

# MOVING ON AND PREPARING FOR ADULTHOOD

**Essential Information for parents/carers  
of young people with Special Educational Needs and  
Disabilities (SEND) when moving into adulthood**





# MOVING ON AND PREPARING FOR ADULTHOOD

## Essential Information for parents/carers of young people with Special Educational Needs and Disabilities (SEND) when moving into adulthood

### Contents

1	Introduction .....	p2
2	Where to find information .....	p3
3	Planning for the future.....	p5
4	Supporting young people to speak up for themselves .....	p9
5	Employment .....	p13
6	Somewhere to live .....	p19
7	Travel and transport .....	p28
8	Moving to Adult Health services .....	p29
9	Money matters .....	p32
10	Support for carers .....	p43
11	Adult care assessments .....	p45
12	Day opportunities, leisure activities, community groups .....	p49
13	Useful contacts .....	p65

- **Throughout this guide young people with special educational needs and/or disabilities will be referred to as young people with SEND**

Disclaimer: The information in this booklet is provided by Lincolnshire County Council. Please note that the information about other organisations is provided for your convenience; their inclusion does not imply Lincolnshire County Council's endorsement of them. Lincolnshire County Council make no representations or warranties of any kind, express or implied, about the completeness, accuracy, reliability or suitability of any information, services or content in this booklet and shall not be liable for any loss or damage arising from or otherwise in connection with your use of this booklet

## I. Introduction

Leaving full time education can be worrying for most young people but for young people who have special educational needs and or disabilities and their parents/carers it can be a very difficult time, filled with uncertainties about the future, wondering what opportunities will be available and where to go for information and support to make the right decisions for a good future life.



Raising aspirations and planning for the future needs to start at an early age in order to help young people reach their goals. Often young people with SEND experience barriers to aiming high, taking risks and achieving what they want in life. This could be through lack of opportunities, too much focus on care and support needs, a lack of self confidence or maybe because the young person's dreams have always been thought of as 'wishful thinking' rather than something to really aim for.

Parents/carers of these young people are often those who know them best, know what their strengths are, what support they need and what they enjoy doing. They can play a large part in shaping their future but we recognise that to do this they need as much information as they can get, to enable them to support their son or daughter in making some of the most important decisions in their lives.

*Ask yourself: What are my son or daughter's dreams for the future and what can I do to help them achieve these dreams?*

The information in this guide will help the parents/carers of young people with SEND to support them in planning for the future, making decisions about where to live, what to do in the day, how to spend leisure time, to sort out money matters, and will signpost to further information and support services.

Some of this guide will be relevant to you, some will not but we hope you will find the information useful.





## **2. Where to find more information**

### **Family Services Directory and SEND Local Offer website**

The Family Services Directory (FSD) is a site for all families and contains a wide range of information including childcare, local and national support groups, schools, Children's Centres, activities and Children's Services teams. The Local Offer for families with children and young people with special educational needs and disabilities (SEND) aged 0-25 sits on the FSD site and includes additional information for young people and families about the services available in Lincolnshire.

The Family Services Directory is on-line at [www.lincolnshire.gov.uk/fsd](http://www.lincolnshire.gov.uk/fsd) and although the SEND Local Offer is on this site, users can navigate directly to the Local Offer area via [www.lincolnshire.gov.uk/sendlocaloffer](http://www.lincolnshire.gov.uk/sendlocaloffer)

If you need help with finding services, call the Family Information Service on 0800 195 1635 Monday to Friday 8am-6pm or email [fis@lincolnshire.gov.uk](mailto:fis@lincolnshire.gov.uk)

If you have comments to make about services, good or bad, you can click on the "Tell Us" button on the website or send them to [TellUsLocalOffer@lincolnshire.gov.uk](mailto:TellUsLocalOffer@lincolnshire.gov.uk).

### **Preparing for Adulthood**

Preparing for Adulthood is a national programme that provides knowledge and support to local authorities and their partners, including parents and young people, so they can ensure, wherever possible, young people with SEND achieve paid work, independent living, good health and community inclusion as they move into adulthood.

On the website you can find factsheets, briefings, toolkits, stories and videos of young people moving into adulthood.

[www.preparingforadulthood.org.uk](http://www.preparingforadulthood.org.uk)

### **Transitions website**

This is an easy read website which was fully designed by young people with special educational needs and learning disabilities with complex communication difficulties. It is primarily for those young people from ages 14 to 25 to enable them to plan for the future and when moving into adulthood. The website is a source of information, advice and guidance which can help young people to look at their life outcomes including supported living, maintaining friendships and relationships, good health and finding a job. There is a 'speak it' button for those who have difficulty reading. Young people would be able to access this website with little or no support which gives them some independence in decision making and preparing for adulthood. [www.lincolnshire.gov.uk/transitions](http://www.lincolnshire.gov.uk/transitions)

### **My Choice, My Care**

My choice my care is Lincolnshire County Council's website for Adult Social Care. The website will help you to access a wide range of information about the choices available in the county as well as give more personalised advice and support

Visit <http://mychoicemycare>

## Teeninfoincs

Teeninfoincs is a Lincolnshire County Council website that provides information, help and advice for teenagers in Lincolnshire

<http://microsites.lincolnshire.gov.uk/teeninfoincs>

## Parent / Carer Legal Handbook

There is a legal handbook which has just become available for free download for parents/carers/families with children and young people with SEND. This handbook gives families information on entitlement to services and support.

<http://www.councilfordisabledchildren.org.uk/11566#.VrjqsCxUkvl.facebook>



Ask yourself:  
Have I looked  
at all the information on  
these websites and told other  
parents about them?



### **3 Planning for the Future**

The Children and Families Act 2014 introduced a new SEND system. One of the key priorities is to ensure that children, young people and their families are at the centre of planning and decision making so that better outcomes can be achieved.

From Year 9 the SEND reforms require those supporting young people to focus on outcomes for adult life such as employment, independence and independent living, good health and wellbeing, having friends and relationships and being included in the local community. Young people should be supported to have more choice and control over their support, where they live and what they do when they become an adult.

This can only be achieved through careful planning to ensure the right opportunities and support are available to ensure the young person achieves a fulfilling adult life.

#### **Person centred planning**

Person centred planning is a process of life planning for people. It ensures that the person is central to all planning and decision making. Where ever possible the plan is owned and controlled by the person (and sometimes their Circle of Support- see later). Person centred plans should contain all the things that the young person wants to do in their life, including what they need to keep them safe and healthy. Usually meetings are held with the young person being central to the meeting, where all aspects of their lives are looked at. Discussion will also include information about the skills and resources that they and their families can contribute and the role of informal support from their social network and local community

It is important to find out:

- What people appreciate about your son or daughter
- What is important to them
- What is important for them e.g. good support
- What are their needs
- What is important in the future – their dreams and aspirations
- What is working and not working - from all different perspectives

Further information can be found on the Preparing for Adulthood website

[www.preparingforadulthood.org.uk/resources/pfa-resources/the-preparing-for-adulthood-review](http://www.preparingforadulthood.org.uk/resources/pfa-resources/the-preparing-for-adulthood-review)

#### **Getting the most out of meetings**

Wherever possible young people should be present and central to any meetings where their future is being discussed. They should have the chance to prepare for meetings and may need an advocate or you as parent/carer to ensure their views, hopes and dreams for the future are heard and discussed.

