

Preparing for adulthood 14 - 25 Transitions Guide



For Parents and Carers of Young People with additional needs/disabilities



Transitions
Guide

Find Your Way

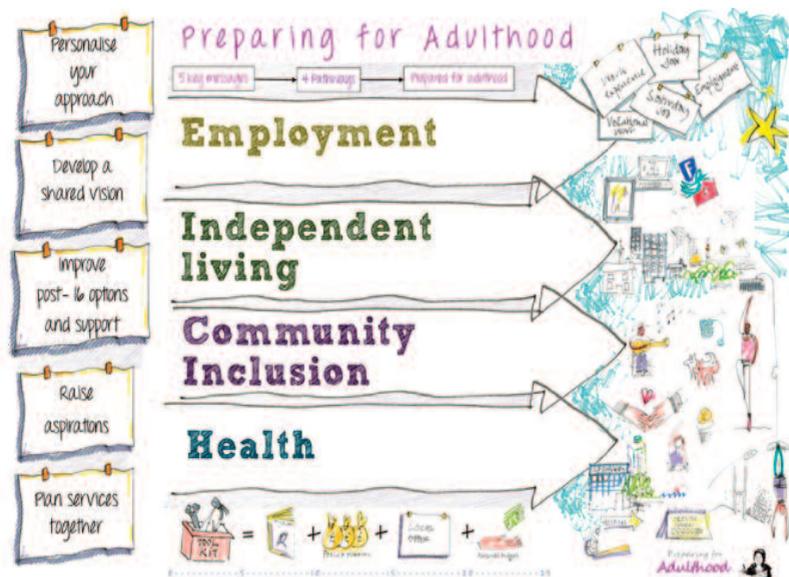
with South Glos Parents and Carers

Version 1 March 2018

Transitions Guide

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About us

South Glos Parents and Carers is a parent-led not for profit organisation which brings together over 1000 families with children and young people (aged 0-25 years) with special educational needs and disabilities from across South Glos to provide mutual support, share information, and influence policy and practice.

Membership is FREE to join our organisation!

We would like to keep in touch with you and as many Parent Carers as possible in South Glos. Sign up to our database on our website to receive relevant and interesting:

- Important news updates
- Events and information
- Regular E-Newsletter, Blogs and Magazine
- Our Really Useful Guide Electronic copy
- Information to help support you
- Priority bookings for our events
- Access to our Counselling service for Parents and Carers



South Glos Parents & Carers

Get in touch

You can get in contact by emailing us at Team@sglospc.org.uk

Our office phone number is **01454 501009** please note this is not a helpline.

Our office is manned part-time during the school term. During the holidays most of us are busy caring for our own disabled children.

Website www.sglospc.org.uk Facebook www.facebook.com/sglospandc

Welcome

We hear that when your child reaches 16 and especially when they become an adult it can feel like you have fallen off a cliff edge. If reviews are happening as they should be this should not be the case! But how do you know what you don't know?

This guide has been written by us and in partnership with South Gloucestershire Council for you! We are all Parents and Carers who have children with Special Educational Needs and Disability and we hope this will assist you to help you support your son or daughter on their own Journey.

Parents tell us that they often learn far more from other parents than from anywhere else, we have tried to capture our combined knowledge in our guide. We want to share with other families what we have discovered on our own journeys with our own children.

We have set out the guide based on ages/year groups which align with 4 key pathways to help you think about each stage.

With many members in our group that have various needs, we have tried to include information to help families whether your child has SEN Support or has an Education Health Care Plan.

We hope you find this useful so that you can start researching more into different options for your son or daughter.

Thank you to South Gloucestershire Council for support with this guide and also to Sheffield Parent Carer forum and Bristol City Council who gave us permission to use some of their own content that we have adapted.

What do we mean by Preparing for Adulthood/Transitions?

“When my son was about 12 I started hearing all these different words and phrases. Transitions, planning ahead, the future, work experience, preparing for adulthood. Employment, post 16, qualifications!

I couldn't think of the next week let alone the next 5 years or so. However, I have learnt on my journey that the better informed I am the better prepared I can be at each of the important stages that my son will arrive at which helps me to better support him”.

Parent Quote

To make sure our children get the best start in adulthood it is important that planning and support take place from a young age. Instead of waiting until a young person turns 18 to start talking to them about what job they might like or how they can live independently the SEN reforms wants us all to start these conversations earlier. We call these conversations and plans ‘preparing for adulthood’. Preparing for adulthood or Transition planning is a time to think about all the skills and qualities that your child has and to write down the hopes, goals and dreams for their future. The purpose of planning is to help them achieve their goals. This can take time and therefore needs to start early so that things can happen when they should.

To help us understand what ‘preparing for adulthood’ mean we use the following four outcomes;

Employment
Getting a job and having support to learn the skills needed for work. Receiving the right training and Education

Independent Living
Housing, independent travel and the skills a young person might need to live independently.

Good Health
good enough to be able to live a fulfilling life

Friends/Relationships Community
Family, friends and being part of a community, having a social life.

Year 8 (age 12-13)

Education

Getting the right support towards greater independence and employability can be life-transforming for children and young people with Special Educational Needs and Disabilities (SEND).

The earlier you can plan the better!

If your child has Special Educational Needs they may be supported at school under SEN Support. If they have more complex needs, they may have their needs and outcomes recorded in an Education, Health and Care Plan (EHCP). You can read more about this in our Really Useful Guide which you will receive if you are a member of South Glos Parents and Carers.

Aspirations - When we think about the future we need to help our child think about what they would like to do when they become an adult and make sure that

Top Tip

Careers Guidance

Schools have a statutory duty to provide impartial careers guidance to pupils starting in years 8 up to year 13. Please make sure you ask your school or education placement who is providing this service and how your child can access it.

Local Offer - Read up on the information that is available by googling Preparing for Adulthood Local Offer South Glos

everyone knows about their future goals, this should begin at school and no later than year 9.

Please refer to our Directory at the back of this Guide for two Independent Careers advisors that we know some of our families have used .



0-25 Transition team

South Gloucestershire Council have developed a Team known as the 0-25 Transition team whose aim is to help facilitate and support young people, young adults and their families, partners, providers and communities to find solutions that enable them to continue to live at home or independently within the local community.

If your child meets the criteria for this team you can access them from Year 9 for the EHC plan annual review. We wanted to give you more notice about this team before you reach year 9.

The Team works in the following ways:

- ▶ **1) Direct work** - where the team will work on a 1-1 basis with your child to prepare them for transition.
- ▶ **2) Indirect work** - where the team will work within an educational setting or with a professional to provide transition knowledge
- ▶ **3) Reviews** - where the team will attend annual reviews to provide indirect advice and guidance to your child, yourself and professionals around transition. Currently, this includes all specialist/independent school reviews from year 9 and potentially some identified cases within the resource bases.

What does the 0-25 Transition Team offer?

Working across four pathways the team will help your child:

- ▶ gain skills and prepare for further education, employment, training or volunteer work,
- ▶ to access and maintain housing by guiding and supporting your child,
- ▶ to be part of the local community and to build relationships,
- ▶ in staying safe, healthy and connected to health services where appropriate.

There is a criteria to access this team which will be displayed on the Council's Local offer.



Year 9 (age 13-14)

Planning for your child's future which we tend to refer to as Preparing For Adulthood (PFA) should happen from their earliest years and NO LATER than by Year 9 (age 13 or 14).

Education

At school your child should be encouraged to start thinking about: employment, independent living even if this is supported, the things they want to do in life i.e. socially, as well as any further education options and health needs they may have.

It is important to Plan!

My child is receiving support under SEN Support:

Although your child may not have a Preparing for Adulthood Review in the same way as a child with an EHCP, your child and yourselves should still have regular discussions with teachers/SENCO about your child's future support needs as an adult. Your child's school should be recording outcomes and targets etc. under the SEN support stage and transitioning planning should still be happening.

If you want to find out more about SEN Support you could read our **Really Useful Guide**. You will receive an electronic copy if you are a member of our group.

