

Moving On

A transition guide for parents and carers of young people aged 13-25 with learning difficulties and disabilities.



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1. Introduction

What this pack is all about

This information pack is for parents or carers of young people with learning difficulties and disabilities aged between 13 and 25.

The transition to adulthood presents all young people and their families with many challenges. However, for young disabled people this can be more complicated due to the different agencies involved, the choices available and the need for early planning.

Representatives from Children's Services, Adult Social Care, Connexions, the Learning and Skills Council, Health and the voluntary sector across East Sussex have joined together with parents to produce this information pack. It aims to provide a summary of the transition process and explain what needs to happen and when. Also included are useful links to other sources of information and a glossary at the end helps explain some of the different terms used when people talk about transition.

A copy of this pack is being made available to all parents and carers of young people with a Statement of Special Educational Needs at their son or daughter's Year 9 Transition Review. Copies are also available from Connexions, Children's Disability Teams or can be downloaded from the East Sussex County Council website www.eastsussex.gov.uk

The information contained in this pack is as up-to-date as possible at the time of being produced. Every attempt has been made to ensure that details are correct however factual content cannot be guaranteed.

The information and organisations listed are by no means exhaustive and are intended to be used as a guide only.

2. Valuing People

What is Valuing People?

Valuing people is the Government's 10 year plan for making the lives of children and adults with learning disabilities, their families and carers better.

It was written in 2001, and it was the first White Paper for people with learning disabilities for 30 years.

It is based on people having:

- their rights as citizens;
- inclusion in local communities;
- choice in daily life; and
- real chances to be independent.

A Valuing People Support Team has been established nationally to help local authorities put the aims of Valuing People into action.

What does Valuing People say about Transition?

That as young people grow up, getting the support they and their family need should be smooth and easy. Disabled young people should have the same chances in their lives as everyone else.

The Learning Disability Partnership Board

In each local authority a Learning Disability Partnership Board has been set up to oversee the work that needs to be done to make the vision set out in Valuing People a reality.

Alongside people who have a responsibility to provide services, the Partnership Board has people with learning disabilities, their support workers and parents as members. Everyone at the table makes a real contribution to the Partnership Board's work. The Board has also appointed a 'Transition Champion' whose role is to help the Partnership Board to understand what needs to happen to improve transition for young people aged 13-25 years.

The East Sussex Partnership Board has established a number of working groups which focus on different areas of work including Transition, Person Centred Approaches,

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Employment, Modernising Day Services, Health Action Planning, Housing and Direct Payments. More information about the work of the Partnership Board and the working groups can be found on the East Sussex County Council website:

www.eastsussex.gov.uk/socialcare/adults/disability/learning/partnershipboard.htm

Publication of this information pack has been funded by the Partnership Board from the Learning Disability Development Fund.

For more information about Valuing People and the work of the Support Team, visit the Valuing People website at

www.valuingpeople.gov.uk

3. Transition Planning

Planning for the future doesn't just happen in an instant. Instead it is a process that can take many years. It is important therefore that you begin to explore the options that may be available for your son or daughter early on.

The Year 9 Transition Review

Parents of students with a statement of special educational needs will be familiar with annual reviews, but the review which takes place in Year 9 has particular significance as it begins to prepare for the time when the young person leaves school. The review in Year 9 is called the **Transition Review**. The aim of this review is to:

- i) Review the young person's statement.
- ii) Draw up the **Transition Plan**.

The Transition Plan should focus on each individual young person's all round or holistic needs and plan the provision that they will need after they leave school. The Transition Plan will be revisited at each annual review until your son or daughter leaves school.

In recent years the government has introduced a service in England to help improve transition planning called Connexions. Connexions draws together all the services that support young people and gives them access to a Personal Adviser (PA). Sussex Careers comes under the umbrella of Connexions and Careers Advisers are now called Personal Advisers. You can find out more about the role of Connexions in Section 4.

Who will be involved?

Your child's head teacher will arrange the Year 9 review meeting and will invite all the people who have a role to play in your child's transition. As well as you, this may include:

School staff, such as your child's teacher, teaching assistant or SENCO.

A personal adviser from the **Connexions Service** who will make sure your child is involved and their views are listened to. They will also help to identify the most appropriate education or training after 16 and will co-ordinate the Transition Plan.

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A representative from **Children's Social Care** who will make sure that any assessments under other legislation can be done if necessary. If your child already has a social worker he or she is likely to attend.

A **health service** representative may attend or offer written advice if they are involved with your child.

A representative from the **Education Department** such as your child's caseworker, a casework manager, an educational psychologist or a member of staff from the specialist support service.

The head teacher will also invite any other person they feel can contribute to the plan or should be involved in the future.

If you think there is someone in particular who it would be important to invite, such as the Educational Psychologist or a Speech & Language Therapist, make sure that the Head Teacher knows this in good time so that they can be invited to the meeting.

If any people who are invited to the Transition review cannot attend, they may send a written report instead. The SEN Code of Practice says that the Connexions Personal Advisor **must** attend. A Connexions PA should therefore always be there however if a meeting is changed or arranged at the last minute there may be occasions when this is not possible.

Making your views heard

Parents may bring an advocate with them to the review such as an independent parental supporter. It is a good idea to think in advance about some of the issues you would like to discuss during the meeting and perhaps write them down.

Who is responsible for writing the Transition Plan?

Your child's head teacher is responsible for making sure the Transition Plan is written, although they may give responsibility for drawing up the plan to another appropriate person. The Connexions Service will oversee and co-ordinate the delivery of the Transition Plan.

What will be in the Transition Plan?

The Transition Plan will be drawn up for and with your child and will focus on the action that needs to be taken. The Transition Plan will not include information that is on other documents, such as the annual review report or statement. Responsibility for taking forward different aspects of the Transition Plan will be given to specific individuals, with time scales for action.

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The Special Educational Needs Code of Practice says: 'the views of young people themselves must be sought and recorded wherever possible in any assessment, reassessment or review during the years of transition'. (SEN Code of Practice 9:55) It is a chance for your son or daughter to think about what he or she wants to do in the future. This will help the other people working with them decide what they need to do to help.

Your son or daughter will be encouraged to contribute to their own transition plan and take positive decisions about the future. If they need support to contribute to the review and express their views, ways in which this can happen should be fully explored.

The Transition Plan will cover the following areas:

Family and environmental factors

You will be asked to think about what you want for your son or daughter in their adult life. What you can do to help them to develop the personal and social skills that are needed for adult life will be an important part of the Transition Plan. The Plan may include care needs and the practical help that may be needed in terms of aids, adaptations or general support during transition. Issues to do with housing in the future will also be important.

Education, skills or training

At the transition review you will think about what your son or daughter needs to learn during the next stage of their education to help him/her to prepare for their role in the community. This might include specific teaching to help your child to make use of leisure and recreational facilities. You will consider subject options for years 10 or 11 and whether there is a need for special examination arrangements, if this is appropriate.

Arrangements for a more flexible approach to the curriculum may be discussed. You will need to think about any further information your son or daughter needs in order to make an informed choice about the best options for them after they are 16. If your son or daughter is not able to travel independently, some specific travel training may need to be included as part of the Transition Plan.

Personal Health

The Plan may include any action that health professionals may need to take to support your son or daughter in transition and whether they have any special health or welfare needs that will require planning and support from health and social services now or in

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the future. The Transition Plan will make sure that the relevant people are involved early on.

Social Development

You may need to think about your son or daughter's relationships with family and friends and whether they need any extra help with learning how to mix with other people. You may discuss leisure opportunities or membership at clubs or other activities.

What happens after the Transition Review meeting?

After the Transition Review meeting, the Transition Plan is written. This will say what has been agreed and who will do what to help plan for your son or daughter's future.

A copy of the Plan will be sent to the people who were at the meeting.

The Transition Plan will be monitored and reviewed at subsequent annual reviews and will be updated as necessary.

For more information about transition planning, see the DfES Special Educational Needs Code of Practice – Toolkit Section 10. Available to download from:
www.teachernet.gov.uk/wholeschool/sen/teacherlearningassistant/

4. The Role of Connexions

What is Connexions?

Connexions is a national initiative that brings together advice and support for young people aged 13 – 19 (and up to 25 for young adults with special educational needs) through a network of Personal Advisers. These Personal Advisers are linked with mainstream and special schools as well as Connexions Centres and Access Points. Connexions is now part of the East Sussex Children's Trust and is managed locally through a partnership which brings together all the key youth support services.

Sussex Careers works through Connexions and takes the lead in supporting the transition process for young people with special educational needs and disabilities. They also take on the role of Personal Adviser for pupils with a Statement of Special Educational Needs. Sussex Careers employs three specialist Personal Advisers who are linked to the special schools; these advisers do have a caseload, mainly of young people attending specialist provision, but will also give support to other Personal Advisers working in special schools, mainstream schools and colleges.

The Connexions Personal Adviser

Connexions Personal Advisers work with young people aged from 13 – 19 and if an individual has learning difficulties or disabilities, they can remain involved until age 25. Their role is to help young people think about what learning, training and work they might like to do when they leave school. They assist the young person and their parents to identify the most appropriate post 16 provision and to do this will usually undertake an assessment called a Section 140 or Moving on Plan. The Personal Adviser also has responsibility for co-ordinating delivery of the Transition Plan once it has been drawn up.

Connexions should also arrange for the Section 140 assessment and supporting information to be transferred from school to the continuing education provision (FE College) or training provider. They should seek permission to do this from parents and the student.

For more information about the Connexions service, see their website at www.connexions-direct.com or contact your local Connexions office (see Section 20 - A-Z of Contacts for details).

5. Further Education

Options at 16+

At 16 young people reach the end of compulsory schooling, but this does not have to mean the end of education. All young people can continue in education until they are 19.

It is important to start thinking about what choices are available at 16 well before this day arrives. The Connexions service is a source of information about post 16 opportunities.

Staying on at school or moving to another school or sixth form

Young people may be able to stay on at their school or go to another school, although in East Sussex most post 16 provision is college based. Staying on at school after 16 can give young people the time they need to prepare for life after school, whether that means going on to college, getting a job or other opportunities. If an individual stays within a school setting after 16, their statement of special educational needs would remain in place.

Getting a job or going on a training scheme

If getting a job is being considered, then involvement from the appropriate agencies at reviews whilst at school will be important. Work experience will also be important, as it can help the young person to gain the necessary skills and also give them a better chance of securing a job. For further information see Section 12 – Employment.

Going to college

A college course can help a young person to obtain the skills necessary to gain employment and become more independent. If a young person with a Statement of Special Educational Need leaves school at 16 to go to college, his or her Statement lapses at this point. Statements have no legal standing within colleges.

Some young people may have the opportunity to follow a link course with their school which enables them to spend time at the local college as part of their studies. Link

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provision gives young people a taster of what college is like and what it has to offer. It gives colleges an opportunity to better understand the needs of students who will be moving from school to college and more generally to develop a working relationship between schools and colleges.

It is important to look at colleges in plenty of time before the young person leaves school. Colleges have open evenings which give young people and their parents and carers the chance to look around and talk to tutors. To find out when the next open evening is, just call the college, or speak to your Personal Adviser.

Connexions Personal Advisers will give advice on courses that are available, but you can also get copies of the college's leaflets and prospectus.

Additional support

Additional support for students is usually arranged on an individual basis but may not be specified until the start of the academic year. All sixth form and college options cater in some way for students with special needs.

Although once a young person moves from school their Statement of Special Educational Need will lapse, the information contained in the Statement may be useful in negotiating an additional support package with the college.

All the colleges have a special or additional needs co-ordinator although their job titles vary. They can explain the type and amount of extra teaching support available and arrange for other types of help such as: special teachers for the visually or hearing impaired; speech and language therapy; specialist equipment or transport.

Each of the colleges employs learning support staff, many of whom primarily focus on literacy and numeracy skills.

It might be a good idea to ask some prepared questions when you look around – the answers to these might give a better sense of what the college standards are like. See the following checklist for things you may like to think about.

Which College?

Things to think about

- Do not assume that appropriate support will automatically be in place for the young person. Make contact with the Learning Support Co-ordinator.
- Arrange an individual meeting to discuss how the needs of the young person may be met and what funding would be available if they were to take up a course at the college.
- Ask whether the college has access to specialist support and if not, whether they will buy it in.
- Ask for written confirmation of the level of learning support before the start of the course.
- Find out what opportunities are there for students to voice issues that are important to them, e.g. a student union.
- Where there is a student union, is this accessible to students with disabilities and/or learning difficulties?
- Is there a complaints procedure made accessible for all students?
- What have students who have left the college gone on to do?

Specialist colleges

It may not be possible to meet the needs of some students at their local college and in these situations the Learning and Skills Council (see Section 6) may pay for them to go to a specialist college placement. This will be discussed at annual reviews. The Connexions PA will be able to give advice about what specialist colleges can offer and how to apply for a place.

Due to the funding implications the process involves the collation of a lot of

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information, including reports from schools, Connexions Personal Advisers and proof that the young person's needs cannot be met at a local college. The local college will have to confirm that it cannot meet an individual's needs before a specialist college can be considered. The Learning and Skills Council can also consider what would be best value for money.

If a specialist college placement is agreed the Learning and Skills Council will pay all the fees if they think that this is necessary. However, sometimes they will only pay the cost of the educational element; other costs such as care costs if the placement is residential, may be sought from social care. If funding is likely to be required from children's or adults social care at any point in the course, it is important that this is agreed before the start of the placement as funding from social care is subject to an assessment of needs and is not automatic.

A good organisation to contact about education and going to college is Skill (the National Bureau for Students with Disabilities) www.skill.org.uk

If you are not happy about the decision made by the Learning and Skills Council, you can ask for this decision to be reviewed.

Higher Education

Going to university gives young people the opportunity to further their academic qualifications in the hope of getting appropriate employment. It can also offer many opportunities for socialising and experiencing new things.

Young people have to apply for university through the Universities Central Application Service (UCAS) when they are at sixth form or college. If they have not been in education for some time, the Connexions service will help.

It is really important that they visit their choice of university before accepting a place there and choose the course carefully as if they change course this can affect funding.

Students have to pay for course fees and accommodation. Student loans are available and are paid back over a period of time. If a young person is not likely to get a job due to their disability, then they can have their loan cancelled or postponed for some time.

A disabled student's allowance can be claimed for any additional costs that relate to the young person's disability. They can make a claim to the local education authority

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for things that can help them to study such as communication equipment.

The Disability Discrimination Act Part 4 gives new rights to all disabled learners. This means that colleges and adult education services:

- Cannot treat disabled learners less well than other learners because of their disability.
- Should give a disabled person extra support if they need it to help them learn for example; giving handouts in large print or easy language, or making sure someone with a disability has a support worker if they need one.

Applying to College

A list of local colleges in East and West Sussex, Brighton and Hove and Kent is overleaf. The colleges offer a range of taster days, open days and evenings which usually take place in June and July each year. For example Plumpton College arranges free taster courses in the school half terms for pupils over 14 years and Sussex Downs College offer Link and Bridge courses, for those in years 10 and 11.

Students can apply to go to any FE college. However you will need to think about the travel involved if opting for a college outside East Sussex. Students tend to opt for something further afield if there is a specific course they want to do that is not offered locally, or if access is easier at a college further away. For example, Plumpton College offers a range of courses and training in land based industries from farming to forestry, animal care to floristry.

The Department for Education and Skills (DfES) has a useful website for parents that offers advice on choosing the right place for your son or daughter to study. Go to www.parentscentre.gov.uk/

Local Colleges in East and West Sussex, Brighton & Hove and Kent

These colleges offer a wide range of courses, some of which may help to prepare students for employment. Courses available vary from college to college, and each establishment publishes a prospectus giving details of what is an offer. (For individual contact details, see Section 20 A-Z of Contacts).