It is a good idea to think and talk about the meeting beforehand considering all aspects of a young person's life not just immediate concerns about school or college. Talk to your son or daughter at times when they are willing to share their ideas for the future and write these down along with your own thoughts to be discussed at the meeting.

These are some of the things you may want to start talking about:

- Getting a job
- Where to live
- Being more independent
- Travel and transport
- Doing things in the local community
- Leisure activities
- Health and support needs

Take your notes to the meeting along with any questions you or your son or daughter may have.

**LIAISE** can support young people and their families at meetings.

LIAISE do not speak on the person's behalf but offer guidance and impartial information and advice. They provide SEND information advice and support in Lincolnshire and can be contacted through the Family Information Service, Freephone 0800 195 1635 or  
Contact : [Liase@lincolnshire.gov.uk](mailto:Liase@lincolnshire.gov.uk)

**Independent Supporters** Core Assets is the contracted organisation in Lincolnshire to provide independent support. Independent Supporters can support families through the EHC needs assessment and planning process, working alongside parents offering a range of support such as liaison across different agencies, information about personal budgets, help with writing letters and support at meetings.

## **Circles of Support**

How can Circles of Support work for you?

Planning is for everyone and nobody is too old or too young to plan.

A circle of support is a group of people that can be family, professionals, or in fact anyone who knows the focus person and has their best interests in mind. The 'circle' meets together on a regular basis to help develop and implement a person centred plan for someone when they are unable to achieve goals unaided. The project is funded so there is no cost to the individual and is for people of any age who live in Lincolnshire who have a learning difficulty and/or autism. The person centred plan can then be used to compliment the EHC/transition plan.

A plan helps to identify:

- Where the person is now
- What do they want for the future
- What is standing in the way of achieving their goals
- How and who can help to make their goals achievable

Someone from Circles of Support can help your son or daughter to complete a 'one page profile' which is really useful to take to a new provider or to a work place to let people know the most important things about them, for example, how they communicate best, what is important to them and how they can be best supported.



How to refer:

Anyone can refer to the Circles of Support project by either email or telephone

Emma Rogers Project Manager tel: 07857625792

email: rogersl emma@sky.com

Samantha Leggatt tel: 07584665360

Email: samlfc2208@hotmail.com

## **The Education Health and Care (EHC) Plans**

Since September 2014 EHC plans have started to replace Statements of Special Educational Needs and Learning Difficulty Assessments (LDAs). EHC plans must record what a child or young person wants to achieve (their outcomes) and what support is needed to do this.

Having an EHC plan means the different agencies that provide education, health and social care support will work more closely together to help young people to achieve their outcomes and make sure they are supported in the best way possible.

EHC plans are for children and young people who have a special educational need or disability that cannot be met by support that is usually available in a school or college.

EHC plans will not continue when a young person ceases to be in education even if they are under 25

EHC plans can continue until 25 but will stop if a young person:

- goes to university
- gets a job
- tells their local authority that they no longer want an EHC plan, or
- the local authority thinks that they no longer need it. For example, following a review, it has been evidenced that they have achieved the educational goals written in the plan and no longer need additional special educational help.

Independent Supporters are available to help children and young people and their families who are having an EHC assessment, or moving from their statement of special educational needs or LDA to an EHC plan.

Find out more about EHC Plans at

<http://www.lincolnshire.gov.uk/parents/support-and-aspiration/sen-and-d-reforms/education-health-and-care-plans/>

## **Transitions Pathway**

The transitions pathway was designed and produced with the full participation of children and young people in Lincolnshire. The pathway is a document which can help young people to start preparing for the future and making choices beyond school into adulthood. The pathway is for young people between the ages of 14 to 25.

Transitions planning must be started in Year 9 for those young people with special needs and disabilities. We recommend that the pathway is used regardless of whether the young person has an Education Health and Care (EHC) Plan or not (Please see EHC factsheet for information if required). The pathway does not only look at education. It makes sure that the young person is getting ready for the future by looking at preparing for adulthood outcomes including good health and wellbeing, employment, independent living, housing, friends and relationships.

The transitions pathway will link into the EHC Plan for those who have one. This means that discussions around employment, good health, friends, relationships, taking part in the community, will form a part of the EHC Plan. The pathway will assist those working with young people and their families to make sure that they can evidence how young people are reaching their goals and becoming better prepared for living in the community and having a life.



For more information on transitions and preparing for adulthood please visit the Local Offer website. [www.lincolnshire.gov.uk/localoffer](http://www.lincolnshire.gov.uk/localoffer)

You can also see the three designs of the transitions pathways which is available on the Local Offer. These can be downloaded and used in transitions planning.

<http://search3.openobjects.com/kb5/lincs/fsd/advice.page?id=3qrV3wKuUho>

There is also an easy read website for young people ages 14-25, with severe learning disabilities, which was completely designed and produced by young people in Lincolnshire. The website can help young people to plan and prepare for the future. There is a 'Speak It' button which will help those who cannot read to have the information they need. [www.lincolnshire.gov.uk/transitions](http://www.lincolnshire.gov.uk/transitions).

**Ask yourself:**  
Have I spoken to my son or daughter about what they want to do when they leave school or college? Do they want to live with their friends, try to get a job, learn to travel independently, go out in the evenings?

## 4. Supporting young people to speak up for themselves

From the end of the academic year in which your son or daughter turns 16, the Children and Families Act gives specific decision making rights about EHC plans to young people directly, rather than to their parents, subject to their capacity to do so as set out in the Mental Capacity Act 2005 ( See below for further details). It is therefore vital that young people are prepared and supported to make these important decisions and where ever possible, to speak up for themselves about what they want to do in the future.

While parents make decisions on behalf of their young children, as they mature, young people aged 16 or 17 will be assumed to be able to make decisions for themselves and should be encouraged , unless evidence shows that they lack the capacity to do so

It may be necessary, at times for your son or daughter to be supported by an independent advocate.

Independent advocacy is about helping someone to speak up for themselves, making sure their views, thoughts and opinions are heard and understood.

In Lincolnshire advocacy for people who use social care or mental health services is provided by a partnership of organisations called Total Voice Lincoln. This is a free and confidential service.

Total Voice can help people to:

- Think through difficult choices
- Make their views and wishes clear
- Understand their rights and help them to speak up for themselves

Total voice does not:

- Persuade someone to think in a different way or do things differently
- Make decisions for the person or give advice
- Replace support staff or social workers
- give legal advice or legal support

As the lead organisation for Total Voice, Voiceability provides advocacy for any young person in transition from Children's to Adult Services when they or their carers would have substantial difficulty in being involved with their care assessment or support planning.

