

Transition: leaving school, moving to adult services

Resources, local groups and services to help young people at transition, their parents and carers

See also the Local Offer websites for [the City](#) and [County](#)

APTCOO: A Voice To Call Our Own

Unit 15 Botany Park, Botany Avenue, Mansfield, Notts. NG18 5NF

Telephone

01623 629902

Email

mike.holmes@aptcOO.org

Website

www.aptcOO.co.uk/services/a-voice-to-call-our-own.html

This group supports young people aged 14 – 25 years of age, to become more independent and able to make informed choices and decisions. They are able to learn about healthy lifestyles, personal budgets, planning for the future and independent living skills. For more information contact as above or see website.

Nottingham Mencap Gener8 Transitions Group

Harpden House, Edwards Lane, Sherwood, Nottingham NG5 3JA

Telephone

0115 9209524

For young people aged 16 – 24 years, with learning disabilities. Every 2nd Saturday and 4th Sunday of the month, 10 am – 3pm. Includes sessions on travel training, baking and cooking, personal hygiene, money skills, IT, gardening. Contact for more details including cost.

Progress: positive transition planning for young adults with additional needs

Online magazine including information and advice for young people aged 13–25, who have additional needs, to help them make informed decisions about their education, employment, social life, holidays, housing etc. From July 2016, the magazine will be available on the website My Family Our Needs: www.myfamilyourneeds.co.uk which will include a ‘lifestyle’ area and link to a parent forum. There will also be a Facebook page.

The Transition Information Network

Website

www.transitioninfonetwork.org.uk/

Online information, publications and resources - including a magazine *My Future Choices* - for young people, parents, carers and staff.

Transitions Peer Support Group (The Carers Federation)

Telephone

0115 962 9369

Email

c.o'brien@carersfederation.co.uk

Monthly group supporting parents/carers of young people aged 16 – 19 years in the city, who are moving to adult services. The group meets at the Carers Federation, Christopher Cargill House, 21-23 Pelham Road, Nottingham, NG5 1AP. Contact for more information or to register your interest.

Transition planning

A programme about preparing for adult life should be included in the school curriculum. It should be tailored to the requirements of children with Special Educational Needs (SEN) and disabilities.

Some pupils with SEN will have an Education, Health and Care (EHC) Plan, which will last until they are 25 years of age, provided their needs do not change and they continue in further education or training. This might include staying on at school, going to a college of further education, doing an apprenticeship, or a programme of training and work experience. When their Plan is reviewed in Year 9 at age 13/14 it should focus on what they want to achieve in adult life - including further education, employment, independent living, relationships, staying healthy - and the support they will need to succeed.

Some pupils will still have a statement of SEN, but before they move from school to a post-16 education setting or apprenticeship, the local authority must transfer them to an EHC Plan, provided their needs have not changed. Young people with SEN, who have never had a statement, may need an EHC Plan to help them finish their education or training. These young people, or their parents, can ask for an EHC needs assessment at any time up to their 25th birthday, to see if an EHC Plan is required. Support to help with this process is available from:

Ask Us Nottinghamshire (formerly Parent Partnership Service)

County Hall, West Bridgford, Nottinghamshire NG2 7QP

Telephone 0115 8041740

Email enquiries@askusnotts.org.uk

Once young people are over 16 and no longer of compulsory school age, if able they can make decisions in their own right about the support they receive. This includes asking for an EHC needs assessment (if an EHC Plan is not already in place) and taking control of their EHC Plan. This does not mean that parents no longer have a say on these issues—many young people will still want and need their parents' support to make decisions.

Further Education

Mainstream colleges must support students with SEN, (whether they have an EHC Plan or not) doing everything they can to identify their needs and put support in place. This might include the provision of adapted materials (eg large print, coloured paper), assistive technology, note-takers, one-to-one support, small group learning sessions etc. There should be a named person at the college, overseeing support for students with SEN. Students who need more help than the college can provide may need an EHC needs assessment and an EHC Plan.

16–19 Bursary Fund

This is funding to help with education-related costs for those aged 16 to 19 who are:

- studying at school or college (not university)
- on a training course, including unpaid work experience

The funding is for young people, their education or training provider, to use to pay for things like:

- clothing, books and other equipment for their course
- transport and lunch on days they study or train

Depending on their circumstances and the benefits they receive, young people with a disability may qualify for a Bursary Fund as a “vulnerable student”. They should apply to their school, college (Student Services) or training provider.

Disabled Students Helpline (Disability Rights UK)

Free helpline 0800 328 5050 (Tues 11.30 – 13.30 & Thurs 13.30 – 15.30)

Email students@disabilityrightsuk.org

Website www.disabilityrightsuk.org/how-we-can-help/helplines/disabled-students-helpline

Advice and support for disabled people over 16 who are studying or wish to study, at any level on full-time or part-time education or training courses. Support is also available for parents/carers or professionals working with disabled students.

Colleges of Further Education

Bilborough College

College Way, Nottingham NG8 4DQ

Telephone 0115 8515000

Email enquiries@bilborough.ac.uk

Website www.bilborough.ac.uk

Bilborough is an academic sixth form college focusing on A- level courses for students 16 – 19 years old. The building has good access for students with physical disabilities. Additional Support is available for students who have SEN.

Central College Nottingham

Telephone 0115 9146414

Email enquiries@centralnottingham.ac.uk

Website www.centralnottingham.ac.uk

A further education college based on sites across the city, including New Basford, Beeston, Clifton, Highfields (University Boulevard), Nottingham City, Ruddington, Stapleford, Trent Bridge. Offers a range of further and higher education courses and training opportunities, for work in business and industry. The college works with individuals and employers to identify opportunities for apprenticeships. Additional Learning Support is available and specialist teams support in the following areas: Autistic Spectrum, Deaf Access, Physical and Medical, Visual Impairment

New College Nottingham

Telephone 0115 9100 100
Email enquiries@ncn.ac.uk
Website www.ncn.ac.uk

A further education college, with campuses in Nottingham City, Basford and Hucknall. Additional learning and support is available for students with disabilities, medical conditions, mental health issues. The “Business to Business” specialist team links individuals to employers via Apprenticeships and other training courses.

North Nottinghamshire College

Carlton Road, Worksop, Nottingham S81 7HP
Telephone 01909 504504
Email contact@nnc.ac.uk
Website www.nnc.ac.uk

A further education college providing courses including Apprenticeships, Business Studies, Catering, Childcare, Computing etc. Additional Support is available as needed, tailored to a student’s individual needs. Contact the Additional Support Learning Team on 01909 504753

Sutton Community Academy (Adult & Community Learning)

High Pavement, Sutton-in-Ashfield, Nottinghamshire, NG17 1EE
Telephone 01623 441310 / 442173
Email adult.office@suttonacademy.attrust.org.uk
Website: www.suttonacademy.attrust.org.uk/adult/

Inclusive learning opportunities including courses in Construction, English, Maths and Science, IT and Skills for Independent Living

Vision West Nottinghamshire College

Telephone 0800 100 3626 (Enquiries)
Email enquiries@wnc.ac.uk
Website www.wnc.ac.uk

Centres in Mansfield and Sutton in Ashfield areas. Additional learning support available based on assessment of needs. Courses available include A- levels, Apprenticeships, Business, Building and Construction, Engineering, Health and Social Care.

National Specialist Colleges

The Association of National Specialist Colleges (Natspec)

Website www.natspec.org.uk

Specialist colleges give young people with a learning difficulty or disability the chance to become more independent and to learn in an exciting environment with personal support. The website includes a College Directory and College Finder to show where each college is located and how they can support your son or daughter. College websites and admissions teams can also help you to understand what each college offers

To request a Natspec directory please contact:

Telephone 0121 428 5050
Email allformats@qac.ac.uk

Some of the National Specialist Colleges based in the East Midlands:

Landmarks Specialist College

Littlemoor House, Littlemoor, Eckington, Sheffield S21 4EF
Telephone 01246 433788
Email info@landmarks.ac.uk
Website www.landmarks.ac.uk

Full- time day provision for students aged 16 – 25 years, who have learning disabilities, autistic spectrum disorders or behavioural difficulties. Students are enabled to develop their independence, work-related and social development skills. Programmes are offered in a range of subjects including animal care and traditional arts and crafts. Work experience placements, community trips and visits are arranged. Specialist support includes speech and language therapy, occupational therapy, dyslexia support and expertise in challenging behaviour.

Portland College

Nottingham Road, Mansfield, Nottinghamshire NG18 4TJ

Telephone 01623 499111

Email college@portland.ac.uk

Website www.portland.ac.uk

A national college for students over 16 years of age, with a wide range of disabilities. Residential and day programmes are available. The curriculum includes courses in English, Maths, ICT, Sport, Media, Horticulture. Work experience placements are arranged as appropriate. Specialist Support includes communication, physiotherapy, occupational therapy, care and nursing, behaviour support.

Higher Education

Note that Education Health and Care Plans do not apply to universities, but they still have a duty to identify students who need additional support, and to put that support in place. Contact individual universities for details.

Disabled Students' Allowances (DSAs)

Higher education students can apply for DSAs if they are eligible and have a long-term health condition, mental health condition or specific learning difficulty eg. dyslexia. Eligibility depends on individual need and not on income. Following a "needs assessment" students may get help with the costs of specialist equipment, non-medical helpers, extra travel which is needed because of their disability or other disability-related costs of studying. The allowance does not need to be repaid and is paid either into their bank account or directly to the organisation providing the service or equipment.

