

Annex 1**Case Study from the Year 11/12 Transition Service****Feedback from a young person**

'Hi XX,

I was going to do this via text. So I'm hoping it still finds you well. I have been meaning to update you on my progress for a very long time, I apologise for it taking so long.

Without your help- especially with the train pass to XX College, I don't think I would be where I am today. I certainly couldn't afford it, nor could my parents, and without it I would have had to transfer to a college that I didn't want to go to, or dropped out of post-18 education altogether. Not long after we last were in contact, I was referred by my GP for an autism diagnosis, which if you remember some of the problems I had at school- will come as little surprise. It has been a long tiresome experience, but I'm making the best of it all.

I was finally diagnosed in XX, and have gone onto document my experiences with this and my mental health on This started my writing career all in XX.. I now also run a blog, write fiction, non-fiction, and am trying to get into helping other disabled people.

All of this would not have been possible without your support in the earlier years. And I am so grateful, and never quite know how best to word it. Even with my vast vocabulary.

I'm now studying at XX University. I take XX, (I recently transferred to this course from XX, so I could work on a broader range of study).

I think overall- looking backyou were probably the first person in my life to teach me to stand up for myself when it came to my needs. I do this everyday that I am able, and I'm now trying to pass that message onto others in the work that I do. It's a message that was continued at college by my autism mentor, and now too by my new autism mentor, as well as my partner, and the positive people I keep as loved ones in my private time.

So thank you again, for having such a positive influence on my life. It hasn't always been easy, it is at times in fact ludicrously difficult, but it's things like this- and the people that helped me fight that keep me trying.'

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