Total Voice through Barnardos, also provides independent advocacy for children and young people who are in receipt of support from Children's services including children and young people with SEND

Total Voice has a single point of contact for all enquiries. The service can be contacted at:

Total Voice Lincolnshire  
5 Mill House  
Carre Street, Sleaford  
NG 34 7TW

Telephone 01529 400479  
email: TVL@voiceability.org

More information about the service can be found at:  
[www.totalvoicelincs.org/about-us/](http://www.totalvoicelincs.org/about-us/)

## Court of Protection

The Court of Protection was set up by the Mental Capacity Act 2005. They have to follow the rules in that act.

- Court of Protection is a court in England and Wales who can make decisions on behalf of people who cannot do so themselves. This might be because they have a learning disability, dementia or have a brain injury. The court cannot make a decision on behalf of someone who is able to make decisions for themselves.
- The court can decide whether or not a person is able to make their own decisions. A person who cannot make their own decisions 'lacks capacity'. (Lacking capacity means that there is something wrong with their mind or brain which stops them from being able to make decisions themselves) The court can also make a decision for someone who cannot make decisions for themselves. This is called making a 'best interest' decision for someone who lacks capacity.
- Best Interests means the person making the decision must listen to what the young person wants. They must ask people who know them best and make sure they are involved as much as possible in the decision making. No one can decide what is in their best interest just because of how they look, behave or how old they are. Not all decisions for people who lack capacity will have to be made by the Court of Protection. Families and carers can and will be able to make decisions for that person by deciding together what might be best. If the person does not agree, or the families, carers or professionals cannot agree, then the court should be asked to decide.
- The court can be asked to make decisions about welfare – for example where someone should live, what care they should receive and whether they should be allowed to see their friends and relations. They can make decisions about property and finances – whether there is a suitable person to hold a Lasting Power of Attorney (LPA) or whether that person needs a Deputyship Order (see below). They could also be asked to make a decision about whether someone without capacity can be given serious medical treatment.
- All the court documents can be found on the internet or by visiting the Office of Public

Guardian Website:

[www.publicguardian.gov.uk](http://www.publicguardian.gov.uk)



## Deputyship

This is an order that can be made by the Court of Protection for an appointed person (parent/carer or other) to oversee property and affairs as well as making decisions for those young people (aged 18 and over) who are deemed not to have the capacity to do so. For example; at age 18 a young adult, whether they have capacity or not, should have a bank account of their own so that all their monies can be paid into their own account. This is something that a deputy would have to oversee, keep records, report and account for how the young person's money has been spent. Deputyship can be applied for through the court of protection. This is a lengthy process which has to prove that the young adult is unable to make decisions and requires support to maintain their property and affairs. The court will also decide whether the person who applies for deputyship is appropriate for the role. The Court of Protection monitors the situation to ensure that the young person is not vulnerable to financial abuse etc. For more information please go to the Office of Public Guardian website which is listed below.

[www.publicguardian.gov.uk](http://www.publicguardian.gov.uk)

To find more specific information about deputyship go to :  
<https://www.gov.uk/become-deputy/overview>

## Opening a Bank Account

When a young person becomes an adult at age 18; they should have a bank account in their own name even if the parent/carer, another family member, or other appointed person is overseeing their finances. This will be the case particularly if the young person is getting a personal budget or direct payments to pay for their care and support. Any benefits, allowances or income should be paid into their own account. All banks have different processes for getting an account set up. They may ask extra questions and need further evidence especially if they are uncertain if the young person has the capacity to understand or manage their own finances. This could include the bank asking for a mental capacity assessment to be completed or evidence from a professional working with the young person

If the young person does not have capacity to oversee their finances the court of protection process will apply. Please see information on this above. The person overseeing their finances would have to apply for deputyship and any accounts opened will be the sole responsibility of the deputy. The deputy will be fully accountable for how the money is spent and managed and would have to keep records for the young person. The court of protection has a right to ask for records and receipts to evidence how the account is being managed.

If the young person has capacity to consent for someone to assist with their finances then that person can become their Lasting Power of Attorney. They still have responsibilities for ensuring that the young person's finances are managed correctly but the duties and process differs from Deputyship. In such cases; it might be acceptable to have a joint account opened for the young person with the person who is assisting with their finances. There is also the option of having a third party mandate which means that the young person can be directed and supported in how to manage their money but still have independence with decision making about their finances.

The young person will need to have proof of identity; a passport or driver's licence would be appropriate. The identity will need to have a picture ID. The bank will also ask for proof of residence; and will need copies of utility bills for example a gas, electric or water bill. They will also ask for proof of identity from the person assisting with the bank account. There will be a form to complete and the young person may need full or partial assistance with this. The bank will not accept a letter from the Department of Work and Pension with information on Disability Living Allowance or Personal

Independence Payments as proof of identity so please make sure you take the right ID and utility bills with you.

After the forms are filled in, you need to allow one working week for the account to be opened. The bank will send further letters to the home address with account number and password for debit card. There are many types of accounts that can be opened and the bank will give advice on the best option for the young person. The young person can have telephone or internet banking which might make it easier to assist with managing their finances. They might need support with setting up direct debits so that regular bills are paid on time and avoiding any anxiety around unpaid bills or unwanted debt.

Please see the link below which gives you information in an easy read format about opening a bank account. The link below takes you to a page which is titled 'In Control and Me: How to open a bank account'. Please click on the link that says document just below the title.

<https://www.mencap.org.uk/node/6180>

Mencap and the British Institute of Learning Disabilities also has further information and advice in supporting young people with their money. Please see their respective websites below:

[www.mencap.org.uk](http://www.mencap.org.uk)

[www.bild.org](http://www.bild.org)

**Ask yourself:**  
*Do I really listen to what my son or daughter wants to do and encourage them to speak up for themselves?*



## 5. Employment

There are a variety of ways to gain employment in Lincolnshire for people with special education needs and disabilities

### What is Supported Employment?

Supported Employment is a way of providing assistance to people with a disability who need extra support to move towards and into work. Supported Employment organisations have the specialist knowledge to give this support and can give advice and help all through the process of looking for and gaining a job, including all the stages of job hunting, from the start of the search to getting an interview and beyond. Some of the services provided are:

- \* help to build confidence and self esteem
- \* training, from basic skills to vocational and professional qualifications
- \* help to match the young person's experience and skills to the right job
- \* work trials so they can try a job and gain experience
- \* help through the interview process, sometimes even attending interviews with them for support
- \* 'on the job' help to guide and support them through the early stages
- \* advising potential employers on reasonable adjustments
- \* help to keep their job if they become disabled or are finding work difficult with their existing disability.
- \* Support with travel to and from the work place
- \* Support them to understand the benefits they may be entitled to when they are working

The following organisations have a Supported Employment Service:

**Lincolnshire County Council, Children's SEND team.**

**For more details please contact: [Sarah.bell@lincolnshire.gov.uk](mailto:Sarah.bell@lincolnshire.gov.uk)**

**Tel : 01522 527928**

**Linkage Employment Services**

**[supportedemployment@linkage.org.uk](mailto:supportedemployment@linkage.org.uk)**

**Tel : 01790 755059 - [chris.teesdale@linkage.org.uk](mailto:chris.teesdale@linkage.org.uk)**

**Supported Internships** are personalised study programmes (college courses) based primarily at an employer's premises. They are designed to better enable young people with learning difficulties and/or disabilities to achieve sustainable paid employment by equipping them with the skills they need for the workplace.