For more details about DSAs see www.gov.uk/disabled-students-allowances-dsas/overview

and for information about the "needs assessment", see <https://www.abilitynet.org.uk/assessment/dsainfo>

Apprenticeships

Apprenticeships combine practical training in a job, with study. (See *Colleges of Further Education* above for apprenticeship training courses). Apprentices work alongside experienced staff, gain job-specific skills, earn a wage and get holiday pay, and study towards a related qualification. Apprenticeships take 1 to 4 years to complete depending on their level. Applicants must be 16 or over and not in full-time education. You can search and apply for an apprenticeship at:

Apprenticeship helpline 0800 015 0400 or 0247 682 6482

Email nationalhelpdesk@apprenticeships.gov.uk

Website www.gov.uk/apprenticeships-guide

If a young person has had little or no work experience and feels they are not ready for an apprenticeship, a **traineeship** is a course designed to help prepare them. Young people aged 16 – 24 years of age will get help with Maths and English if they need it, and a work experience placement. This can last for up to 6 months. They will not be paid, but may get expenses. For more information:

Telephone 0800 015 0400

Website <https://www.gov.uk/find-traineeship>

Employment

Note that an EHC Plan no longer applies when a young person gets a job.

For information about looking for work, see: www.gov.uk/looking-for-work-if-disabled

and www.nhs.uk/Livewell/Disability/Pages/Disabilityandwork.aspx

Access to Work Grant

Operational Support Unit, Harrow Jobcentre Plus, Mail Handling Site A, Wolverhampton WV98 1JE

Telephone 0345 268 8489 Textphone 0345 608 8753

Email atwosu.london@dpw.gsi.gov.uk

Website www.gov.uk/access-to-work/overview

If a young person's disability or health condition would affect their ability to do a job, or mean that they had to pay work-related costs, they may be able to apply for an Access to Work grant. The grant can pay for practical support to help them start working and stay in work. It does not cover voluntary work. Applicants must be 16 or over, and the amount awarded would depend on their circumstances. The money would not have to be paid back and would not affect their other benefits. However, they may not qualify if they receive the following benefits: Employment and Support Allowance, Income Support or National Insurance Credits. The money could pay for things like special or adapted equipment, fares to work if they cannot use public transport, a support worker, or a communicator at a job interview.

Disability Employment Advisers

Disability Employment Advisers at local Jobcentres can help young people to find a job or gain new skills. They can also arrange an 'employment assessment', to find out about skills and experience and what kind of work a young person is interested in. To find your local Jobcentre see www.gov.uk/contact-jobcentre-plus

Disability Rights UK

National organisation providing online factsheets on careers, education, skills and employment:

Website www.disabilityrightsuk.org/how-we-can-help/education-skills-and-employment

Futures: advice, skills and employment

Careers guidance and support with looking for a job. Regional Offices:

Nottingham: Careers Centre, 57 Maid Marian Way, Nottingham NG1 6GE

Telephone 0115 960 1597

Provide a Targeted Transitions Service in the city, for students aged 13 – 19 years, who have an Education, Health and Care Plan, to help them with transition from school to possible learning or training opportunities.

Open Monday to Friday 10am to 4pm. Call or just drop in.

Mansfield or Ashfield: 27 Albert Street, Mansfield, Nottinghamshire NG18 1EA

Telephone 01623 657582

Email info@futuresadvice.co.uk

Website www.futuresnn.co.uk

iReemploy

Online employment services and support providing advice and guidance on getting and staying in a job.

Website www.remploy.co.uk/en/individuals/

iWork

Telephone 07833 0457322

Website www.nottinghamshire.gov.uk/living/jobs/support-and-advice/employment-and-disability/

The iWork team supports young people living in the county, who have a learning disability, to get a job. They work with local businesses to match applicants' skills, interests and qualifications, with appropriate work placements, and continue to provide ongoing training and support to help the employee to stay in work.

Positive about Disabled People Symbol

The symbol (with 2 ticks) on job adverts means that the employer is committed to employing disabled people, and a disabled person is guaranteed an interview if they meet the basic requirements for the job

Some of the local services which provide employment and training for people with disabilities

Aptcoo eXtra's Learn Work and Earn Centre

79 Sandy Lane, Ravensdale, Mansfield, Nottinghamshire NG18 2LT.

Telephone 01623 629902

Email enquiries@aptcoo.org

Provides training for students who have special educational needs and are not currently in education, employment or training. Working in partnership with education, industry and business to educate, train and enable young people to move successfully into paid employment. Every Wednesday between 4pm and 6pm an EFAST (Epic Friends and Support Team) session is delivered at this venue. This group is for young people who are experiencing difficulties related to their emotional health, education and well being.

Every Wednesday from 7 until 9pm a session called Moving On - Moving Up (MOMU) is delivered here. This session is targeted at young people aged 16+ to help them gain practical skills in a fun, engaging and accessible way.

Brooke Farm

Brooke Farm, Main Street, Linby, Nottingham NG15 8AE

Telephone 0115 9632638

Website www.nottinghamshire.gov.uk/living/business/servicesyoucanbuyfromus/brooke-farm/

Provides employment and training for people with learning disabilities. Everyone is supported according to their individual needs and offered a wide range of opportunities to improve their life and social skills, as well as being trained in practical horticultural subjects.

Inspire Nottingham

ICC, 61b Mansfield Road, Nottingham NG1 3FB.

Telephone 0115 847 5757

Email enquiries@inspire-nottingham.org.uk

Website www.inspire-nottingham.org.uk

'Moving On' and work preparation programmes from which young people can progress to volunteering or work experience.

LIFE (Learning in a Fun Environment) project

24 Main Street, Bulwell, NG6 8QL .

Telephone: 0115 975 7712

A not-for-profit Community Interest Company (CIC) for adults aged 19 years and over, with learning disabilities from across Nottinghamshire. Helping them to develop skills in independent living, money management, travel, gardening, cookery, IT etc

Nottingham Mencap

Harpden House, 203 Edwards Lane, Nottingham NG5 3JA

Telephone: 0115 920 9524

Courses for young people aged 16 years and over, teaching life and work skills. Contact for more information including cost.

Pulp Friction

Ice Cream Tricycle

Train and employ people with learning disabilities helping them to gain work experience.

Website www.pulpfrictiontricycle.org

Smoothie Bar Project

Provides volunteering opportunities for young people with learning disabilities, to develop work-readiness, social and independence skills by taking pedal powered smoothie bars to different community events – schools, youth clubs, playschemes, community festivals etc. Members work at their own pace in a fun, friendly and supportive environment.

Telephone 07794 676398

Email pulpfrictionsmoothiebarproject@yahoo.co.uk

Website <http://pulpfrictionsmoothies.org.uk/contact-us/>

Remploy

2nd Floor, Chiltern House, 25-7 Castle Gate, Nottingham NG1 7AR

Telephone 0300 456 8023

Email nottingham.branch@remploy.co.uk

Website www.rempoy.co.uk

Remploy are disability employment specialists. Provide support tailored to the needs of the individual, improving their skills and helping applicants towards work, linking with local employers.

Rumbles Community Cafes

Vicar Water Country Park, Mansfield Road, Clipstone, Nottinghamshire NG21 9AA

Telephone 01623 424836

Sutton Lawn Pleasure Ground, Station Road, Sutton in Ashfield, Nottinghamshire NG17 5FU

Telephone 01623 556657

Sconce and Devon Park, Boundary Road, Newark, Nottinghamshire NG24 4QN

Telephone 01636 681331

Provides training opportunities and work experience for people with learning disabilities in North Nottinghamshire and Derbyshire. The Community Cafés offer an inclusive environment where learners can develop personal, vocational and social skills. Students can also progress to recognised professional NVQ courses in Customer Services and Hospitality.

Rumbletums Café

2a, Victoria Street, Kimberley, Nottinghamshire NG16 2NH

Telephone 0115 938 4953
Email rumbletumscafe@btconnect.com
Facebook [facebook.com/rumbletums](https://www.facebook.com/rumbletums)
Website www.rumbletums.org.uk

A supported training and work experience project for young people aged 16 – 30, with a learning disability, some of whom may also have an additional physical disability. Opportunities include working in a range of catering, hospitality and customer services roles, helping young people to gain confidence and life skills such as communication, cash handling, time management and cooking.

Sam's Workplace

37 Preston Road, Rainworth, Nottinghamshire NG21 0BA

Telephone 07432 247 105
Email samsworkplace@mail.com

Community café and sweet shop providing work experience placements for young people with learning disabilities. Placements are funded through their Personal Budget. Training is provided so they can learn skills which will transfer to their home environment or future employment.

Skills for Employment Team (Nottinghamshire County Council)

Myplace@ Westfield Folkhouse, Mansfield, Nottinghamshire NG18 1TL

Telephone 01623 476830
Email skills.for.employment@nottsc.gov.uk

Help to prepare young people (aged 16-24) for employment, by providing training in such areas as customer service, team work, ICT, communication, literacy and numeracy. This is followed by a long term supported work placement. Attendance at the course counts as full time education, for the purposes of benefits.

Stonebridge City Farm

Stonebridge Road, St Anns, Nottingham NG3 2FR

Telephone 0115 9505113
Email info@stonebridgcityfarm.com
Website www.stonebridgcityfarm.com

Supported placement programme over one or more days each week, for adults with disabilities. General tasks offered include work on the farm, garden areas, café, shop, office, cleaning and maintenance. There is a charge for this. Please contact for more information.

