

## Helen Cockburn: Young Person Advisor for West Sussex SENDIAS



Hello!

I thought you might like to know a bit about me, so you know who I am and what I do.

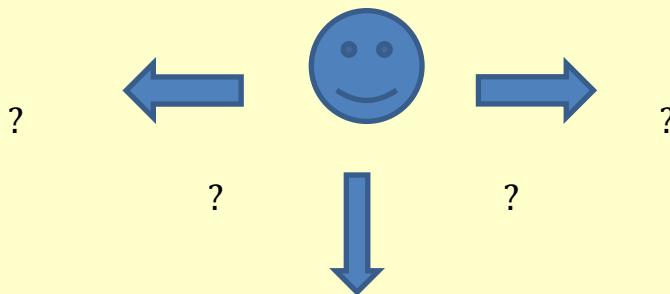
I work as a Young Person Advisor for young people aged 16–25 with special educational needs and/or disabilities who live in West Sussex.

In my spare time I enjoy spending time with friends and family, walking on the beach with my dog and travelling to Crete.

How I can help you:

- advise you about what you can do in education if you are not sure
- help if you need more support at school or college
- support you if you find it difficult to tell people what you think and feel
- give you information about what you could do next, such as by suggesting websites or services and giving you contacts and ideas.

It will be up to you to decide what to do, once you have talked it over with people who care about you. I won't tell you what to do, only what your choices are.



Before I did this job, I worked in schools, helping young people with special educational needs and/or disabilities make decisions about their future plans. I also worked for the county council, writing Education, Health and Care Plans (EHCPs).

My contact details are below. I usually work on Mondays, Tuesdays, and Wednesdays, so if you contact me at a different time, I will reply to you when I'm back at work. You can:

- Email me: [cyp.sendias@westsussex.gov.uk](mailto:cyp.sendias@westsussex.gov.uk) or
- Ring our helpline: 0330 222 8555

I look forward to hearing from you! 😊