For the young person, the internship should contribute to their long-term career goals and fit with their working capabilities. For the employer, the internship must meet a real business need, with the potential of a paid job at the end of the programme of study, should the intern meet the required standard.

Supported Internships are for young people with learning difficulties and/or disabilities aged 16 to 24 with a Statement of Special Educational Needs, a Learning Difficulty Assessment, or an Education, Health and Care Plan who want to move into employment and need extra support to do so.

The overall goal of Supported Internships is for young people with learning difficulties to move into paid employment. The structured study programme includes on-the-job training provided by expert job coaches, and the chance to study for relevant qualifications, where appropriate. Job coaches are critical to the success of Supported Internships. They provide in-work support for young people which tapers off as the individual becomes familiar with their role. Job coaches provide support to employers, increasing their confidence of working with interns and helping them to understand the business case for employing a diverse workforce.

Job coaches also provide support at the end of the internship for those young people not offered a paid job.

Supported Internships reflect the following principles:

- the majority of the young person's time is spent at the employer's premises;
- young people are expected to comply with real job conditions, such as time-keeping and dress code;
- systematic instruction, a method specifically designed to help people with learning difficulties learn new tasks, is used where appropriate;
- stretching learning goals are set, including in English and Maths;
- both the young person and the employer have support through a tutor and a formally trained job coach.
- support continues after the course of study to make sure that young people get paid jobs and sustainable careers.

Supported Internships are available across the whole of Lincolnshire via a variety of providers. Individuals can attend local colleges or work with an alternative training provider depending on the individual's needs or requirements

### Sean works on a Supported Internship

After leaving school, Sean was spending his days playing computer games in his room, on his own. Sean's Dad heard about the Promoting Employment team and after meeting Sean they enrolled him on a Supported Internship course where the majority of his time is spent in the workplace. For Sean this is Motor Klenz, a firm that prides themselves on 'providing a good quality car cleaning job so that customers keep coming back.' So Sean



had a lot to live up to. Being supported by a job coach Sean has now developed an outstanding work ethic. The manager says that 'he is resourceful and now uses his initiative to move quickly from one task to another.' The Promoting Employment team have also worked with Sean to help him develop skills for more independent living and helped him to overcome issues of personal hygiene which previously were a barrier to employment. He has also learnt about keeping himself safe when using social media and has been supported to make a benefit claim. Sean's family are delighted and said, 'He is always happy to go to work. He is motivated and has something positive to do and something to look forward to!'



**For more information regarding Supported Internships in Lincolnshire please contact**

**Lincolnshire County Council - Sarah.bell@lincolnshire.gov.uk Tel : 01522 527928**

**YPLP - Contact yplp@lincolnshire.gov.uk Tel: 01476 592169**

**Grantham College - Contact Lisa Smith lsmith@grantham.ac.uk Tel : 01476 404394**

**Lincoln College - Contact enquiries@lincolncollege.ac.uk Tel: 030 030 32435**

**Boston College – Contact Carol Hanford carol-h@boston.ac.uk Tel: 01205 36570**

**New College Stamford – Contact James Bird james.bird@stamford.ac.uk Tel: 01780 767830**

**Linkage College – Contact Emma Bird emma.bird@linkage.org.uk Tel: 01790 755015**

## **Self Employment**

Self-employment is all about making or doing something that other people would be happy to pay for. Starting a business can mean earning money and building skills and contacts in a way that fits with your son or daughter's needs and lifestyle. They can even use their personal budget to pay for support to start a business.

Many people with learning disabilities have started businesses in all kinds of areas.

Self-employment is a serious option and a great alternative to getting a job. Owning a business can give young people more freedom, flexibility and control as they're in the driving seat. But, they must be ready to plan the business and think carefully about what it will involve.

These are some of the areas in which individuals have set up businesses and become self employed in Lincolnshire.

- DJ services
- Ink recycling
- Disability awareness training
- Car wash
- Jewellery making and selling
- Gardening
- Dog walking
- An eBay business
- Office recycling
- Horticulture
- Plastic recycling

There are grants available for self employment and various support agencies to enable young people set up a business in Lincolnshire

For more information on Self Employment please contact : Sarah.bell@lincolnshire.gov.uk Tel: 01522 527928

## Voluntary Work

Volunteering offers a host of advantages from the chance to learn new skills to the opportunity to meet new people. It can even kickstart a whole new career. There are a host of available volunteer roles in Lincolnshire and many individuals can volunteer before deciding on their career path or get a taste for being in a working environment.

There are many organisations supporting individuals to get into volunteering and they will support young people to find what's available and how to apply for a volunteering post. If the individual needs more 'on the job support' then a Supported Employment Service may be able to offer support.

For more information on Volunteering please contact : Sarah.bell@lincolnshire.gov.uk Tel: 01522 527928

## Work Exchange

Work exchange is a way of doing a useful job for someone in exchange for something that your son or daughter would enjoy. Sometimes employers do not have an actual job vacancy where they would be able to pay someone for their working time but could use some extra help for a few hours per day or per week. Besides getting the opportunity to gain some experience of work, the employer will sometime exchange the work for a discount or a free activity.

**For example:** A young man from St Francis special school has been doing some unpaid work at a golf course, helping on the greens. In exchange for his time he is getting some free golf lessons. Another young man helps out at a garden centre and receives a discount on any goods that he and his parents buy from the centre. A young lady who loves horses, mucks out stables at a local riding school. In exchange she is able to join in with one of the riding lessons each week.

Ask your parents/carers, friends, teachers or supporters to help you to arrange a work exchange placement.

## Access to Work

Access to Work is a grant from the Department of Work and Pensions which helps to pay for practical support so that disabled people can do their jobs. The grant will also support people on Supported Internships and traineeships to allow funding of travel and the cost of support workers, including job coaches or specialist equipment for the days that the young person is at the employer's premises. There is no set amount as the Access to Work grant depends on individual circumstances. Further information can be found at [www.accesstowork.co.uk](http://www.accesstowork.co.uk) or on the Preparing for Adulthood website [www.preparingforadulthood.org.uk](http://www.preparingforadulthood.org.uk)

## Step Forward – Employment Support Service

In February 2015 Specialist Adult Services were allocated funding by the Health & Wellbeing Board for the provision of employment support services to people with learning disabilities, autism and mental health problems

### Eligibility criteria

Beneficiaries must satisfy eligibility criteria in order to be able to access support via the Step Forward project, as follows:

- be an ordinary resident of the county of Lincolnshire

- have either a learning disability, autism or mental health problem (please note that a learning difficulty is not a qualifying criterion)
- be aged 26 and over and unemployed

## Referring people to Step Forward

Information regarding how to refer people to the Step Forward service is available under Courses for Unemployed in the courses section of the Boston College web site at [www.boston.ac.uk](http://www.boston.ac.uk)

Alternatively, please contact 01205 365701 x 6280 and ask for Julie Relf.