Work Choice

Work Choice can help young people who have a disability to get a job and continue in work. Depending on their needs and if they are eligible, young people can be given training to develop their skills and build their confidence. Disability Employment Advisors can help young people to access this support. In Nottinghamshire Work Choice is provided by the Shaw Trust: www.shaw-trust.org.uk/home

Health Services

When young people with special educational needs (SEN) who have an Education Health and Care (EHC) Plan are moving into adult health services, the local authority and health services must work together to make sure that both the EHC Plan and the care plan for the treatment and management of their health are in line with each other. An EHC Plan can only remain in place if a young person has SEN and stays in education or training. If a young person leaves education, their health or social care needs alone are not enough for an EHC Plan to continue. Health and social care needs will still be managed by the health service and local authority social services department, however.

In many cases the same health services, such as your GP, will still be used. However, some young people who have regularly seen a paediatrician (child health doctor) may be referred to a hospital consultant depending on their needs. Others may continue to receive help from children's health services beyond their 18th birthday. For example, community paediatricians usually continue medical follow up of a young person in a special school until they leave school, which may be after their 19th birthday.

A Patient Information leaflet *Transition: Moving into Adult Care: Information for Young People and their Family* is available on the Nottingham University Hospitals NHS Trust website www.nuh.nhs.uk It explains that transition is a gradual process that gives the young person and everyone involved in their care time to discuss what healthcare needs they will have as an adult and prepare them for the move to adult services. They suggest that young people may wish to discuss the following questions:

- What is the plan for my transition?
- What is different about the adult service?
- Can I meet the adult staff before I leave children's services?
- Can I visit the adult service to look around?
- Are there any young people I can talk to about moving to adult services?
- How will my condition affect my future?

Annual Health Check and GP Register of Learning Disability

Adults and young people with learning disabilities may have health conditions that could go undetected. Young people with special educational needs and disabilities should be included on their GP's register of learning disability, to ensure they receive appropriate support and that any existing health conditions are diagnosed and treated. They will be called automatically for a free annual health check at their GP practice, from the age of 14 where they may also be given advice on healthy eating, exercise, contraception or support to stop smoking. Details of their health needs may be written down in a Health Action Plan, kept by the GP for reference and reviewed regularly

Consent for medical examinations or treatment

Young people (aged 16 or 17) are presumed to have sufficient capacity to decide on their own medical treatment, unless there is significant evidence to suggest otherwise. People aged 16 or over are entitled to consent to their own treatment, and this can only be overruled in exceptional circumstances. If a young person refuses treatment, and by doing this may risk their death or a severe permanent injury, their decision can be overruled by the Court of Protection. This is the legal body that oversees the operation of the Mental Capacity Act (2005). The parents of a young person who has refused treatment may consent for them, but it is usually thought best to go through the courts in such situations.

Local services supporting transition to adult health services

Primary Care Liaison Team (Learning Disabilities)

A team of learning disability nurses, supporting people with learning disabilities and their carers to understand, maintain and improve physical and mental health. They work with services to improve access and reduce barriers to help people with learning disabilities negotiate their way around the health service. The team works with GPs to ensure that individuals have an annual health check (see above) and develop their Health Action Plan. For more information contact:

Nottinghamshire Central Referral Line 01636 652620

Newark and Sherwood 01636 652500

Nottinghamshire East 0115 8830629

Nottinghamshire West 0115 8835049

Mansfield and Ashfield 01623 672183/4

Learning Disability Health Facilitators

Support adults in Nottingham City over 18 but will also support young people over 16 through their transition to adult services, if they are registered with a Nottingham City GP. Self-referral or referral via GP or other professional.

Telephone 0115 8834859

Senior Nurse Special Education (Transition),

Park House Health and Social Care Centre, 61 Burton Road, Carlton, Nottingham NG4 3DQ

Telephone 0115 9617616

Covers some of the special schools, to support pupils at the transition stage.

Social Care

If a young person is likely to have social care needs when they turn 18, the local authority must carry out a Care and Support Assessment in advance. (see section on *The Law: Care Act 2014*) This will help the young person to understand whether they (and their carer, where relevant), are likely to be eligible for care and support, a personal budget (see *Personal Budgets* in this section) the services that might be available to them and to help them plan ahead. The local authority may combine this assessment with other assessments being carried out, such as healthcare, provided everyone agrees. It is important that the young person is involved in assessments and planning for their future. If this may be difficult and there is no one to speak for them, the council must provide an independent advocate (see *Advocacy Services* in this section). Where a young person is remaining in education or training, these assessments could potentially become part of an Education, Health and Care plan.

To arrange a social care and support assessment contact:

Nottinghamshire County Council

Telephone 0300 500 80 80

Website www.nottinghamshire.gov.uk/thecouncil/contact/

The City Council Nottingham Health and Care Point

Telephone 0300 300 33 33

Email adult.contactteam@nottinghamcity.gov.uk.

Support services for young people and adults with learning disabilities

Community Learning Disability Teams (CLDTs)

These are joint health and social care teams responsible for addressing social care needs. CLDTs include a range of professionals including community learning disability nurses, social workers, welfare rights officers, physiotherapists, occupational therapists, speech and language therapists and clinical psychologists. Their role is to provide a seamless, needs-led service to eligible young people and adults with a learning disability, living in the community. This might include help with where a young person will live, money, what they will do day-to-day, leisure activities and health needs. A transition service for young people aged 16 – 18 years is available to help young people to plan for their future. The teams also support carers. There are 9 CLDTs that cover the whole of the city and county with the following bases:

Ashfield CLDT, 68 Portland Street, Kirkby in Ashfield NG17 7AG 0115 956 0882

Bassetlaw CLDT, The Library, Memorial Avenue, Worksop S80 2BP 01909 535360

Broxtowe CLDT, Prospect House, Padge Road, Beeston NG9 2JR 0115 917 5818 (Admin)

Gedling CLDT, Sir John Robinson Way, Arnold NG5 6DB 0115 854 6230 (Admin)

Mansfield CLDT, 2nd Floor, Meadow House, Littleworth, Mansfield NG18 2TB 01623 433468

Newark CLDT, Byron House, Newark Hospital, Boundary Road, Newark NG24 4DE 0115 8760150

Nottingham North CLDT, Bulwell Riverside, Main Street, Bulwell, Nottingham NG6 8QJ 0115 883 8588

Nottingham South CLDT, Clifton Cornerstone, Southchurch Drive, Nottingham NG11 8EW 0115 878 6270

Rushcliffe CLDT, West Bridgford House, Loughborough Road, West Bridgford NG2 7UN 0115 923 0300

The numbers above are correct in August 2015, but if you have difficulty getting in touch please ring

County 0300 500 80 80 (Mon-Fri 8am – 8pm, Sat 8am – 12 noon)

City 0300 300 33 33 (Adult Health & Social Care Teams)

Support services for young people and adults with autistic spectrum disorders, their families and carers

Services provided by Autism East Midlands

Telephone 01909 506 678

Note that to access most services, a professional referral, assessment of the young person's needs and means of funding will be necessary.

Day Services www.autismeastmidlands.org.uk/day-services

Activities based on the needs, interests and abilities of the individual. Helping to develop their confidence and independence.

Play and Leisure Services www.autismeastmidlands.org.uk/activities-children-and-young-people-autism

Day trips, residential trips and many other activities. See leaflet on the website for more information

Residential Service www.autismeastmidlands.org.uk/residential-services

Providing a “home from home” family environment where residents can learn skills to help develop confidence and independence. An application form is available on the website

Supported Living and Outreach Service www.autismeastmidlands.org.uk/supported-living-and-outreach

Supported Living helps people with autism to live as independently as possible in their own home. The Outreach Service provides support for individuals in the community or at home, enabling them to take part in leisure activities, gain daily living skills and in some cases to undertake supported employment. An application form is available to download from the website.

Nottingham City Asperger Service

Nottingham City Asperger Service, c/o Department of Learning Disabilities, Highbury Hospital, Highbury Road, Bulwell Nottingham NG6 9DR

Telephone 0115 854 2207

Website www.nottinghamshirehealthcare.nhs.uk (Search for “Asperger Service”)

A range of health professionals provide support for adults (from the age of 18 years) who have a diagnosis (or suspected diagnosis) of an autistic spectrum disorder, and do not have an additional learning disability. Adults must live in the city or have a city GP. Contact for further information including how a referral can be made.

Nottinghamshire: Adults with Asperger’s Team

Telephone referrals 0300 500 80 80 (Mon–Fri 8.30am–5pm and Sat 8.30am–12noon)

Email enquiries@nottscc.gov.uk

Website www.nottinghamshire.gov.uk (under *Care* then *Adult social care* then *Mental health and wellbeing*)

A team of social care professionals, supporting adults (aged 18 years and above) in Nottinghamshire who have an autistic spectrum disorder and do not have an additional learning disability, their families and carers. The team offer advice about getting a diagnosis, community care assessments, and help adults to make the best use of their personal budget.

Autism Alert Card

Cards are available for purchase from the National Autistic Society www.autism.org.uk. They can be carried by a person who has autism and used in situations where communication may be difficult. The information on the card tells people about the condition and asks them to show respect and tolerance. They can be particularly useful if a person who has autism comes into contact with criminal justice professionals, such as police officers, magistrates and solicitors.