EHC Plan - Preparing for Adulthood Review:

If your child has an Education, Health and Care (EHC) Plan, the Local Authority must ensure that the EHC Plan review focuses on Preparing for adulthood during or before Year 9, and every review thereafter



to ensure a smooth pathway throughout.

At the annual review, planning should include support to:

- ▶ prepare for the next steps into education i.e. progressing into further/higher education and/or employment
- ▶ think about and prepare for independent living
- ▶ maintain good health in adult life
- ▶ participate in society/community, including support in developing and maintaining friendships and relationships

Where can I go for support regarding PFA Reviews?

Supportive Parents; the local SEND Information Advice Service will be able to support Parents and Carers regarding Preparing For Adulthood reviews or provide impartial advice. Please phone **0117 989 7725** or visit www.supportiveparents.org.uk Or contact Kids **0117 947 6111**

There is also a very detailed guide that gives some good tips and information about reviews called **“The Preparing for Adulthood Review, A Good Practice Toolkit”** just search for this description on your web browser

Thinking about Subjects/Courses around Year 9



If your child attends a mainstream school, they will be asked to choose which subjects they want to study at Key Stage 4 (in Years 10 and 11, ages 14-16). However, we are aware that some schools do in fact ask their students to choose their options in Year 8 and may start earlier. If appropriate, these will be the subjects they will take for GCSE exams. Some subjects are **compulsory** at GCSE level: English, maths and science. Some schools have other compulsory subjects, e.g. religious education in faith schools.

Education Courses:

There are different levels of courses available to cover the various needs of Children and Young People. From Pre-Entry Courses to Higher Level courses. The aim of every course, no matter what level, should be about making progress in developing new skills.

Here are some of the courses you may hear about particularly if your child has higher support needs.

Pre-entry courses. Students on these courses will often have high support

needs. Most students on these courses will previously have been in special schools. The courses usually look at developing independence skills.

Entry level courses - 1, 2 & 3. On these courses, there is a high level of support and students are usually developing life skills and possibly with some vocational skills. Most students will have been working on P-levels (before National Curriculum levels).

Functional skills qualifications support the development of practical skills in English, maths and ICT. There is a strong focus on explanation and problem-solving, with a choice of assessment methods. You can complete levels 1,2. These can be equivalent to GCSEs. Level 3 would be equivalent to A level.

BTEC qualifications are vocational and work-related courses, designed to accommodate the needs of employers and allow students to progress on to further and higher education or into employment. For some students with special educational needs, the National Curriculum at Key Stages 3 and 4 is not appropriate, especially in relation to qualifications and examinations.

Level 1 courses - These courses are for young people who have developed functional skills and are looking to gain qualifications like GCSEs, Level 1 NVQs and Level 1 Diplomas.

Level 2 courses - Young people on these courses will be ready to gain qualifications like BTEC Diplomas, more GCSEs, and Intermediate Level Apprenticeships.

Health

Top Tip

If you have health practitioners involved in your child's care don't forget to ask them to contribute to any reviews for example from Children's Community Health Partnership, remember to check at what age their service transfers over to adult services if applicable.

*We describe more about Community Health Services in our **Really Useful Guide** or you can look further on their own website for more information. To find out more try entering CCHP South Glos in your web browser to review their website.*

If your child has a learning disability, make sure that your GP records this on their notes. This will act as a prompt so that reasonable adjustments can be made to ensure your child can access high-quality and appropriate health care at all times and in all settings. From age 14 onwards, it may also mean that your child will be invited to attend for annual health checks.

Annual health checks - will involve a visit to the doctor's surgery to see a

GP or a nurse who will:

- ▶ carry out a general physical examination (weight, heart rate, blood pressure etc.)
- ▶ assess emotional well-being and behaviour
- ▶ ask questions about lifestyle and diet
- ▶ review currently prescribed medication
- ▶ check whether any chronic illnesses, such as asthma or diabetes, are being well managed
- ▶ review arrangements with other health professionals, e.g. physiotherapists or speech and language therapists

The Annual Health Check is a chance for your child to get used to visiting the doctor's surgery. It may also be a good opportunity to review any transitional arrangements for the move to adult health services. Information gathered through the annual health check can be fed into the EHCP process.

Parent to Parent

Don't forget your own wellbeing! Trust us, we know what it's like worrying about what happens next. Please remember to look after yourself.

Come along to one of our support groups for a cuppa and chat. We also have lots of information at hand about Preparing For Adulthood. Check out our website under the heading support. www.sglospc.org.uk

Why not check out the South Gloucestershire Wellbeing College, further details here www.sgwellbeingcollege.org



Hospital services

Planning for the move from child to adult hospital services should also begin in Year 9.

It should be:

- ▶ led by a named worker, often a nurse, who will coordinate your child's transition care and support
- ▶ developmentally appropriate, taking into account your child's capabilities and needs
- ▶ not be based on a rigid age threshold
- ▶ take place at a time of relative stability, i.e. not at the same time as moving from school to college or during a health crisis
- ▶ reviewed at least annually

United Healthcare Bristol are currently producing a transition website for Young People who are going to be transferring over to adult services, check this out by visiting their website

<http://www.uhbristol.nhs.uk/transition>

The Local Authority is currently working with Health to develop a Health Checklist/Passport to make the transition to adulthood services smoother. Details will be available on the councils PFA section of the local offer when this has been confirmed.

Social Care

If your Child is under Social Care one of their reviews will be reviewed at the EHCP Annual review.

Some families may have Social Care involvement but not everyone who has an EHCP will. Whether you have a Social Worker or not, you still need to think about

your child's current and future support needs.

If they are eligible for Social Care:

Is the support they receive through Short Breaks?

if they have direct payments is the way these are used still relevant to them now they are a teenager?

You might want to consider asking for direct payments to pay for a Personal Assistant (PA) who can help your child to access social and leisure activities.

Leisure (Short Breaks)

Your child might be interested in accessing one of the short break programmes that are funded by the Council. Please refer to the short breaks section on the Local Offer or in your Web Browser search for short breaks South Gloucestershire.

Short breaks: these are activities for children and young people, usually out of the home. They enable them to have fun and time with their peers, while at the same time giving a break to parents and carers from their caring role.

The Local Authority as of 2018 currently funds a number of providers to run holiday play schemes/clubs, weekend clubs and overnight respite for those who meet the criteria.

Maybe your child would like to join a Youth Club. You can search for Youth Clubs South Glos.

Some of the clubs have sessions for those with Special Education Needs and Disability



● **Made 4 Ever, Fisher Road, Kingswood**
Wednesday: 7pm - 9pm – Learning difficulties and disabilities night
Tel: **01454 865746**

● **Little Stoke Youth Centre, Little Stoke**
Star Kids Session Tuesday: 7pm - 9pm for young people aged 12-19 with learning or physical disabilities

● **Brimsham Green School, Yate**
Wednesday: 7pm - 9pm Learning Difficulties and Disabilities night 13 – 25-year-olds Tel: **07909 748853**

● **The Batch Community Centre, Park Road, Warmley** Monday: 5pm - 7pm Get Active does Multi-Sports @ The Batch. Ages 11-25 Wheelchairs welcome
Email: bicsa2010@gmail.com
Tel: **0117 961 0155**

● **The Armadillo, Yate**
Monday: 6.15pm - 9pm LDD night school years 8-11 www.yatearmadillo.co.uk
Tel: **01454 869441**

● **FACE, Elm Park, Filton** on Thursdays they have 3 groups for people with additional needs of all ages from 0-adult.
www.facefilton.org.uk Tel: **0117 969 1938**
Email: info@facefilton.org.uk

● **KIDS** run a Social Club in South Gloucestershire on a Friday evening. Tel: **0117 947 6111** or email: Hannah.Hulin@kids.org.uk

Please note this information was correct at the time of print. Please contact them directly for further information.

Independent Living/Supported Living

It's only Year 9 do I really need to start thinking about independence or supported living?

We think it is important!

Start to think about the life skills that may be needed to enable independent living. This may be in the form of taking the opportunity to go on school trips or staying with friends. Accessing other groups away from Parents to learn new skills. Make sure you ask or think about this as possible outcomes in any reviews. We have completed a directory at the back of this guide which can help you think about this.