*Ask yourself;  
Have I ever thought that  
my son or daughter may be able to  
work? Have I looked at the inspiring  
stories about young people with SEND  
going out to work on the Preparing for  
Adulthood website?*

## Employment, Self-employment, Supported Internships and Voluntary work

Name of Provider	Address	Contact Details/Website Address	Summary of Provision
Barnardo's – Gainsborough Talent Match	Gainsborough Talent Match Project	Angela Crawford – Youth Advocate (Gainsborough) Tel: 07899 067945  Email: <a href="mailto:angela.crawford@barnardos.org.uk">angela.crawford@barnardos.org.uk</a>	Talent Match is a programme designed for young people aged 18 to 24 who have not been engaged in education, employment or training for twelve months or more.
Prince's Trust, at: Gainsborough, Spalding, Holbeach, Grantham, Lincoln, Sleaford, Skegness Fire Stations	East Midlands Regional Office: 2nd Floor Unit 6 Faraday Course Conduit Street Leicester LE2 0JN	Tel: 01522 582285 or 07766 726746 (Kim Jones) Email: <a href="mailto:princestrust@lincoln.fire-uk.org">princestrust@lincoln.fire-uk.org</a> Website: <a href="http://www.lincolnshire.gov.uk/lincolnshire-fire-and-rescue/education/princes-trust/princes-trust/119892.article">www.lincolnshire.gov.uk/lincolnshire-fire-and-rescue/education/princes-trust/princes-trust/119892.article</a>	Team is a free 12 week programme of personal development and training. It aims to re-engage young people, helping them to think about their futures. For further information visit the Lincolnshire microsite.
YPLP	YPLP Growing Futures South Park Lincoln LN5 8EW	Tel: 01522 527928 or 07766 776196 (Sarah Bell)	A specialist team within Lincolnshire County Council providing all aspects of employment to children and young people and adults aged 14 to 25 with learning disabilities. For further information contact Sarah Bell.

<b>Name of Provider</b>	<b>Address</b>	<b>Contact Details/Website Address</b>	<b>Summary of Provision</b>
DEAFLincs	Annex A, County Council Offices, Eastgate, Sleaford, NG34 7EB	Tel: 01522 554932 (Maurice Jessop) or 07711 138494 Email: info@deaflincs.com Website: www.deaflincs.com	DEAFLincs Sign Language Interpreting Service provides professional Sign Language interpreters to facilitate effective communication between deaf and hearing impaired people across a wide spectrum of professional fields. For further information visit their website.
Lincolnshire Council for Voluntary Youth Services	Waddington Youth Centre, Waddington High Street, Waddington, LN5 9RF	Tel: 01522 680034  Website: www.teeninfoincs.co.uk	Works with voluntary organisations supporting young people across the county. For further information visit their website.





## 6. Somewhere to live



Information in this section obtained from:-

([www.paradigm-uk.org](http://www.paradigm-uk.org))

([www.housingandsupport.org.uk](http://www.housingandsupport.org.uk))

### BELOW ARE DETAILS OF THE OPTIONS AVAILABLE

PLEASE ENSURE YOU OBTAIN APPROPRIATE ADVICE BEFORE PROCEEDING

#### **Buying to rent to a disabled person**

Buy to rent is where a parent, or other close relative, buys (or builds) a property and then lets it out to their son or daughter or relation. The parents fund the acquisition commonly repaying the mortgage from the rent charged.

This property may be any ordinary house, flat or bungalow – adapted if necessary. It can also be an annexe to the parents' home that is converted or a small bungalow built in the garden of the relatives own home.

Commercial buy to let mortgages have become widely available and are a common source of loan finance for the purchase. Mortgages for conversion or building projects are also available. Parents will usually have to find a small deposit. According to the family's personal circumstances it may be possible to acquire a second property without borrowing or by re-mortgaging their own home. Most people with a significant learning disability could be eligible for housing benefit and this could then be used to repay the loan the parents have taken out.

#### **Collective ownership**

Most often this is a group of parents with a disabled son or daughter who feel there is no suitable accommodation locally or there are shortcomings in provision which they can improve on. The solution can be to band together, pooling resources and develop a new service for their relative to share.

There are various ways of collaborating including:

- Joint ownership by up to four families
- To form a company – usually used when there are more than four parties
- To set up an unregistered housing association.

The accommodation developed varies. Families who combine together are most likely to: Develop a small block of self-contained flats possibly with some communal facilities like a meeting room/ lounge/kitchen area with on-site office or buy a small shared house

The company will let properties to the relatives. They will pay a rent and this provides an income to the company which is used to pay for:

- Housing management
- Property maintenance and repair
- Repaying any loan taken out by the company.

The company (or other vehicle) having completed the development may choose to contract with other organisations for day to day management, maintenance and future lettings. This could be a local Registered Social Landlord.

## **Shared Ownership and Help to Buy**

Shared Ownership means that you buy part of a property and rent the other part, usually from a Registered Provider (RP). The RP helps you by letting you buy a share you can afford. This is between 25%, the minimum that can be purchased, and 75%, the maximum.

You then pay rent for the part you do not own. If you buy a smaller share, the mortgage cost goes down but the rent increases. The attraction of Shared Ownership is that you can get nearly all the benefits of owning your own home including security without having to pay the whole cost; it is more affordable.

So, for example, if an individual could afford £100,000 on their income but not afford to buy a flat or house outright for £200,000 they could simply buy a half-share of £100,000, or even a quarter share at £50,000.

You will be the owner and have the same rights and responsibilities as any other home owner. You don't have to share the home with anyone else - unless you want to of course, and it isn't like owning some rooms and not others. You simply share the ownership with an RP.

It is sometimes possible to buy a larger share or even the whole property later on (if you want) and you can sell at any time if you want to move.

The part that is retained by the RP is rented to the individual. In the case of disabled people the part that is rented will, provided the individual qualifies, be eligible for Housing Benefit.

There are two types of shared ownership currently available

- Home Ownership for Long Term Disabilities (HOLD) coupled with Support for Mortgage Interest (SMI), which is a specialist scheme for disabled people, and;

- Social Homebuy, a more general scheme

(More information can be found at [www.mysafehome.info/](http://www.mysafehome.info/))

## Intentional communities

In the present context 'intentional communities' refers to schemes set up specifically to house disabled people who live together as part of a supportive community.

Historically, intentional communities were often set up as small villages or farms in rural areas but some are newer developments in towns like Milton Keynes or may consist of a number of properties spread across an area.