- Bexhill College
- Brighton, Hove & Sussex Sixth Form College (BHASVIC)
- Central Sussex College (formerly Crawley and Haywards Heath Colleges)
- Chichester College, including Brinsbury Campus in Pulborough
- City College, Brighton & Hove
- Hadlow College, near Tonbridge
- Hastings College
- Northbrook College, near Worthing
- Plumpton College
- Sussex Downs College - Eastbourne, Lewes and Newhaven Sites
- Varndean College, Brighton
- West Kent College, Tonbridge

6. The Learning & Skills Council

The role of the Learning and Skills Council

The Learning and Skills Council (LSC) is responsible for funding and planning all education and training for people over 16 in England. This includes all sixth form and further education colleges, specialist residential colleges, adult education, voluntary organisations that provide education and much work-based learning.

The LSC needs to know about future learners in order to enable young people to have the opportunity to access a wider range of courses. Information from Year 9 Transition meetings, and from school review meetings in years 10 and 11, can provide the LSC with valuable planning information based on what young people have said that they want to do.

As part of the Year 11 review, the Connexions service has a duty to carry out an assessment under Section 140 of the Learning and Skills Act. Information regarding specialist needs that comes from these assessments is passed to the local LSC so that it knows what provision young people require, both at an individual and a strategic level.

If you are thinking about residential college provision with your son or daughter it is important that this is discussed early, before Year 11, so there is plenty of time to plan.

More information about the Learning and Skills Council is available from their website www.lsc.gov.uk

7. Transport

Transport for post 16 students

There is a legal duty for the Education Department to ensure that no student is denied the opportunity to progress to post 16 education due to a lack of transport. In East Sussex there are policies in place related to post 16 provision including students with special educational needs.

Good practice guidance relating to transport to and from school/college stresses the importance of supporting young people with learning difficulties and disabilities to travel as independently as possible.

Whether a young person plans to attend a school or a FE college post-16, requests for help with transport are at the discretion of the Education Department. Such requests will usually be considered and are dependant upon individual circumstances.

If a young person up to the age of 19 has a Statement of Special Educational Need and you think they will require assistance with transport to school, you are advised to contact the school's caseworker within the SEN team in the first instance, for a referral to the Admissions and Transport team.

If support for travel to college is required, you are advised to approach the Connexions Personal Adviser working with your son or daughter to obtain a referral for consideration by the Student Support team. Where young people are in receipt of an Education Maintenance Allowance (see Section 8) the funds may be used to support travel to college. Formal application to the Student Support Team (ask for form PS1) may provide further assistance for those in receipt of government benefits.

Some FE Colleges provide or subsidise bus services so that students can get to college, although there may be a charge to use these. Each College will be able to tell you about any services they provide.

Some young people may be eligible for help with transport to and from college from Adult Social Care. Your Connexions personal advisor or social worker will be able to tell you about any help that is available and how to apply.

Further information and advice on these processes is available from the East Sussex County Council website:

www.eastsussex.gov.uk/educationandlearning/schools/transport/

8. Education Maintenance Allowance (EMA)

What is EMA?

Around half of all 16-year-olds studying in England should be able to get EMA.

EMA is a weekly payment of £10, £20 or £30 a week depending on household income. The money is intended to help with the day-to-day costs when a young person stays on at school or college – such as travel, books and equipment for their course. For a young person to qualify for EMA, the annual household income has to be under the EMA threshold (£30,810 in the tax year 2006/07).

It is paid directly into the young person's bank account if they are doing, or applying to do, at least 12 hours of guided learning on further education courses in school sixth forms, sixth form colleges and Further Education colleges. This includes a wide range of learning programmes, an LSC funded E2E course or a course that leads to an apprenticeship, up to and including level 3, such as AS/A2, GCSEs, GNVQs, NVQs and other vocational qualifications.

If they are entitled, the young person will receive their EMA payment every week of their course as long as they turn up to their classes and show commitment to their course. Most young people will be able to get EMA for two to three years depending on how long they need to finish their studies.

EMA will not affect any other benefits a family might get. It is paid on top of any other support provided by the government, or any earnings from the young person might receive from a part-time job.

How do I apply?

To find out more, contact your Connexions Personal Adviser, the Learning and Skills Council or you can download a copy of the EMA leaflet from the website below:
www.dfes.gov.uk/financialhelp/ema

9. Support from Social Care

If your son or daughter has been receiving support from children's social care, you may want services to continue as they move into adulthood. Some families may require new services to support them once their son or daughter leaves school. This section explains the process of transition planning in social care.

The role of the social worker in Transition Reviews

When your son or daughter reaches Year 9, if they have been receiving support from Children's Social Care and have an allocated social worker from the Children's Disability or Children & Families Team, the social worker should be invited to attend the Year 9 Transition Review meeting. If the social worker cannot attend they should provide a written report.

Following the review meeting the social worker should be sent a copy of the Transition Plan by the Head teacher and the social worker should work alongside the Connexions Personal Advisor to take forward the plan.

If issues are highlighted in the Transition Plan which require a social care assessment or reassessment, or need to be taken into account as part of the young person's service review, these actions will be followed through by the social worker.

At Year 11, the young person's social worker should receive an invitation to attend the young person's annual review. A representative from adult social care should also be invited. Either the transition lead (see 'Adult Social Care Transition Lead' later in this section) or duty worker from the relevant adult services team should attend.

The social worker will attend the Year 11 review if children's social care is involved in supporting the young person and their family. If possible this meeting should also be combined with the review of their current service or care plan, and should begin to consider the young person's potential needs under the Community Care Act 1990.

Transition Planning Meetings

In East Sussex multi agency Transition Planning Meetings are held between children's and adult social care services in the autumn and spring terms. These meetings have largely an administrative and monitoring function, ensuring that young people who are coming through transition have been identified and that referrals have been made to the appropriate adult social care team. Parents do not need to attend as the meetings

do not consider the needs of individual young people in detail. This more detailed planning takes place through the young person's annual reviews at school or service review meetings.

When the young person reaches age 16 their social worker will complete a form for the next social services Transition Planning Meeting. This form highlights the young person's needs and issues that have been identified in their transition plan so that adult services can be made aware at an early stage.

Adult Social Care Transition Lead

The adult social care Learning Disability Team 'Transition Lead' will act in an advisory role during the two years prior to the case being allocated to an Adult Social Care worker. They may also attend open evenings and other meetings within the schools to offer general advice.

The advisory role involves:

- Supporting and enabling information flow between the children's and adult's teams.
- Liaising with families to provide general advice on adult social care resources and support available.
- Working with the adults Team Manager to ensure that cases are allocated at the appropriate time and linking with local service providers to develop provision.
- Linking with external agencies such as Connexions and the Learning and Skills Council.
- Providing information on future need to the adult services management team.
- Supporting and offering advice to case holders on relevant issues.
- Co-ordinating and logging all transition referrals received by the Community Learning Disability Team and checking referrals received against the Learning Disability Access criteria to ensure they are appropriate.
- The adult services Team Manager & Transition Lead attend the autumn and spring Transition Planning meetings.

At present, only the Learning Disability teams have a Transition Lead in place. If your son or daughter has a physical disability or emotional/mental health need and is likely to require support from the Assessment and Care Management Team or Community Mental Health Team, information and advice will be available from the duty worker within those teams. For general enquiries, contact Social Care Direct (see Section 20 – A-Z of Contacts).

Young People who are looked after in residential or foster care

A Pathway Plan should be completed for all young people who are looked after prior to their 16th birthday. If the young person does not have a worker allocated from the Youth Support Team responsibility for writing the plan and taking it forward with the young person lies with their social worker from the children's disability team.

(Note: Pathway plans are not needed for young people who are looked after for short breaks only, unless this is for more than 120 days per year).

Person centred approaches should be used in developing the Pathway Plan (see Section 11) and ideally it should be incorporated with their Transition Plan so that they do not have two separate plans.

The pathway planning process is where arrangements for continuing support and contact will be agreed. The plan should cover the following areas:

- personal support;
- accommodation;
- education and training;
- employment;
- family & social relationships;
- practical and other skills;
- financial support;
- health needs;
- Contingency planning.

All people with an interest or involved in supporting the young person should be fully involved.

Pathway planning should be at the young person's pace and ensure that young people are fully involved and informed about the options available.

Referrals to Adult Social Care

A formal referral should be made by the young person's social worker to the appropriate adult social care team at least one year before the young person is due to transfer. (Note: transfer from children's to adult social care in East Sussex takes place on the young person's 19th birthday if they are in full time education; 18th birthday if not).

An adult social care assessor will be allocated to undertake a Social Care Assessment. They will usually make a joint visit with the children's social worker to begin the process.

Progress on transfer to adult teams will be monitored through local liaison and the autumn and spring Transition Planning meetings.

Young people leaving school prior to their 18th birthday and not remaining in full time education

The social worker will arrange a review of the young person's service or care plan prior to their 18th birthday. This review will ensure that plans are clear for case responsibility to be transferred to a named worker in the appropriate adult social care team.

Young people leaving school or college after their 19th birthday

The young person's social worker will arrange a review of their service or care plan prior to their 19th birthday. This review will ensure that plans are clear for case responsibility to be transferred to a named worker in the appropriate adult social care team.

At the point of transfer the children & families social worker will ensure that all paperwork contained in the young person's file is up to date and a transfer summary is completed. The file will then be handed over to the adult's team around the young person's 19th birthday.

(Note: there are separate transition arrangements in place for young people who are receiving services from the Youth Support, Child and Adolescent Mental Health Service (CAMHS), Substance Misuse or Youth Offending Teams).

Fair Access to Care (FACS)

Fair Access to Care Services (FACS) was introduced by the Department of Health in 2003 across England and Wales, with the aim of standardising the way social services departments respond to requests for help. It applies to all adult service user groups.

At the heart of FACS is a set of eligibility criteria comprising four bands, Critical, Substantial, Moderate and Low. Assessment of need is based on the risk to independence if services are not provided. The application of the eligibility criteria ensures that limited financial resources are directed to those most in need.

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In East Sussex the eligibility criteria for adult social care has been set at Substantial or Critical need.

For more information about FACS and the eligibility criteria for adult services contact your social worker or Social Care Direct (see Section 20 – A-Z of Contacts) or visit the East Sussex website.

www.eastsussex.gov.uk/socialcare/applyingforservices/eligibilitycriteria

Fairer Charging

East Sussex County Council has a legal duty to charge service users aged over 18 for whom it arranges residential or nursing care. The Council also has the power to charge for other community care services, such as home care. How much service users are asked to pay will depend upon each individual's income and savings. In the case of married couples, each partner will be assessed separately or jointly, whichever is more beneficial to the service user.

There is more information about East Sussex County Councils Fairer Charging Policy in the Council leaflet 'Paying for Services'. You can also ask your social worker or phone Social Care Direct (see Section 20 A-Z of Contacts).

If your son or daughter does not have an allocated social worker

Any young person who is referred for transition planning by education or through their school or college, and is either not known or not an open case to children's social care, should be sent a school leaver's letter in their last year of education by the children's disability duty team offering an assessment. Parents may accept or decline this assessment.

Following completion of the assessment a form will be sent to the next Transition Planning meeting by the duty social worker to ensure that the young person's needs are highlighted. A referral form will also be forwarded to the appropriate adult social care team.

If parents choose to decline an assessment at this time but their circumstances later change, they can contact the Children's Disability Duty Team directly (if the young person is aged under 19) or for adult social care through Social Care Direct to request an assessment.

Carers Assessments

The Carers (Recognition and Services) Act 1995 means that parents can request a Carers Assessment. The Carers Assessment specifically focuses on you as a parent and your needs. The Carers (Equal Opportunities) Act 2004, which came into force in April 2005, gives additional rights. This requires Local Authorities to inform carers of their rights to an Assessment. The Act also ensures that work, life-long learning and leisure are considered when a carer is assessed.

Your social worker or assessor should discuss with you various issues such as the help your son or daughter needs and whether there is anyone else who helps, or if you are providing all their care. The assessment should also consider your well-being, including health and safety issues, and important commitments such as relationships and employment. The aim of the assessment is to give you a chance to tell your social worker about the things that could make looking after your son or daughter easier for you.

More information about support for carers and local groups can be obtained from Care for the Carers (See Section 20 - A-Z of contacts for details).

If you have any queries or would like more information, contact the Disabled Children's Duty Team or Social Care Direct. (See Section 20 - A-Z of contacts for details).

An ESCC leaflet is available - 'Transition and young people with disabilities':
www.eastsussex.gov.uk/socialcare/adults/disability/learning/assessment.htm

10. Direct Payments and the Independent Living Fund

Direct Payments

Direct Payments are a relatively new way for disabled people and parents of disabled children to receive support from social care. Instead of services being arranged by social care (such as overnight stays or someone coming to your house to help out) an equivalent amount of money is given to you each month. You can then use this to buy the support you need.

People often find that this gives them more control over the services they get, and that they are able to arrange their support flexibly, in a way that is more convenient for them.

Direct Payments can be used in many different ways. Here are some examples.

- To pay a personal assistant to support a child or young person in community leisure activities such as swimming, attending a youth club or going to the cinema.
- To employ someone as an 'extra pair of hands' at busy times of the day, such as getting ready for school.
- To pay for overnight short breaks or towards the cost of a holiday.

However you can't use Direct Payments for:

- long term residential care;
- services provided by your local authority;
- health related services or equipment that should be provided by the NHS;
- major adaptations to your home that would come under the Disabled Facilities Grant;
- employing a partner or close relative who lives in the same household, unless the local authority is satisfied that the care needed could not be provided in any other way.

To get Direct Payments you first have to get an agreement from your social worker or assessor that your family is eligible for help with its extra needs. Because of the

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limited resources available to social care, those who are most in need will be given priority.

Disabled young people can choose to receive Direct Payments in their own right from the age of 16, although parents can receive direct payments for their child up until their 18th birthday. After this time, Direct Payments should be received directly by the young person in their own name and with their consent, although help to set up and manage direct payments can be made available. If, following an assessment of mental capacity, it is decided that the young person is not able to consent to direct payments, other options can be explored, such as Independent Living Trusts. For more information about this please talk to your social worker or the Direct Payments Support Service.

When a young person is able to consent to have Direct Payments, family and friends can give as much assistance as is needed with the paperwork.

East Sussex has a contract with a voluntary organisation, A4e, to provide a Direct Payments Support Service. They provide independent information and advice about Direct Payments and support people to set them up and manage them. For contact details see Section 20.

East Sussex has produced an Easy to Read guide to Direct Payments which is available from your social worker, Social Care Direct or the Direct Payments Support Service. It can also be downloaded from the East Sussex County Council website.

www.eastsussex.gov.uk/socialcare/payingforservices/directpayments/default.htm

SCOPE has produced two information booklets about Direct Payments for parents and young people. 'In the Driving Seat: Direct Payments for Your Child' is the guide for parents and 'My Money, My Way: A Young Person's Guide to Direct Payments' the guide for young people. Both are also available in easy read versions. They are free and can be ordered from SCOPE by email at publications@scope.org.uk or downloaded from their website www.scope.org.uk

Direct Payments for Carers

Carers aged 16 or over, who are caring for someone aged 18 or over, can apply for Direct Payments to buy the carers services that they need, instead of the Council buying and arranging services on their behalf. To be eligible for Direct Payments carers must first have their needs identified through a Carer's Assessment.

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Choosing to receive Direct Payments means you can decide how your needs will be met, who will give you support and when that support will be delivered.

For more information about Direct Payments, contact your social worker, Social Care Direct or the Direct Payments Support Service (See Section 20 - A-Z of Contacts for details).

The Independent Living Fund

The Independent Living Fund works in partnership with local authorities to devise joint care packages that can combine services or direct payments from the local authority and cash from the fund.