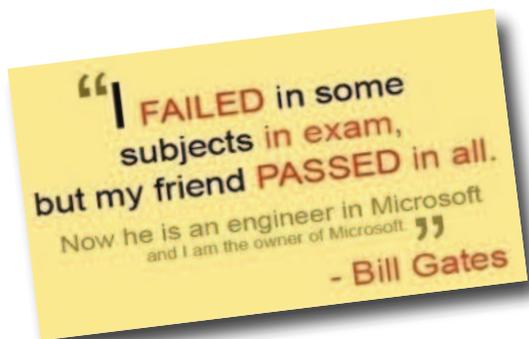
Education

Top Tip

Some things to consider and ask about - "Access Arrangements" also known as "Reasonable Adjustments" and "Special Consideration for Exams." Ask the SENCO or Exams Officer of the school. Be prepared!

Access Arrangements for Exams

If you think that your child will need extra help to enable them to successfully take their exams at the end of Y11 such as extra time, a computer, a reader, a scribe or a smaller/individual room, you should talk to the SENCO and/or Examinations Officer at school. Now is the time to talk about possible Access Arrangements.



Access Arrangements allow students with special educational needs, disabilities or temporary injuries to access exams without changing the demands of the assessment. They are based on evidence of need, the normal way of working in the classroom and must be appropriate to the student and the exam.

For example:

► If your child does not have someone to read or scribe for them in class (normal way of working), they would not be eligible for this in exams.

► A student with dyslexia may require extra time for a written exam but not for a practical one.

These are questions you should ask so that there is plenty of time for the school to apply for Access Arrangements. There is nothing worse than leaving it to the last minute and not getting the support your child is entitled to.

Independence

Maybe during the PFA review, you could ask about Travel Training?

Travel training is designed to help children and young people (typically from school year 9 and above, up to the age of 25) who have disabilities and special educational needs.



Travel Training is designed to equip your child with the confidence and skills required to travel independently to and from school or college. This could mean using public transport, walking or cycling to get to school, college, work or leisure activities.

If you think that this is something that your child would benefit from and is ready for, find out more on the Council's Local offer or read their leaflet. Web search Travel training South Glos. You should find a

leaflet about the service on the council's local offer website.

Talk to the SENCO or contact the Travel Training Team. Phone **01454 866808** Or email traveltraining@southglos.gov.uk

Health

Flu jab for Carers

The seasonal flu vaccine is the best way to protect yourself and the person you care for from flu which may prevent you from being too ill to care. Speak to your GP or pharmacist about having a flu jab along with your disabled child. N.B. Remember to ask for a flu vaccine nasal spray for your child (2-17 years) and check that they haven't already had it in school.



Independent/Supported Living

As our children get older we should start to have a greater understanding of the types of options available for living either independently or with support according to their disability.

The preparing for adulthood website provides a really useful easy to read guide called "No place like home" guide that can be found on the PFA website.

If you would like to find out more about

Living Independently please do a web search using the following words "PFA No place like home guide".

Parent to Parent

Be prepared for when your child turns 16 as they are given responsibility for many things. They will be the main contact with the Local Authority for EHCP for example. Administrators for benefits like Disability Living Allowance/Personal Independence Payment or Employment Support Allowance expect them to be in charge of their own affairs and to make decisions for themselves. Letters will be addressed to them, not to the parent or carer. You need to prepare for this as if they can't manage this you can apply to be an "appointee". Speak to the individual agencies your child is involved with and ask about arranging this. Unless it is done officially, in many instances they cannot liaise with you, only with your child.

Parent to Parent

Independent living doesn't just mean your child living on their own, it could simply mean considering what support is needed to enable your child to stay in the family home with more independence. This may include care, support and adaptation or the use of assisted technology.

Year 11 (age 15-16)

Education

Year 11 is the last year of compulsory schooling.

If your child wants to apply for a school 6th form or college place, have a read of the South Gloucestershire Post 16 directory

www.edocs.southglos.gov.uk/post16

which can be found on the Local offer or in your web browser search "South Gloucestershire Post 16 directory"

The deadline for applications for sixth form and college courses is usually 31st January. However, we find that our children do not always meet this timeframe.



Further education

When we think of colleges and Post 16 options it is quite a scary time for us parents, will our children be ok getting there? can they cope with the larger number of young people around? can they organise themselves in self-supported study? Some of our children have been in special schools for most of their education so it can be quite a difficult time.

Most colleges will offer courses from Pre-Entry/Entry Level right through to the mainstream and higher-level courses so that regardless of academic grades or levels, there should be a course that's

suitable for the vast majority of students. Colleges will also have a learning support coordinator or Transitions adviser who you can contact to discuss support needs, much like a SENCO. Colleges should be able to provide appropriate courses for all levels of students and manage the majority of support needs. It's always worth making contact with the appropriate Team and department to find out what is available.

- **South Gloucestershire and Stroud College**
- **City of Bristol College**
- **City of Bath College**
- **Weston College**
- **Access Create College Bristol**

all the above have people in place to provide this link to parents, they also have to show on their websites their own local offer to Young People with SEND.

In your web browser search for Local offer for Young People with SEND and the name of the college and see what information you can find out.

Almost all courses will have 'entry requirements' for students to meet to be able to get a place on a course. The 'entry requirements' are the level of learning or skills and understanding you need to have to be on a course. Every course publishes their entry requirements with their course details. Sometimes they may have the option of being more flexible about entry requirements for students with EHCPs if it seems likely that the student could cope with the course and it meets their needs.

Parent to Parent

Did you know; If your child is moving to college after Year 11, their course may not cover five full days as a full-time course is usually 16 hours often over 3 or 4 days so be prepared.

If your child has an EHCP and it is unlikely that they will be able to undertake unsupervised learning in college and/or it is unsafe to leave them at home alone, then the local authority should consider providing a package of provision and support across education, health and social care that covers five days a week.

Five-day packages of support do not have to be at one provider and could involve amounts of time at different providers and in different settings. As well as time for independent study, a package of provision can include non-educational activities such as;

- ▶ community participation
- ▶ volunteering
- ▶ independent travel training, and/or skills for living in semi-supported or independent accommodation
- ▶ support to access facilities in the local community, develop and maintain friendships
- ▶ health-related activities such as physiotherapy and physical activity/volunteering
- ▶ work experience

In making decisions about packages of support, local authorities should take into account the impact on your family and on your child's progress.

Top Tip

Be aware! The school year finishes early in Year 11, whether your child is taking exams or not – either on the last Friday in June or earlier because of study leave. Check with school in good time to make alternative arrangements.

Transport & Travel arrangements

Top Tip

If your child has an EHCP make sure you discuss transport/travel arrangements at the annual review. Transport from home to school/college can be very different for Students aged 16-19 so please speak to your caseworker.



Transport to education setting - Post 16

You can read more about this on the Post 16 travel assistance section on South Gloucestershire Council's website where you will be able to download the latest policy statement for Post 16 students.

In your web browser search for Post-16 travel assistance, South Glos.

Entitlement

There is no legal obligation to provide **free** home to school or college travel to students between 16-19 since the legal requirements apply only to those of statutory school age. You may have to contribute towards your child's transport

as there is a contributory charge for students within this age range. Guidance on the contributory charge is detailed on the application form for travel assistance.

Top Tip

Did you know you that you or your son/daughter must apply for post 16 travel assistance? Don't assume because your child has always had transport they will always get it. Make sure you discuss this at your child's Preparing for Adulthood Annual Review.

How and When to Apply

Application forms for students with special educational needs requesting assistance with transport to school or college are available from the Admissions & Transport Team, or the Council's Website, search for Post 16 travel assistance. Forms should be completed and returned as soon as possible in order for requests for support to be assessed.

Parent to Parent

Be aware - You may need to make arrangements to transport your young person to their educational establishment for the first few weeks of term at the start of the academic year. Transport to colleges takes longer to arrange as days of attendance and start-finish times can vary greatly so the timetable needs to be established before the route can be arranged

Assistance with Travel to School/College

South Gloucestershire Council will consider assistance with transport for students who meet certain conditions. Check the policy statement for more information.

