

Transition Next Steps



Partnership With Parents

Issue 16
Summer Term 2009

Welcome to the Summer 2009 edition of Next Steps, the newsletter for parents and carers of young people with learning difficulties and/or disability in transition from school to adult life.

Partnership with Parents provides information, advice and support to Surrey parents and carers of children of all ages with special educational needs. We can help in many ways, from form filling, to providing information about parents' rights and responsibilities. We offer a free, confidential helpline, as well as training and information sessions.

If you have any queries or concerns about your son's or daughter's transition, we can provide information about who the key people are for you to be in contact with, what role each agency or organisation fulfils and what should be in place to ensure that the transition process is as smooth as possible. Please do not hesitate to get in touch – our contact details are below.

For some of you, this will be the first time you have received our newsletter. We send it out at the beginning of each term and try to include in it items of interest and details of forthcoming events. If there is any topic you would like covered in a future edition, or an event you would like us to promote, please let me know.

Options for the Future, our guide for parents of young people in transition to adult services, is currently being updated – there is more information on page 4 about this.

There is also a short update on the project to introduce person centred transition reviews into Surrey's secondary schools.

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Email: pwp@surreycc.gov.uk

or visit our website: www.pwpsurrey.org

To contact **Sally Brooks, County Transition Advisor** call 01737 737300 or email sally.brooks@surreycc.gov.uk

Living well

The NHS runs Expert Patients Programmes across Surrey for people living with long-term health conditions. They are free courses that work on the principle that people with long-term conditions such as Multiple Sclerosis (MS), diabetes and arthritis have 'expert' knowledge of their condition, so they are well placed to share their experiences and support others in a similar situation. Courses run over six weeks in sessions of two and a half hours.

Call **01372 201700** for details.

If your child has challenging behaviour.....

The Challenging Behaviour Foundation has produced a new DVD for carers. *Challenging Behaviour - Supporting Change* shows the benefits of assessment for people with severe learning disabilities. The 2-disc resource can also be used as a refresher for professionals. Free to family carers, £63 for professionals. Call **01634 838 739** or email info@thecbf.org.uk



Transport for London has launched a *Tube toilet Map*, showing the locations of accessible toilets in Tube stations. The new *Step-free Tube Guide* also highlights step-free stations and gaps between trains and platforms.

Call **020 7222 1234** or go to tfl.gov.uk/accessguides

INDIVIDUAL BUDGETS AND CARERS

New research reveals that individual budgets - originally designed to give disabled and elderly people control of their social care services - have a positive impact on carers. The researchers found that carers reported a positive impact on their quality of life when the person they cared for began using individual budgets. They are more likely to be involved with the planning of services than carers of people who receive conventional services.

You can download the reports from www.york.ac.uk/spru and www.scie.org.uk.

Options for the Future is being updated!

In the next month or so, parents of children who are registered on Surrey's Children's Disability Register and who are in Year 8 or above, should receive a copy of the new, updated version of Options for the Future.



For those of you who have not seen this book before – it is a what, where and how guide for parents of young disabled people making the transition to adult life. It includes information on topics such as

Annual Reviews, post-school opportunities, social care, benefits, leisure etc.

It gives a lot of contact details for both national and local organizations, and of course, since it was last updated in 2006, many more websites on the internet.

You will probably not want to read it all at any one time, but can be kept as a reference book, to be dipped into when needed.

Schools and other organizations such as Connexions will also have copies.

It will be available on our website at www.pwp.surrey.org/transition.

Respect4me - new website coming soon - www.respect4me.org

A new website, for use by schools as well as individuals, is about to be launched.

Respect4me.org is intended to look at the question of personal safety for young women with mild learning disabilities who are out and about in the community independently.

Topics covered include:

- Chatting online
- Being approached by strangers
- Bullying at work
- Peer pressure
- Alcohol and drugs



For each story, you watch an introduction and then can see three options for the ending of the story. Young people can say which option they think is the best choice. There are no prescribed right and wrong answers - the aim is to provoke discussion and debate. Schools will be made aware of this website and it is hoped that they will be able to use its resources in class. There are instructions on how to use the site, as well as a teachers' handbook. Choices made can be recorded on a form, which can be printed off.

PERSON-CENTRED TRANSITION REVIEWS PROJECT

This year, I have been continuing working on this project but now with Surrey's mainstream secondary schools and those non-maintained and independent schools based in Surrey. The resources we developed last year while working with the special schools have been trialled and tested in several mainstream schools and as a result of this I am hoping to be able to develop them further, for use with a wider range of pupil, both in age and ability.



On 30 April, we are holding a conference and workshop morning for all the schools involved in this year's project, when we will be able to introduce them to the ideas behind person-centred reviews. Almost all the mainstream secondary schools will be attending - it might be a record for the greatest number of representatives of secondary schools all together! Several of the independent secondary schools based in Surrey will also be there.

If you want to find out more about person-centred reviews in Surrey, either speak to your child's school about them or contact me here at Partnership with Parents.



Work experience - new website

<http://www.disabilitytoolkits.ac.uk/students/>

This website has information for students as well as employers and placement providers, about work experience for students with disabilities. The information provided ranges from knowing the law before starting work, to how to behave and dress appropriately in the workplace, and how to talk to colleagues. It is divided into sections about finding your work experience, before your work experience, during your work experience and after your work experience. It has lots of practical tips and ideas.

FREE! FREE! FREE!