Support for young people and adults with ADHD, and their carers

Support group for adults with ADHD (and their carers)

Email suesmith.n@talktalk.net

Nottingham based group for individuals aged 16+, their carers and partners. They meet on the third Monday of the month between 7 – 9pm at The Tiger Boe Centre, 7 Clarendon Street, Nottingham NG1 5HS. Provides an opportunity to meet with others, discuss problems and look at ways in which they might be solved. Occasionally there are speakers on topics such as money management and coping strategies.

Advocacy Services

National Youth Advocacy Service (NYAS)

National Youth Advocacy Service, Egerton House, Tower Road, Birkenhead, Wirral CH41 1FN

Helpline 0808 808 1001

Email help@nyas.net

Website www.nyas.net

Charity providing confidential socio-legal advice, information, advocacy and legal representation to children, young people, and vulnerable adults and advice for those acting on their behalf.

Your Voice, Your Choice

Free independent and confidential service, for young people over 18, providing access to information and advocacy services in Nottingham and Nottinghamshire. Advocates can attend meetings with a young person if required, for example where a young person is undergoing a care assessment. Information can be provided in a range of formats, they have access to translation and interpreting services and use communication toolkits, Makaton and other signing techniques.

Telephone 0300 456 2370 (Monday to Friday) Minicom 0300 456 2364
Email yourvoicewhosechoice@pohwer.net or pohwer@pohwer.net
Text 81025 (send your name and number)
Skype pohwer.advocacy
Website www.pohwer.net

Counselling for young people

Base 51

29-31 Castle Gate, Nottingham NG1 7AR.

Telephone 0115 952 5040
Email info@base51.org.uk
Website www.base51.org.uk/support/counselling/

Provides free counseling for young people age 12 – 25 years, who may be feeling isolated, being bullied, need help to manage their feelings (including anger) or have other anxieties or problems they wish to talk through. A referral form is available to download from the website. Drop-in counselling sessions are also available. For details check the website.

CASY (Counselling and Support for Young People)

16 London Rd, Newark-on-Trent, Nottinghamshire, NG24 1TW

Telephone 01636 704 620
Email office@casy.org.uk
Website www.casy.org.uk (Contact form also available on the website)

Provides free counselling for children and young people aged 6 – 25 years in Nottinghamshire and Lincolnshire.

KOOTH.COM

Telephone 0845 330 7090 (general office) 07715 906 131 (Locality manager)
Website www.kooth.com

Free face-to-face (in the community) and online support (including chat rooms, messaging, message board forums) for young people aged 10 – 24 years in Nottingham city. Professionals can refer young people at www.kooth.com/nottscity.

Talkzone

Centre Place, Abbey Street Community Centre, Abbey Street, Worksop, Nottinghamshire S80 2LA

Website www.centreplace.org.uk/

Talkzone offers free counselling in safe, confidential environments across Bassetlaw to young people aged 16-25 living there. Referral via doctor, support worker or self-referral. To make a referral, call Talkzone on 01909 530943 or The Centre Place on 01909 479191 or text your details to 07530 252177, or email info@centreplace.org.uk

Day services

Day services provide opportunities to meet others and get involved in social activities in a supportive environment. They support users to access education, employment and training and provide information about other support which may be available. Young people need to have undergone an assessment to show that they are eligible and been allocated a personal budget. To arrange an assessment contact 0300 500 80 80 or via www.nottinghamshire.gov.uk if you live in the **County** or 0300 300 33 33 (Health and Care Point) or adult.contactteam@nottinghamcity.gov.uk if you live in the **City**

The County Council has a list of approved day services, but if service users have taken their personal budget as a direct payment, they can attend others. For example there are some listed on Nottinghamshire Help Yourself website www.nottshelpyourself.org.uk/ (Search *day services*).

The City Council runs day services to support a range of needs including physical and sensory impairments and learning disabilities, see: www.nottinghamcity.gov.uk/dayservices

Day services in the city and county are also listed at <http://choosemysupport.org.uk/>

Autism East Midlands also provides day services, see previous section: *Support services for young people and adults with autistic spectrum disorders, their families and carers*

Financial help

We have done our best to give accurate and up to date information in this section: however it is not written by qualified benefits advisors and we cannot guarantee complete accuracy. For more information see www.gov.uk and www.disabilityrightsuk.org/

As a parent or carer you can claim benefits on behalf of your child until they reach the age of 16. From the September after your child's 16th birthday, you will only be able to get payments for them as a dependent if they are in full-time education or on an approved training course. Once your child reaches 16 they may be able to claim certain benefits in their own right. This could have an impact on your household income, because certain benefits will reduce if your child is no longer classed as a dependent. For information on how your benefits might be affected, contact a specialist benefits advisor (for example at a Citizens Advice Bureau or Contact a Family's freephone helpline 0808 808 3555).

In some cases young people with disabilities will not be able to manage their own benefit payments and will need an appointee, usually their parent or carer, to help them. To become an appointee contact the Department for Work and Pensions (DWP) and they will arrange a home visit.

Personal Independence Payment

Personal Independence Payment (PIP) is the new benefit that has replaced Disability Living Allowance (DLA) for adults (aged 16-64) with a disability. Like DLA, PIP is not means tested. The following information is taken from www.nhs.uk and www.gov.uk

To qualify for PIP, a young person must have needed help with extra costs caused by a health condition or disability for three months or more (although a claim can be made sooner than this) and they must be likely to need help for the next nine months. They must have been in Great Britain for at least two of the last three years, and be habitually resident in the UK. They have to be in the UK when they claim (exceptions are made to this, such as the armed forces). They must not be subject to immigration control (unless they are a sponsored immigrant). There are some exceptions to these conditions and Citizens Advice has more information.

To make their claim, they should telephone 0800 917 2222 (textphone 0800 917 7777) Mon-Fri 8am – 6pm, to register their details and complete a claim form requiring their:

- contact details and date of birth
- National Insurance number
- bank or building society details
- doctor's or health worker's name
- details of any time they've spent abroad or in hospital

Someone else can call on their behalf, but they will need to be there when the call is made. They can also write asking for a form to send the above information by post (but this can delay the decision on their claim).

Personal Independence Payment New Claims, Post Handling Site B, Wolverhampton WV99 1AH

They will be sent the "How your disability affects you" form. On the form they should include any supporting evidence they have, including details of their doctor or other health professional who is best placed to offer advice about their condition. Most people will have to attend a face-to-face consultation with a health professional working on behalf of DWP, as part of their claim.

PIP is paid as two separate components: a daily living component (if this is awarded, a carer may be able to claim Carer's Allowance if they meet the criteria) and a mobility component (those getting the enhanced rate of the mobility component can use the Motability scheme). The daily living and mobility components can each be paid at the standard rate or the enhanced rate, depending on the young person's needs.

Eligibility for PIP is based on how a young person's condition affects their ability to carry out certain activities which are necessary for independent living. It takes into account the difficulties they face and the help they would need to carry out these activities, which include:

- preparing food, eating and drinking
- managing treatment
- washing and bathing, managing toileting needs, dressing and undressing
- communicating verbally, reading, mixing with other people

- making decisions about money

Their eligibility to receive PIP for mobility is determined by their ability to move around, and to plan for and undertake a journey.

Everyone will have a varying level of ability to carry out the activities outlined above. Some people will be able to complete an activity without help, while others may not be able to complete the activity at all. For each activity, a point score is decided based on this level of ability and need (scores increase as needs increase). The PIP assessment also takes into account where support is needed from other people to carry out an activity. This can include supervision (to stop accidents happening), prompting (to remind or encourage them to carry out the activity, but not physically help) and assistance (where a carer needs to be physically present to do an activity).

The standard rate of the PIP component is paid if a person has a total score from 8 to 11 points (inclusive). The enhanced rate of the PIP component is paid if a person has a score of 12 points. If a young person is eligible for PIP, this decision will be reviewed from time to time to make sure it is still correct and continues to meet their needs. Getting PIP may help in accessing other benefits and entitlements, and Contact a Family (0808 808 3555) can provide advice about individual circumstances. If a young person is not eligible, or they are unhappy with their PIP claim in some other way, they may want to ask for the decision to be reconsidered. If they are not satisfied with the response after this, they may wish to appeal the decision.

Claiming PIP if a young person is terminally ill

PIP claims from people who have a terminal illness and are not expected to live for more than six months are dealt with more quickly. They will not be required to attend a face-to-face consultation, or to fulfil the three-month qualifying period for claiming PIP. If the basic conditions are met, both the daily living and the mobility component of PIP will be paid straight away. A DS1500 medical report (available from their doctor, nurse, social worker or palliative care nurse) will help to support the claim. As PIP is claimed by phone, it is important that the DS1500 has the patient's date of birth, postcode and, if possible, National Insurance number on it.

PIP claims if circumstances change

If a young person is getting PIP, it is their responsibility to tell the Department for Work and Pensions (DWP) if their circumstances change because this can affect how much they get.

They will need to tell the DWP if the level of help they need changes, their condition changes or they go into hospital for more than four weeks. PIP is not usually paid if they are in hospital when they claim, but will be paid when they leave. However, it may be paid if they are a private patient and they are paying without help from the NHS, or if they are in a hospice because they are terminally ill.

If they go abroad for more than four weeks, they must get agreement from the DWP for PIP to continue before they go. It is possible to continue to get PIP if they go abroad for 13 weeks or less, or go abroad temporarily to get treatment for their disability.