Assistance with Travel to Independent Specialist/ Residential Colleges

Some students with SEND may attend specialist further education colleges. In these cases, the college placement will have been individually agreed by the Council. Support for transport in these cases will normally be provided as part of the approval of the college placement.

Travel Assistance Bursary Fund

Students aged 16-19 attending further education or training may be eligible to receive financial support depending on your financial situation under a government scheme called the 16-19 Bursary Fund. Students are advised to contact their school, college or training provider's Student Support Services to see if they are eligible to receive a 16-19 Bursary Fund/financial help.

Transport can cause a lot of questions for us all.

We suggest if you need more advice about Post 16 Transport you get in touch with the following:

- **Supportive Parents**, the local SEND Information and Advice Service Phone **0117 989 7725** between 10 am and 2 pm on Mondays Wednesdays and Fridays during term time. Check out their website

for more information
www.supportiveparents.org.uk

- **SENTAS, a not for profit group whose main focus is on transport.**

Call their free helpline for information and advice on home to school/college transport. Phone 0798 676 8085

Responsibilities of different Teams/Roles

- **Integrated Transport Unit (ITU)** – responsible for arranging all transport within the Council. This includes transport for school children, post 16 students, swimming, Looked After Children, catering staff, adult services, elected members. They deal with operational matters. If your transport needed to be cancelled as your child was not attending education then this is who you would contact. Phone **01454 863924/5**

- **Admissions and Transport** – responsible for assessing transport entitlement for mainstream schools and post 16 to 25 transport, if your child doesn't meet certain criteria the request would be sent to the Transport Panel who meet once a month.

- **0-25 Service** – responsible for all out-of-area transport.

Parent to Parent

The council only provides transport from home to school or college. It does not provide travel assistance to work experience placements, medical appointments or other off-site visits, responsibility for this remains with the parents or carers, or school or college as appropriate.

Top Tip

August can be a very anxious month as you have to wait for exam results, so you don't know for sure your child may have a place on the course or at the college they want. Try and gather as much information as possible beforehand so you are well prepared.

Legal Matters

Decisions about EHCPs

When a young person reaches the end of compulsory school age (defined as the last Friday in June of the school year in which they turn 16), some rights related to EHCPs to transfer from the parents to the young person.

These are:

- ▶ the right to ask for an EHC needs assessment
- ▶ the right to make representations about the content of their plan
- ▶ the right to ask that a particular education setting is named in their plan
- ▶ the right to request a personal budget
- ▶ the right of appeal to the SEND tribunal

If you think your young person lacks the mental capacity to make these decisions, you should alert the local authority and inform them that you want to act as your child's representative. When making decisions on behalf of your young person, you must comply with the Mental Capacity Act.



The Mental Capacity Act

This Act affects decision-making for all people aged 16 and over who are unable to make some or all decisions by themselves. The issue of capacity is decision-specific; this means that capacity can only be assessed in relation to a particular decision that needs to be made at a particular time. This is an important safeguard against blanket assessments of someone's ability to make decisions based on their disability. It also recognises the fact that someone may be able to make some decisions but not others. Someone can lack the capacity to make some decisions (for example, to decide on complex financial issues) but still have the capacity to make other decisions (for example, to decide what items to buy at the local shop).

Health

A&E - Whether or not your child has transitioned to adult health services for their long-term needs if they are 16 or over and require emergency treatment, they now must attend either the A&E department at Southmead Hospital or Bristol Royal Infirmary.

Meningitis Vaccine (Men ACWY)

Has your child received their vaccine?

This should be offered at the age of 14/15 given at the same time as the boosters for tetanus, diphtheria and polio. However, if your son or daughter hasn't had this before they leave school at 16 please see your GP. First-year university students under the age of 25 years are also eligible for this vaccine and should contact your GP

Finance & Benefits

On turning 16 your child can:

▶ claim benefits in their own right; however, if they stay in full-time non-advanced education (e.g. GCSEs, A-levels, BTECs, NVQ levels 1-3) or training, parents can choose to carry on claiming for them as part of their family.

You will need to weigh up which option is likely to leave your family better off.

- You can get help from Contact (formerly known as Contact a Family) benefits advisers' helpline **0808 808 3555**
- Citizen's Advice **www.southgloscab.org.uk**
Tel: **03444 111 444**

- ▶ can receive Direct Payments in their own right.
- ▶ be reassessed under PIP (Personal Independence Payment) if they have been getting DLA (Disability Living Allowance) as a child. For more information, please google the disability rights UK website regarding PIP
- ▶ apply for Employment and Support Allowance (ESA) if they are in full-time education or get DLA/PIP. For more information, see **www.gov.uk/employment-support-allowance/overview**
Please note: An award of ESA to the child means that any benefits parents get for their child as a dependent (e.g. child benefit, tax credits) will stop. Please seek specialist advice to make sure your family won't be worse off.

16-19 Bursary Fund

If your child is in further education (school or college) or training they could apply for a 16-19 bursary. There are two types of bursary:

Vulnerable student bursary

Up to £1,200 per year if at least one of the following applies to your child:

- ▶ in or recently left local authority care
- ▶ is disabled and getting Income Support (IS) in their own name
- ▶ is disabled and getting Employment and Support Allowance (ESA) and either DLA or PIP
- ▶ is disabled and getting Universal Credit in their own name in place of IS or ESA

Discretionary bursary

You can apply for this if you need financial help but your child doesn't qualify for a vulnerable student bursary. The education or training provider decides how much your child will get based on individual circumstances (this usually includes your family income) and what it can be used for. For more information, see **www.gov.uk/1619-bursary-fund**

Develop Skills with Money -

North Bristol Advice Centre run MoneySmart which provides a range of services to enable your son or daughter from 18 plus to develop the skills, knowledge and confidence to make the most of their money. **Please google money smart north Bristol advice**

Top Tips for Parent and Carers

Appointee - A child turning 16 is usually expected to take on responsibility for any benefits they claim in their own right. If they are unable to manage their affairs, you can become their 'appointee' for benefit claims.

*Becoming an appointee means that you are responsible for making any claims, giving any information required, and disclosing any changes that may affect your child's entitlement to benefits. The benefits will usually be paid to you on their behalf. Becoming an appointee for benefit purposes does not mean you have any wider rights to deal with their affairs. For more information, see **www.gov.uk/become-appointee-for-someone-claiming-benefits***

Deputyship - You can apply to become someone's deputy if they 'lack mental capacity'. This means they can't make a decision for themselves at the time it needs to be made. They may still be able to make decisions for themselves at certain times.

People may lack mental capacity because, for example:

- ▶ they've had a serious brain injury or illness
- ▶ they have severe learning disabilities

As a deputy, you'll be authorised by the Court of Protection to make decisions on their behalf.

*Please use the following link **www.gov.uk/become-deputy** for more details*

Year 12 & 13 (age 16-18)

Education & Training

Young people now must continue in education or training until their 18th birthday.

All students aged 16 to 18 should follow a study programme that stretches them, prepares them for adulthood, and supports their progression into work or further study. For students who have an EHC plan, a study programme can apply up to the age of Study programmes should always include English and maths, but at an appropriate level. Some students with SEND will be able to work towards achieving GCSE level 4 (previously grade C) or above, whereas others may qualify for an exemption from the requirement to attain a grade 4 (C).

While some students with SEND should be on study programmes which help them achieve academic qualifications, others will benefit more from programmes which concentrate on high-quality work experience and other non-qualification activities to help them prepare for employment and adult life.

Some of us find that our children no matter how hard we have tried to support them for whatever reason they turn 16 and do not have a college placement or education setting or they do not have any training or employment. We refer to these young people as being **NEET (Not in Education Employment or Training)**

These young people may require support from the FYPPS Team who support young people who are NEET and they will look for alternative ways to re-engage young people back into some form of Education,



training or Employment. Contact the Access and Response Team (ART) at the council if you find yourself in this situation

There may be other providers who could support young people who are struggling to engage. Just some examples could be The Prince's Trust, T 2. Creative Youth Network or they may require alternative education providers that can be found on the council's local offer.