There are about 50 communities for people with learning disabilities in the UK. The largest and most well-known are Camphill Communities ([www.camphill.org.uk](http://www.camphill.org.uk)) for England & Wales, [www.camphillscotland.org.uk](http://www.camphillscotland.org.uk) for Scotland and [www.camphillni.org](http://www.camphillni.org) for Northern Ireland) and L'Arche Communities, [www.larche.org.uk](http://www.larche.org.uk), all enquiries or applications can be made direct to them.

Typically they operate a selection process which starts with a visit to the community and may include a trial period living in the community before becoming a full member.

- **Please note that there are no Intentional Communities in Lincolnshire and LCC do not fund out of county placements therefore if you wanted to pursue this option alternative funding would need to be sourced**

## Renting accommodation to relatives

Parents may be able to help sons or daughters set up their own home. This is the usual scenario, but these rules could apply to any relative who wants to enter into an arrangement like this.

In simple terms it is difficult to rent a room in the parental home to a member of the family and for them to claim Housing Benefit to pay the rent. However, it is possible for parents to buy another, different self-contained property and rent this to a son or daughter or other relative.

Where a person is renting a property they are usually entitled to claim Housing Benefit if they have a commercial arrangement and the Local Authority is satisfied that the arrangement was not set up to take advantage of the Housing Benefit scheme.

This would mean that the agreement would need to be enforceable in law in order to show that it was a commercial agreement.

There are additional rules where a parent lets a room to a son or daughter i.e. you are occupying the same property and renting to a close relative.

The question that the Local Authority has to consider is whether the landlord resides in the same dwelling as the claimant (close relative) Reg 7(1)(b). If they think they do then Housing Benefit is not payable. Under Housing Benefit rules this means the sharing of kitchens or other communal rooms.

Therefore if you could show that you are renting a property which gives exclusive use of a kitchen and you do not share communal rooms, other than bathroom or lavatory or passageways you may be able to claim Housing Benefit. A close relative is defined as parent, parent-in-law, son, son-in-law, daughter, daughter-in-law, step-parent, step-son, step-daughter, brother, sister or the spouse or unmarried partner of any of these people (Reg 2 HB Regs 1987).

## Residential care

A residential care home is an 'establishment' providing accommodation together with personal care. It means having a room in a building shared with a number of other people. Twenty four hour care will be provided on site as well as meals. Residential homes are owned and managed by public, private sector or charitable bodies. Some specialise in particular forms of provision, for example for people on the autistic spectrum or those with sensory impairment in conjunction with a learning disability. Homes have to meet certain physical standards; they are inspected by the Care Quality Commission ([www.cqc.org.uk](http://www.cqc.org.uk)) whose reports are published. Staff are required to be trained to a certain level and staffing ratios are laid down.

The Adult Social Care department of the local authority undertakes an assessment of need and if the person is eligible and residential care is deemed the most appropriate way to meet their needs a suitable placement will be sought in a suitable home where there is a vacancy. There is a financial assessment linked to any service provision which will determine what the person will have to financially contribute towards their care and support.

Homes advertise on various websites. Three of the biggest are:

- [www.carehomesguide.com](http://www.carehomesguide.com)
- [www.ucarewecare.com](http://www.ucarewecare.com)
- [www.carehome.co.uk](http://www.carehome.co.uk)

## Shared ownership and family investment

In normal outright purchase you buy 100% of the equity, in shared ownership you only need to buy a portion of the equity: 30, 40, 50%. The point about shared ownership is that it makes it cheaper to become an owner. A disabled person can get all of the benefits of ownership for a fraction of the cost of full ownership. The part that you do not purchase remains with the landlord or developer who rents it to the shared owner. Shared ownership is therefore simply described as 'part-buy, part rent'.

As an example if a suitable bungalow is for sale at £200,000 someone with a learning disability who has just inherited £70,000 could acquire a 35% share.

There are three ways of getting a shared ownership property:

1. Most property for sale on shared ownership terms is developed by housing associations (Registered Social Landlords). There are a number of shared ownership programmes promoted and financed by the Homes and Communities Agency (HCA) called 'HomeBuy' and of particular relevance 'Home Ownership for people with Long-term Disabilities' programme (HOLD). Properties may be new or second hand.
2. A small number of housing associations offer shared ownership for disabled people outside the Homes and Communities Agency rules and limitations. In these the subsidy that the HCA provides is replaced by an equivalent investment by a relative or a Discretionary Trust. The two leading providers of privately funded shared ownership are: Advance Housing and Progress Care. Both operate over a large part of the country, offer different financial arrangements and are H&SA members. There are a small number of other organisations beginning to offer different versions of shared ownership without grant



3. Buy an existing shared ownership/ HomeBuy property on the second-hand market. The way to do this is usually to get on the waiting list of an RSL that has a big shared ownership programme in the area you want to live in and ask them to nominate you when a suitable property becomes available. This is possible because most shared ownership leases give the landlord (the RSL) a short period (typically 21 days) to put forward someone to buy a shared ownership property from an existing owner when they want to sell.

A housing subsidiary of Mencap called Golden Lane may also be prepared to consider shared ownership. Private developers occasionally offer a form of shared ownership (or some form of low cost ownership), usually to boost sales on developments that are not selling. These are not intended for disabled people and many offer short term savings only so will need careful examination.

A share that is retained by the landlord is rented to the shared owner. This rent should be eligible for housing benefit where the landlord is an RSL or charitable body.

## **Shared supported housing**

A common form of provision for people with learning disabilities is ordinary or purpose built houses shared by a small number of disabled people. Typically this is 3, 4 or 5 people. Each person has their own bedroom, very occasionally two people may share. Support will be provided to those who are eligible under the care act, who have an assessed unmet need. The amount of support will be determined by the level of need and can be from one hour a week to 24 hours a day. This can be direct support, access to on site support or floating support.

The rest of the property is communal space used by tenants collectively and normally this will include at least a lounge, kitchen and dining area. There may be additional facilities like a sensory room, laundry, staff sleep-in room and some schemes will for example have en suite bathrooms rather than a shared bathroom.

If personal care is provided (defined as physical and intimate touching and not including general social care) the care provider will have to be registered as a domiciliary care provider by the Care Quality Commission (CQC) but this is different from the whole building and service being registered as a care home. In this circumstance it is only the personal care element of the service that is regulated and monitored by CQC.

## **Support tenants**

A support tenant shares the home of someone who has a learning disability (it might be a couple). They live with them as a friend or 'flat mate'. They share household tasks and bills just like any other unrelated friends sharing a house might.

In addition the support tenant agrees, with the care provider, to do some additional things which help the person with learning disabilities live more independently than might otherwise be possible. Support tenants are part of a range of choices for people with learning disabilities.

An alternative to a support tenant is a Homeshare arrangement; the Homeshare website is [www.homeshare.org.uk](http://www.homeshare.org.uk). It contains a lot of advice for individuals thinking about a homeshare arrangement and is also useful for organisations who might consider co-ordinating or managing a homeshare service. It has comprehensive practice guides, and sample forms which you can use.