DWP 0845 850 3322 (textphone 0845 601 6677)

Employment and Support Allowance (ESA)

More detailed information about this allowance – eligibility, what they may get, the types of ESA and how to claim - is available at www.gov.uk (enter *ESA* in the search box). Note that income-supported ESA is being replaced by Universal Credit as it is introduced (see below)

The allowance offers financial support if young people are unable to work and personal help so that they can work if they are able to. They can apply for ESA if they are employed, self-employed or unemployed, not in receipt of job seekers' allowance, or a student on Disability Living Allowance or Personal Independence Payment.

They must have a Work Capability Assessment while their ESA claim is being assessed. This is to see to what extent their illness or disability affects their ability to work. They will then be placed in one of 2 groups if they are entitled to ESA:

- Work-related activity group, where they will have regular interviews with an adviser who can help with things like job goals and improving their skills.
- Support group, in which they do not have to go to interviews, but they can ask to talk to a personal adviser. They are usually in this group if their disability severely limits what they can do.

The quickest way to apply for ESA is by phone.

Telephone 0800 055 6688 (Mon-Fri 8am to 6pm) Textphone 0800 023 4888

They can also fill in and print out the ESA1 form available at www.gov.uk (enter *ESA1* in the search box) and send or take it to their local Jobcentre Plus office.

Help with health costs

Young people under 19 and in full-time education, can get free NHS prescriptions, NHS dental treatment, NHS sight tests, and may get help with fares to hospital if they meet the criteria. Those in receipt of certain benefits may also qualify for some help. For information see: www.nhsbsa.nhs.uk/792.aspx

Universal Credit

Universal credit is being introduced in different areas of the country, in stages and is available in some areas of Nottinghamshire. Details of when it will be possible to claim in your area and more information about this benefit, are available at www.gov.uk (enter *Universal Credit* in the search box). Universal Credit will replace child tax credit, housing benefit, income-related employment and support allowance, income-based jobseeker's allowance, income support and working tax credit. Young people may be able to claim if they are 18 or over, on a low income or out of work, and meet other criteria. Claim online at www.gov.uk or by telephone: Universal Credit Helpline 0345 600 0723 Textphone 0345 600 0743

Working Tax Credit

Working Tax Credit will be replaced by Universal Credit as it is introduced (see above). Working Tax Credit can be claimed by a young disabled person (16 years upwards) if they are in paid work for at least 16 hours a week and their income is below a certain level. They will need to satisfy a disability test and be in receipt of a 'qualifying benefit', such as Personal Independence Payment. How much they get will depend on their circumstances. To get a claim form telephone

Tax Credit Office 0345 300 3900 (8am to 8pm Mon-Fri, 8am-4pm Sat) Textphone 0345 300 3909

For more details and to order a claim form online, see www.gov.uk (enter *Working Tax Credit* in search box)

Growing up issues

The Information Service at the Children's Development Centre has books and other resources about puberty, relationships etc which are available for loan.

The Law

See also *Advocacy* section

Care Act 2014

The Care Act came into force in April 2015. It replaces most of the current law concerning carers and adults (18 years and above) being cared for. It outlines the way in which local authorities should carry out needs assessments and carer's assessments; how local authorities should determine who is eligible for support and how local authorities should charge for services.

There are some provisions in the Act, for the transition of children/young people who are in need of care and support. It introduces a new duty on local authorities to carry out Child's Needs Assessments (CNA) for young people where there is 'likely to be a need for care and support' after they reach 18 (even if this would not amount to them having eligible needs). The CNA should look at what adult community care services a young person might qualify for when they turn 18 and should include a predicted (or indicative) personal budget, so that young people can plan and make informed decisions about their future.

Young people or their carers can request a CNA at any time before a young person turns 18 and it should occur at a time when it is of 'significant benefit' to a young person's preparation for adulthood. The Care Act also ensures that if the local authority has not carried out a CNA, then they must continue to provide community care services to the young adult until a either a decision has been made that they do not qualify for services under the Care Act, or the care they have been assessed as needing is actually in place.

There are also new rights for carers, who will be entitled to a carer's assessment when they appear to have needs. The assessment will consider the impact that caring has on them, what they want to achieve in their own lives, such as working, studying or doing more socially. Carers will be entitled to support if they meet the eligibility criteria.

Equality Act 2010

The Equality Act 2010 provides legal rights for those with disabilities, to protect them from discrimination, in areas such as employment, education, access to goods, services and facilities. For example the Act requires an employer to make 'reasonable adjustments' so that a disabled person is not put at a disadvantage in the workplace. This might include adjusting their working hours or providing special equipment to help them do their job. The Act also protects the rights of those associated with a disabled person, such as their carer or parent.

For more information see: <https://www.gov.uk/rights-disabled-person/overview>

Mental Capacity Act 2005

The Mental Capacity Act (MCA) protects those aged 16 years and above who may lack the mental capacity to make their own decisions about their care and treatment. It applies to all professional staff involved in a person's care. The Act states that:

- Everyone has the right to make his or her own decisions. Health and care professionals should always assume an individual has the capacity to make a decision themselves, unless it is proved otherwise through a capacity assessment.
- Individuals must be given help to make a decision themselves. This might include, for example, providing them with information in a format that is easier for them to understand.
- Just because someone makes what those caring for them consider to be an "unwise" decision, they should not be treated as lacking the capacity to make that decision.
- Where someone is judged not to have the capacity to make a specific decision (following a capacity assessment), that decision can be taken for them, but it must be in their best interests.
- Treatment and care provided to someone who lacks capacity should be the least restrictive of their basic rights and freedoms possible, while still providing the required treatment and care.

There is a Court of Protection which oversees the operation of the Mental Capacity Act, and works to resolve disputes when the person's carer, healthcare or social worker disagree about what is in the person's best interests. Cases can be brought to the court by family members, as well as advocates and professionals involved in decisions. For more information see www.nhs.uk (enter *Mental Capacity Act* in the search box)

Personal Budgets

Contact a Family have produced a factsheet about Personal Budgets, see www.cafamily.org.uk go to *Advice and Support*, then *Resource Library* and enter *personal budgets* in the search box.

Personal budgets set out the amount of money available to spend on support for the young person to meet their assessed needs. The money may come from social services, education or in some cases from the NHS. However children and young people assessed as needing an EHC plan will have the option of a personal budget that will bring together money from education, health and social care into a single budget. Their EHC Plan can then set out how their budget is to be used to meet their needs and achieve their desired outcomes.

Personal Budgets will be reviewed regularly to make sure that the money has been used properly and has met the young person's needs. A review also provides a chance to check whether any changes are needed.

Personal budgets may be managed in the following ways:

- 1. Notional Budget** – The funding is held by the local authority or NHS. This type of budget could be an option for a young person and their family who want more choice over their services and care, but who do not wish to manage a budget.
- 2. Some parts of a Personal Budget may be taken as a Direct Payment** to meet some of the young person's support needs, agreed with the budget provider, enabling the young person or their family to choose and pay for some of the support and services themselves. Young people over the age of 16 may be eligible to have a direct payment in their own right. This gives them flexibility and control over their support, but also more responsibility for arranging services, employing staff and managing money. There are organisations which can help, however. See:

Nottinghamshire Help Yourself Directory

Website

www.nottshelpyourself.org.uk

(Click on *Adults* then enter *direct payments* in the search box, or click on *Personal Assistant Finder*, for example)

- 3. Managed personal budget** – Young people and their families can be allocated an amount of money but it is looked after on their behalf by an individual or organisation. This could be social care services or an agreed independent organisation who will arrange the support on behalf of the young person. A managed personal budget is less flexible than a direct payment but means less responsibility for the young person.

- 4. Mixed personal budget** – a combination of the above. Young people or their family take direct payments for some of their support and also ask the local authority or a third party to manage other services on their behalf

Personal Budgets for Special Educational Needs

Only children and young people with an EHC Plan are eligible for a personal budget to support their assessed special educational needs, if their parents/carers request one. The personal budget for education will only include the funds needed to buy more specialist or individual support than the school or college is expected to provide. It would not include the cost of a place at a school or post-16 establishment. In some instances a school or college/learning provider may offer some funding towards a Personal Budget, for example to buy equipment or to arrange home to school transport.

It may be possible to take some of the personal budget as a direct payment, and the EHC Plan Co-ordinator can give advice about this. The EHC plan, including the Personal Budget will be reviewed at least annually to ensure its continuing relevance to the child/young person.

Personal Health Budgets

Children and young people who are supported by NHS Continuing Healthcare funding have the right to request a Personal Health Budget. Locally, this service is commissioned from Nottingham CityCare Partnership at present. A Personal Health Budget sets out the funding available to meet a person's healthcare needs, as agreed by health professionals, in a care and support plan. The plan helps people to identify their health and wellbeing goals, and then sets out how the funding in their personal budget will be spent to achieve these goals.

Note that NHS Guidance anticipates a major expansion in the offer and delivery of personal health budgets to people who evidence indicates, could benefit. As part of this, by April 2016, it is expected that Clinical Commissioning Groups will publish a local offer for the roll out of Personal Health Budgets, including an option for people with learning disabilities. It is anticipated that Personal Health Budgets for children and young people will follow.

Personal Budgets for Social Care

A personal budget may be offered to a young person aged 18 and above, who is assessed as needing social care at home and in the community. The assessment will look at ways in which the young person's aims might be supported, how they want to live and what they want to be able to do. This will show the amount of support they need and the likely size of their personal budget. At this stage it is called their indicative personal budget as the final amount is not agreed until later.