Try searching in your web browser for South Glos alternative education providers.

Getting a Job or working towards finding a job



Everybody should be encouraged to aspire to have an independent adult life which includes having the opportunity to take part in the world of work through paid employment.

For everyone, the journey to paid employment is in small steps, usually

starting with doing jobs around the home for parents or carers; and gradually extending these skills which cover, Following instructions, Attention to detail. Working as part of a team

This is why planning early is vital and hence why access to careers guidance in schools from year 8 – year 13 was introduced.

There is a national careers service you can also contact www.nationalcareers.service.direct.gov.uk

We have listed below some further options to think about and would advise you to discuss some of these options below with the Team that supports your son or daughter.

Work Experience and Volunteering

Getting experience in different workplaces to see whether the job is right for your child and to gain experience. Both work experience and volunteering can be a great opportunity to find out if that dream job is the right job for your child. Every school student should get the opportunity to have a work experience placement. You can decide to volunteer at any time. Usually, there is no wage with either, but sometimes you might get your travel or lunch expenses covered.

All students aged between 16 and 19 should be offered the opportunity to undertake high quality and meaningful work experience as part of their post-16 education. You can volunteer any time you like and with any organisation, you would like to. You don't need to go your school or educational setting to support



you in volunteering. Volunteering is a great way to being a part of your local community, meeting new people and helping others. It can help to raise your self esteem and give you new skills too.

Try web searching for volunteering matters.

Apprenticeships and traineeships

Apprenticeships and traineeships give you the opportunity to train and get qualifications while working. They offer on the job training and can be a great way of getting into employment. From the age of 16 young people can choose to take up an apprenticeship or traineeship.

Apprenticeships are an opportunity to work and gain a qualification at the same time. Usually, an apprenticeship will last 1 to 4 years. While you are on an apprenticeship you will earn the minimum wage for apprentices or more (depending on the apprenticeship).

To become an apprentice, you need to have passed some GCSEs and pass an interview. However, the guidance on qualifications has now been changed which may help some of our children. You will then work most of the time but attend a college or other provider to get your qualification. There are 4 levels of apprenticeship.

For some young people going straight into an apprenticeship might be too challenging. Traineeships are courses with some work experience that can help you prepare for an apprenticeship. Usually, they last for 6 months and give you an opportunity to develop the skills you need to go on to become an apprentice or go into employment. Most traineeships are unpaid and will offer you help with your Math and English skills if you need it.

Young people with an EHCP can undertake **Supported Internships** or **Traineeships** which aim to prepare them for employment or apprenticeships.

Supported Internships

Supported internships are structured study programmes based primarily on an employer. They are designed to enable young people with SEND to achieve sustainable, paid employment by equipping them with the skills they need for work through learning in the workplace. Internships normally last for a year and include unpaid work placements of at least six months. Wherever possible, they support the young person to move into paid employment at the end of the programme.

In your web browser search for supported

internships and the name of the college and see what information comes up.

Traineeships

A traineeship is an education and training programme with work experience that prepares a young person for their future career by helping them to become 'work ready'. Designed to help young people aged 16 to 24 who don't yet have the appropriate skills or experience, traineeships provide the essential work preparation training, English, maths and work experience needed to secure an apprenticeship or employment.

For more information, see www.gov.uk/government/collections/traineeshipsprogramme

Please have a read of the council's Employment options and job coaches on the South Glos PFA Local Offer that you should find very helpful. On your web browser search for employment support guide, South Glos

Top Tip

Having the right education and training outcomes for your child specified in their EHCP is very important at this stage. This is because the decision whether a young person aged 19-25 still needs an EHCP will depend on whether they have achieved their education and training outcomes – and if they haven't, whether remaining in education/training will help them to achieve them.

Thinking about Higher Education?

Parent to Parent

Did you know that the Education Health Care Plan does not apply to Young People who attend University?

Planning for Higher education courses:

University courses usually last between 3 to 4 years, but it depends on what your child chooses to study. To go to University a young person usually needs to have completed their GCSEs and A-Levels.

Normally your son or daughter must choose a subject they want to study, and meet the course 'entry requirements'. These are qualifications and grades they expect a young person to have to go on to the course. A young person will need to meet the entry requirements to get a place on the course. The entry requirements for University courses are published with their course details.

Support for Young People at University.

There is good support available for disabled students who choose to go to University.

Every University should have information on what 'adjustments' they make for disabled students and most also have Disabled Students Services.

Disabled students can access **Disabled Students Allowance** (DSA) when they start at University.

What do you need to do regarding DSA?

You will need to complete an application form and provide recent evidence of needs/disability:

- 1) If your son or daughter has a physical disability, medical condition, mental health condition or sensory impairment, you will need to provide medical evidence of this. This can be a letter from a Doctor or suitable Specialist.
- 2) If they have a specific learning difficulty such as dyslexia, you must provide evidence in the form of a **post-16** Diagnostic Assessment from a Chartered Psychologist with a Health Professional Council (HPC) Practising Certificate, or a specialist dyslexia teacher with a Practising Certificate.

For further details www.yourdsa.com/dsa/application/evidence

This site also provides information for students regarding DSA www.dsa-qag.org.uk

Your Son or daughter will then receive letters regarding this.

If DSA agrees to carry out a further assessment your child will be invited to attend an assessment centre where they will assess their needs which will help the assessors plan and cost out what support and interventions will be needed.

Parent Quote

I felt quite stressed the thought of my son having to go through yet another assessment. But I have to be honest it was the best assessment he had ever had with really good recommendations to help his needs.

Top Tip

Give yourself enough time to apply for DSA, the earlier you apply the better. You do not have to wait until you have a confirmed place at University or College, although you can apply at any stage of your course. Make sure you decide together if your child wants your name as a contact.

Health

Hospital: It's really important to think about transitioning over from child health services to adult.

If your child's main need is related to their health, they should be referred for an Adult Continuing Health Care Assessment. This should be done well before their 18th birthday, to allow enough time for the assessment to be completed and for any discussions to be held about the care they are entitled to.

If there is no equivalent adult health service for your child to transition to, their health needs will be managed by their GP.

If your child has been under the Community Health Team, i.e. Paediatricians, Speech and Language, CAMHS you will need to plan for the transitioning over to the adult services

NHS continuing healthcare

If your child (who is now an adult) requires ongoing care and support from health and social care professionals as a result of disability, accident or illness NHS Continuing healthcare will assess to determine whether your child is eligible for

care funded entirely by the NHS.

NHS continuing healthcare, also known as "fully funded NHS care", is free care outside of the hospital that is arranged and funded by the NHS. This means that your son/daughter will receive care and support to meet their assessed needs at no cost to you.

Please complete a web search "NHS continuing healthcare leaflet" for more details

Adult Community Health Services

If your child has learning difficulties, they should be referred to the **Adult Learning Difficulty Team** based in Kingswood or you can self-refer.

This service offers specialist health care assessment and interventions including psychiatry, psychology, occupational therapy, physiotherapy, speech & language therapy and community nurses.

For more information, please web search **Sirona Adult Learning Difficulties Team South Glos.**

If your child has autism or ADHD and no associated learning disabilities, your GP may refer them to the following clinics provided by the Avon Wiltshire Partnership (AWP)

Bristol Adult Autism Support Service (BAASS)

Bristol ADHD Clinic

For more information, please web search the descriptions above.

Social Care

The Care Act 2014 places important legal duties on local authorities about what must happen when a child makes the transition from child to



adult services. If your child is likely to need support from adult social care, the local authority must complete a transition assessment before they reach the age of 18. This duty also applies if your child is not currently receiving children's social services but may need services as an adult, e.g. if they have a degenerative condition or a mental health problem. You or your child can ask for an assessment.

The Care Act does not say that the child has to be a certain age to be able to ask for an assessment. It says that local authorities must consider, in all cases, whether there would be a 'significant benefit' to the individual in doing an assessment. Guidance also suggests that assessments should take place when it is easier to understand what the needs of your child will be beyond the age of 18.