## **Shared Lives and supported lodgings**

Shared Lives is the name for an arrangement where someone lives with a family and takes part in family life.

Supported lodgings is a bit different. The person with a learning disability lives in someone else's family home but does not take part in family life.

Please see [www.sharedlivesplus.org.uk](http://www.sharedlivesplus.org.uk) for full information

**Any care and support required for supported living arrangements is subject to an assessment by Adult Social Care. If you meet the criteria for adult care and support then any services provided will be subject to a financial assessment which determines what you will contribute towards the cost of your care. This is the process unless the person does not meet the criteria for care and support from Adult Social Care and will be making their own arrangements and paying full cost for their care and support.**

**Lincolnshire Adult Social Care team should be the first point of contact for any referrals and general enquiries Tel: 01522 782155**

**There are cases where the person may have funding through NHS Continuing Healthcare to pay for some of their support. This is funding accessible via an Adult Continuing Healthcare Assessment (anyone age 18 and above/ there is a different process for children) if the person has a medical condition which is unpredictable, intense or complex. The assessment is multi disciplinary which means that the relevant social care professionals for example a social worker will decide whether your need is primarily health or social care . Please see information on the Adult Continuing Health Care process:**

[www.nhs.uk/conditions/social-care-and-support-guide/pages/nhs-continuing-care.aspx](http://www.nhs.uk/conditions/social-care-and-support-guide/pages/nhs-continuing-care.aspx)

#### USEFUL LINKS

Law Society – for lists of solicitors specialising in health and social care [www.lawsociety.org.uk](http://www.lawsociety.org.uk)

Citizens Advice Bureau [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

British Institute of Learning Disabilities [www.bild.org.uk](http://www.bild.org.uk)

Housing and Support Alliance – read case studies of young people having a home of their own – [www.housingandsupport.org.uk/positive-and-possible](http://www.housingandsupport.org.uk/positive-and-possible)

Lincolnshire Wellbeing Service –Tel 01522 782140

**Community Supported Living - Below is a list of approved providers who are on LCC's Select List for delivering CSL services.**

(Priory) Craegmoor Supporting You Ltd	<a href="http://www.craegmoor.co.uk">www.craegmoor.co.uk</a>	Tel. 0800 280 8228 Sign Email: <a href="mailto:craegmoorenquiries@priorygroup.com">craegmoorenquiries@priorygroup.com</a>
Advance Housing and Support Ltd	<a href="http://www.advanceuk.org">www.advanceuk.org</a>	Tel. 0333 012 4307
Amara Care Ltd	<a href="http://www.psychologywithcare.co.uk/amara-care/">www.psychologywithcare.co.uk/amara-care/</a>	Tel. 01652 648335 Email: <a href="mailto:admin@amaracare.co.uk">admin@amaracare.co.uk</a>

ASA Shared Lives	<a href="http://asaorg.co.uk">asaorg.co.uk</a>	Tel. 01529 416270
Autism Care UK	<a href="http://www.autismcareuk.com">www.autismcareuk.com</a>	Tel. 01526 322444 Email: <a href="mailto:info@autismcareuk.com">info@autismcareuk.com</a>
Bspoke Social Care	Email: <a href="mailto:bspokescare@hotmail.co.uk">bspokescare@hotmail.co.uk</a>	Tel. 01522 682978 Email: <a href="mailto:bspokescare@hotmail.co.uk">bspokescare@hotmail.co.uk</a>
Caerus Care	<a href="http://www.caeruscare.co.uk">www.caeruscare.co.uk</a>	Tel. 01945 464733 Email: <a href="mailto:enquiries@caerus.co.uk">enquiries@caerus.co.uk</a>
Dimensions UK Ltd	<a href="http://www.dimensions-uk.org">www.dimensions-uk.org</a>	Tel. 07753976945 or 0300 303 9016
Eden Futures	<a href="http://www.edenfutures.org">www.edenfutures.org</a>	Tel. 01159 603264 (Nottingham office) Email: <a href="mailto:nottingham@edenfutures.org">nottingham@edenfutures.org</a>
Focusability	<a href="http://www.focusability.co.uk">www.focusability.co.uk</a>	Tel. 01673 844423 Email: <a href="mailto:info@focusability.co.uk">info@focusability.co.uk</a>
Heritage Care Ltd	<a href="http://www.heritagecare.co.uk">www.heritagecare.co.uk</a>	Tel. 0208 502 3933 Email: <a href="mailto:general.enquiries@heritagecare.co.uk">general.enquiries@heritagecare.co.uk</a>
Lifeways Community Care	<a href="http://www.lifeways.co.uk">www.lifeways.co.uk</a>	Tel. 0116 266 7454 Email: <a href="mailto:info@lifeways.co.uk">info@lifeways.co.uk</a>
Linkage Community Trust	<a href="http://www.linkage.org.uk">www.linkage.org.uk</a>	Tel. 01790 752499 Email: <a href="mailto:info@linkage.org.uk">info@linkage.org.uk</a>
Making Space	<a href="http://www.makingspace.co.uk">www.makingspace.co.uk</a>	Tel. 01925 571 680 Email: <a href="mailto:enquiries@makingspace.co.uk">enquiries@makingspace.co.uk</a>
Mencap	<a href="http://www.mencap.org.uk">www.mencap.org.uk</a>	Tel. 020 7454 0454 Email: <a href="mailto:help@mencap.org.uk">help@mencap.org.uk</a>
Navigation Support & Care Services Ltd	<a href="http://www.navigationsupportandcareservices.co">www.navigationsupportandcareservices.co</a>	Tel. 01522 539626 Email: <a href="mailto:info@navigationscs.co.uk">info@navigationscs.co.uk</a>
Sense	<a href="http://www.sense.org.uk">www.sense.org.uk</a>	Tel. 0300 330 9256 Email: <a href="mailto:info@sense.org.uk">info@sense.org.uk</a>
The Regard Partnership Ltd	<a href="http://www.regard.co.uk">www.regard.co.uk</a>	Tel. 020 8255 4433 Email: <a href="mailto:info@regard.co.uk">info@regard.co.uk</a>
Thera East Midlands	<a href="http://www.thera.co.uk/thera-east-midlands">www.thera.co.uk/thera-east-midlands</a>	Tel. 0300 303 1280
UBU	<a href="http://www.ubu.me.uk">www.ubu.me.uk</a>	Tel. 01423 858687 Email: <a href="mailto:enquiries@ubu.me.uk">enquiries@ubu.me.uk</a>
Voyage	<a href="http://www.voyagecare.com">www.voyagecare.com</a>	Tel. 0800 328 6091 Email: <a href="mailto:referrals@voyagecare.com">referrals@voyagecare.com</a>

## Katie becomes a part owner of her bungalow



Janet has a daughter, Katie, who has severe learning difficulties. She is on the autistic spectrum, has very limited communication and is unable to walk. Twelve years ago Katie was living in a bungalow that she shared with two others but after two years both of the people sharing with her moved to different accommodation leaving Katie on her own. This made the support for Katie very expensive but Katie was enjoying living on her own.

