



sherlock
PATHWAYS

Welcome to Sherlock Pathways!

Your guide to
The Hub: A place to
feel safe, understood
and supported to
move forward.

Birmingham | Solihull | West Midlands



Welcome to Sherlock Pathways

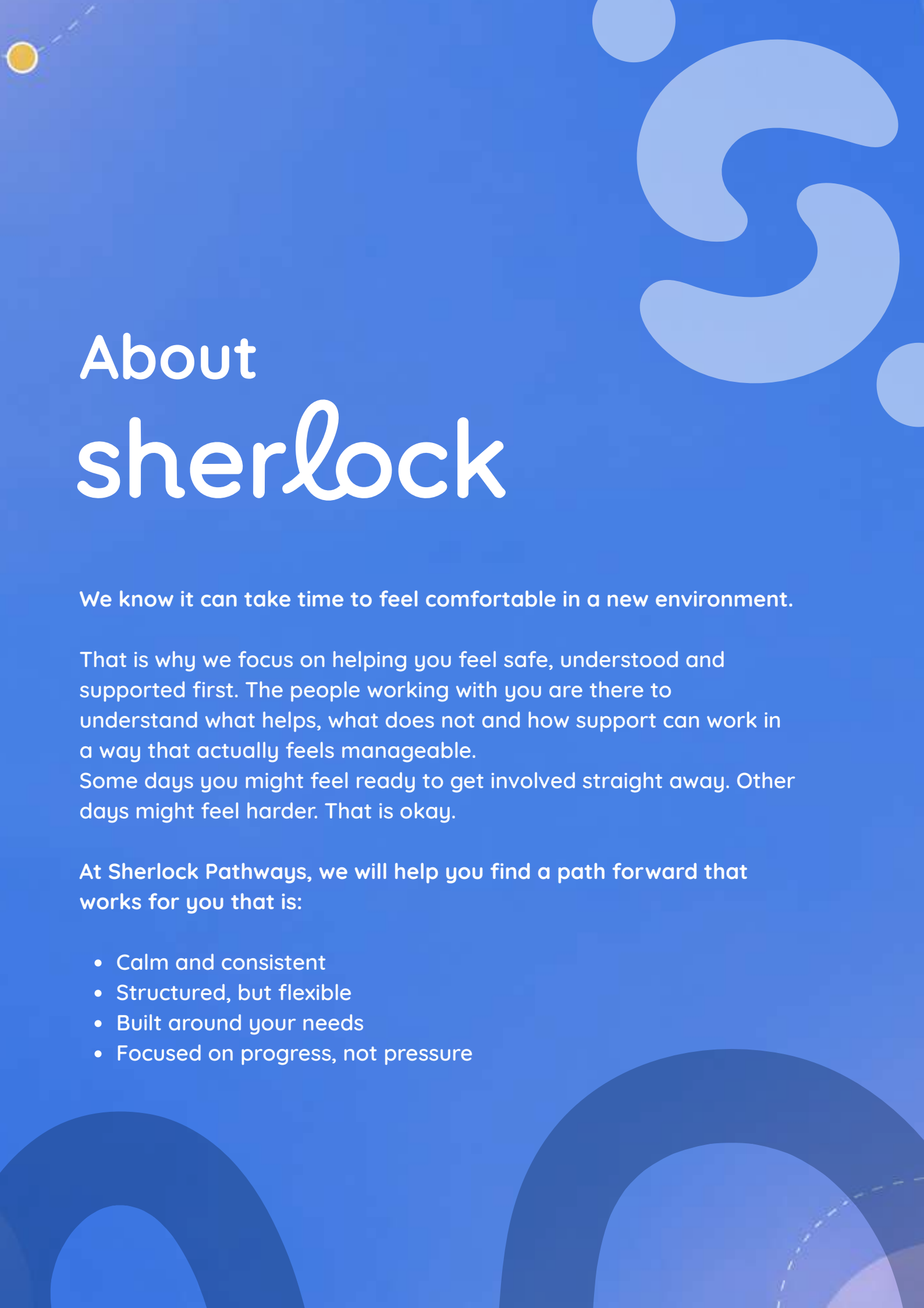
So... what is The Hub actually like?

If you're reading this, things might feel a bit difficult right now. Maybe school has felt stressful, maybe you've been out of education for a while, or maybe people just haven't really understood what's been going on.

That's where Sherlock Pathways comes in.

The Hub is a different kind of learning environment. It is not about sitting in classrooms all day or pretending everything is fine. It is a place where you can take time to settle, feel understood and start moving forward at a pace that works for you.

You will have people around you who listen, stay consistent and help you figure things out step by step.



