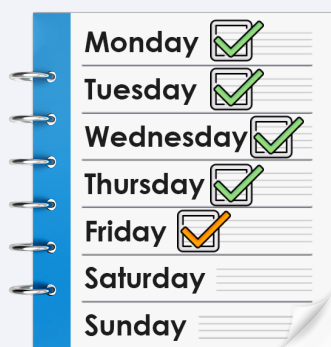


## Section 2.

### Support across 5 days



**The local authority must include all the provision (support) that you need.**



**You can ask the local authority for your learning or other activities to be spread across 4 or 5 days.**



**You might need some help to do this.**



**You could do this at the annual review of your Education, Health and Care (EHC) plan, before you leave school.**



**Your views are really important and must be taken into account.**



**The local authority will listen and work out if you need support across 5 days.**



**If the local authority agrees to provision (support) over 5 days in your EHC plan:**



**This may not be all in one place.**

**You could spend different amounts of time in different places.**



**Some examples of learning or other activities where you may need more time:**



**Extra time to complete coursework and homework.**





**Help to find work experience or volunteering opportunities.**



**Support with how to get to places.  
For example: travel training.**



**Support to socialise and spend time with friends.**



**Help with managing money.**



**What you need to stay healthy.**



**Support to live as independently as you can, and make your own choices.**



## Section 3. Useful Links



[Becoming an adult - Suffolk SENDIASS](#)



[Annual Reviews - Suffolk SENDIASS](#)



[Social care into adulthood -  
Suffolk SEND Local Offer](#)



## Section 4. How to get in contact with us



**SENDIASS can:**



**help you to understand this information**



**support you to share your views**



**explain what you can do if you disagree with what the local authority decides.**



**You can text us:**

**Text ADVICE4ME to 87007**



**You can e-mail us:**

**[enquiries@suffolksendiass.co.uk](mailto:enquiries@suffolksendiass.co.uk)**



**You can fill in a web form:**

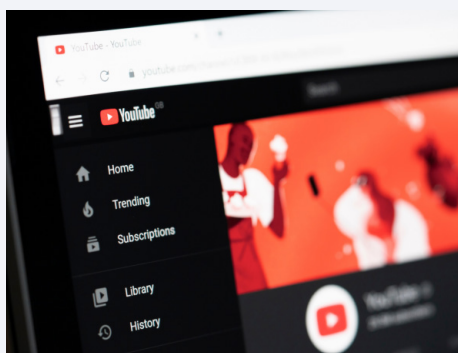
**[suffolksendiass.co.uk/contact-us](http://suffolksendiass.co.uk/contact-us)**

Support across 5 days



**You can call us:**

**01473 265210**



**You can watch our videos on YouTube:**

**@suffolksendiass7456**



**Scan the QR code with your phone to  
visit our website.**



**If you need help to understand this  
information in another language,  
please contact us.**

**A co-production group worked together to make this easy-read document. We created this document as people who are:**

“Passionate, approachable and dedicated”

“Chilled, relaxed, kind, helpful, committed and caring”

“Supportive and kind with a good eye for detail”

“Kind, generous, funny, caring and committed”



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