To qualify the person must:

- be severely disabled to the extent that extensive help with personal or household duties is needed to maintain an independent life in the community;
- be at least 16 and under 66 years of age;
- be receiving DLA higher rate care component;
- be receiving (or it is planned that they will receive) services or direct payments to the value of at least £200 per week from the local authority;
- have care needs whose total cost to the local authority and the ILF is no more than £785 per week;
- be receiving Income Support or income – based Job Seekers Allowance *or* have an income at or about income support level after an assessed contribution is made towards care costs;
- have savings or capital of less than £18,500;
- be living alone or with people who are unable to fully meet their care needs; and
- expect to live in the community for the next six months.

(Note: If attending an educational establishment, the Fund can make an offer based on the times during college holidays when the young person is at home, providing that social services are contributing at least £200 per week towards their care needs during these periods, and providing the Education Authority does not already provide care for these periods).

If you think your son or daughter may be eligible you should contact your social services department and ask for a social worker/assessor to carry out an assessment. You can contact the Independent Living Fund directly for an application form and work

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through this with your social worker/assessor. After they have received the form the Fund will send their own social worker to visit. The young person's social worker/assessor should also be present at this meeting.

For more information, visit the Independent Living Fund website at www.ilf.org.uk or see their contact details in Section 20 – A-Z of Contacts).

11. Person Centred Approaches

What are person centred approaches?

Using a person centred approach to planning means that the person is at the centre of planning their life. It is a process of continual listening and learning; focused on what is important to someone now, and for the future, and acting upon this with their family and friends.

Valuing People and other government documents all say that transition planning should be approached in a person centred way.

Recently a joint initiative between the Valuing People Support Team and the Department for Education and Skills have developed a successful project to demonstrate how transition review meetings can be far more effective when using strategies that have come from person centred planning. The aim of the project is to support young people to be able to make better choices about their lives now and in the future. The approach is based on the belief that young people should be in control of their own lives and at the centre of any meeting held to decide the services they receive. Family and friends are involved as full partners.

Applying a person centred approach to transition

Person centred approaches offer us a different way of gathering information about young people that can help us learn together about what is important to the person, what they want for their future and what support they need. It aims to discover:

- What is important to the young person?
- What support do they want and need?

The aim of a person centred transition review is to:

- I identify and discuss what people like and admire about the young person; what is important to them (now and for the future); and what help and support they need.
- I identify and discuss what is working and not working from different perspectives (the young person, the staff and school, the family and others).

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- Agree actions that will:
 - support the young person to get what is important to them now and for the future;
 - continue what is working and change what is not working;
 - build on the person centred information to begin developing a person centred plan.

There are a number of trained facilitators across children's and adults social care in East Sussex who are able to support person centred transition planning. Some families may be interested in playing a more direct role and lead the development of their son or daughters plan themselves. You may want to ask another family who have been there before to help you plan with your child.

If you are interested in finding out more about person centred transition planning and how to facilitate a plan for your child, contact your social worker or see the Valuing People website www.valuingpeople.gov.uk

12. Help in Finding Employment

Agencies across East Sussex are working together to help more people with learning difficulties and disabilities into employment (paid work, either part time or full time), voluntary work and training and learning opportunities to gain skills that will help people to get work or employment. To support this, the Learning Disability Partnership Board has agreed an Employment Strategy which aims to:

- enable more people to participate in all types of employment, including voluntary work, paid jobs and training;
- provide better information to help people make choices about employment and work;
- influence mainstream work and training providers and provide support to employees with disabilities and potential employees.

The strategy focuses on two key groups:

- Young people coming through transition.
- Adults with learning disabilities who would like to enter into some form of work.

Using person centred approaches is a good way of exploring a person's goals and aspirations around work, and supporting them to work toward those goals.

A number of employment support, training, work experience and advice and support services are available across East Sussex which are summarised overleaf. This information was correct at the time of going to print however contact details do sometimes change.

<i>Employment Support Services</i>		
Service	Area covered	Contact Point
<p>Compaid Trust Computer Aid for Disabled People</p> <ul style="list-style-type: none"> • Assessment of individuals with a physical, learning and sensory impairment and in the use of special input devices and software to allow clients to access a computer to improve their skills and/ or be rehabilitated. • Work experience for people on job schemes, and voluntary work. • Employ disabled people. 	<p>Within reasonable travelling distance of their base at Tunbridge Wells.</p>	<p>Contact: Compaid Trust Temporary Address: Tunbridge Wells Football Club Culverden Down Tunbridge Wells Kent Phone: 08452 412134 Email: officebureau@compaidtrust.org.uk Website: www.compaidtrust.org.uk</p>
<p>Jobcentre Plus Access to Work Business Centre (Sussex and Surrey)</p> <ul style="list-style-type: none"> • In-depth information on Access to Work programme including advice which can help disabled people and their employers overcome work related obstacles resulting from disability. • An assessment of your needs and whether Access to Work is appropriate for you. • Details of any grants that may be available, through Job Centre Plus, towards any extra employment costs which result from disability. 	<p>Sussex and East Surrey</p>	<p>Contact: Job Centre Plus Address: Norfolk House, High Street, Shoreham-by-Sea, West Sussex BN43 5EN Phone: 01273 364750 Textphone: 01273 364782</p>
<p>IMPACT INITIATIVES Specialist Vocational Support</p> <ul style="list-style-type: none"> • 1 to 1 work/vocational guidance • Personal Development courses • Work experience 	<p>Brighton & Hove, including Lewes, Peacehaven</p>	<p>Contact: Workability Brighton & Hove Address: 4th Floor, Hanover House 118, Queen's Road, Brighton</p>

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<ul style="list-style-type: none"> • Work placement • Support into work • Help into voluntary work • Drop in sessions to use IT suite by arrangement • Access to learning provision at Sussex Downs College. 	<p>and Newhaven</p>	<p>BN1 3XG Phone: 01273 324343 Fax: 01273 327722 Textphone: 01273 324343 Email: workability.brighton.hove@impact-initiatives.org.uk Website: www.impact-initiatives.org.uk</p>
<p>Workability East Sussex</p> <ul style="list-style-type: none"> • Impact's Workability services provide specialist vocational support, helping people with mental health and disabilities to access education, training and work • Group sessions, 1 to 1 vocational guidance, support in accessing further education, training and employment, voluntary or paid • Individual action plans. 	<p>Eastbourne & Hastings</p>	<p>Contact: Workability East Sussex Address: 2nd Floor, Dyke House 110 South Street, Eastbourne, East Sussex BN21 4LZ Phone: 01323 416788 Fax: 01273 732011 E-mail: workability.east.sussex@impact-initiatives.org.uk Website: www.impact-initiatives.org.uk</p>
<p>Employment Solutions at RBLI Work Preparation</p> <ul style="list-style-type: none"> • Provides short term work placements (usually for six weeks) to help people prepare for work after a long period of unemployment due to disability or ill health. • Placements are voluntary but travel expenses are usually reimbursed. <p>Workstep</p> <ul style="list-style-type: none"> • Provides support for people who are either in or looking for paid employment for people whose disability is a barrier to finding or keeping work. • Employees must work at least 16 hours per week. • For job seekers, assistance can be given with job applications, 	<p>East Sussex</p>	<p>Contact: Employment Solutions at RBLI Address: Suite 6, Kingfisher Court, Bellbrook Business Park, Uckfield, East Sussex TN22 1QG</p> <p>Phone: Free phone 0800 783 1144 Office: 01825 761811 Fax: 01825 762925</p> <p>Email: employmentsolutions@rbli.co.uk Website: www.rbli-employmentsolutions.co.uk</p> <p>Please note: Referrals for Work Preparation have to come from the Disability Employment Adviser at Jobcentre Plus.</p>

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<p>CVs, interviews and the induction to a job.</p> <ul style="list-style-type: none"> • Advice and support is also provided to employers. • For people in employment, individual development plans are designed with a focus on personal development and progression into 'open' employment. 		
<p>SCOPE Employment Services Jobbroker</p> <ul style="list-style-type: none"> • Provides support for people with disabilities to gain/return to paid employment • One-to-one work as well as group sessions • Arrange work placements with a view to gaining employment 	<p>East Sussex</p>	<p>Contact: SCOPE Employment Services Jobbroker</p> <p>Address: Link Place, Off Upper Hollingdean Road, Brighton BN1 7GA</p> <p>Phone: 01273 542803</p> <p>Fax: 01273 330576</p> <p>Email: job.broker@scope.org.uk</p> <p>Website: www.scope.org.uk/work/index.shtml</p>
<p>Southdown Housing Association Breakaway Employment Services</p> <ul style="list-style-type: none"> • Offers professional service to people wishing to gain employment. • Each individual is assessed through an application form and by a 'rapport building' interview • People who meet criteria for New Deal for Disabled People are eligible to apply • Assistance to enter employment given, with each person offered help to achieve their goals 	<p>East Sussex</p>	<p>Contact: Southdown Housing Association</p> <p>Address: Chandlers Wharf, Railway Lane, Lewes, East Sussex BN7 2AQ</p> <p>Phone: 01273 405800</p> <p>Fax: 01273 405801</p> <p>Email: info@southdownhousing.org</p> <p>Website: www.southdownhousing.org</p>

<i>Training and Work Experience Services</i>		
Service	Area covered	Contact point
<p>Greenshoots (Horticulture Unit)</p> <ul style="list-style-type: none"> • Support people with learning disabilities to learn and participate in the growing and selling of vegetables and soft fruit, and to upkeep the grounds of Greenshoots and the immediate area of Plumpton College. • No pay is offered. • The project is part of the St. Nicholas day service and is offered on a therapeutic basis, but it does teach work-related skills. 	<p>Lewes. Ringmer, Newhaven, Peacehaven, Seaford, Chailey, Barcombe.</p>	<p>Contact person Greenshoots Address: St. Nicholas Centre Spital Road, Lewes East Sussex BN7 1PA Phone: 01273 480906 Fax: 01273 478083</p>
<p>Active Arts</p> <ul style="list-style-type: none"> • Groups of 10-12 students work with their tutor to produce an end of year show. • They participate in a variety of subjects including art, dance, music, photography, singing and stage craft. • All students work towards producing items for the show. 	<p>Hastings and Rother</p>	<p>Contact: Hastings and Bexhill Mencap Arts Scheme Address: 64 London Road, St. Leonards-on-Sea East Sussex TN37 6AS Phone: 01424 424813 Fax: 01424 424813</p>
<p>Parchment Trust Limited Friary Gardeners, Co-operative, One-to-One Schemes</p> <ul style="list-style-type: none"> • Offer horticultural work experience and training to people with learning disabilities • Produce is sold and local gardening service offered • One-to-One schemes aim to maximise young people's opportunities in the community. They are designed for people 	<p>Hastings and Bexhill</p>	<p>Contact: Parchment Trust Address: Ore Place Farm The Ridge Hastings TN34 2RA Phone: 01424 755800 Fax: 01424 755777 Email: parchment.trust@btconnect.com Co-operative</p>

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<p>with multiple and profound disabilities and are tailored to individual's needs. The Parchment Trust co-operative provides supported work placements and college courses.</p>		<p>1a Nelson Road Hastings TN34 3RX Phone: 01424 422488 Website: www.parchment-trust.org.uk</p>
<p>People Matter Equipping People for Work</p> <ul style="list-style-type: none"> • Offers careers guidance and help with job applications • One-to-one sessions are with volunteers and last about an hour • Sessions are unlimited • Appointment preferred 	<p>Seaford, Eastbourne, Hailsham, Bexhill</p>	<p>Contact: People Matter Address: 17, Gildredge Road, Eastbourne East Sussex BN 21 4RU Phone: 01323 431289 Fax: 01323 431289 Email: pmtrust@aol.com Website: www.people-matter.org.uk</p>

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Service	Area covered	Contact point
<p>Shaftesbury Society Unpaid work experience</p> <ul style="list-style-type: none"> • Work experience supervised by staff and volunteers working at the placement where the service is located 	<p>Eastbourne and Stone Cross</p>	<p>Contact: Shaftesbury Society</p> <p>Address: Suite 15, Highlight House, 8 St Leonard's Road, Eastbourne, East Sussex BN21 3UH</p> <p>Phone: 01323 644607</p> <p>Fax: 01323 644607</p> <p>Email: EastbourneSupportedLiving@shaftesburysociety.org</p> <p>Website: www.shaftesburysociety.org</p>
<p>Training Assessment Progression (TAP)</p> <ul style="list-style-type: none"> • An organisation which aims to help people with training and progression into work experience placements within the community. This is achieved through the East Sussex Vocational Scholarship, which provides progressive pathways towards learning and participation in the community for those who are unable to do so through mainstream systems. • TAP takes referrals for young people from age 14 upwards. 	<p>Eastbourne, Hastings, Rother and surrounding areas</p>	<p>Contact: TAP</p> <p>Address: 62A Tideswell Road, Eastbourne BN21 3RG.</p> <p>Phone: 01323 434936</p> <p>Email: carole.gregory@tapsussex.com</p> <p>Website: www.tapsussex.com</p>

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Service	Area covered	Contact point
<p>Growmore Project</p> <ul style="list-style-type: none"> • Provides realistic work experience to students with a learning disability • Students are taught horticulture, communication, information technology and life skills based on the National Proficiency Training Council Scheme. 	<p>East Sussex - Wealden</p>	<p>Contact: Growmore Address: 1 Southview Close, Crowborough, East Sussex TN6 1HH Phone: 01892 655079 Fax: 01892 611415</p>
<p>ChoicES</p> <ul style="list-style-type: none"> • A new service which aims to support people with learning difficulties into paid employment or activities that lead to employment. • Helps those who would not be able to access employment without ongoing support & guidance. • Aims to boost self esteem & confidence, increase independence and help people contribute to their local community. • Run from East Sussex Learning Disability Day Services. 	<p>Wealden – particularly rural areas</p>	<p>Contact: ChoicES Address: The Bellbrook centre Bell Lane, Uckfield East Sussex TN22 1QL Phone: 01825 762685 07824 362758</p>

<i>Advice and Support Services</i>		
Service	Area covered	Contact point
<p>East Sussex Disability Association</p> <ul style="list-style-type: none"> • The employment information service can provide information on finding and keeping employment and disability employment rights, as well as advice on adaptations that can make work and training more accessible. Free phone 0800 0924 688. • Also provide a wide range of other services and support, whether from the head office in Eastbourne or via local groups across the County. Opportunities for volunteering are available. • The Welfare Rights Advice service can help with claims for Social Security Benefits. Currently open for Phone advice on Tuesdays and Thursdays. 	<p>East Sussex</p>	<p>Contact: ESDA</p> <p>Address: 1, Faraday Close, Hampden Park, Eastbourne. East Sussex BN22 9BH</p> <p>Phone: 01323 514500</p> <p>Fax: 01323 514501</p> <p>Email: information@esda.org.uk</p> <p>Website: www.esda.org.uk</p>

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Service	Area covered	Contact point
<p>Jobcentre Plus Disability Employment Advisors</p> <p>Can provide a range of support, advice and information including:</p> <ul style="list-style-type: none"> • Employment assessment, which can help you find out how your disability or health condition affects the type of work or training you want to do • Referral to a period of Work Preparation (Employment Rehabilitation) which is an individually tailored programme designed to help disabled people, or those with health conditions, return to work following long periods of sickness or unemployment. • Information on the Job Introduction scheme which pays a grant to your employer for the first few weeks in a job, helping pay towards wages or other employment costs • Information on Workstep which provides supported job opportunities for disabled people facing complex employment barriers. • Information on the Disability Symbol which enables employers to show their commitment to the employment, training, retentions and career development of disabled people • Details of the New Deal for Disabled People programme which assists eligible disabled people in finding and keeping work. 	<p>South East</p>	<p>Disability Employment Advisors are based in Jobcentre Plus offices.</p> <p>Contact:</p> <p>Eastbourne: 01323 413000</p> <p>Hastings: 01424 452000</p> <p>Lewes: 01273 368000</p> <p>Newhaven: 01273 368300</p>

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Service	Area covered	Contact point
<p>Connexions Sussex Careers</p> <ul style="list-style-type: none"> • A personal adviser is attached to each school and college in East Sussex to work with all 13-19 year olds and with young adults with learning disabilities up to age 25. • Support when applying for jobs, college training and employment is available. • Each Connexions careers centre has a fully equipped library containing information on occupations, courses (local and national) and computer programmes to generate job ideas • In certain areas, additional support is available in the form of locally funded guidance opportunities. 	<p>East Sussex</p>	<p>Contact Person: Lead personal advisers (special needs) are based in each area.</p> <p>Phone: Lewes / Wealden: 01273 473141 Hastings / Rother: 01424 425780 Eastbourne / Hailsham: 01323 745500</p>
<p>Xpress Advocacy for Young People – Disability Advocacy Service</p> <ul style="list-style-type: none"> • For children & young people with physical and/or learning disabilities living in East Sussex, including young people with profound communication difficulties • Only a limited service for young people not in receipt of respite services. 	<p>Mainly Eastbourne, Hastings & Bexhill</p>	<p>Contact: Xpress Advocacy Address: c/o EAVS 8 Saffrons Road Eastbourne BN21 1DG Phone: 01323 733111 The Advocacy Centre 42 Robertson Street Hastings TN34 1HL Phone: 01424 440118/714722 Email: xpress.advocacy@virgin.net</p>

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Service	Area covered	Contact point
East Sussex Advocacy Service for Adults with Learning Disabilities <ul style="list-style-type: none">• Service available across the county.• Office base in Lewes and Hastings.• Employ advocacy workers and volunteers.	East Sussex	Contact: East Sussex Advocacy Service Address: Lewes Enterprise Centre 112 Malling Street Lewes Phone: 01273 483890

13. Day Services

Day services are modernising across East Sussex. In response to 'Valuing People', the Government guidance published in 2001, (see Section 2) consultations have taken place with service users, parents, carers, staff, and other key people to find out what they thought of day services and what could be done to modernise them. As a result, day services are now working to offer a wider choice of opportunities so that people with learning disabilities can have more choice about what they want to do.