When an assessment is carried out, information should be given about whether your child is likely to have eligible needs for care and support when they turn 18 and an indication of the sort of support they can expect. If the local authority decides not to carry out an assessment, it must explain in writing why it has reached that decision and provide information and advice about what can be done to prevent or delay the development of care and support needs.

When a local authority assesses a child who is already receiving support from children's social care, the Care Act requires them to continue providing support through the assessment process until adult services are in place to take over – or until it is clear after the assessment that adult care and support will not be provided. There should be no gap in services.

Carer's Assessments

The Care Act gives local authorities a responsibility to assess your needs for support as a carer.

This assessment should consider:

- ▶ The impact of caring on you
- ▶ What you want from life:
 - Are you able or willing to carry on caring?
 - Do you work or want to work?
 - Do you want to study or do more socially?

When the assessment is complete, the local authority must decide whether your needs are 'eligible' for support. If they are, a support plan will be agreed, setting out how your needs will be met, e.g. help with daily routines, respite care etc.

Carers assessment for carers of young people over 18 is completed by the Carers Support Centre. Please search in your web browser - How to get a carers assessment in South Gloucestershire

Carers assessments if your child is under 18 are currently completed by the 0-25 Social Care Team at the same time of your child's single assessment is carried out.



Finance & Benefits

An **Access to Work** grant can cover the additional support your child may need for the in-work element of a supported internship or traineeship. To get an Access to Work grant, your child must be 16 or over and have a disability, health condition or mental health condition that affects their ability to work.

Try doing a web search for Easy Read Access to work fact sheet.

One of the following must also apply to them:

- ▶ have a paid job (you cannot get a grant for voluntary work)
- ▶ are self-employed
- ▶ have a job interview
- ▶ about to start a job or work trial
- ▶ starting work experience

NB Your child may not be eligible if they are claiming Employment and Support Allowance or Income Support. The amount of money your child will get will depend on their needs.

The money doesn't have to be paid back and will not affect your other benefits.

The grant can pay for things like:

- ▶ adaptations to the equipment they use
- ▶ special equipment
- ▶ fares to work if they cannot use public transport
- ▶ a support worker or job coach to help them in the workplace
- ▶ a support service if they have a mental health condition and are absent from work or finding it difficult to work

- ▶ disability awareness training for colleagues
- ▶ a communicator at a job interview

For more information, see www.gov.uk/access-to-work/overview

Top Tip

It is much easier to open a bank account for your child before they turn 18. We found Dosh www.dosh.org provides some really helpful information regarding managing money

North Bristol Advice Centre who can be found at the One Stop Shops run Money Smart which provides a range of services to enable your son or daughter from 18 plus to develop the skills, knowledge and confidence to make the most of their money. They can also advise on benefits and give debt advice too. Please search in your web browser for North Bristol Advice Centre

Transport & Travel

The Driving and Mobility Centre West of England is available here to help disabled and older people keep mobile and

independent, and help those affected by medical conditions stay safe on the road. They have an expert team of Occupational Therapists and Driving Advisors that undertake comprehensive assessments of ability to drive a vehicle safely and in comfort. www.drivingandmobility.org



Young adults (age 19-25)

Education / Training / Leading to Employment

College

Young people with SEND are not automatically entitled to maintain their EHCPs after they turn 19. It is expected that most young people with EHCPs will have completed their further education by the age of 19, but the Government has recognised that some need longer to complete and consolidate their education and training. The length of time will vary according to **each individual** up to the age of 25

When a 19-to-25-year-old continues with an EHCP, the local authority must review it at least annually. The plan must contain outcomes which should enable the young person to complete their education and training successfully and move on to the next stage of their lives.

Ending an EHCP

One of the reasons for not maintaining an EHCP is that the young person no longer requires the special education or training provision specified in the plan. When making this decision about a young person aged 19 or over the local authority must take account of whether the education or training outcomes specified in the EHCP have been achieved. Local authorities must not cease to maintain the EHCP simply because the young person is aged 19 or over. When a young person is close to finishing their education and training, the local authority should use the final annual review to agree on the support needed to help them engage with adult services.

If there are still education outcomes that have not been met seek further support from Supportive Parents and IPSEA

Higher Education

Read page 23 planning for university

A young person studying for a level 4 in a further education college or at university is not entitled to an EHC plan. There are separate systems in place to support disabled young people in higher education please see page 23 of this guide.

Help with daily living and personal care at university it is normally funded by adult social care. This will be assessed by having an Adult Care Assessment.

Community learning in South Gloucestershire

If you are aged 19 or over and have few or no formal qualifications, you could be eligible to take free part-time courses. Please web search Community Learning in South Glos for more information.

Supported Employment

Supported Employment has been successfully used as a model for supporting people with significant disabilities to secure and retain paid employment. The model uses a partnership strategy to enable people with disabilities to achieve sustainable long-term employment and businesses to employ valuable workers.

Please search for **"A guide to Employment Support in South Gloucestershire"** on the South Glos Council website

Finance & Benefits

19-to-25-year-olds who make a benefit claim should be invited to meet a work coach at the Jobcentre. For those claiming:



▶ Job Seekers' Allowance (JSA), this will be as soon as possible.

▶ Employment and Support Allowance (ESA) this will be within 4 to 6 weeks of their claim.

At the Jobcentre, the work coach will discuss the young person's needs and any barriers to work. If your young person has a long-term disability or health condition they will have a Work Capability Assessment to determine how their ability to work is affected. For more information, see

www.gov.uk/employment-supportallowance/overview

Top Tip

Young people who are claiming ESA will be allowed to do permitted work up to 16 hours and earning up to £120 a week whilst still being entitled to continue receiving ESA. There are certain criteria that have to be met, ask your Job Centre for more details or search for ESA permitted work.

The Department for Work and Pensions (DWP) offers specialist employment programmes to support people into work.

These include:

▶ **Work Choice** - help to get and keep a job if your young person is disabled and may find it hard to work. The type of support offered depends on needs and is different for everyone, but can include: training and developing skills; building confidence; interview coaching.

www.gov.uk/work-choice

▶ **Specialist Employability Support** - provides mentoring and training to help people with disabilities into work if they can't use other employment programmes www.gov.uk/specialist-employabilitysupport/overview

Job/Work coaches will also signpost claimants to other local options. An Access to Work grant provides support to those with a disability or health condition who need help to work.

Social Care

Where young people aged 18 or over continue to have EHCPs and receive support from adult social care, this will be provided under the Care Act 2014. The EHCP should be the overarching plan that ensures young people receive the support they need to help them achieve agreed educational outcomes. The statutory adult care and support plan should form the 'care' element of the young person's EHCP. Please note if the Young Adult doesn't have an education need the EHCP may cease.

Care and support costs

If your son or daughter is over the age of 18 and is eligible for social care and support needs they may have to

contribute towards the cost of their care and support. The local authority will carry out a financial assessment to check how much your child can afford to contribute towards their care and support.

Housing

Housing is an area that we ourselves are trying to understand as some of our own children are now reaching this stage.

Some of our children are happy to stay at



home with us parents and we are happy for them to do this.

Some prefer to get a place to live on their own, or with their friends. If your son or daughter decides to move out there are different options to think about. This will depend on what your child wants and the support they require and what options are available.

This is why preparing for adulthood reviews are very important because housing is a topic that should be discussed.

Below we have listed very basic

information to inform you of options that will help your son or daughter to leave home and begin living independently however you will need further advice from the practitioners who work to support your son or daughter.

These are the different types of accommodation and support that are currently available in South Gloucestershire.

Supported Living

This is when you get support to live in your own home.

This includes:

- ▶ Living on your own or
- ▶ Sharing with others
- ▶ Owning all or part of your home or
- ▶ Renting your home

Supported living is about getting choice to live the way you want to.

Housing-related support

Helps vulnerable people live independently in their own homes. It delivers services based on each person's needs. These are intended to help people obtain somewhere suitable to live or prevent them from becoming homeless.

Short-Term Supported Housing

Is to help with developing skills to live independently. Short term means up to two years and you must be willing to accept support as part of your accommodation agreement. Accommodation could be self-contained or in a shared house. You can also be referred by someone who works with your child like a social worker.