MINIATURE RAILWAY EVENT

The Malden and District Society of Model Engineers is once again holding its annual open day for families with special needs children on Sunday 14 June. Children and adults can ride the model engines in an attractive setting. The day is free of charge. You can take a picnic or buy food at the event.

Please let the Social Secretary, Mr Pullen, know if you will be attending - Tel: 020 7738 9174 or Email: pipullen@tiscali.co.uk.



LONDON ZOO

On Saturday 13 June, London Zoo is hosting a fun day for children with special needs and their families. The Zoo is open from 10:00am to 5:30pm. Reduced rates apply - and one essential carer can get in free.

Book by 6 June at www.zsl.org or www.specialkidsintheuk.org/Resources/Events.php

For booking forms and / or more information, please contact:

Steve Marriott in the Education Department: 0207 449 6551 or email: steve.marriott@zsl.org



The Hospital Communication Book

Mike Leat of the Clear Communication People, who designed Options for the Future and the Person-centred Transition Resource Guide for Partnership with Parents, has designed a Hospital Communication Book for people with learning disabilities. Its aim is to make sure that people who have difficulties understanding and /or communicating get an equal service in hospital.

It contains useful information about why people may have difficulties understanding or communicating, and has useful tips to be used to improve communication as well as pages of pictures, which can be used to help communication.

The book is free to download from www.communicationpeople.co.uk - where there are also lots of other useful pictures and symbols, which are free to download.



Branch conference

On Saturday 3 October, the NAS will be holding their annual conference. This year, its theme will be 'Growing up with an ASD'. There will be various talks, and workshops on issues for different age groups. Tickets cost £30 for parents (£60 for professionals).

For more information or to book places, contact Sara Truman on 01483 822630 or by email to nas@mugsy.org.



Skating at Guildford Spectrum

Members of Surrey NAS will have the opportunity to go ice-skating at Guildford Spectrum on Saturday 16 May from 5:30 to 6:30 pm - they will have exclusive use of the rink, and the event is designed for the whole family, including siblings and parents/carers. Donations of £3.50 per person are suggested.

To book places, please contact Sarah Mead on 01483 454245 or by email at sarah.mead1@tiscali.co.uk.

Anxiety talk

On Thursday 7 May from 8:00-9:00pm, Dr Sarah Lister Brook and Dr Kate Robinson (clinical psychologists) are giving a free talk to explain their series of workshops entitled 'Feeling it', which will be designed to help parents who want to develop skills in promoting emotional well-being in children with ASDs. The talk will take place at the Cobham United Reformed Church, 3 Stoke Road, Cobham KT11 3BD. There is no need to book.

Surrey NAS Talks - all meetings start with coffee at 7:45pm, speakers at 8pm. Donations welcomed.

Guildford - Tuesday 12 May - Gina Davies 'Tackling problem behaviours - how to get started and how to keep going'. At St Saviours' Church, Woodbridge Road, Guildford GU1 4QD --This meeting will start with the Surrey Branch AGM (for about 10 minutes).

Redhill - Tuesday 9 June - Mark Brown (Community LD Nurse) 'Managing Obsessions'. At Partnership with Parents, Noke Drive, Redhill RH1 4AX

Coffee mornings

Local groups are holding coffee mornings during May and June - all are from 10am - for details please see NAS newsletter or contact Sara Truman as above.



VALUING PEOPLE NOW - a 3 year strategy for people

Following on from Valuing People Now, the government white paper written in 2001, the new 3-year strategy was launched in January 2009. It sets out the government's plans for learning disability services over the next three years. In its new programme of aims, it seeks to improve the healthcare, employment prospects, housing choices and social opportunities of people with a learning disability.

Transition is mentioned in all sections of the document. The government expresses its commitment to supporting local authorities and partner agencies develop a person centred approach to the transition planning process. Amongst its key recommendations are:

- All partnership boards to ensure that by 2012 all young people with statements of special educational needs who have learning disabilities have person centered reviews from age 14 to 19 that actively involve the young person and their family.
- All transition plans and year 9 reviews where appropriate to contain a section on health needs and start the development of a health action plan.

For a copy of the new strategy, go to www.dh.gov.uk or call the Department of Health publications orderline on 0300 123 1002.



Surrey's new website for 11-19 year olds

This new website has been created for 11 - 19 year olds, to make it easier for young people to find out what's going on in Surrey.

There are sections with lots of useful contacts on topics including health, travel, money, relationships & sex, learning, things to do, housing, and staying safe. You can search the website by topic, or by geographical area.

Although the site is up and running, if you have any comments, or if you know about a group or activity that isn't listed, you can contact them with your comments and/or suggestions.

www.go2do.co.uk

FISH (Fun in the School Holidays)

FISH stands for Fun In the School Holidays and is an activity scheme for all 10 to 16 year olds who live in the Guildford Borough. Come and do something enjoyable during the holidays - try out loads of different activities, learn new skills and make new friends!

Summer FISH 2009

Monday 27 July to Friday 14 August 2009



Location

Kings College, Southway, Guildford, Surrey,
GU2 8DU

Times

9am to 5pm

Children can be dropped off between 8am and 9am and collected between 5pm and 5.45pm

Cost

£65 per child - Families living within the Guildford Borough

£25 per child - Guildford residents in receipt of certain Government benefits

£100 per child - Families living outside the Guildford Borough

FISH is open to everyone who lives in the Guildford borough. Priority is given to those living in the areas of Stoke, Westborough and Ash.

The scheme is affordable, with special rates for families in receipt of certain Government benefits.

Experienced Key Workers are available for young people with special needs or disabilities who need additional support during the scheme.