



# PARENT/CARER NEWSLETTER

## Spring 2026



Gyrfa Cymru  
Careers Wales

For parents and carers of young people with additional learning needs

## Welcome

Welcome to the Spring 2026 edition of our Parent/Carer Newsletter, dedicated to supporting parents and carers of young people with additional learning needs. In this issue, you'll find helpful guidance from Careers Wales advisers, practical tips for transition planning, updates on recent events, and information about resources and services designed to help you and your child navigate their next steps. Thank you for your ongoing engagement and feedback, which continues to shape and improve the support we provide. We hope you find this newsletter informative and reassuring.



## Supporting you and your child

Careers Wales are here to support you and your child to make the right decision about their future. Our careers advisers can:

- give impartial careers information, guidance and coaching.
- help your child understand their strengths and reach their potential experiences.
- share information about various options, including work and further learning.
- help your child set short-term and long-term goals related to their future options.
- support your child if they face setbacks and challenges.

## Parent Voice

Thank you to all the parents and carers who took the time to complete our parent questionnaire. Your feedback is invaluable and will help shape how we develop and enhance our services in the future. Here's a snapshot of what you told us:



→ **Most respondents are parents and carers of learners in years 7-11.**

→ **The services you're most interested in include:**

- the termly parent/carer newsletter.
- help to support your child to make career decisions.
- help to understand how different subjects relate to different jobs.
- understanding more about future jobs.

→ **All parents and carers expressed an interest in taking part in further consultation activities.**

→ **Feedback on the services received from Careers Wales was overwhelmingly positive.**

We are committed to using your feedback to ensure our services truly meet the needs of both young people and their parents and carers. Your views matter to us, and we always welcome further contributions. The survey remains open, so if you haven't yet taken part – or have more to share – you can find it [here](#).

## Top Tips for parents

**If your child is leaving school this year and preparing for college, work, or training, I've put together some practical advice to help make the transition as smooth as possible.**

### Transport

- Think ahead about how your child will get to their new destination, whether that's college, work or a training placement.
- Double check public transport timetables before the first day, so there are no surprises.
- If your child will be travelling alone, I recommend doing a trial run together, so they feel confident on the first day.

### Reviews

- Make sure to attend the Individual Development Plan review in your child's final year—this is the ideal time to ask questions.
- It's valuable to share what's going well and highlight any areas that could be improved.

### Options

- Attend open events whenever possible—gather as much information as you can. Compare all available options to make an informed choice.
- Remember to apply early—college courses fill up quickly. Many colleges also offer transition days whilst your child is still at school, which can help them settle in.
- Give yourself plenty of time to research what's available, so you don't feel rushed.
- If your child is heading to college, please make sure the college has a copy of their Individual Development Plan.



**Claire Brunt**

→ **Job Title:**  
Careers Adviser

→ **Linked school or college:**  
Ysgol y Deri, Penarth

### Support

- Make sure everyone working with your child knows what the next steps are.
- Visit our website for advice and guidance, whatever age your child is.
- If you have questions about adult services, speak to social services for more information.
- Please remember, Careers Wales advisers are here to help, along with social workers and college transition workers. Don't hesitate to ask us any questions you may have.

I hope my top tips provide practical guidance for parents and carers whose children are preparing to leave school and move on to college, work, or training. I encourage you to plan transport arrangements, attend reviews, and explore all available options early. Sharing information, supporting your child's transition, and seeking advice from professionals and relevant services will help make the move as smooth as possible. Remember, you are not alone—support is available from careers advisers, colleges, and social services. All the best.

## Support for parents and carers of young people with additional learning needs



### My Future



My Future is our easy to read section of the website, suitable for young people with additional learning needs. We have a parents and carers section explaining how Careers Wales can support you with your child's next steps.



### My child is in school



Find out how you can support your child with their next steps and how Careers Wales are here to help.



### My child is in college



Explore the options available to your child and how Careers Wales can support.



### My child has left education



Our careers advisers can help your child with their next steps after leaving education

## How we can help your child

### Real life stories

#### A Talent for Performance

Thomas is gearing up for a starring role as Uncle Henry in his school's production of *The Wizard of Oz*. He's not only a keen performer but also hopes to become a director, creating crime, thriller, and comedy films in the future.

His enthusiasm for movies shines through. As Thomas explains, "I like performing because I can be myself in front of people."

He adds, "I love all types of movies, but I really like *Mary Poppins* and the series *Only Murders in the Building*."

#### Careers Wales support

Thomas, who has autism spectrum disorder and mild learning difficulties, always knew he wanted to go to college. With support from Debbie, the careers adviser at his school, he was able to explore his options and find the right course.