Housing Options

HomeChoice: Applying for Social Housing.

South Gloucestershire Council does not have its own supply of housing. It works with Registered Providers (Housing Associations) who help to provide homes. To get a home you will need to register for HomeChoice Lettings. Search in your web browser for Homechoice South Glos. You will find everything you need on their website including a registration form.

Private renting: Finding a private landlord

A private landlord is a person or company that owns a property (house, flat or bungalow), and rents all or part of it to one or more people. This means people pay them to live in the house as a tenant.

Supported Housing and Accommodation with Support

The Council works with housing providers all the time. It wants to offer more choice to people with learning difficulties living in South Gloucestershire. This may be by building new housing schemes, working with providers to change properties that they already have, making use of empty houses and rooms and paying for people to receive support in their own homes.

In South Gloucestershire, there is lots of supported accommodation. Some come with a few hours support each week and some have support on site all day and night. In most properties, it is possible to change the amount of support you get when you need to.

Buying and owning your own home

Some people have enough money to buy a new home. Others may need to get a

mortgage – this is when money is borrowed from a bank or building society. You have to pay the money back a bit every month. Owning your own home means that you have to pay for things to be repaired or kept in good condition.

Outright ownership

This means that all of the property is yours and you don't have any outstanding mortgage.

Homebuy

Homebuy is the name given to a range of government-backed schemes for first-time buyers and social housing tenants.

There are two main types of scheme;

- 1) Shared ownership (part rent, part buy)
- 2) Shared equity (part buy, part equity loan)

Various types of low-cost home ownership can be used by disabled people to buy a property.

Shared ownership

Is when you buy part of a property and rent the other part, usually from a Registered Provider (Social Landlord).

- ▶ These are normally new build properties.
- ▶ The Registered Provider helps you by letting you buy a share you can afford.
- ▶ You will need to take out a mortgage or have enough savings to pay for your share of the homes purchase price.
- ▶ Housing benefit may be payable on the rented part of the property.
- ▶ It is usually possible to buy a larger share or even the whole property later on if you want to.

- ▶ The responsibility for repairs and maintenance is usually the homeowners.
- ▶ The government provides some of the finance to the Registered Providers (Housing Associations) which helps keep rents down.

Shared Lives

Helps to find a new home or place to stay. Shared Lives is an arrangement where individuals and families in the local community (Shared Lives Carers) provide accommodation and support for adults with learning difficulties who need some help to live the lives they choose.

Shared Lives Carers can provide a whole range of different services and support

- ▶ Daytime support
- ▶ Somewhere to stay for a short break (respite)

- ▶ A place to go for a short time to develop independent living skills
- ▶ A permanent home

Residential Placement

If someone is unable to live independently and needs support 24/7 and the other options will not meet their needs then a residential placement may be suitable. A residential placement has support staff working 24/7 to offer support and care for the residents.

Useful Information

Preparing for Adulthood has a wide variety of downloadable resources available for parents, professionals and young people that we recommend you have a look at:

www.preparingforadulthood.org.uk

**New
FOR 2018**
**THE CHASE AT
SGS COLLEGE**

Community Support



South Glos Parents & Carers

A supportive community for parents and carers of children (0-25) with additional needs and disabilities

INFORMATION

- Information and Signposting
 - Really useful Guide
- Our Early Years Information Team
 - Schools Team
 - Our Post 16 Team
- Conference Events with seminars
 - Informative Monthly E Newsletters and blogs
 - Our Magazine

SUPPORT

- Support Coffee Mornings/ Evenings across South Glos
- Little Treasures Inclusive Play and Support
 - Counselling
- Lively online community on Facebook and Twitter

SKILLS DEVELOPMENT AND LEARNING

- Parenting Courses and Seminars
- Volunteering Opportunities
 - Workshops

ADVOCACY

- Our vision is to see improved services and support for families
- Our mission is to bring about positive change for SEND families
- We represent the collective voice of our community. Your voice matters!
 - We feedback your experiences anonymously to Education, Health and Social Care

Website: www.sglospc.org.uk

Facebook: www.facebook.com/sglospandc

Twitter: twitter.com/sglospandc

Phone: 01454 501009 (answerphone)

Email: team@sglospc.org.uk

Community Interest Company (not for profit) 8364673.



Our Really Useful Directory for Preparing For Adulthood

Handy pit stops on your journey!

Here are some details of some handy organisations and services we have encountered on our journey that we wanted to share with you. This is by no means an exhaustive list and all details are correct to the best of our knowledge but may be subject to change.

Please use this list as a starting point to find out information that might help your child. More details will be available on the councils Local offer.

NB: It is important to remember that we have a separate Really Useful Guide for services and Support under the age of 16.

Things to Do in and around South Gloucestershire

Almondsbury Tennis Club	Disability Tennis – range of disabilities, Tuesdays 10.30 -11.30	Please web search Disability Tennis Almondsbury 07951 584669
Choices 4 U	Day opportunities for people 16+ with learning difficulties. Support for learning skills and employment	Web search Choices 4 U South Glos 01454 868007
Creative Card Company	A group based in Thornbury making and selling greeting cards. We welcome anyone with a learning disability to join us in this fun and rewarding activity.	www.creativecardcompany.weebly.com
Cricket, Frenchay	Thriving youth section for girls and boys 5-17	www.Frenchay.play-cricket.com

Discovery Horseworld	Courses for young people including those with emotional, behavioural and learning issues	www.horseworld.org.uk/discovery-courses 01275 893023
Kingswood gym and trampoline club	Rebound Therapy facilitates movement, promotes balance increase or decrease in muscle tone, promote relaxation, promote sensory integration	www.kingswoodgymnastics.co.uk/rebound_therapy
Link Centre, Coniston Community Centre	Centre for Adults with learning disabilities – offers a range of activities	www.conistoncommunitycentre.org.uk/serviceproviders/link-centre 0117 923 6878
Misfits Theatre Company, Stokes Croft	Theatre and social group and workshops led by and for people with learning difficulties	www.misfitstheatre.com
New Beginnings	Support and events for adults with learning difficulties in Methodist Hall Staple Hill	www.newbeginningsbristol.co.uk 0117 4220304
Paul's Place	Enhancing life for physically disabled adults offering independent support, activities and social opportunities	www.paulsplace.org.uk 01454 777236
Small Strides	Equine Assisted Learning & Activities Centre	www.smallstrides.co.uk 07817 997568
Smile Yate	Adult Independent Living Support, Friendship Club with range of activities	www.smilesupport.co.uk 01454 311 251
The Batch Cadbury Heath	Community & Sports Association Get Active	www.thebatchorg.co.uk 0117 9610 155
Umbrella Choir	Autistic & LD Friendly Choir At The Old Library, Muller Road, Eastville	www.katestaniforth.weebly.com search for Bristol Umbrella Singers
Warmley Wheelers Cycling	Safe cycling on specially adapted bikes for people with additional needs	Web search: Warmley wheelers South Glos 07587 034366
Yate International Gymnastics Centre	Disability gymnastics 10+	www.acrogymnastics.co.uk/disability-gymnastics 01454 320 662
Youth Clubs	Please see page 11 within this guide for a selection of Youth Clubs	
The Hive	Providing social activities and support for 18 plus with learning difficulties and their families	www.thehiveavon.org.uk 0117 961 4372