Day services focus on providing opportunities for people with learning disabilities to:

- learn new skills to be more independent;
- meet other people;
- get a job if they want to – linking with colleges and organisations that help people get jobs; and
- participate in their community.

Ongoing development work is underway to:

- develop the skills of staff to ensure they meet the needs of individual service users;
- form partnerships with organisations that are able to offer voluntary and work opportunities;
- increase opportunities available through colleges and community education for people to develop their full potential;
- offer more community involvement using mainstream opportunities like sport and leisure activities;
- encourage the use of befrienders and volunteers; and
- be more flexible and make services available for extended periods of time.

The local authority currently operates 6 day centres and in addition there are around 20 independent day service providers. The following table summarises the services that are available across the county by locality. This information about day services is as up-to-date as possible; however services are changing and developing all the time so you will need to discuss the availability of provision with your social worker or assessor.

<i>Lewes & Wealden</i>
Local Authority Day Centres (2)
<p>Southview Close, Crowborough</p> <ul style="list-style-type: none"> • Offers a sensory room, hydrotherapy and tactile craft to meet the needs of people with physical or sensory needs. • Many of the service users are on college courses and some of those are run at the centre. Some service users are supported to do work training or voluntary work. •
<p>St Nicholas Centre, Lewes</p> <ul style="list-style-type: none"> • Offers a service to people who have high support needs due to profound communication difficulties. <p>The majority of service users either attend college or the in-house ASDAN accredited courses. Some service users are supported in work placements.</p>
<p>Independent Day Centres (7)</p> <p><i>Due to the rural nature of the locality these are all linked to residential providers but with a few spaces for non-residents.</i></p>
<p>The Barn, Crowborough</p> <ul style="list-style-type: none"> • Linked to Baronsmead residential home for 10 people <p>A few people are supported with transport to work placements.</p>
<p>Grange Court, Maynards Green</p> <ul style="list-style-type: none"> • Residential home for 33 people • On site horticultural day service • A number of service users attend college. •
<p>Halland House, Halland</p> <ul style="list-style-type: none"> • Residential home for 29 people. • On site day centre • A few people attend work placements • A number attend Ringmer College and college courses that are run in the centre <p>Some people are accessing accredited work training courses.</p>
<p>Oakdown House, Burwash</p> <ul style="list-style-type: none"> • Residential home for 37 people • 2 on site day centres <p>- The Mews, for people with profound and multiple learning disabilities. All attend a foundation course run by Ringmer College</p> <p>- The Pavilion, which has a woodwork unit that makes goods to order and offers horticultural training. Some people attend college, and a few people are supported in work placements.</p>

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Saxon Court, Buxted

- Residential home for 56 people
- On site activity unit (arts and crafts)
- Some people attend Ringmer College, a few attend work placements.
-

St Anthony, Crowborough

- Residential home for 27 people
- On site day centre, some people access college.
-

Tinkers Hatch, Cross in Hand

- Residential home for 32 people
- Some service users are supported to attend Ringmer College; a few are supported in work placements.

<i>Eastbourne</i>
Local Authority Day Centres (2)
<p>Linden Court, Eastbourne</p> <ul style="list-style-type: none"> • Offer a therapeutic ball pool, a sensory room and sensory garden, foot spa and use of a hydrotherapy centre to meet the needs of people with profound and multiple disabilities • A number of service users attend college • Some service users are supported to do work training or voluntary work.
<p>Firstfields, Hailsham</p> <ul style="list-style-type: none"> • Has a sensory room and timetable activities to meet the needs of people with profound and multiple disabilities • A few service users attend college independently • A number of service users are supported to do work, training or voluntary work.
Independent Day Centres (2)
<p>The Hive of Activity, Eastbourne</p> <ul style="list-style-type: none"> • Originally started as a small group to meet the needs of elderly residents, but is still expanding to meet local need • Some of the service users are supported with transport to attend college • A special 'Worknight' course has been developed with the college for their service users.
<p>Seeability, Seaford</p> <ul style="list-style-type: none"> • A specialist day centre linked to a residential service for people with sight impairment, learning and additional disabilities • Has places for non-residents • The day is split into 4 sessions with a maximum of 6 people per session.

Hastings & Rother

Local Authority Day Centres (2)

Conquest Centre, Hastings

- Have a specialist sensory room and upgraded bathroom to meet the needs of service users with profound and multiple disabilities
- About half the service users attend college independently
- There are also courses arranged at the centre for people who have problems accessing the college
- A number of the service users are supported to do work training or voluntary work.
-

Beeching Park, Bexhill

- Have a snoozelen facility to help meet the needs of people with profound and multiple disabilities
- There are links to the new college and service users are able to attend courses
- A few service users are supported in work training and part-time work.

Independent Day Centres (11)

Open Door, St Leonards

- Have a group that trains for the special Olympics and support them to attend all of the local, regional and national events
- Some service users attend college supported by their transport
- A number of service users are supported to do work training or voluntary work.

Active Arts, St Leonards

- This is a unique service that specialises in the Arts and has funding from the local college to provide tutors for some of the sessions
- Students have the opportunity to exhibit and perform their work
- They have competed and won prizes in the mainstream Hastings Festival.

Sussex Autistic Trust, Hastings

- Arrange courses within the centre to meet the needs of people not able to cope in a college environment
- A few service users have supported 1-1 job coaching.

Friary Gardeners, Hastings

- This is a horticultural centre that sells its produce to the public
- Service users are able to take part in the National Proficiency test enabling them to gain a vocational qualification.

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The Co-op Centre, Hastings

- IT training and a wide range of sports are among the activities
- Service users are supported to attend college and work placements
- They also have specialist 1-1 services for a few users.

The Studio, Hastings

- Has an average daily attendance of around 24 people.
-

Reiley House, Bexhill

- Most of the service users are from the owner's residential services, other places are available to meet need in the area
- Users attend college and access mainstream courses.

High Glades, St Leonards

- Provides morning, afternoon and evening sessions including weekends
- Service users are from West Kent NHS Social Care Trust residential homes in the area
- 4 individual places are available

Offer services to all people with profound and multiple learning disabilities, including challenging behaviour, sensory and complex health needs and well as mental health and older people.

Outlook Centre, Hastings

- Service users are mainly from the owner's residential services but they do have places for non-residents
- Some people are supported to attend college
- Snoozelen room providing a multi-sensory environment.

Evelyn Juden Centre, Hastings

- Service users are mainly from the owner's residential services from age 40 upwards but they do have places for suitable non-residents.

Communitas Resource Centre, Hastings

- Small centre that provides a service to some users from the owner's residential service.

14. Short Breaks

Children's Social Care

If your son or daughter has been receiving short breaks from the Bungalow, Sorrel Drive, from Acorns, Dorset Road, Outreach or the Short Break and Fostering Scheme, arrangements can continue up until your child's 19th birthday (if they remain in full time education). After this time your son or daughter will need to transfer into adult social care provision.

If your short breaks are commissioned from an independent provider (e.g. your child's school, private residential service or independent foster care agency) funding for these breaks will need to transfer to adult social care at age 19 if arrangements are to continue.

Early transition planning is therefore important to ensure you are aware of how support will be provided to your family from adult social care and resources that may be available.

From age 18 charges may be made for short break services.

Adult Social Care

There are a range of short break options for carers of adults with learning disabilities who need a break from caring. Short breaks can be provided either in your own home or away from home, at the time of your choice. The breaks are usually only short-term, for a few hours, days or weeks at a time. Breaks can be planned or also provided in a emergency such as illness.

Short Breaks Away from Home

If your break is away from the home, adult social care can arrange for the person you care for to stay in a residential respite unit, either during the day or overnight. There are two County Council respite units providing residential breaks and weekend, evening or daytime care, Sandbanks in Hailsham and Greenwood in Bexhill. There are also a small number of residential services in the independent sector that offer an extended day service or overnight short break services.

Another option away from home is the Adult Placement Service, which is part of the East Sussex Supported Accommodation Team (see Section 15). The Adult Placement Service offers a flexible form of accommodation and support which is provided by

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individuals or families. People who live with Adult Placement carers have the opportunity to share the daily life and activities of the Adult Placement carer, and to live in the same kind of home as other people in the local community. The Supported Accommodation Team works with the service user and the Adult Placement Carer to enable service users to live as independently as possible. Adult Placements can be arranged to provide overnight short break services for carers for short or long periods of time.

Short Breaks in Your Home

If you would prefer your break in your own home it may be possible to arrange for a carer to visit. This care can be for a few hours or for an overnight stay. Longer periods can also be provided.

The Short Break Voucher Scheme

The Short Break Voucher Scheme offers carers, who care for someone over the age of 18, a break from caring by providing alternative care for the person they support. The scheme gives carers the freedom to decide when to take a break and who provides the care. Carers can take a break when they most need it, knowing that the person they look after is receiving the best of care. Carers can take a break in their own home or away from it.

The scheme includes:

- Care provided in your home;
- Daytime activities; and
- Supported accommodation for overnight care.

Carers can also suggest ideas of their own about the type of break that would best meet their needs and the needs of the person they care for.

To apply for the voucher scheme an adult social care assessment needs to be undertaken to see if you are eligible for these short breaks. If agreed, the assessment will allocate you a number of vouchers which each have a monetary value. The vouchers will enable you to pay for a short break from your choice of provider (a list is available of all providers who are involved with the scheme).

A leaflet giving more details about the Voucher Scheme is available from Social Care Direct or from the East Sussex County Council Website www.eastsussex.gov.uk

15. Housing

As young people move into adult life they want greater independence. This often means moving out of their family home into more independent living. Also, most parents do not envisage their children living at home with them forever.

During recent years the choice of housing and the support that can be provided has grown. However the type of provision that is available and places that social services are prepared to fund will vary. This can change according to where the young person lives, the resources available and whether the young person is eligible to receive a social care service. It is very important to plan ahead and make likely future housing needs known to your local authority.

Local Authority Housing

The first route to housing may be to register with the local housing authority. A person can put their name on the local housing register, usually from the age of 18. However, a young person can register at 16 if they have a guarantor or support from social care. The wait for housing through local councils can be lengthy, so it is important that the young person is registered as needing accommodation as early as possible. Contact the housing department at your local council for more information.

Your borough or district council will have a housing needs section which will be able to give specific advice as to what sort of housing is available in your local area and how to access it.

The council may also adapt its own properties to meet the needs of people with disabilities. A full assessment would need to be carried out, usually by an occupational therapist from social services.

Housing Associations

Housing associations, also called Registered Social Landlords, can build homes specifically designed for people with disabilities. Some also run shared ownership schemes.

In some parts of East Sussex there is a service called the Independent Living Scheme, where housing and support are provided through a joint working agreement between the Housing Department, a Housing Association and the East Sussex Supported Accommodation Team. For further information contact the Supported Accommodation Team or Housing Department (see Section 20 A-Z of Contacts).

Supporting People

There are increasing opportunities for people with disabilities to live in supported accommodation where the individual may live in council accommodation and receive support. This support may be provided by social services if the assessment of the young person's needs shows that he or she meets the access criteria and has support needs. The support may range from a low level (for example, around budgeting, cooking) to a higher level if, for example the individual has personal care needs.

There are also many schemes that were at one stage residential care homes, but now are de-registered and offer supported living opportunities. In these schemes people often live in shared accommodation with shared resources (kitchen, bathroom, living room etc) but have their own bedroom. Support hours can vary and some have sleep-in support.

Renting from a private landlord

It may be possible to rent from a private landlord and buy in the support that is needed via social care. This is also true of local authority and housing association properties. Where support is needed, an assessment will need to be carried out to establish eligibility and the level of support required i.e. the number of hours and type of support. It is unlikely that 24-hour support will be provided under this route due to the resources that would be needed. Benefits can be used to pay for rent and living costs.

Supported Accommodation Team (incorporating the Adult Placement Scheme)

The Supported Accommodation Team (SAT) is a county wide generic service working with a range of Adult Placements and Supported Accommodation. Both these alternatives offer people with a disability the opportunity to live in a home in the community with support provided by the owner of the home – the carer. The carer is paid to provide this support. Rent may be paid through Housing Benefit, with support needs assessed and funded by social services. In some cases the cost of accommodation and support within the placement may be met by Social services.

Each carer is thoroughly assessed by the Supported Accommodation Team. The person looking for a supported placement is also assessed, looking at what their hopes are and the level of support that they need. Once all the assessments have been done, the Supported Accommodation Team then helps the person with a disability to find a placement with a suitable carer. The carer will support and encourage the person

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placed with them to develop their independent living skills as far as they can. The Supported Accommodation Team provides ongoing support to the carer and the placement is regularly reviewed.

If you are a foster carer who is caring for a disabled young person and would like to continue the placement into adulthood, it may be possible in some circumstances to be assessed to become an Adult Placement Carer through the Supported Accommodation Team.

For more information about the East Sussex Supported Accommodation Team contact Social Care Direct (see Section 20 – A-Z of Contacts).

Residential Accommodation

Living as independently as possible, with only the required amount of support, is now a focus from both national and local government. All local authorities are required to consider creative packages of care that allow people to remain living in their own homes and local communities with appropriate levels of support. However, for a very small number of young people, registered residential care may be appropriate if they have severe and complex needs requiring high levels of support.

Choosing and accessing residential care is a complicated process and if you feel this type of accommodation may be needed for your son or daughter in the future it is important that you discuss this with your social worker and adult services assessor early on. The need for a residential placement will be established following a full Social Care Assessment and funding will then need to be agreed to support the placement. There are limited financial resources available for this type of accommodation and funding from social care is only available to those whose needs cannot be met in any other way.