Debbie recalls, "I arranged for the transition officer for the Neath Port Talbot group of colleges to come in to school. She did a group session with Thomas and his additional learning needs class to talk more about what college is like and what to expect."

She continues, "Thomas was brilliant that day and had written down questions that the quieter pupils in the class wanted to ask, so he became the spokesperson for everyone."

Soon afterwards, Thomas attended a one-to-one support review, where Debbie helped him with his application for a creative media course.

Thomas shares, "Debbie talked to me about what course would be best for me and helped me apply online."

#### Advice for others

Thomas wants to encourage others to reach out for support from their teachers and careers advisers. He says, "Don't be nervous to speak to someone about it!" He adds, "Debbie was very nice, very bubbly, and really good to talk to."



#### ← Thomas' story

*Thomas is a year 11 pupil whose passion for performing has inspired him to chase his ambitions in creative media and the performing arts. With dedicated careers support, Thomas has secured a place at college and is now on track to fulfil his dream.*

#### Looking ahead

With his college application submitted and an offer accepted, Thomas is preparing for some taster days at college. He's excited about his journey ahead and the opportunities awaiting him in creative media and performing arts.

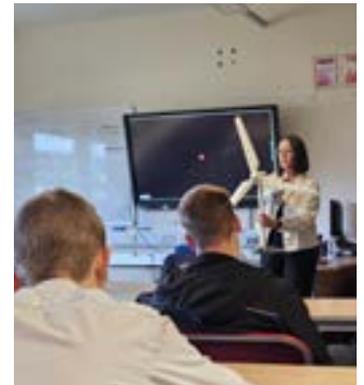
# Employers Supporting Schools

## What Next? Choose Your Future

# Choose Your Future

We're delighted to share highlights from the recent "What Next? Choose Your Future" event held at Queen Elizabeth High School in Carmarthen, which welcomed over 200 pupils with Additional Learning Needs (ALN).

Our event, supported by local organisations, brought together more than ten employers from across West Wales to help pupils explore career options and discover future opportunities.



Learners in years 10-14 had the chance to take part in interactive workshops, engage in hands on activities, and speak directly with employers and Careers Wales advisers. These experiences were designed to help pupils consider what they might like to do after leaving school, giving them a real insight into the world of work.

Feedback from teachers and employers was overwhelmingly positive. One teacher from Ysgol Bro Teifi commented, "The practical sessions were great, as were the stalls. Thank you for the experiences." Pupils also shared their thoughts; one Year 11 pupil said, "I liked meeting the different employers today," while another from Year 10 added, "I'd like more events like this."

Rebecca Thomas, a Careers Wales business engagement adviser, emphasised the impact of these events: "Events like this play a vital role in helping young people with additional learning needs to build confidence, gain motivation and feel excited about their future. Meeting real employers and taking part in hands on activities makes career opportunities feel more achievable and real."

Elena Waters-Jenkins, from Hywel Dda University Health Board, highlighted the value for employers: "Events like this are so important because they let us meet young people before they make decisions about their future. We want them to know the NHS isn't just doctors and nurses - there are more than 350 different job roles available. Being able to speak with us in a relaxed setting helps break down barriers and shows them just how many opportunities are out there."

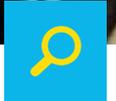
Gareth Hicks, branch manager at Monmouthshire Building Society, added: "These events are really important because they give young people a real understanding of what's out there and the chance to ask questions. Seeing how they interact face-to-face is brilliant. It's nice to help them open up and get chatting."

More what next? Choose Your Future events are planned for March. You can find details of all our upcoming events [here](#).

## Useful resources

The Welsh Government has recently published a comprehensive toolkit for parents and carers of children with Additional Learning Needs (ALN). This valuable resource explains how the ALN system operates in Wales, outlines the support available for children identified as having ALN. It explains the legislation and other documents that make the ALN system.

 [You can access the toolkits here](#)



## Book an appointment

Did you know we support adults too? Our Working Wales service provides a wide range of support including accessing training, upskilling, funding, and help with CV writing and interview techniques.

 [You can book an appointment with a careers adviser](#)

 [here All our Working Wales events can be found here.](#)

**Cymru'n Gweithio  
Working Wales**

## Contact us



Gyrfa Cymru  
Careers Wales



Llywodraeth Cymru  
Welsh Government

 You can contact a careers adviser at school or by phoning [0800 028 4844](tel:0800 028 4844)



Email [post@careerswales.gov.wales](mailto:post@careerswales.gov.wales)

 We have a Wales-wide live chat facility available via [www.careerswales.gov.wales](http://www.careerswales.gov.wales)



Drop into one of our [careers centres](#)

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