The young person can then make a support plan – helped by family, friend, advocate or social care worker if required – showing their personal support needs, services and activities which will meet these needs etc. The plan needs to be agreed by the local authority before the personal budget is confirmed. The budget must cover the cost of the assessed needs and the support required.

Most people, although not all, will need to pay something towards their personal budget. It will depend on their individual circumstances, and they will need to complete a financial assessment.

Safety in the community and online

Alert Cards and Jewellery

These are available from some of the national support organisations to inform emergency services or members of the public about the specific needs of an individual, what to do and who to contact in an emergency. Some examples are as follows:

Autism Alert Card (see section on *Support services for young people and adults with Autistic Spectrum Disorders, their families and carers*)

MedicAlert Bracelets, necklaces and watches which include an internationally recognised medical symbol and provides link to MedicAlert's emergency team and translation service and the individual's electronic emergency record held securely by MedicAlert.

Website www.medicalert.org.uk/

Emergency card for carers (County only) Free card, identifying a carer of someone who is over 18 years of age. Provides an emergency phone number so that family/friends can be contacted, or help can be arranged for the person cared for, in the event of an emergency. Contact the County Council Customer Service Centre, Telephone 0300 500 80 80 for more information

Pegasus Scheme

The Pegasus Scheme helps people in Nottinghamshire who have a disability when they need to contact police, fire and ambulance services in Nottinghamshire. Users register with the scheme and are issued with a Personal Identification Number (PIN) which they give when calling the emergency services. This allows the person on the other end of the phone to quickly locate their details: identity, address and, in some cases, up to two trusted contacts. The PIN can also be shown or told to a police officer in the street, which can help to overcome potential communication difficulties. To find out more about Pegasus or to register telephone 101 (ext 2127) or email Pegasus@nottinghamshire.pnn.police.uk, and see website: www.nottinghamshire.police.uk/Pegasus

Safe Places Scheme (Nottingham Mencap)

A scheme to provide safe places in the community where vulnerable people with learning disabilities can go if they get into trouble or feel unsafe, frightened or bullied. A young person can carry a *Safe Places Help Card* with their name and emergency contact details. Public premises (like shops, libraries, police stations, pubs) sign up to be officially known as a 'Safe Place' for vulnerable people. If a person needs help when they are in the community, they can show their Help card to a member of staff in one of these Safe Places. Someone will then call their emergency contact or the police, depending on what the problem is.

Contact Smile! Stop Hate Crime on 0115 9209524 to get a Help Card.

There is information and a list of 'Safe Places' in the city and county at www.nottinghammencap.org.uk/What-We-Do/safe-places-scheme.html

Hate Crime

A hate crime is any criminal offence or incident motivated by hostility or prejudice based upon the victim's gender, disability, ethnicity etc. It includes threats, physical and verbal abuse, damage to property, bullying (including online) etc. The most effective way to report and act on hate crime is through the police. You don't have to be the victim to report a hate crime.

In an Emergency dial 999

For less urgent reporting, call Nottinghamshire Police 101 to speak to a trained officer in confidence, or visit your nearest police station.

Once you have reported a hate crime the police will arrange for an officer to meet with you at a time and place to suit you and then take details of the incident from you. They will then arrange for an officer to contact you at least every 14 days to provide ongoing support until the inquiry is finished. Wherever possible, they will seek to deal with those responsible in a positive manner by carrying out the investigation in line with your wishes.

True Vision

Website www.report-it.org.uk/home

Information about hate crime or incidents and how to report them

Smile! Stop Hate Crime (SSHC)

Denise 0115 9209524 for Nottingham City and South Nottinghamshire

Karen Aspley 0115 9209524 or 07580 169 705 for North Nottinghamshire.

Email sshc@n-mencap.org

A partnership between Nottingham Mencap and the City and County Councils. It aims to raise awareness and tackle Hate Crime against adults with learning disabilities.

Online Safety

There are some useful websites with advice to help to keep young people safe online:

Kidscape www.kidscape.org.uk/ includes advice for parents, teachers and young people about cyberbullying.

Childline www.childline.org.uk advice about online and mobile safety and dealing with bullying.

Internet Matters www.internetmatters.org Information for parents and teachers to help keep children and young people safe online.

Digizen www.digizen.org/ advice and resources on issues such as social networking and cyberbullying.

You&Co www.youandco.org.uk/ Victim Support's Youth Programme – with information about online bullying.

Short breaks

Carers First Team (Carers' Federation)

Telephone 0115 9629369

Following an assessment, free short term respite care may be available for Nottingham City carers 18+ who are caring for someone not in receipt of Adult Social Care. The service provides a sitting service, for example if a carer needs to attend an appointment or an unforeseen circumstance arises. The service is available for a maximum of 12 weeks.

Nottingham City Council

See *Support in the Community: Shared Lives*, in this section

Nottingham Mencap

Harpden House, 203 Edwards Lane, Nottingham NG5 3JA

Telephone 0115 920 4433

E mail shortbreaks@positivefutures.org

Provide a variety of Short Breaks Services in Nottingham City, Gedling, Broxtowe and Rushcliffe areas, for people with learning disabilities. This includes a befriending service and a support service at transition stage, for those over 14 years of age. The transition service enables young people to practice life skills in their home or community.

Nottinghamshire County Council

For those who are eligible following a Care and Support assessment, the county council provide short breaks at council-owned respite units and approved residential or home care services, to give carers a break. See Notts Help Yourself www.nottshelpyourself.org.uk (Click on *Adults* and search for *short breaks*)
See also *Support in the Community: Shared Lives*, in this section

Scope

Telephone 0808 800 3333

Email helpline@scope.org.uk

Website www.scope.org.uk

A national organisation, which focuses on people who have cerebral palsy. On their website is a searchable database of local services, including residential short breaks services in Nottinghamshire. These are provided for adults with disabilities such as epilepsy, cerebral palsy, autism, physical impairments and learning difficulties.

Sport and Leisure Activities

These are some of the activities available for young people who have disabilities. See also the websites for the Local Offer for the City and County and

Notts Help Yourself www.nottshelpyourself.org.uk

Sport Nottinghamshire www.sportnottinghamshire.co.uk

Do What You Want Directory www.dwyw.everycommentcounts.com

Autism East Midlands (formerly NORSACA)

Telephone 01909 506678

Website www.autismeastmidlands.org.uk/

Autism East Midlands provide play and leisure services for children and young people.

Breakaway

Website www.transformtraining.org.uk

Drama, music and art for young people with learning disabilities. Clubs run at *Transform Training, 2a Stoney Street, Beeston, Nottinghamshire NG9 2LA*

Telephone or Text 07921 800755

Email sophie.t@transformtraining.org.uk

For ages 15 – 25 years, Wednesdays 4pm – 7pm.

Transform Training, 43 Carlton Road, Worksop, Nottinghamshire S80 1PD

Telephone 0115 837 4949

Email teresa.c@transformtraining.org.uk

For ages 16 to 25 years, Tuesdays 4.30pm – 7.30pm

Disability Onside (YMCA)

Aspley Youth and Community Centre, Melbourne Road NG8 5HL

Telephone 0115 913 5808 (Community Centre)

Sports and youth groups for young people with disabilities, their family and friends. Includes football sessions on Tuesdays 6pm – 7pm, termtime only. There is a small charge.

Gedling Sport Plus Club

Carlton Forum Leisure Centre, Coningswath Road, Carlton, Nottingham NG4 3SH

Telephone 07770 895 305

Email gedlingsportplusclubs@hotmail.co.uk

A sport and social club for young people (16 – 25 years) with physical disabilities and special needs. Tuesdays 4.30pm – 6.30pm, term time only. £3 per session.

Gettaway

Gettaway Club, Harpenden House, Edwards Lane, Sherwood, Nottingham NG5 3JA

Telephone 0115 920 9524

Email info@gettaway.co.uk

Website www.nottinghammencap.org.uk/Social-Activities/gettaway.html

Social activities evenings for adults (aged 18+) with learning difficulties, including art classes, pool tournaments, Wii games, board games and much more. Meetings are on Tuesday and Wednesday evenings from 6.45 pm. There are also regular day trips to theme parks, theatres and special events. Those wishing to attend must be members, and application forms can be obtained from the club or downloaded from the website.

Indigo Kids Youth Club

Upper Floor, The Old Town Hall, 3a Watnall Road, Hucknall, Nottinghamshire NG15 7LD

Telephone 0115 9521164

Email: indigokids@live.com

Website www.indigokids.org.uk

Facebook: www.facebook.com/indigokidsevents

Thursday Evening 5:25pm till 7:25pm – for young people 13 years plus.

Jigsaw Youth Group

Telephone 07762 207532

Email jigsaw.yc@gmail.com

Website www.jigsaw-yc.org.uk

For young people aged 10-25 with autistic spectrum disorders and their friends. The club aims to provide a safe, non-judgmental environment for young people to develop friendships, learn social skills and have fun, enjoying a wide range of activities.