Residential care homes vary in size, but this model of care means sharing a home with other people. Each resident will usually have their own bedroom. There is support 24 hours a day with staff on site. Each home will be different and when deciding on which home it is best to visit more than one and go with a list of questions. Some may have a waiting list for places. **A Social Worker or Assessor should be involved in considering residential options with you if funding from Social Care is likely to be required.**

Residential care homes have to be inspected and registered with the Commission for Social Care Inspection (CSCI). Copies of inspection reports are available on request or may be downloaded from the Internet. These review the practice within the home and any improvements that have to be made. However it is always best to visit the home to gain a better perspective. Talking to some of the people who live there may give a deeper insight.

Young people with severe and complex health needs who require nursing care may receive support from the NHS if they meet the criteria for Continuing Care.

Questions to ask - residential care homes

- What is the philosophy of the home - most homes should have a philosophy that may tell you something about their outlook
- What are the levels of staffing and their qualifications?
- What are the ages of the other people living in the home and their support needs?
- How are people encouraged to exercise choice - e.g. do they get their own shopping or decide what they will eat each day?
- Is there a key worker system?
- What day services are there?
- How is the local community accessed?
- Do people have the opportunity for privacy?
- How does the home monitor the person's progress in regard to fulfilment, rights, participation/community presence, choice, independence, privacy and dignity?
- How does the home involve parents/family members in decisions?
- Is there a complaints procedure?
- Do they have an adult protection policy?

Housing Adaptations and Disabled Facilities Grants

The purpose of an adaptation is to modify disabling environments in order to restore or enable independent living, privacy, confidence and dignity for individuals and their families. Housing adaptations can often play an important role to help disabled people remain in comfort and safety in their own homes, rather than having to go into residential care.

If you or someone living in your property is disabled you may qualify for a disabled facilities grant towards the cost of providing adaptations and facilities to enable the disabled person to continue to live there. Local councils are responsible for administering disabled facilities grants.

If you are disabled, a grant is mandatory for essential adaptations to give you better freedom of movement into and around your home and to access essential facilities within it. Where necessary it can also provide the essential facilities themselves. The types of work are:

- to make it easier to get into and out of the dwelling by, for example, widening doors and installing ramps;
- ensuring the safety of the disabled person and other occupants by, for example, providing a specially adapted room in which it would be safe to leave a disabled person unattended or improved lighting to ensure better visibility;
- to make access easier to the living room;
- by providing or improving access to the bedroom, kitchen, toilet, washbasin and bath or shower facilities; for example, by installing a stair lift or providing a downstairs bathroom;
- to improve or provide a heating system in your home which is suitable to the needs of the disabled person;
- to adapt heating or lighting controls to make them easier to use; and
- to improve access and movement around the home to enable the disabled person to care for another person who lives in the property, such as a spouse, child or another person for whom the disabled person cares.

Does the council have to give a grant?

When you apply to the council for a disabled facilities grant, they will need to check that the proposed works are:

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- **'Necessary and appropriate'** to meet the disabled person's needs. Usually, they will consult an Occupational Therapist from social care to make the assessment; and
- **'Reasonable and practicable'** depending on the age and condition of the property.

The council needs to be satisfied about each of these matters, and the overall feasibility of the works, if they are to give a disabled facilities grant. A local council can refuse a disabled facilities grant if they believe the scheme is not practicable.

How will the grant be calculated?

To ensure that the grant goes to those who are in most need, the amount of grant you will get will be decided by a means test which will look at the income and capital of the disabled person and their spouse or partner.

The test calculates the disabled person's average weekly income, taking account of any savings above a certain limit. In England the current grant limit is £25,000 per application.

How do I apply?

Contact the housing or environmental health department of your local council and ask them to send an application form. You should do this before you start any of the work. You will not normally be awarded a grant for any works completed before you receive approval from your local council.

If the work is urgent, you should get in touch with the council and let them know the circumstances. You should ensure that you separately secure any approval for building regulations or planning purposes that is required.

The council will provide you with an application form which will set out the further documentation you will need to support your application. An application is only valid if it is made on the council's form and if it includes all the information required.

Many landlords, including local housing authorities and registered social landlords, provide adaptations for their own tenants.

For further advice on how to obtain and/or complete an application form, please contact the housing department or environmental health department at your local council. Advice can also be sought from the social services occupational therapists.

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East Sussex County Council produces a booklet 'Joint Approach to Adaptations' which provides a useful summary of the process involved when considering a housing adaptation. It is available to download from the East Sussex County Council website or can be obtained from Social Care Direct (see Section 20 - A-Z of Contacts).

www.eastsussex.gov.uk/socialcare/adults/disability/physical/download.htm

16. Benefits

Benefits advice

There are a range of benefits available, particularly from the age of 16 upwards. The welfare benefits system is very complex and at times difficult to understand. This section contains information on some of the benefits and other financial support that may be available to young people with a disability and their carers. This information is only a guide and further advice should be sought from a benefits adviser as benefits change fairly frequently.

To make a claim you can contact Jobcentre Plus or call the Benefits Enquiry Line. East Sussex Disability Association (ESDA) also operates a Benefits Advice Line or you can contact your local Citizens Advice Bureau (see Section 20 - A-Z of Contacts for details). Benefits information is also available on the Internet at www.dwp.gov.uk and www.jobcentreplus.gov.uk

There are also several charities or trusts which give grants to disabled people. They will provide money if you need things like special equipment or extra help with heating, buying clothes or even help going on holiday. Organisations such as the Family Fund Trust (see Section 20 - A-Z of Contacts) give grants to families with a severely disabled child up to the age of 16.

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Benefit/ Funding	Who is it for?	Contact details- official	Contact details- voluntary agencies
Income Support	People aged between 16 and 59 who are unable to work because of a disability. IS cannot be claimed by people who do paid work for more than 16 hours a week, although they can do some work-based training. Students can claim IS if their income is low enough and they get Incapacity Benefit or Disability Living Allowance, or are registered blind or get Disabled Students Allowance. Students under 19 can claim if they are unlikely to get a job within a year of leaving school.	www.jobcentreplus.gov.uk Or contact your local Jobcentre Plus office. You will find the number for your local office in the phone book. Benefits for People with Disabilities 0800 88 22 00.	ESDA Benefits Advice Line 01323 514530 10.00am - 1.00pm and 2.00pm - 4.00 pm Tuesdays and Thursdays For information on help for students with disabilities from Jobcentre Plus visit www.skill.org.uk or Phone 0800 328 5050.
Job Seekers Allowance	People capable of, and available for work.		
Incapacity Benefit	People who are unable to work due to incapacity and who fulfil certain conditions. A medical assessment may be required.		

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Benefit/ Funding	Who is it for?	Contact details- official	Contact details- voluntary
Disability Living Allowance	People with an illness or disability who need help with getting around, with personal care or both.	Disability Living Allowance Helpline 0845 712 3456.	ESDA Benefits Advice Line 01323 514530
Council Tax Benefit	People on a low income who pay Council Tax.	www.jobcentreplus.gov.uk or contact your local Jobcentre Plus office. You will find the number in the phone book.	10.00am - 1.00pm and 2.00pm - 4.00 pm Tuesdays and Thursdays
Housing Benefit	People on a low income and paying rent.	Benefits for People with Disabilities 0800 88 22 00.	For information on help for students with disabilities contact Skill at www.skill.org.uk or Phone 0800 328 5050.
Carers Allowance	Carers Allowance is a benefit for people aged 16 or over who are giving regular and substantial care to disabled people in their own homes. You must spend at least 35 hours a week caring for a disabled person who gets a benefit for the extra costs of disability e.g. the middle or higher rate of DLA.	Further information and claim forms are available from the Department of Work and Pensions website www.dwp.gov.uk .	Carers UK www.carersuk.org/Home

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Benefit/ Funding	Who is it for?	Contact details- official	Contact details- voluntary
General information on Further and Higher Education including funding.	People who are 16 years old and thinking about options in education or training after finishing school or older and looking to go back into education or training.	<p>Contact the Department for Education and Skills on www.dfes.org.uk</p> <p>The Learning and Skills Council on www.lsc.gov.uk</p>	<p>Contact Skill: National Bureau for Students with Disabilities at www.skill.org.uk or Phone 0800 328 5050.</p>
Education Maintenance Allowance	People who stay on in education at school or college after GCSEs.	<p>Contact the Department for Education and Skills on www.dfes.org.uk</p> <p>The Learning and Skills Council on www.lsc.gov.uk</p>	
New Deal for Young People (18-24)	Assistance with looking for work for people aged 18-24 who are unemployed and have been receiving Jobseekers Allowance for six months or more.	<p>Visit www.jobcentreplus.gov.uk or call 0845 606 2626</p> <p>Textphone: 0845 606 0680</p> <p>Lines open seven days a week from 7am to 11pm.</p>	

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Benefit/ Funding	Who is it for?	Contact details- official	Contact details- voluntary
General information on options from 16-24 including post 16 funding	Parents and children from Year 9 onwards	Visit www.parentcentre.gov.uk or talk to your Connexions advisor at school. Contact a Connexions Direct Advisor on 080 800 13219 www.connexions-direct.com	
Modern Apprentice	People aged 16-24 who are looking to study while they earn.	Visit www.apprenticeships.org.uk or contact a Connexions Direct Advisor on 080 800 13219 www.connexions-direct.com	
Tax Credits	Working Tax Credit may be available to those on a low income who work more than 16 hours a week and have a disability that puts them at a disadvantage in getting a job. Child Tax Credit can be claimed by parents if they have a child under 19 in full time education. A disabled child's element may be claimed if their child receives DLA or is registered blind.	HM Revenues and Customs Helpline on 0845 300 3900 (Open 7 days per week, 8am-8pm) or visit www.hmrc.gov.uk	

17. Health Action Plans

People with a learning disability are often not as healthy as the rest of the population. They tend to have more health problems and do not always receive the most appropriate healthcare. If people are to achieve what they want from life then they need to be healthy. So helping people with learning disabilities to have good health is important.

In 'Valuing People' (see Section 2) the government has said:

- all people with a learning disability should have the chance to have a Health Action Plan;
- all people with a learning disability should be registered with a GP; and
- Health facilitators should be identified for people with a learning disability.

What is a Health Action Plan?

A Health Action Plan shows the actions needed to keep a person healthy. It is a way of linking the person to a range of services and supports which will help them have better health. A Health Action Plan is part of person centred planning (see Section 11) so that people are able to enjoy life. The plan is for the person with a learning disability and where possible they should be involved in developing it.

What is a Health Facilitator?

Health facilitation is about working with people to help them use ordinary health services. It also includes helping ordinary health services, like GPs and hospitals, to better understand and support the needs of people with learning disabilities.

Health facilitation is also about working with services to help them plan better to meet people's health needs as well as supporting people to take charge of their health and lead healthier lives.

Health Action Plans and Transition

Health Action Planning is very important for young people going through transition. In children's services, health input is usually well co-ordinated by their paediatrician. However the absence of this person in adult services means that it is very important to use Health Action Planning to co-ordinate all healthcare, especially when this will

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mean changing to new adult services.

For further help and advice on Health Action Planning contact your social worker or speak to your GP or other health practitioner who is involved with your child. You can also find out more information about Health Action Planning from the Valuing People support Team website.

www.valuingpeople.gov.uk/Health.htm

18. Leisure & Holidays

Sports and leisure opportunities at transition

As young people move into adulthood, it is important that they are able to access leisure opportunities independently of their parents. There are a number of organisations which provide services or support young people to access leisure opportunities – to find out what is available contact your social worker or local voluntary organisations (see Section 20 - A-Z of Contacts for more information). However some young people may find it more difficult than others to access leisure opportunities, particularly if they have complex health and support needs.

The KITES Child Care Information Service holds details of all out of school clubs and play schemes offering places for children and young people up to the age of 16. However not all provision is fully inclusive so you will need to check first. Another useful source of information is the East Sussex Community Information Service (ESCIS).

On the next page is a summary of some of the organisations providing activities and leisure services locally. You can also contact your local Sports Development Officer for more information about local sports news and finding a club and sporting opportunities in your area. Alternatively you can contact Sussex Disability Sports Database (for details see Section 20 - A-Z of Contacts).

<i>Sports Development Officers</i>		
Eastbourne Sports Development	Eastbourne Sports Park Cross Levels Way Eastbourne BN21 2UF	Roy Masters Sports Development Manager Tel: 01323 415409 sport@eastbourne.gov.uk
Hastings Sports Development	Hastings Borough Council Leisure and Cultural Development Aquila House Breeds Place Hastings TN34 3UY	Keith Duly Sports Development Manager Tel: 01424 451122 KDuly@hastings.gov.uk Sport Development on the Hastings BC website
Lewes Sports Development	Lewes District Council PO Box 2708 Southover House Southover Road Lewes BN7 1DY	Sally Harper Sports Development Officer Tel: 01273 484396 sharper@lewes.gov.uk
Rother Sports Development	Rother District Council Community Services Department 14 Beeching Road Bexhill-on-Sea TN39 3LG	Adrian Gaylon Sports Development Officer Tel: 01424 787583 adrian.gaylon@rother.gov.uk

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Wealden Sports Development	Wealden District Council Leisure Dept. Council Offices Pine Grove Crowborough TN6 1DH	Kelly Harris Sport Development Officer Tel: 01892 602754 kelly.harris@wealden.gov.uk
Sussex Disability Sports Development Officer	Sussex County Sports Partnership Sports Development Unit University of Brighton Dallington House Falmer BN1 9PH	Katy Russell Sussex Disability Sports Development Officer Tel: 01273 644185 krussell@brighton.ac.uk

<i>Sports Activities</i>		
<p>Sovereign Pirates -Junior sports club for young people with disabilities, sports such as Hockey, Tennis, Cricket and Football.</p>	<p>Thursdays between 4.30-5.30pm Children aged 8-16 with any disability. Held at Park College, Kings Drive, Eastbourne.</p>	<p>Sports Development Manager - Roy Masters Tel: 01273 415409</p>
<p>Uckfield Pirates Multi-Sport Disability Club - For young people with learning and physical disabilities.</p>	<p>At Uckfield Community Technology College Wednesdays from 5-6pm (weekly session during term time) Carers welcome to stay.</p>	<p>Wealden District Council Sports Development Officer Tel: 01892 602754 email: Kelly.harris@wealden.gov.uk</p>
<p>Lewes Specials -A special needs football club for young people over 14 years old. Can cater for people with physical, visual, hearing, learning and communication difficulties and mental health problems.</p>	<p>One-to-one support. Makaton signing. Meets on Monday evenings from 7pm-8.30pm at Priory School Gymnasium, Mountfield Road, Lewes. Qualified football staff.</p>	<p>Tammy Waine Community Sports Officer Tel: 01273 484395 Email: tammy.waine@lewes.gov.uk</p>
<p>1066 Specials Football Club A club for children aged 9-14 and seniors of 16 plus with special needs and disabilities, providing an opportunity to play football and receive coaching.</p>	<p>Any young person with special needs from the Rother, Hastings and Eastbourne area is welcome to join. Professional coaches from the Southern Association Football Academy run the training sessions.</p>	<p>Frances Harvais Secretary Tel:01424 777900 Email: secretary@1066specials.org.uk Website: www.1066specials.org.uk</p>

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<p>The Seagulls Specials - A new type of football club run jointly by Brighton & Hove Albion Football Club and Brighton & Hove Council. The club is aimed at people aged 5 - 21 with special needs.</p>	<p>The club meets every fortnight on a Saturday at Portslade Community Centre.</p>	<p>For more information or to join, email tjsanders88@hotmail.com</p>
<p>818 Club -Organisation that arranges outdoor activities/trips at weekends and in school holidays for children with and without special needs. 1-1 assistance and supervision available and discounted prices for those on low incomes. Activities include canoeing and paintballing.</p>	<p>Pick up points in central Brighton & Hove, see latest newsletter for times/dates. Membership £6 per family per year (covers all family members).</p>	<p>Adventure Unlimited 64 Edward Street Brighton BN2 0JR Tel: 01273 681058 www.aultd.org/818club.htm</p>