Education / Employment /Training /Develop Skills/Advice		
Autistic Eye	Opportunity for people on autistic spectrum to sell their artwork and share it in a positive and insightful way	www.autisticeye.co.uk
Brandon Trust Elm Tree Farm Inc. Splinters	Opportunity for people with learning disabilities/ autism to volunteer for farm work, Splinters woodwork project	www.elmtreefarm.org 0117 958 6206
Brandon Trust Fired Up Ceramics Yate	Employment training for people with learning disabilities and autism	www.firedupceramics.org 01454 312 606
Brandon Trust Grimsbury farm cafe	Voluntary work great social opportunities in cafe in conjunction with Brandon Trust also has a place in Fishponds.	www.fogf.co.uk 0117 960 5140
Brandon Trust Grounds & Gardens based Elm Tree Farm	Gardening and maintenance work for people with learning disabilities. Grounds & gardens horticultural skills	www.groundsandgardens.org 0117 958 6779
Brandon Trust St Stephens church café Soundwell	Community café working with Brandon Trust to give people with learning difficulties training to work in a busy cafe	www.saint-stephens.com/cafe 0117 927 7977
Jonathan Troy SEN Partnership	Providing independent and impartial careers and transitions advice to young people with SEN and their parents/carers.	Email jonathantroysen@googlemail.com Jonathan.Troy@sgmail.org.uk
Kids Promoting Independence	Workshops on finding a job, independent living skills, building confidence	www.kids.org.uk/promoting-independence-south-gloucestershire 0117 947 6111
Learning Disability Awareness (LDA)	Training and Employment Support Service and raising awareness	www.LDAwareness.co.uk
Life Skills Learning for Life at the Create Centre	Centre where adults with learning difficulties can learn at their own pace. To attend with carers and support workers	www.lifeskills-bristol.org.uk 0117 922 4511
NewMango	Independent Careers Guidance and Progression Coaching 13-25 year olds	www.newmango.co.uk
Orchard Workshop Kingswood	Creative Courses to develop your skills for 18 plus with Learning Disabilities	www.orchardworkshop.co.uk 0117 967 0799

Organic Blooms Iron Acton	Using horticulture as a therapeutic medium	www.organicblooms.co.uk 01454 300 300
Peopleton brook care farm	Work experience, practical training, chance to progress, support and education	www.alpacasatpbf.co.uk
Pluss	supports people with disabilities and other disadvantages move towards and into employment each year	www.pluss.org.uk
Remploy	Remploy is a leading provider of specialist employment and skills support for disabled people and those with health conditions	www.remploy.co.uk
Severn Plus	Individual service filling gap between tertiary education and world of work for youngsters with special needs	www.severnplus.co.uk
Sixteen	Supported Employment Services to help people with a disability get a job	www.sixteencoop.co.uk
Southern Brooks	support into employment, education, volunteering and training age 15 plus	www.southernbrooks.org.uk search for Employment Support 01454 868570
Step and stone	Working with young people with learning disabilities to help develop their skills and confidence so they can eventually find employment in the mainstream catering world. Making handmade flatbreads	www.stepandstone.co
Supportive Parents	Supportive Parents 16-25 support for young people about SEND	www.supportiveparents.org.uk 0117 989 7725
WECIL	Employment support course and a work club	www.wecil.co.uk search Journey to Employment 0117 947 9911 0117 947 9932

General Info and Health

Hft Family Carer Support Service	Quick PIP tips for family carers	www.familycarersupport@hft.org.uk 0808 801 0448
IAPT Talking Therapies	the gateway for the NHS talking therapy services within South Gloucestershire.	www.iapt-sglos.awp.nhs.uk 0117 378 4270
Mind You Website	South Gloucestershire's mental health and emotional wellbeing hub for children and young people.	www.sites.southglos.gov.uk/mind-you

National Disabled ID card	Card confirming entitlement to some form of disability benefit in order to obtain concessionary rate	www.did-card.co.uk
Remap Bristol	Custom made equipment for people with disabilities. Free service	www.remap.org.uk 01732 760209
SAM App	An application to help understand and manage anxiety. Developed by research team at UWE	www.sam-app.org.uk
South Glos Bristol Adults Autism Advice Service (BASS)	Drop in service to help people with autism spectrum conditions @ Armadillo Centre	www.awp.bass@nhs.net 01275 796204
The Wellbeing College	A College where being well is actually on the curriculum! The College has a range of courses, drop in sessions, activities and holistic therapy sessions which are all completely free of charge to help your wellbeing	www.sgwellbeingcollege.org

Independence

Accessible Transport 4 U	Door to door accessible transport	www.accessibletransport4u.org.uk 0117 9654 7449
Action for Blind People	Helping people to make the most of technology Providing support for people to live independently	www.actionforblindpeople.org.uk 0117 953 7750
Beyond Words	Story app to help people explore and understand the world to support people who find pictures easier to understand than words	www.booksbeyondwords.co.uk 020 8725 5512
Bristol Shop Mobility	Accessible shopping for Cabot Circus and Broadmead. Wheel-chairs and scooters for hire	www.bristolmobility.co.uk 0117 955 9083
Concessionary Diamond Travelcard	Available to people who satisfy the disability criteria	www.contravel@southglos.gov.uk 014564 868004
Curo Group	Community Connectors. Help to live independently, get involved in community, improve wellbeing. Funded by South Glos	www.curo-group.co.uk search South Glos 0300 123 2464

Driving and mobility Centre	Driving and mobility services the Vassall Centre	www.drivingandmobility.org 0117 9659353
Evolve	Group based weekday programme including a variety of activities and training for community inclusion and increasing independence	www.evolvedsupport.co.uk 0117 9667451
Foundation for Active Community Engagement (FACE)	Activities for people with learning difficulties. Youth Clubs, Workshops , transition groups, volunteering groups, volunteering schemes, community learning awards, trips and outings	www.faceilton.org.uk 0117 9691938
Freeways	help people to become as independent as possible. Learn new skills and make links with local community through supported living and support within the community.	www.freeways.org.uk 01275 372109
Homechoice	A list of various housing providers in South Glos	goo.gl/Xm1xBt
KIDS	Relationships and Sexuality Group for 13-25 years	www.kids.org.uk/southwest-relationships-and-sexuality 0117 947 6111
Kingswood Community Transport	Dial-a-Ride, Doctors Shuttle. Accessible vehicles	www.kingswoodct.org.uk/dialandride.php 0117 9020157
Living Mobility and Driving Centre	Mobility, driving and passenger assessments services	Email mobserv@thisisliving.org.uk 0117 965 9353
Milestones Trust	Supporting people to live the lives they choose offering safe, person-centered support to vulnerable people.	www.milestonestrust.org.uk 01179 70 9300
Mobility equipment Hire Direct	Mobility equipment for hire for a holiday, short stay away from home or for attending an event	www.mobilityequipmenthire.com 0800 994 9000
Safe Journey Card	Provided by First (Bus company) to let the driver know if you need help with the journey	Please search: Safe Journey Card Bristol
Safe Places Scheme	Supported by the police, council and local disability groups. All Safe Places have a logo in the window. All members carry a "I need help" card with details of a trusted contact	Please Web search: Safe places South Glos

Shared lives	Shared Lives offers support and accommodation within the ordinary households of carefully recruited, trained, checked and supported Shared Lives Carers	www.ategi.org.uk and look for shared lives
Sirona Telecare Service	Telecare Solutions to enable people to remain in their own homes	www.sirona-cic.org.uk 01225 477892
Smile	Smile provides specialised individual support to assist adults to live as independently as possible	www.smilelivingsupport.co.uk 01454 853199
South Glos Travel Training	Support to travel independently	www.Southglos.gov.uk/traveltraining
Stibbs House	A purpose-built house to provide expert and appropriate respite care for ten people, with emergency beds available for those in the Bristol and South Gloucestershire area	www.carehome.co.uk/carehome.cfm/searchazref/20002005STIA
The emergency SMS service	Lets deaf, hard of hearing and speech-impaired people in the UK send an SMS text message to the UK 999 service	www.emergencysms.org.uk
The Hatch Camphill Community	Supported Living provider where adults with learning disabilities live together in community and are located in South Gloucestershire	www.hatchcommunity.org.uk/living 01454 413010

Parent Carer Info

Carers Holidays	Accessible accommodation	www.carersholidays.org.uk 0117 965 2365
Carers Support Centre	Carers line, emergency card, assessment, support, training, breaks, employment support	www.carerssupportcentre.org.uk 0117 922 3269 Emergency 0845 266 8622
Mencap Family Hub	On line community for parents with learning disability	www.mencap.org.uk/familyhub 0808 808 1111
Sibs	Help & support for siblings	www.sibs.org.uk 01535 645453
South Glos Council	Low cost computers for carers	www.southglos.gov.uk/goonline 0117 939 2562



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Any feedback or contributions are most welcome.

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