Saturdays 10.00am to 1.00pm at Monty Hind Training Centre, Leengate, Lenton, Nottingham NG7 2LX

Mondays 6.30pm to 8:45pm at Oliver Hind Youth Club, Edale Road, Sneinton, Nottingham NG2 4HT

Mondays and Thursdays 10am to 2pm at Orchard House, 2 Sherwood Rise, Nottingham NG7 6JN

Tuesdays 10am to 2pm at NGY Base 51, 29-31 Castle Gate, Nottingham NG1 7AR

Wednesdays 10am to 2pm at Sherwin Road Community Garden, Lenton, Nottingham NG7 2FB

Look Inside

Look Inside Sensory Learning & Play Ltd, City College Nottingham, Carlton Road, Nottingham NG3 2NR

Telephone 07424 032564 or 07424 038353

Email naomi@lookinside.org.uk or kieran@lookinside.org.uk

Website www.lookinside.org.uk

Sensory learning and play for children and adults aged 0 – 25 years with disabilities. Calm sensory environment for relaxation: DVD projection, bubble tube, interactive light panel, sensory toys and specialist equipment.

Monday – Saturday 10am – 6pm (last entry 5pm), £4 per hour then £2.50 for every subsequent hour.

Me Time (Mencap)

Telephone 07983 535 308

Email steve.jepson@mencap.org.uk

Offer a wide range of leisure activities for people with learning disabilities, including arts & crafts, sports (incl. cricket, football and swimming), cooking and gentle exercise sessions. Activities run Monday – Friday 9.30am to 3.30pm at locations in Rushcliffe, the Meadows and Arnold. Each person has a tailored plan to suit their interests and any specific goals or personal development aims. Participants can choose to attend full or half day sessions, or multiple sessions across the week. Contact for more information or to book a place.

Multi-Sport Sessions (YMCA)

Oak Field School and Sports College, Wigman Road, Bilborough, Nottingham NG8 3HW

Telephone 0115 915 3265

For those aged 14 – 30 years who have a disability, their friends and families. 5-6 week block of one sport and then change to another. Mondays 6.30 – 8pm

National Autistic Society - Youth Clubs (Mansfield, Newark and Nottingham)

Providing a range of activities such as cooking, bowling, nature walks, Laser Quest, visits to theme parks, pantos, wii games nights, geocaching, swimming, summer fayre, etc. for young people aged 11-19 years who have Asperger Syndrome. The clubs run once a month..

Mansfield area: *Portland College, Nottingham Road, Mansfield, Nottinghamshire NG18 4TJ (Usually Monday 6-8pm)*

Newark area: *Hope House School, Barnby Road, Newark Nottinghamshire NG24 3NE (Usually Monday 6-8pm)*

Nottingham area: *Sherwood E-ACT Academy, Wollaton Avenue, Gedling Nottingham NG4 4HX (Usually Tuesday 6.30-8.30pm)*

Tel: 07436 262084. Email: sophie.dunlop@nas.org.uk National Autistic Society
Castle Heights (1st Floor) 72 Maid Marian Way, Nottingham NG1 6BJ

Nottingham City Disability Sport

Telephone 07932 583392 (Disability Sport and Leisure Officer)

Email sarah.eyley@nottinghamcity.gov.uk

Nottingham City Leisure Centres

Sport and Leisure hotline 0115 876 1600

Email sportandleisure@nottinghamcity.gov.uk

Website www.nottinghamcity.gov.uk/sportandleisure

Leisure Centres in the city are all accessible and provide a range of activities. It is worth checking with individual Centres to see whether there are any special concessionary schemes available.

Nottingham Tennis Centre

University Boulevard, Nottingham, NG7 2QH

Telephone Nottingham City Sport & Leisure 0115 8761600

Email sportandleisure@nottinghamcity.gov.uk

Sessions held for adults and juniors with learning disabilities, autism, hearing and visual impairments and for wheelchair users.

Nottinghamshire Club for Young People with disabilities

Telephone 0115 9705405

Monday evenings 7pm-9pm (ages 18-25) at the Monty Hind Youth Centre, Leengate, Lenton.

Nottinghamshire County Council Disability Sport

Telephone 0115 8483950

Email info@sportnottinghamshire.co.uk

Nottinghamshire Leisure Centres

It is worth checking with individual Centres to see whether there are any special concessionary schemes available. Details and websites of Leisure Centres across the county - their location, contact details and activities provided – can be found by following the links at

www.nottinghamshire.gov.uk/enjoying/sport/sportforall/getinvolved/leisurecentres/

Nottinghamshire Youth Services

12 clubs for young people with disabilities around the county who are aged 13-24 years. The list below is correct as at March 2015.

For 4 clubs below contact Carol Greaves 07949270038

Email carol.greaves@nottscc.gov.uk

Beeston Youth Link

Beeston Young People's Centre, West End, Beeston NG9 1GL

Tuesday evenings, from 6.30–9pm

Eastwood Youth Link

Eastwood Young People's Centre, Kelham Way, Eastwood, Nottinghamshire NG16 3SG

Monday evenings, from 6.30–9pm

Gedling Youth Link

Redhill Leisure Centre, Redhill Road, Arnold, Nottingham NG5 8GX

Thursdays 6.30–9pm For young people 13–24 years with disabilities.

West Bridgford Youth Link

West Bridgford Young People's Centre, Bridgford Road, West Bridgford, Nottinghamshire NG2 6AT

Wednesdays 6.30–9pm Centre is next to West Bridgford Library

For 4 clubs below contact Rachael Peat 01623 624179

Email rachael.peat@nottscc.gov.uk

All clubs run at Myplace@Westfield Folkhouse Young People's Centre, Westfield Lane, Mansfield NG18 1TL

Mansfield (Monday) Youth Link

Mondays 6.30–9pm

Mansfield (Tuesday) Youth Link

Tuesdays 6.30–9pm

Mansfield (Wednesday) Youth Link

Wednesdays 6.30–9pm

Plant Pot Club (Mansfield)

Saturdays 10.30am–1pm. Environmental, gardening activities.

For 4 clubs below contact Lyndsey Radford 01623 411300

Email lyndsey.radford@nottscc.gov.uk

Newark Link Club

Hawtonville Young People's Centre, Windsor Road, Newark, Nottinghamshire NG24 4HX

Wednesdays 6.30–8.30pm

Ollerton Youth Link

Dukeries Young People's Centre, Main Road, Boughton, Newark, Nottinghamshire NG22 9JE

Monday 7–9pm

Retford Youth Link

Retford Young People's Centre, Arlington Way, Retford, Nottinghamshire DN22 6EA

Thursday 6.30–8.30pm

Worksop Youth Link

Valley Young People's Centre, 39 Stanley Street, Worksop Nottinghamshire S81 7JQ

Tuesdays 6.30–8.30pm.

NUH Youth Service – Monday Activity Sessions

NUH Youth Service, Nottingham Children's Hospital Queens Medical Centre Campus, Derby Road, Nottingham NG7 2UH

Tel: 0115 9709421 Email: nuhyouthservice@nuh.nhs.uk

www.nuhyouthservice.org.uk/monday-activity-sessions/

Monthly sessions held in the Youth Room, 6.30 – 8.30 with a different theme : 1st Monday in the month: Youth Achievement Awards, 2nd: Lego, 3rd : Cooking, 4th: Photography. These sessions are for inpatients, outpatients and their siblings. Contact as above to register.

NUH Youth Service – Youth Club

NUH Youth Service, Nottingham Children's Hospital Queens Medical Centre Campus, Derby Road, Nottingham NG7 2UH

Tel: 0115 9709421 Email: nuhyouthservice@nuh.nhs.uk

www.nuhyouthservice.org.uk/youth-club/

Provides support for young people (15 – 20+ years) across Nottingham who have a long-term health condition, and their siblings. Activities include pool, table tennis, computer games, art & crafts, group games, team-building activities, drama and much more. Wednesday evening from 7.00-9pm, at the Monty Hind Youth Centre, Leengate NG7 2LX (behind the QMC)

Satellite Disability Swimming Club

South Pool, Harvey Hadden Sports Village, Wigman Road, Bilborough, Nottingham NG8 4PB
Nottingham City Sport and Leisure 0115 876 1600
Saturday 12.45 – 2.30pm for juniors and adults

SKY Club

Loco Centre, Victoria Road, Netherfield, Nottinghamshire NG4 2PD

Telephone 07817 634374

Email julierastall@gmail.com

Club for children and young people with any disability (8–25 years) Runs from 10–11.30am last Saturday of the month. IT Suite, pool room, quiet area, arts and crafts, sport activities, board games, tuck shop, Wii etc.

Special Olympics

Sports Hall, Harvey Hadden Sports Village, Wigman Road, Bilborough, Nottingham NG8 4PB

Telephone 07824 871706

Email h.derby@oakfield.nottingham.sch.uk

Multi Sport Club for adults (16 years plus) with a learning disability. Thursday 6.30pm – 7.30pm

Springs Nottingham Resource Centre

52 Cordy Lane, Brinsley, Nottinghamshire NG16 5BY

Telephone 07568 087771 or 07742 578987

Email info@springsnottingham.org.uk

Website www.springsnottingham.org.uk

Indoor and outdoor facilities including soft play, sensory room, arts and crafts, computers, gardening area, quiet room, sensory nature trail etc. Adults and young people who have a learning disability, sensory impairment or autistic spectrum disorder can book a free introductory visit with their family or carer.

Square Peg Inclusive Dance Group

Myplace@Westfield Folkhouse Young People's Centre, Westfield Lane, Mansfield NG18 1TL

Telephone 07749 533626

Email squarepeg2014@gmail.com

Fridays 6-8pm for ages 13-24 years.