Clubs for children with special educational needs

<p>Youthability Clubs</p> <p>Young people aged 13-19 years</p> <p>-run by the Youth Service</p> <p>-1-1 support available</p> <p>-a variety of activities and outings.</p>	<p>Clubs are held every Saturday at:</p> <p>-Hailsham, Uckfield, Heathfield and Eastbourne.</p> <p>Plans are in place to start a club in Hastings and a summer holiday scheme.</p>	<p>Contact: Youth Development Service</p> <p>Youthability will arrange an assessment of your child to determine suitability. 1-1 support may be available via social care.</p>
<p>Lewes and District Mencap Club</p> <p>-for young people with a learning disability-aged 14-19.</p> <p>-managed by ESCC, it offers a high ratio of adults to children.</p> <p>-Variety of activities and outings.</p>	<p>10.30am-4.00pm- held fortnightly on Saturdays at St Nicolas Centre, Spital Road, Lewes</p>	<p>Tel: 01273 471610</p>

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<p>Hot Shot Club (Mencap club) -variety of activities and games 14-19 year olds</p>	<p>Fortnightly on Fridays, 7.00-9.00pm Held at 64 London Road, Hastings. Also similar clubs held in Bexhill and Eastbourne</p>	<p>Tel: 01323 509496</p>
<p>Nik-Naks -Youth Club for young people with learning disabilities. -Aged between 13-25. -children in Eastbourne area.</p>	<p>Held at Hampden Park Youth Centre. Monday-6.45-9.15pm See programme for details of activities which include barbeques, swimming and projects.</p>	<p>The Archery Centre Tel: 01323 727852</p>
<p>Hailsham East Community Trust Play Scheme - Holiday play days Holiday activity - Playday outings</p>	<p>5-19 yrs</p>	<p>HECT Centre Vega Close Hailsham Tel: 01323 444887</p>

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<p>Fellowship of St Nicholas St Leonards -for kids aged 10-16years -a charity aimed at counteracting the effects of poverty, neglect, disadvantage and abuse -not aimed exclusively at children with SEN, but has an inclusive policy and suitable particularly for children with EBSD. -aimed at children who live in the Hastings EAZ but other children welcome if vacancies.</p>	<p>Various activities through the week including music , filmmaking, photography, drama and I T.</p>	<p>St Nicholas Centre 66 London Road St Leonards-on-Sea East Sussex TN37 6AS</p> <p>Tel: 01424 423683</p> <p>Fax: 01424 460446</p> <p>Email: cunsworth@fellowshipofstnicholas.org.uk</p> <p>Website: www.fellowshipofstnicholas.org.uk</p>
<p>Crossroads Kids Hailsham Short Breaks - family based Play Scheme Holiday activities</p>	<p>5- 19 yrs Cater for all special needs</p>	<p>4 Market Square Hailsham BN27 1AG Tel: 01323 848422</p>

Moving On | Leisure & Holidays

<p>Xpress Buddy Schemes (Hailsham, Eastbourne & Hastings)</p>	<p>They recruit young people aged 13-18yrs to become volunteers to befriend young people 8-18yrs with disabilities and help them take part in community activities.</p> <p>No cost for group events, variable costs when out with Buddy volunteers.</p>	<p>The Advocacy Centre 42 Robertson St Hastings TN34 1HL Tel: 01424 440118/714722</p>
<p>Sussex Autistic Society Saturday Club Art, cookery, computers and soft play. children are supervised all the time; parents can have a coffee elsewhere on the premises.</p>	<p>Sessions run 10.30-11.15 and 11.30-12.15.</p>	<p>Hazel Court School Larkspur Drive , Eastbourne, BN23 8EJ Tel: 01273 846846</p>
<p>Nippers Peacehaven and Newhaven Day Care Play Scheme After School club Holiday activities</p>	<p>4 - 16 yrs</p> <p>Support children with Learning difficulties, ADHD, Autism, Deafness, Downs Syndrome Aspergers Syndrome.</p>	<p>Shakespeare Hall Fort Road Newhaven BN9 9DL Tel: 01273 514440</p>

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<p>Animate Young People's Centre Family based Youth club Young people with learning & physical disabilities</p>	<p>Saturday night disco & youth club 7-10pm Thursday 10 - 12pm Arts & Crafts. Free for all to attend - parent/carer attends with them Sat night disco.</p>	<p>Old Cinema PO Box 34 Landgate Rye TN31 7LH Tel: 01797 225006</p>
<p>Broomgrove Playscheme The playscheme offers indoor sessions and subsidised outings during the Easter, Summer and Christmas holidays</p>	<p>5- 16 yrs</p>	<p>Broomgrove Community Centre 46-48 Chiltern Drive Hastings TN34 3PZ Tel: 01424 448141</p>

<i>Holidays</i>		
<p>Activenture Residential holiday activities 1 week 8-18 years All disabilities catered for.</p>	<p>Cost between £460 and £510 per week – paid individually by families or from fundraising 30 places available each week – there is a waiting list.</p>	<p>Hindleap Warren Wych Cross East Sussex RH18 5JS Booking forms available from the Activenture Manager Tel:01342 828215 Email: di@hindleap.com www.londonyouth.org.uk/activenture/</p>
<p>Family Holiday Association The FHA is the only charity in the UK that specialises in helping providing holidays for families and children in need.</p>	<p>Applications are only accepted from social workers, GPs, Health Visitors, schools and charities and not directly from families.</p>	<p>The Programme Team The Family Holiday Association 16 Mortimer street London W1T 3JL Tel: 020 7436 3304 Email: info@FamilyHolidayAsssocation.org.uk www.fhaonline.org.uk</p>

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<p>The Family Fund The Family Fund may be able to help towards holiday costs when there is a child who is severely disabled, aged under 16 years, in the family. Grants vary in size and can be used towards family holidays with or without the disabled child.</p>	<p>The Family Fund is open to families with children and young people aged under 16 who have a severe disability or serious illness.</p> <p>The family must be resident in the UK.</p> <p>Families whose income is entirely from benefits are eligible for consideration. They cannot usually consider applications from families with a gross income from employment of more than £23,000 per year.</p> <p>The Family Fund cannot help on behalf of children and young people in local authority care, including children and young people living with relatives and foster care.</p>	<p>The Family Fund P.O. Box 50, York YO1 2ZX. Tel: 0845 130 45 42</p> <p>www.familyfundtrust.org.uk</p>
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National Organisations

<p>Write Away Club Registered charity that runs pen friend clubs - separate clubs for under 18 and over 18. Letters can be sent in writing, Braille, on audio or video tape, by fax, symbol writing, e.g. Makaton, or Email.</p>	<p>Under 18s joining fee- £5.00, annual renewal fee £2.50. Over 18's joining fee £10.00, annual renewal fee £5.00. -Members receive a membership pack specially created for the way they communicate; as many pen friends as they want; a magazine three times a year, and support with their friendships.</p>	<p>1 Thorpe Close London W10 5XL Tel: 020 8964 4225 www.write-away.org</p>
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19. Glossary

This section explains some of the terms you may hear when people talk about transition.

Annual Review

If a young person has a statement of special educational needs, this must be reviewed each year and parents should be involved in this. The meeting reviews the young person's statement and sets new targets.

Care Plan

A care plan is the document drawn up as a result of consultation between social care and the young person and their family. It shows the ways in which services will meet the needs of the young person.

Code of Practice

The SEN Code of Practice sets out all of the requirements involved in supporting children and young people with special educational needs.

Connexions Service

The role of Connexions includes offering advice on further education, training, employment and careers.

Continuing Care

NHS provided or funded health care provision for children and adults with complex health care and medical needs who require nursing care.

Direct Payments

Payments made directly to disabled young people or their parents to buy in support services.

Individual Education Plan (IEP)

This is a document drawn up -in collaboration with the young person - that identifies targets for learning, behaviour and independence. Normally, it is reviewed at least twice a year.

LEA

Local Education Authority - now part of Children's Services alongside social care.

Learning and Skills Council

Regional organisation that plans for and funds educational support for young people.

Multi-agency

More than one service working together.

Out-of-County Placement

Where a young person attends a school or college outside of the local Children's Services Authority where they live.

Personal Adviser (PA)

Connexions advisors who provide a service to young people from 13-19 (25

if disabled) to help them prepare for adult life.

Post-16 Provision

The education / training that happens after 16. Within special schools where young people sometimes stay until 19, this often means education in a separate department or college based provision with linked courses.

Primary Care Trusts (PCTs)

Local commissioners and providers of NHS services. They make funding allocations and community health decisions.

SEN

Special educational needs

Statement of Special Educational Needs

A document written for school pupils with learning difficulties or disabilities setting out their full range of needs and how these are to be met.

'SEN Toolkit'

A pack that backs up the SEN Code of Practice and provides detailed advice about how the requirements within the Code can be met practically.

SENCOs

The SEN Coordinator in schools. This is the person who usually links with

parents and makes all SEN arrangements.

Social Care - Adults or Children's Formerly Social Services Department Transition

In this context, the process that occurs for young people between 13 and 19 (25 if disabled) to ensure an effective move to adult life.

Transition Plan

A report that sets out the plans the Children's Services Authority will make for a young person (14 - 19) including school, college, post-school, work, leisure and support arrangements.

Voluntary Agencies / Organisations

Usually registered charities or projects that support young people and their families. They often work in partnership with and advise local authorities.

Year 9

The year in which a young person has their fourteenth birthday.

52-week Placements

Where a young person is away from home (in boarding accommodation for the whole year)

5-day Placement

Where the young person boards away from home Monday to Friday.

20. A-Z of Contacts

A

A4e Independent Living Support Service

Charter House
1 Southbourne Business Park
Courtlands Road
Eastbourne BN22 8UY

Phone: 01323 414674

Email: ilss@a4e.co.uk

Acorns, Dorset Road

Dorset Road
Bexhill on Sea
East Sussex
TN40 3HT

Phone: 01424 732288

Access to Work - Job Centre Plus Eastbourne

St Anne's House
2 St Anne's Road
Eastbourne
BN21 3XX

Phone: 01323 413000

Textphone: 01323 417954

Fax: 01323 413135

Hastings

Aquila House
Breeds Place
Hastings
East Sussex

TN34 3AA

Phone: 01424 784300

Fax: 01424 784398

Newhaven

55 High Street
Newhaven
East Sussex
BN9 9PA

Phone: 01273 368300

Fax: 01273 368310

www.jobcentreplus.gov.uk

Activenture

Hindleap Warren Outdoor Education Centre
Hindleap Warren
Wych Cross

Forest Row
East Sussex

Phone: 01342 828215

Email: di@hindleap.com

www.londonyouth.org.uk/activenture/

Adult Social Care - Community Learning Disability Teams Eastbourne

Eastbourne Downs Community Learning
Disability Team
5th Floor, St Mary's House
52 St Leonard's Road
Eastbourne
East Sussex
BN21 3UU

Phone: 01323 747141/01323 747117

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Lewes & Wealden

Lewes & Wealden Community Learning
Disability Team
The Bell Brook Centre
Bell lane
Uckfield
East Sussex
TN22 1QL
Phone: 01825 744123

Hastings & Rother

Hastings & Rother Community Learning
Disability Team
Gambier House
Eversfield Centre
West Hill Road
St. Leonards on Sea
East Sussex
TN38 ONG
Phone: 01424 710133

Adult Social Care - Assessment & Care Management Teams

Eastbourne

St Mary's House
52 St Leonards Road
Eastbourne
East Sussex
BN21 3UU
Phone: 01323 747333
Fax: 01323 747342

Lewes Area

Sackville House
Brooks Road
Lewes
BN7 2FZ
Phone: 01273 482816
Fax: 01273 482776

Bexhill, Hastings & Rother

Ocean House
87-89 London Road
St Leonards on Sea
East Sussex
BN21 3UU
Phone: 01424 448500
Fax: 01424 448568

Wealden

1 Horsted Square
Uckfield
TN22 1QG
Phone: 01825 766888
Fax: 01825 761547

Adur Special Needs Project

The Carers Centre
Pond Road
Shoreham-by-Sea
West Sussex
BN43 5WU
Phone & Fax: 01273 441866

Advocacy - see East Sussex Advocacy Service and Xpress Advocacy

After 16

A website developed by the Family Fund for young people and their families providing information on transition and opportunities after school. Includes information on transport, employment, education, friends, health etc.

www.after16.org.uk

AMAZE

Community Base
113 Queens Road
Brighton
BN1 3XG
Phone: 01273 234019
Fax: 01273 234019
Email: info@amazebrighton.org.uk

Ash Cottage

C/o Downs View School
Warren Road
Brighton
BN2 6BB
Phone: 01273 689687
Fax: 01273 699420

Association of National Specialist Colleges

NATSPEC is a members' association for colleges that make provision for students with learning difficulties and disabilities.
www.natspec.org.uk

B

Benefits

Benefits Enquiry Line

Freephone: 0800 882 200
ESDA Benefits Advice Line: 01323
514530
Disability Living Allowance Helpline: 0845
7123456

Benefits website

www.dwp.gov.uk
www.jobcentrepplus.gov.uk

For local offices see Jobcentre Plus

Bexhill College

Penland Road
Bexhill-on-Sea
TN40 2JG
Phone: 01424 214545
Fax: 01424 215050
Email: enquiries@bexhillcollege.ac.uk
www.bexhillcollege.co.uk

Brighton & Hove City Council

Kings House
Grand Avenue
Hove
BN3 2LS
Phone: 01273 290000
www.brighton-hove.gov.uk

Brighton, Hove & Sussex Sixth Form College (BHASVIC)

Dyke Road
Hove
BN3 6EG
Phone: 01273 552200
Email: admissions@bhasvic.ac.uk

Blue Car Badges

Social Services Department
St Marks House
14 Upperton Road
Eastbourne
East Sussex
BN21 1EP
Phone: 01323 466680
Fax: 01323 466566
Or apply online at www.eastsussex.gov.uk

British Association of Occupational Therapists
College of Occupational Therapists

106-114 Borough High Street
Southwark
London
SE1 1LB.