About sherlock

We know it can take time to feel comfortable in a new environment.

That is why we focus on helping you feel safe, understood and supported first. The people working with you are there to understand what helps, what does not and how support can work in a way that actually feels manageable.

Some days you might feel ready to get involved straight away. Other days might feel harder. That is okay.

At Sherlock Pathways, we will help you find a path forward that works for you that is:

- Calm and consistent
- Structured, but flexible
- Built around your needs
- Focused on progress, not pressure



As part of this, you will work through different pathways depending on what support feels right for you.

- Regulate helps you feel calmer, safer and more in control of your emotions.
- Elevate focuses on confidence, communication and self belief.
- Sustain helps build routines, wellbeing and healthier habits.
- Advance supports learning, digital skills and education goals.
- Create gives opportunities to express yourself through creative and practical activities.
- Aspire helps you think about the future, independence and next steps.

You might spend time in creative spaces, digital media rooms, wellbeing areas, vocational activities or smaller learning groups depending on what helps you engage best.

Small steps matter here. One good day, one conversation or one moment of confidence can be the start of something bigger.



Your First Few Days

Starting somewhere new can feel strange at first. You will not be expected to settle in immediately or know everything straight away.

Staff will help you:

- Understand routines
- Get to know the space
- Meet people gradually
- Feel more comfortable over time

The focus at the beginning is helping you feel safe, settled and understood.



What Support Looks Like



No two young people at Sherlock have exactly the same experience.

Some people need help rebuilding confidence. Others need support with education, emotional wellbeing, routines or simply having adults around them who stay consistent.

Support might include:

- Learning in smaller groups
- Creative or digital projects
- Vocational and life skills activities
- Emotional regulation support
- Outdoor and wellbeing activities
- One-to-one support with staff

You will not be expected to get everything right straight away. The focus is on helping you feel more settled, more engaged and more confident over time.

Who Helps The Hub

Every young person at Sherlock Pathways is supported by adults whose job is to help keep The Hub safe, supportive and consistent.

You will meet staff who help with learning, emotional wellbeing, routines and day to day support.

There are also managers and senior staff whose role is to make sure young people are listened to, supported properly and kept safe.

You do not need to remember everyone's role straight away. What matters most is knowing there are people here whose job is to help and support you.



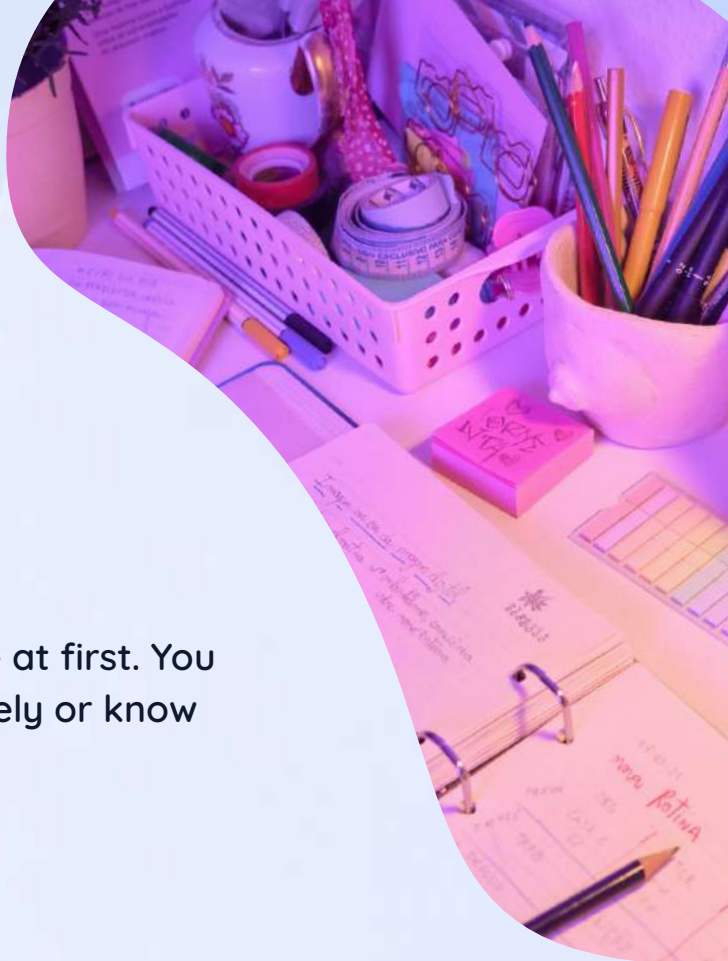
Your First Few Days

Starting somewhere new can feel strange at first. You will not be expected to settle in immediately or know everything straight away.