Square Peg Pride Performing Arts Group

Myplace@Westfield Folkhouse Young People's Centre, Westfield Lane, Mansfield NG18 1TL

Telephone 07749 533626

Email squarepeg2014@gmail.com

Saturdays 1.30-3.30pm for ages 13-24 years.

Swim Inclusive

South Pool, Harvey Hadden Sports Village, Wigman Road, Bilborough, Nottingham NG8 4PB

Contact Nottingham City Sport and Leisure 0115 876 1600

For those with a disability or life limiting illness, of all ages. Friday 3pm – 4pm, Sunday 11.30am – 1pm

TenFifty club night

Andwhynot, 62 Leeming Street, Mansfield, Notts NG18 1NG

Facebook www.facebook.com/clubtenfifty

Monthly nightclub for adults with a learning disability or autism.

West Bridgford Tennis Club

West Bridgford Tennis Club, Little Bounds off Wilford Lane, West Bridgford, Nottingham NG2 7QA

Telephone 0115 9811699

Access Tennis - learning disability tennis for adults and juniors. Saturday 7.30pm - 9.00pm

Support for carers

Carers' Assessments see *The Law : Care Act 2014*, in this section
See also *Short Breaks* in this section

Carers Direct

Advisers provide information to help carers to make decisions about their own needs and the needs of the person they care for, see. www.nhs.uk (enter *Carers Direct* in search box)

Telephone 0300 123 1053 (9am – 8pm Mon- Fri, 11am – 4pm weekends) or contact via website or webchat service. Language line is also available for those whose first language isn't English.
Minicom 0300 123 1004

Carers Federation

Carers Federation Head Office, Christopher Cargill House, 21-23 Pelham Road, Nottingham, NG5 1AP

Telephone 0115 9629310
Email info@carersfederation.co.uk
Website www.carersfederation.co.uk

Support service for carers, providing information, advice and counselling. The service is to be delivered in Gedling, Ashfield and Broxtowe (anticipated start date early August 2015).

Carers Hub (Carers' Trust East Midlands)

19 Pelham Road, Sherwood, Nottingham NG5 1AP

Telephone 0115 8248824
E-mail hub@carerstrustem.org
Or contact via website www.carerstrustem.org/hub.html
Facebook CTEastMidlands

Personalised support for carers in Nottinghamshire, including advice, signposting, access to carer's breaks, support groups etc.

Family Carer Support Service (FCSS)

5/6 Brook Office Park, Folly Brook Road, Emersons Green, Bristol BS16 7FL

Telephone 0800 801 0448(Mon-Fri 8.30am-4.30pm)
Email familycarersupport@hft.org.uk

A freephone service for carers of people with learning disabilities, offering one to one support. Carers can also contact by letter or email. For more information see: www.hft.org.uk/familycarersupport

Nottinghamshire Healthcare NHS Foundation Trust

For carers of those who have a mental health condition or are affected by substance misuse - a list of support organisations, useful links and an online booklet "A Guide for Carers, Families and Friends" are available at www.nottinghamshirehealthcare.nhs.uk/information/carers-families-and-friends/information/

Support in the community

The Access Card

Telephone 01332 404040
Email cards@accesscard.org.uk
Website www.accesscard.org.uk/

A card which easily and discreetly lets businesses, sporting or music venues know the specific needs of disabled visitors. For example where adjustments might be made to reduce barriers and make an event more accessible to the card holder. The individual needs of cardholders are assessed and entered into a secure database. The venue can then access information about the barriers faced by the customer and can then anticipate how best to meet their needs. Contact for more details and to apply for a card.

Shared Lives (City and County)

Trained carers help people (over 18 years) with disabilities to live as independently as possible in the community. The support can include help with practical tasks as well as social skills and building confidence. It may involve living in a carer's home to cover a short-term need, such as providing a break for their main carer, or a much longer-term need. Alternatively the scheme may involve the carer supporting the disabled person with independent living in their own home and in the community.

Service users must be eligible for social care services and have had a financial assessment to decide how much they need to pay. Before a placement starts, the young person will meet their carer to get to know them over a period of time. They will not be placed with a carer until everyone involved is in agreement. For further information contact:

City Telephone	0115 876 3222
Email	adultsocialcare@nottinghamcity.gov.uk
Website	www.nottinghamcity.gov.uk/sharedlives
County Telephone	0300 500 8080 (Mon-Fri 8am-8pm,Sat 8am-12 noon)
Minicom	01623 434993
Email	enquiries @nottscc.gov.uk
Website	www.nottinghamshire.gov.uk/sharedlives

Transport and driving

Blue Badge

Disabled adults who are visually impaired or on Personal Independence Payment (PIP) with a score of eight points or more under the PIP activity of 'moving around' may qualify for a Blue badge. Others may also be entitled, subject to assessment. More information and an application form is available at

City www.nottinghamcity.gov.uk/article/22159/Disabled-Blue-Badges

Telephone	0115 876 1499
Email	blue.badges@nottinghamcity.gov.uk
County	www.nottinghamshire.gov.uk/travelling/parking/bluebadge/#apply-for-badge (includes online application)
Telephone	0300 500 80 80 (Mon-Fri 8am-8pm,Sat 8am-12 noon).
Email	enquiries@nottscc.gov.uk

Bus passes

The Mobility Citycard is available to permanent city residents with a qualifying disability. (See www.citycardnottingham.co.uk/ and select 'Concessionary Citycards'). As well as libraries and leisure savings the Mobility Citycard also gives free travel as part of the English National Travel Concessionary Scheme. This scheme, allows cardholders free travel on all local bus services in England between 9.30am and 11pm Monday to Friday, and at all times at weekends and bank holidays. However there are some exceptions, so it's best to check with the operator first. City residents also get an additional benefit of free travel on local bus services before 9.30am and free travel on the tram all day, until 11pm. Discounted travel on the Dial-a-Ride service is available on presentation of a Mobility Citycard.

The County Council provides a travel pass to Nottinghamshire residents with a qualifying disability as part of the English National Concessionary Travel Scheme. See www.nottinghamshire.gov.uk/ and search for "Bus Pass") The travel pass entitles holders to free off-peak travel on local buses anywhere in England. Again there are some exceptions and it's best to check with service operators that the pass is valid before travelling. Holders are entitled to free travel on the (Nottingham) trams between 9.30am and 11.00pm Monday to Friday, all day at weekends and on bank holidays.

Disabled person's railcard

Buying this railcard entitles adults who have a visual impairment, hearing impairment, epilepsy or are in receipt of Personal Independence Payment (PIP), to a discount when travelling on the national rail network. An adult companion is also entitled to the discount. See www.disabledpersons-railcard.co.uk/

Driving

Family Fund

4 Alpha Court, Monks Cross Drive, York YO32 9WN

Telephone 0845 130 4542

Young people aged 16 and 17 may be eligible for a 'Driving Ambitions' grant which covers the cost of a taster lesson and some other costs e.g. provisional licence, theory test.

They may be able to find an instructor via www.disabilitydrivinginstructors.com The following driving schools also advertise special needs lessons- suitability may vary depending on disability:

Apple Driving School

Telephone 07960 485 027 www.appledriving.co.uk (Nottingham, Eastwood and Kimberley, Hucknall, Arnold –see also list of areas on website)

BSM

Telephone 0330 100 7501
Website www.bsm.co.uk

No Gears No Fears

Telephone 07545787024 www.nogears-nofears.com (Mansfield/Worksop)

SSM School of Motoring

Telephone 0115 9670817 www.ssm-schoolofmotoring.co.uk (Nottingham)

Forum of Mobility Centres

Telephone 0800 559 3636
Website www.mobility-centres.org.uk/

There are 17 independent mobility centres across the country which offer professional information, advice and assessment for people who have a medical condition or have had an injury which may affect their ability to drive. The nearest centres for the Midlands are in Derby, Birmingham and Leeds.

Derby DrivAbility

Kingsway Hospital, Kingsway, Derby DE22 3LZ

Telephone 01332 371929
Email dhft.driving@nhs.net
Website www.derbydrivability.com

Information for people with disabilities wanting to start or return to driving. Provide assessment of driving ability, wheelchair hoistage and stowage assessment, advice on adaptations. There are charges for assessments. Advice for carers who drive passengers with disabilities. Appointments must be made.

Motability

A scheme to lease a car, wheelchair accessible vehicle, powered wheelchair or scooter for those receiving Personal Independence Payment (PIP) enhanced mobility component. They can apply for a car as a passenger if they are eligible but don't drive, and nominate two other (approved) people as their drivers. Motability also provides grants for driving lessons for those who are eligible.

There are a range of car adaptations available, but these may not be included in the young person's lease and they would need to pay for them themselves. However they may not have to pay VAT on the adaptations.

For more information see: www.motability.co.uk/ or contact:

Telephone 0300 456 4566, Minicom (textphone): 0300 037 0100 (Mon – Fri 8am - 7pm, Sat 9am - 1pm)

Road tax disc

People who get the enhanced mobility component of Personal Independence Payment (PIP) are entitled to a free tax disc. The vehicle must be registered in the disabled person's name or their nominated driver's name. It must only be used for the disabled person's personal needs. It can't be used by the nominated driver for their own personal use.

Those who receive the standard mobility component of PIP can get a 50 per cent discount.

For more information and how to claim, see www.gov.uk/financial-help-disabled/vehicles-and-transport

(From "Finding Your Way 2016: a directory for parents about services for children with physical, learning or emotional disabilities in Nottingham and Nottinghamshire")