Phone: 020 7357 6480

www.cot.org.uk

Occupational Therapists in Independent Practice (OTIP)

www.otip.co.uk

Enquiry Line - 0800 389 4873

British Institute for Learning Disabilities (BILD)

Campion House
Green Street
Kidderminster
Worcestershire
DY10 1JL

Phone: 01562 723010

Fax: 01562 723029

Email: enquiries@bild.org.uk

www.bild.org.uk

British Paralympic Association

40 Bernard Street
London
WC1N1ST

Phone: 020 7211 5222

www.paralympics.org.uk

Brook Young People's Information Helpline

Free and confidential sexual health advice

Phone: 0800 018 5023

www.brook.org.uk

Buddy Scheme - see Xpress Advocacy

C

Care Co-ordination Network UK (CCNUK)

Tower House
Fishergate
York
YO10 4UA

Phone: 01904 567303

Email: info@ccnuk.org.uk

www.ccnuk.org.uk

Carers UK

20-25 Glasshouse Yard
London
EC1A 4JT

Phone: 020 7490 8818

www.carersuk.org.uk

info@carersuk.org.uk

CarersLine 0808 808 7777

Wednesday & Thursday
10am-12pm & 2pm-4pm

Care for the Carers

Eastbourne

Braemar House
St Leonards Road
Eastbourne

Phone: 01323 738390

Hastings & Rother

49 Cambridge Gardens
Hastings
TN34 1EN

Phone: 01424 717931

Moving On | A-Z of Contacts

Central Sussex College (formerly
Crawley College and Haywards Heath
College)
College Road
Crawley,
West Sussex
RH10 1NR
Phone: 01293 442200
Fax: 01293 442399
Email: info@centralsussex.ac.uk

Harlands Road
Haywards Heath
West Sussex
RH16 1LT
Phone: 01444 456281
Fax: 01444 417047
Email: info.hh@centralsussex.ac.uk
www.centralsussex.ac.uk

Chailey Heritage
Chailey Heritage School
Haywards Heath Road
North Chailey
Lewes
East Sussex
BN8 4EF
Phone: 01825 724444
Fax: 01825 723773
Email: schooloffice@chs.org.uk
www.chaileyheritage.e-sussex.sch.uk

The Challenging Behaviour Foundation
C/o Friends Meeting House
Northgate
Rochester
ME1 1LS
Phone: 01634 838739
Fax: 01634 828588
Email: info@theCBF.org.uk
www.theCBF.org.uk

Chestnut Tree House
First floor,
Columbia House
Columbia Drive
Worthing
West Sussex
BN13 2QF
Phone: 01903 261168
Fax: 01903 260710
Email: kate.barker@chestnut-tree-house.org.uk
www.chestnut-tree-house.org.uk

Chichester College

Chichester Campus
Westgate Fields
Chichester
West Sussex
PO19 1SB

Brinsbury Campus
North Heath
Pulborough
West Sussex
RH20 1DL

Phone: 01243 786321
Fax: 01243 539481
Info: info@chichester.ac.uk
www.chichester.ac.uk

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Child & Adolescent Mental Health Service (CAMHS)

Hastings, Bexhill and Rother CAMHS Team

Eversfield Hospital
West Hill Road
St Leonards-on-Sea
East Sussex
TN38 0N9
Phone: 01424 710 110
Fax: 01424 433 870

Eastbourne, Seaford and Hailsham CAMHS Team

Sturton Place
Station Road
Hailsham, East Sussex
BN27 2AU
Phone: 01323 847 619
Fax: 01323 849 245

Uckfield and North Wealden CAMHS team

Uckfield Hospital
Framfield Road
Uckfield, East Sussex
TN22 5AU
Phone/fax: 01825 745 001

Ouse Valley CAMHS Team

Orchard House
Victoria Hospital
Lewes, East Sussex
Phone: 01273 402 510
Fax: 01273 487 580
Website:

www.eastsussexcounty.nhs.uk/camhs/

Children's Social Care:

Children's Disability Teams:

Children's Disability Duty Team (countywide)

29-41 Sorrel Drive
Eastbourne
East Sussex
BN23 8BH
Phone: 01323 741527
Fax: 01323 762004

Hastings & Rother

130 Dorset Road
Bexhill on Sea
East Sussex
TN40 2HT
Phone: 01424 732288
Fax: 01424 732913

Crowborough & Wealden

The Bell Brook Centre
Bell Lane
Uckfield
East Sussex
TN22 1QL
Phone: 01825 769629
Eastbourne
29-41 Sorrel Drive
Eastbourne
East Sussex
BN23 8BH
Phone: 01323 762024
Fax: 01323 762004

Children & Families

Duty & Assessment Teams

Eastbourne Duty & Assessment Team

3rd Floor, St Marys House

52 St Leonards Rd

Eastbourne

East Sussex

BN21 3UU

Phone: 01323 747200

Fax: 01323 446201

Hastings and Rother Duty & Assessment Team

Old Court House

North Trade Road

Battle

East Sussex

TN33 0EX

Phone: 01424 775599

Fax: 01424 775110

Sussex Downs & Weald Duty & Assessment Team

Sackville House

Brooks Close

Lewes

BN7 2FZ

Phone: 01273 482801

Citizens Advice Bureau

Provides free information & advice.

www.adviceguide.org.uk

or www.citizensadvice.org.uk

City College, Brighton & Hove

Pelham Street

Brighton

BN1 4FA

Phone: 01273 667788

Fax: 01273 667703

Email: info@ccb.ac.uk

www.ccb.ac.uk

College of Occupational Therapists

(COT) – see British Association of Occupational Therapists

Commission for Social Care Inspection (CSCI)

Ivy House

3 Ivy Terrace

Eastbourne

East Sussex

BN21 4RT

Phone: 01323 636200

Fax: 01323 636256

Email: enquiries@csci.gsi.gov.uk

www.csci.org.uk

Community Learning Disability Teams – see Adult Social Care

Compaid Trust

Temporary Address:

Tunbridge Wells Football Club

Culverden Down

Tunbridge Wells

Kent

Phone: 08452 412134

Email: officebureau@compaidtrust.org.uk

Website: www.compaidtrust.org.uk

Connexions Personal Advisers

Connexions Sussex

Phone: 01273 783648

Email: admin@connexions-sussex.org.uk

www.connexions-direct.com

www.connexions-sussex.org.uk

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Local contact points:

Brighton & Hove - Connexions Careers Centre, Frederick House, 42 Frederick Place, Brighton, BN1 4EA
Phone: 01273 827400

Eastbourne/Hailsham - Connexions Careers Centre, Eastbourne House, 22-24 Gildredge Road, Eastbourne, BN21 4AS
Phone: 01323 745500

Hastings/Rother - Connexions Careers Centre, 1st Floor, Queensbury House, Havelock Road, Hastings
Phone: 01424 425780

Lewes/Wealden - Connexions Careers Centre, Sussex Downs College, Mountfield Road, Lewes, BN7 2XH
Phone: 01273 473141

Newhaven - Connexions Careers Centre, Tideway Community School, Southdown Road, Newhaven, BN9 9JL
Phone: 01273 514427

Contact-a-Family

209-211 City Road
London
EC1V 1JN
Phone: 020 7608 8700
Fax: 020 7608 8701
Textphone: 0808 808 3556
Helpline: 0808 808 3555 (Freephone for parents and families 10-4 Monday - Friday)
Email: info@cafamily.org.uk
www.cafamily.org.uk

Council for Disabled Children

National Children's Bureau
8 Wakley Street

London
EC1V 7QE
Phone: 020 7843 1900
Fax: 020 7843 6313
Email: cdc@ncb.org.uk
www.ncb.org.uk/cdc

Crawley College - see Central Sussex College

Crossroads Schemes

Hastings & Rother
135 Hughenden Road
Hastings
TN34 3TF
Phone: 01424 444964

Seaford, Eastbourne & Wealden
4 Market Square
Hailsham
BN27 1AG
Phone: 01323 848422

Lewes
2nd Floor
Albion House
Albion Street
Lewes
BN7 2NF
Phone: 01273 483620

Website: www.crossroads.org.uk

D

Decoda

The Creative Media Centre
17 Robertson Street
Hastings
East Sussex
TN34 1HT

Local organisation which uses sound technology and music to unlock the hidden creative potential in people with profound disabilities. They work one-to-one or with small groups.

Phone: 01424 444 322
Email: enquiries@decoda.org
www.decoda.org

Demelza House Children's Hospice

Rook Lane
Bobbing
Sittingbourne
Kent
ME9 8DZ

Phone: 01795 845 200
Fax: 01795 845 280
Email: info@demelzahouse.org
www.demelzahouse.org

Demelza - James Hospice at Home

Red Lion House,
Magham Down,
Hailsham,
East Sussex,
BN27 1PN

Tel: 01323 446460
Fax: 01323 446462
Email: info@jameshouse.org.uk
www.jameshouse.org.uk

Department for Education and Skills (DfES)

Public Enquiry Unit
Sanctuary Buildings
Great Smith Street
London

SW1P 3BT
Phone: 0870 000 2288
Email: info@dfes.gsi.gov.uk
www.dfes.gov.uk

Parents Centre:

www.parentscentre.gov.uk/

Department of Health (DH)

The Department of Health
Richmond House
79 Whitehall
London
SW1A 2NL

Phone: 0207 210 4850
Minicom: 0207 210 5025
Email: dhmail@dh.gsi.gov.uk
www.dh.gov.uk

Department for Work and Pensions (DWP)

www.dwp.gov.uk

Follow 'Disabled People and Carers' link for advice

Dial UK

St Catherine's
Tickhill Road
Doncaster
South Yorkshire
DN4 8QN

Provides information and advice on all aspects of living with a disability. For local member see Disability Information Service Sussex.

Phone: 01302 310123
Email: informationenquiries@dialuk.org.uk
www.dialuk.info

Directgov

Provides government information and services

www.direct.gov.uk

Direct Payments Support Service – see A4e

Disability Alliance

Universal House
88-94 Wentworth Street
London
E1 7SA

Tel: 020 7247 8776

Fax: 020 7247 8765

Email: office.da@dialpipex.com

www.disabilityalliance.org

Disability Information Service Sussex

226 Southcoast Road
Peacehaven
East Sussex
BN10 8JR

Phone: 01273 58 55 75

Email: enquiry@dialability.com

www.dialability.com

Disabled Living Foundation

380-384 Harrow Road
London
W9 2HU

Phone: 020 7289 6111

Helpline: 0845 130 9177 (10-4 Monday – Friday)

Textphone: 020 7432 8009

Equipment Centre: 020 7289 6111 ext 247 (10-4 Monday-Friday)

Email dlfinfo@dlf.org.uk

www.dlf.org.uk

Disability Law Service

39-45 Cavett Street
London
EC1 2BP

Phone: 020 7791 9800

Fax: 020 7791 9802

Email: advice@dls.org.uk

www.dsl.org.uk

Disability Rights Commission

DRC Helpline
Freepost MI D02164
Stratford Upon Avon
CV37 9BR

Phone Helpline: 08457 622 633 (8am-8pm Monday-Friday)

Textphone: 08457 622644

Email: enquiry@drc-gb.org

www.drc-gb.org

Disability Sport England

EFDS South East
Kent County Council
17 Kings Hill Avenue
Kings Hill
West Mailing
ME19 4UL

Phone: 01732 525433

Fax: 01732 525309

Minicom: 01732 525394

Email: southeast@efds.co.uk

www.disabilitysport.org.uk

Door to Door

This website produced by the Disabled Persons Transport Advisory Committee (DPTAC) provides information about transport and travel for disabled and less mobile people.

www.dptac.gov.uk/door-to-door/

E

Early Years Development & Child Care Service (EYDCS)

St Mary's House
St Leonards Road
Eastbourne
BN21 3UU
Phone: 01273 293495

Eastbourne Borough Council

Town Hall
Grove Road
Eastbourne
BN21 4UG
Phone: 01232 410000
Fax: 01323 430745
enquiries@eastbourne.gov.uk
www.eastbourne.gov.uk

East Sussex Advocacy Service

Lewes Enterprise Centre
112 Malling Street
Lewes
BN7 2RJ
Phone: 01273 483890

East Sussex County Council

County Hall
St Anne's Crescent
Lewes
BN7 1SG
Phone: 01273 481000
Fax: 01273 481261
Information Line: 0845 601 0664
www.eastsussex.gov.uk

For Adult Services – see Adult Social Care
For Children's Services – see Children's Social Care

East Sussex Community Information Service (ESCIS)

Information on local organisations, clubs and services across East Sussex and Brighton & Hove

Information Officer, ESCIS

East Sussex County Library Service
Unit 2, Brooks Road
Lewes
East Sussex
BN7 2BY

Phone: 01273 481754

www.escis.org.uk/Directory/All_areas

East Sussex County Healthcare NHS Trust

Bowhill
The Drive
Hellingly
East Sussex
BN27 4EP
Phone: 01323 440022
Fax: 01323 442953

www.eastsussexcounty.nhs.uk

East Sussex Disability Association (ESDA)

1 Faraday Close
EASTBOURNE
East Sussex
BN22 9BH

Phone: 01323 514500

Fax: 01323 514501

Email: info@esda.org.uk

Typetalk: 18001 01323 514500

Moving On | A-Z of Contacts

Information Service: open Monday, Tuesday, Thursday and Friday between 10:00am and 4:00pm
Phone: 01323 514521
Email: info@esda.org.uk

Benefits Advice Line: 01323 514530
10.00am - 1.00pm and 2.00pm - 4.00 pm
Tuesdays and Thursdays

Direct Payments Support Service: 01323 514514
Email: directpayments@esda.org.uk

F

Family Friends

Scheme offering family based day care and activities for disabled children in Hastings & Rother.
130 Dorset Road
Bexhill
TN40 2HT
Phone: 01424 210231

Family Fund Trust

P.O. Box 50
York
YO1 2ZX
Phone: 0845 130 45 42
Email: info@familyfund.org.uk
www.familyfundtrust.org.uk

Family Holiday Association

16 Mortimer Street
London
W1T 3JL
Phone: 020 7436 3304
Fax: 020 7323 7299
Email:
info@FamilyHolidayAssociation.org.uk
www.fhaonline.org.uk

Family Intensive Support Service (FISS)

Limousin House
Athelstan Close
Kingsmere
Eastbourne
BN23 6TE
Phone: 01323 741717

Family Planning Association

2-12 Pentonville Road
London
N1 9FP
Phone: 020 7837 5432
Fax: 020 7837 3042
National Helpline: 0845 310 1334
www.fpa.org.uk

Fostering and Adoption Teams

St Mary's House
6th Floor
52 St Leonards Road
Eastbourne
East Sussex BN21 3UU
Phone:
Fostering: 24 hour enquiry line 01323 747499
Adoption: 01323 747154
Fax: 01323 747426
www.eastsussex.gov.uk/childrenandfamilies

Foundation for People with Learning Disabilities

UK Office,
Sea Containers House
20 Upper Ground,
London
SE1 9QB.
Phone: 020 7803 1100
Fax: 020 7803 1111
Email: fpld@fpld.org.uk
www.learningdisabilities.org.uk

H

Hadlow College

Hadlow
Tonbridge
Kent
TN11 0AL
Phone: 01732 850551
Email: enquiries@hadlow.ac.uk
www.hadlow.ac.uk

G

Glyne Gap School

Hastings Road
Bexhill-on-Sea
East Sussex
TN40 2PU
Phone: 01424 217720
Fax: 01424 217720
Email: gg-office@glynegap.e-sussex.sch.uk
www.glynegap.e-sussex.sch.uk

Hastings Borough Council

Town Hall
Queens Road
Hastings
East Sussex
TN34 1QR
Phone: 01424 781066
Fax: 01424 781769
Email: hbc@hastings.gov.uk
www.hastings.gov.uk

Grove Park School

Church Road
Crowborough
East Sussex
TN6 1BN
Phone: 01892 663018
Fax: 01892 653170
Email: office@grove-park.e-sussex.sch.uk

Hastings College of Arts & Technology

Archery Road
St. Leonards on Sea
East Sussex
TN38 0HX
Phone: 01424 442222
Fax: 01424 721763
Email: studentadvisers@hastings.ac.uk
www.hastings.ac.uk

Haywards Heath College – see Central
Sussex College

Hazel Court School

Larkspur Drive
Eastbourne
East Sussex
BN23 8EJ
Phone: 01323 465720

HM Revenue and Customs

Information on Child Tax Credit and
Working Tax Credit.
Phone: 0845 300 3900
www.hmrc.gov.uk

Hope in the Valley (Riding for the disabled)

Communication Address:

Mrs J Abrahams
"Shirley Croft"
11 Shirleys
Ditchling
Sussex
BN6 8UD
Riding Enquiries: (Sheila Blair) 01444
233937
sheila.blair@btinternet.com
Volunteer & General Enquiries: (Jan
Abrahams) 0845 2415358
jan@isabrahams.wanadoo.co.uk
Donations & Financial Enquiries: (Debbie
Medlicott) 01825 790397
medlicott@btinternet.com
www.hopeinthevalley.org



Including You

East Sussex website and newsletter for
parents of disabled children.
www.includingyou.org

The Studio
Coachmakers Business Centre
116a Seaside
Eastbourne
East Sussex
BN22 7QP