Staff will help you:

- Understand routines
- Get to know the space
- Meet people gradually
- Feel more comfortable over time

The focus at the beginning is helping you feel safe, settled and understood.



How Young People Come to Sherlock

There are different ways young people come to Sherlock Pathways.

Through School: Sometimes schools ask us to support young people who are struggling with attendance, behaviour, anxiety or engagement.

Through Parents or Carers: Parents or carers sometimes work with schools, local authorities or professionals to help find the right support when things have become difficult.

Through Your Local Authority: If education has been difficult for a while or you need more support than mainstream settings can provide, your local authority might refer you to The Hub.

Through Other Professionals: Social workers, SENCOs and other professionals might work with Sherlock to help find the right support and pathway for you. Whatever route brings you here, the goal is the same: helping you feel supported, understood and able to move forward.

You have the right to:

- Feel safe
- Be listened to
- Ask questions
- Be treated fairly and respectfully
- Have your views taken seriously
- Get support explained properly
- Ask for help when you need it
- Complain if something feels unfair
- Be supported without being judged

Your voice matters at Sherlock.



Our Hub

The Hub has been designed differently from a normal school.

It is a calm, flexible space where you can move between learning, regulation and practical activities depending on what you need.

Inside The Hub you'll find:



Core Learning
Spaces



Vocational and life
skills areas



Creative and digital
media rooms



Sensory and
regulation spaces



Outdoor and
wellbeing provision

The space is there to help you feel more comfortable, more settled and more able to engage in ways that work for you.

Who We Support



We support young people who may:

- Find school overwhelming
- Feel anxious, angry or misunderstood
- Struggle with routines or busy environments
- Need more support emotionally
- Have been out of education
- Want a different environment to learn and grow in

If any of this sounds familiar, you are not the only one. Sherlock is here to help you build confidence, feel more stable and start figuring out what comes next.

Your Learning & Future

At Sherlock, progress looks different for everyone. Some young people focus on rebuilding routines and confidence first. Others work toward qualifications, future careers, independence or returning to education.

We will help you:

- Build confidence
- Develop life skills
- Explore interests and strengths
- Work toward goals at your own pace
- Prepare for future opportunities and next steps

The focus is not on being perfect. It is about helping you move forward.



Your Voice Matters

We want you to have a say in The Hub and in decisions that affect you.

You will have chances to:

- Talk to staff
- Share ideas
- Raise worries
- Suggest activities
- Ask questions
- Join discussions about support and progress

You do not have to keep worries to yourself.



Speaking to Someone Outside the Hub Who Can Help



Sometimes you might want to talk to someone who does not work at Sherlock.

An advocate is someone who can:

- Listen to you
- Help you speak up
- Explain your rights
- Support you in meetings
- Help if you are unhappy or worried about something

You can ask staff, your social worker or another trusted adult to help you contact an advocate at any time.

You are always allowed to ask for support if something does not feel right.

Privacy, Safety & Feeling Respected

Your privacy matters.

You should always feel respected and safe while attending Sherlock Pathways. Nobody should bully, threaten or make you feel unsafe. If something worries you, you can always speak to someone.

Staff are there to help support you, keep you safe and make sure The Hub remains a calm and respectful environment for everyone. If something feels unfair, upsetting or worrying, you have the right to speak up.

You can talk to:

- Staff at The Hub
- A trusted adult
- Your social worker
- Your school
- A parent or carer
- An advocate

You will never get in trouble for speaking up about something that matters to you.



What Young People Tell Us

“It feels calmer here.”

“People actually listen.”

“I do not feel judged.”

“They stick with you even on
difficult days.”

You do not need to pretend to be perfect here.

The important thing is that you feel safe enough to be yourself, take things at your own pace and know there are people around you who genuinely want to help.



Want to Talk to Us?

If you want to know more about Sherlock Pathways, you can ask a parent, carer, teacher or trusted adult to contact us, or get in touch yourself if you feel comfortable.



0121 603 0845



info@sherlockhealthcare.co.uk



Birmingham | Solihull | West Midlands

If you are worried about something or need extra support, you can speak to:

- Your school
- Your social worker
- Your parent or carer
- Another trusted adult

You do not have to deal with things on your own.



BIRMINGHAM
CHILDREN'S TRUST



0121 303 1888



www.childrenscommissioner.gov.uk

Advocacy Support

If you would like help speaking up or understanding your rights, staff can help you contact an advocate.

You do not have to figure everything out on your own. We'll help you take the next step when you're ready!



0121 603 0845 | info@sherlockhealthcare.co.uk