Email: info@includingyou.org

Independent Living Fund

PO BOX 7525
Nottingham
NG2 4ZT
Phone: 0845 601 8815
Fax: 0115 9450948
Email: funds@ilf.org.uk
www.ilf.org.uk

Integrated Community Equipment Store (ICES)

East Sussex ICES
16 Apex Way
Hailsham
East Sussex
BN27 3JU
Phone: 0845 121 6881
Fax: 0845 121 6882
Email: info@icesdoh.org
www.icesdoh.org



James House

Demelza - James Hospice at Home

Red Lion House,
Magham Down,
Hailsham,
East Sussex, BN27 1PN
Tel: 01323 446460
Fax: 01323 446462

Email: info@jameshouse.org.uk
www.jameshouse.org.uk

Jobcentre Plus

www.jobcentreplus.gov.uk

Local offices:

Brighton & Hove Jobcentre Plus

Windsor House
30-35 Edward Street
Brighton
United Kingdom
BN2 0LN
Phone: 01273 647400

Eastbourne Jobcentre Plus

St Anne's House
2 St Anne's Road
Eastbourne
East Sussex
BN21 3XX
Phone: 01323 413000
Textphone: 01323 417954
Fax: 01323 413135

Hastings Jobcentre Plus

Heron House
149-159 London Road
St Leonards on Sea
United Kingdom
TN37 6LJ
Phone: 01424 452000

Lewes Jobcentre Plus

Medwyn House
Mountfield Road
Lewes
East Sussex
Phone: 01273 368000
Fax: 01273 368081

Newhaven Jobcentre Plus

55 High Street
Newhaven
United Kingdom
BN9 9PA
Phone: 01273 368300

Tunbridge Wells Jobcentre

88 Grosvenor Road
Tunbridge Wells
United Kingdom
TN1 2AX
Phone: 01892 796800
Textphone: 01622 403877

Jobseeker Direct

Lines are open weekdays 8.00am - 6.00pm,
and Saturdays 9.00am - 1.00pm
Phone: 0845 6060 234
Textphone: 0845 6055 255

Joseph Rowntree Foundation

The Homestead
40 Water End
York
YO30 6WP
Phone: 01904 629 241
Fax: 01904 620072
Email: info@jrf.org.uk
www.jrf.org.uk

K

Kings Fund

11-13 Cavendish Square
London
W1G 0AN
Phone: 020 7307 2400
Fax: 020 7307 2801
Email: sales&infopoint@kingsfund.org.uk
www.kingsfund.org.uk

KITES Childcare Information Service

Eastbourne Central Library
Grove Road
Eastbourne
BN21 4TL
Phone: 01323 737294
Helpline: 0845 60 10 777 Mon, Tues,
Thurs, Fri 9.00am-6.00pm. Saturdays
9.00am-12.30pm

L

Local Education Authority (LEA) – see
East Sussex County Council

Learning and Skills Council

Princes House
53 Queens Road
Brighton
BN1 3XB

Phone: 01273 783555
Email: sussex@lsc.gov.uk
www.lsc.gov.uk/sussex

Leo House

Lions Dene
The Deneway
Brighton
BN1 5AZ
Phone: 01444 235643
Email: info@leohouse.org.uk
www.leohouse.org.uk

Lewes District Council

32 High Street
Lewes
East Sussex
BN7 2LX
Phone: 01273 471600
Fax: 01273 484146
Minicom: 01273 484488
Email: lewesdc@lewes.gov.uk
www.lewes.gov.uk

Link Scheme – see Short Break &
Fostering Scheme



MENCAP

123 Golden Lane
London
EC1Y 0RT

Phone: 020 7454 0454

Fax: 020 7696 5540

Email: information@mencap.org.uk

www.mencap.org.uk

Eastbourne

113 Pevensey Road
Eastbourne
BN22 8AD

Phone: 01323 722 034

Email: jill.mckay@eastbournemencap.org.uk

Hastings and Bexhill

64 London Road
St Leonards on Sea
East Sussex
TN37 6AS

Phone: 01424 424 813

Newhaven

Riverside Hall
Riverside North
Newhaven

BN9 9BP

Phone: 01273 517 345

Mind, Body and Soul

Website for young people aged 14-16 with information on all aspects of health and wellbeing

www.mindbodysoul.gov.uk

Motability

For enquiries about Motability Car Schemes:

Motability Operations

City Gate House

22 Southwark Bridge Road

London

SE1 9HB

Phone: 0845 456 4566

Fax: 0207 928 1818

Minicom: 01279 632273

For enquiries about grants, fundraising or the oversight of the Motability Scheme:

Motability

Goodman House

Station Approach

Harlow

Essex

CM20 2ET

Phone: 01279 635999

Fax: 01279 632000

Minicom: 01279 632213

www.motability.co.uk

Moving on Up

A website for young people with a learning disability going through transition from black or minority ethnic backgrounds.

www.movingonup.info

My Future Choices

Newsletter and website of the Transition Information Network.

www.myfuturechoices.org.uk

N

Naidex

c/o Bowles Associates

TBI Courtyard

Notts CCC

Trentbridge

Nottingham

NG2 6AG

Phone: 0115 982 1210

Fax: 0115 945 5357

Email: zoe@bowelsassociates.com

www.naidex.co.uk

National Autistic Society

393 City Road

London

EC1V 1NG

Phone: 020 7833 2299

Fax: 020 7833 9666

Email: nas@nas.org.uk

www.nas.org.uk

National Centre for Independent Living

250 Kennington Lane

London

SE11 5RD

Phone: 0207 587 1663

Text: 0207 587 1177

Email: ncil@ncil.org.uk

www.ncil.org.uk

Promotes independent living, provides information about personal assistance and direct payments.

NHS Direct

Phone: 0845 46 47

www.nhsdirect.nhs.uk

Northbrook College

Littlehampton Road

Goring-by-Sea

Worthing

West Sussex

BN12 6NU

Phone: 01903 606 060

FREEPHONE number for the Admissions

Team: 0800 183 6060

Email: enquiries@nbcol.ac.uk

www.northbrook.ac.uk

O

Occupational Therapists:

Children's Social Care – see Children's Disability Duty Team

Adult Social Care – see Independent Living Teams

See also British Association of Occupational Therapists

Outreach Teams (Children's Social Care)

(West) Sorrel Drive

Sorrel Drive Resource Centre

29-41 Sorrel Drive

Eastbourne

East Sussex

BN23 8BH

(East) Dorset Road

130 Dorset Road

Hastings

East Sussex

TN40 2HT

P

ParentLink

South H
County Hall
St Anne's Crescent
Lewes
East Sussex
BN7 1UE
Phone: 01273 481172 9.30am-3pm
www.parentlinksussex.org.uk/

Parentline Plus

Offers help and information for parents,
carers and families.
Phone: 0800 783 6783
www.parentlineplus.org.uk

Plumpton College

Plumpton,
Lewes
BN7 3AE
Phone: 01273 890454
www.plumpton.ac.uk

Primary Care Trusts (PCTs)

Bexhill & Rother

Bexhill Hospital
Holliers Hill
Bexhill-on-Sea
East Sussex
TN40 2DZ
Phone: 01424 735600
Fax: 01424 735601
www.bexhillandrotherpct.nhs.uk

Hastings & St Leonards

Hastings and St Leonards PCT
PO Box 124
St Leonards-on-Sea
East Sussex
TN38 9WH
Phone: 01424 457100
Fax: 01424 457145
Email: enquiries@hs-pct.nhs.uk
www.hastingsandstleonardspct.nhs.uk

Eastbourne Downs

Eastbourne Downs PCT
1 St Anne's Road
Eastbourne
East Sussex
BN21 3UN
Phone: 01323 417714
Fax: 01323 747701
Email: edpct@eastbournedownspct.nhs.uk
www.eastbournedownspct.nhs.uk

Sussex Downs & Weald

36-38 Friars Walk
Lewes
East Sussex
BN7 2PB
Phone: 01273 403560
www.sussexdownsandwealdpct.nhs.uk

Q

Queen Elizabeth's Foundation for Disabled People

Leatherhead Court
Leatherhead,
Surrey
KT22 0BN

Phone: 01372 841100
Fax: 01372 844657
www.qefd.org

Rother District Council

Town Hall
Bexhill-on-Sea
East Sussex
TN39 3JX
Phone: 01424 787878
Fax: 01424 787879
www.rother.gov.uk

Royal National Institute for the Blind (RNIB)

105 Judd Street
London
WC1H 9NE
Helpline: 0845 766 9999
Email: helpline@rnib.org.uk
www.rnib.org.uk

R

RADAR (Royal Association for Disability and Rehabilitation)

12 City Forum
250 City Road
London
EC1V 8AF

Phone: 020 7250 3222
Fax: 020 7250 0212
Minicom: 020 7250 4119
Email: radar@radar.org.uk
www.radar.org.uk

Royal National Institute for the Deaf (RNID)

19-23 Featherstone Street
London
EC1Y 8SL
Freephone: 0808 808 0123
Textphone: 0808 808 9000
Email: informationline@rnid.org.uk
www.rnid.org.uk

Riding for the Disabled

www.riding-for-disabled.org.uk
www.rda-southeastregion.org.uk
(See also Hope in the Valley)

S

SCOPE

P.O. Box 833
Milton Keynes
MK12 5NY
Helpline: 0808 800 3333 9am-9pm
weekdays, 2pm-6pm weekends
Email: cphelpline@scope.org.uk
www.scope.org.uk

Moving On | A-Z of Contacts

SCOPE South East & Southern Community Team

22 High Street

Westerham

TN16 1RG

Phone: 01959 564686

Fax: 01959 562021

Email: southeast@scope.org.uk

Scope (Employment Services)

Employment Support Services Agency

Scope

Suite 1A

Kings Hall

St Ives Business Park

Parsons Green

St Ives

PE27 4WY

Phone: 01480 309615

Fax: 01480 309636

Email: frances.parker@scope.org.uk

Sense

Head Office

11-13 Cliffton Terrace

Finsbury Park

London

N4 3SR

Phone: 020 7272 7774

Textphone: 020 7272 9648

Fax: 020 7272 6012

Email: info@sense.org.uk

South East Regional Office

Ground Floor

Hanover House

76 Coombe Road

Norbiton

Surrey

KT2 7JE

Phone: 020 8541 1147

Textphone: 020 8451 1938

Fax: 020 8451 1132

Email: seenquiries@sense.org.uk

www.sense.org.uk

Short Break & Fostering Scheme

39-41 Sorrel Drive

Eastbourne

BN23 8BH

Phone: 01323 762024

Fax: 01323 762004

SKILL (National Bureau for Students with Disabilities)

Chapter House

18-20 Crucifix Lane

London

SE1 3JW

Phone: 020 7450 0620

Information Service: 020 7657 2337 or

Freephone 0800 328 5050 (Tuesdays

11.30am - 1.30pm & Thursdays 1.30pm -

3.30pm)

Email: info@skill.org.uk

www.skill.org.uk

Social Care Direct

Phone: 0845 60 80 191 (local rate)

Fax: 01323 466567

Text: 0779 7878 111

Email: socialcaredirect@eastsussex.gov.uk

Sorrel Drive Bungalow

Children's Resource Centre

29-31 Sorrel Drive

Eastbourne

Phone: 01323 762024

SPOD (Association to Aid the Sexual and Personal Relationships of People with a Disability)

286 Camden Road
London
N7 0BJ
Phone: 020 7607 8851

Phone: 01323 637111

Lewes
1 Mountfield Road
Lewes
BN7 2XH
Phone: 01273 483188
Fax: 01273 478561

Sussex Autistic Society

Bridge House
40 Keymer Road
Hassocks
BN6 8AP
Phone: 01273 846846
Helpline: 01273 841254
email: admin.sas@freeuk.com

Newhaven
Denton Island Training Centre
Newhaven
BN9 9BN
Phone: 01273 511400
Fax: 01273 511401
email: info@sussexdowns.ac.uk
www.sussexdowns.ac.uk

**Sussex Disability Sports Database
Freephone 0800 859929**

The Sussex Disability Sports Database is a free online search facility of sports opportunities across Sussex that may be able to provide support for a person with a physical, learning or sensory difficulty.
www.icis-info4life.org.uk

T

Sussex Downs College

Eastbourne
Cross Levels Way
Eastbourne
BN21 2UF
Phone: 01323 637637
Fax: 01323 637472

Talking Newspaper and Magazine Service

The National Recording Centre
Heathfield
East Sussex
TN21 8DB
Phone: 01435 866 102
Fax: 01435 865 422
Email: info@tnauk.org.uk
www.tnauk.org.uk
The service offers more than 200 national newspapers and magazines on audio tape, CD-Rom or in digital format.

Park College
Kings Drive
Eastbourne
East Sussex
BN21 2UN

Transition Information Network

National Children's Bureau website for parents, carers and people who work with and for disabled young people in transition.

They produce a quarterly newsletter 'Getting a Life'.

www.transitioninfonetwork.org.uk/

Triangle

Unit E1

The Knoll Business Centre

Old Shoreham Road

Hove

BN3 7GS

Phone: 01273 241015

email: info@triangle-services.co.uk

www.triangle.co.uk

Triangle is an independent organisation providing training and consultancy throughout the UK, and outreach support for children and young people in Sussex.

U

UK Sports Association for People with a Learning Disability

Mencap Sports

6a Caldervale Road

Wakefield

West Yorkshire

WF1 5PE

Phone: 01924 239955

www.esapld.co.uk

or www.mencap.org.uk

V

Values into Action (VIA)

Oxford House

Derbyshire Street

London

E2 6HG

Phone: 020 7729 5436

www.viauk.org

Valuing People Support Team

Valuing People Support Team

Room 603-604

135-155 Waterloo Road

London

SE1 8UG

Phone: 020 7972 4036

Email: sue.carmichael@dh.gsi.gov.uk

Or Sue Carmichael's PA Charmaine Amaral:

charmaine.amaral@dh.gsi.gov.uk

www.valuingpeople.gov.uk

Varndean FE College

Surrenden Road

Brighton

BN1 6WQ

Phone: 01273 508011

Fax: 01273 542950

www.varndean.ac.uk

W

West Kent College, Tonbridge

Brook Street

Tonbridge

Kent

TN9 2PW

Phone: 01732 358101

Fax: 01732 771415

Email: enquiries@wkc.ac.uk

www.wkc.ac.uk

Write Away Club

1 Thorpe Close

London

W10 5XL

Phone: 020 8964 4225

Fax: 020 8964 3532

email: info@write-away.org

www.write-away.org

X

Xpress Advocacy

Hastings & Rother

The Advocacy Centre

42 Robertson Street

Hastings

East Sussex

TN34 1HL

Phone: 01424 440118/714722

Fax: 01424 204687

Email: xpress.advocacy@virgin.net

Eastbourne & South Wealden

C/O EAVS

8 Saffrons Road

Eastbourne

East Sussex

BN21 1DG

Phone: 01323 733111

Fax: 01323 410977

Email: xpress.advocacy@virgin.net

Freephone help and information line:

0800 45 44 24 (Monday, Tuesday &

Wednesday evenings 6.30pm-9.00pm)

Y

YAP

Website for young people produced by MENCAP. It includes videos, sound, music and photography with sections on fashion, computer games, sports and outdoor activities.

www.y-a-p.org.uk

Young Carers – see Care for the Carers

Young Minds

A national charity committed to improving the mental health of all children and young people. They run a parents information service which is free and confidential.

Phone: 0800 018 2138

www.youngminds.org.uk

Youthability -

Youth Development Service (West)

Suite G6

Waterside Centre

North Street

Lewes

BN7 2PE

Phone: 01273 479790

Youth Development Service (East)

31 Cambridge Road

Hastings

TN34 1DJ

Phone: 01424 430493