At this point Janet started to look into joint ownership of the property through a housing association. This would mean that the bungalow would be owned by the family through a Discretionary Trust, and therefore could not be taken away from Katie once her parents eventually die. This arrangement involved part ownership, and part rent. In their case they own 25% of the property. The proportion that is purchased can be increased in gradual steps over a period of time if and when funds become available. This does mean that the family is responsible for maintaining the property but they also have the freedom to make changes of their choosing.

Janet recommended the Housing and Support Alliance as having useful information about different types of supported living. She is aware that mortgages could be available of up to £200,000 to help with this kind of arrangement.

She says that it does however take at least 18 months to two years to get the process completed. The housing association was really helpful in her case. Longhurst and Havelock (L & H Homes) were already her landlords, and they proved to be a great help.

The property was ideal because it was well equipped and the interior had been modified. Katie's life experience has widened considerably since living in her bungalow through the support of care workers. She receives 24 hour 1:1 care and sometimes more when going out and about. Care workers look for opportunities to allow her to be active within the community, for example she has been delivering a local magazine, and she is also able to make decisions about what she wants to do.



Janet has found that using the right company for home care provision, with the right protocols, has been crucial. The company they have now works well as a team with Katie and her parents. Katie continues to be happy living in her bungalow and her parents have peace of mind knowing that she is living with a degree of independence as well as being well cared for.

Ask yourself:  
Am I worried about  
what may happen to my son or  
daughter when I become too old to look  
after them? Should I be looking now at  
options for their future? Would they like  
to live with younger people away from the  
family home?



## 7. Travel and Transport

Independent Travel is essential for young people in preparing for adulthood. Being able to travel independently gives young people with additional needs, the opportunity to access work and social opportunities. Travel training has many benefits including increased confidence and self esteem. It helps to build skills with planning journeys, personal and road safety, and problem solving. Being able to travel independently will enable young people to further develop their social skills.

The Independent Travel Training Program is a free service from the local authority available to anyone aged between 14 and 25 who has an entitlement to transport provided by Lincolnshire County Council. The ITT program is one to one training designed to equip young people with the confidence and skills required to travel independently. It is made possible by trainers who accompany a young person throughout their whole journey once a week either by bus, train, cycling or walking, gradually reducing support until the young person can manage every aspect of their journey independently.

**For further information or to make an application please visit**  
**[www.lincolnshire.gov.uk/maxrespect](http://www.lincolnshire.gov.uk/maxrespect)**

**There are also two factsheets on the Local Offer for young people who are still in education prior to adulthood. Please see link below:**

<http://search3.openobjects.com/kb5/lincs/fsd/organisation.page?id=i8AlmuXAual&&familychannel=2>

There are a number of different bus companies running throughout the county but if your son or daughter is unable to use public transport due to their disability community transport offers a number of different ways to get out and about to the shops and to local amenities.

Contact **Dial a Ride on 01522544983**

Visit [www.mychoicemycare.org.uk/i-need-help-with/getting-out-and-about/transport.aspx](http://www.mychoicemycare.org.uk/i-need-help-with/getting-out-and-about/transport.aspx)

You will find information on:

- Passes and permits including Blue badge, national rail cards and concessionary travel passes
- Local buses and trains
- Motability scheme – if you receive a government funded mobility allowance you may be able to use this scheme to exchange this for a car, powered wheelchair or scooter
- Shopmobility – offers wheelchairs and scooters to help you get around

**Taxi services** that are equipped for people with SEND are listed on the Local Offer website under travel and transport

[www.lincolnshire.gov.uk/sendlocaloffer](http://www.lincolnshire.gov.uk/sendlocaloffer)

## 8. Moving on to Adult Health Services

Moving into Adult Health services can be a very worrying time for young people and their families. Healthcare Transition describes the process of planning and preparing to move from children's healthcare to adult services and should be a gradual process that gives your son or daughter and everyone involved in their care, time to discuss what healthcare support will be required when they become an adult, including which services will be best and where they will receive that care.

As your son or daughter gets older it may be that children's services are not the most appropriate service for providing some of the care needed or for discussing issues that arise such as further education, travelling, sex or careers. When your son or daughter moves into adult health services they will also be seen in a more grown-up environment rather than in children's departments or wards which will no longer be appropriate

Part of the transition process should be about helping you to look at where the ongoing healthcare needs of your son or daughter can be best met. Your consultant or family doctor (GP) will be able to give you information to help you to make the best decisions. Young people with learning disabilities are entitled to **Annual Health Checks** from the age of 14. Please ask your GP surgery for more information about getting your **Annual Health Check** completed.

Your healthcare team should be able to give you information and support in the following ways:

- Helping you understand how your son or daughter's condition or illness might effect their future education and career plans
- Making sure you know where to get help and who to contact in an emergency
- Making sure you know about support networks available to you
- Making sure your son or daughter understands the importance of a healthy lifestyle, including exercise, diet, smoking and sex
- Giving your son or daughter the opportunity to talk to healthcare professionals without you present if this is appropriate
- Supporting your son or daughter to know more about their condition or illness, its treatment and possible side effects if this is appropriate

At this time it is also important to discuss practical issues relating to your son or daughter's health such as getting to appointments, obtaining repeat prescriptions.

The Department of Health states that young people and adults with learning disabilities should have a Health Action Plan

You can find out more information about a **Health Action Plan** at:

**The Department of Health**

**PO Box 777, London, SE1 6XH**

**Tel 08701555455**

You can also see an example of a Health Action Plan developed by Mencap at: [www.mencap.org.uk](http://www.mencap.org.uk)

If your son or daughter needs to go into hospital for a day or a more prolonged stay you can get an easy read booklet called 'Coming into hospital' which has been specifically developed to help adults with learning difficulties in Lincolnshire when going into hospital.

The booklet gives easy read information about what they will need to bring, who can support them, what they can expect, how to get to the hospitals across Lincolnshire and much more useful information for both them and you.

Copies of the booklet are available on an easy read web site:

[www.ulh.nhs.uk/easyread](http://www.ulh.nhs.uk/easyread) or e mail: [patient.involvement@ulh.nhs.uk](mailto:patient.involvement@ulh.nhs.uk)

## **Sexual Health Services**

Parents and young people in Lincolnshire have told us that they would like more information about sex and relationships. This includes how to meet a girlfriend or boyfriend, staying safe, including online safety, and where to go to get advice about sexual health.

Some young people may feel comfortable visiting their GP or Practice Nurse to discuss their relationships where others may want to talk to a professional who specialises in sexual health.

There are contraception and sexual health clinics across Lincolnshire that offer information about contraception, sexually transmitted infections and pregnancy testing. They also have trained health advisors who can talk about choices, healthy relationships and consent.

Lincolnshire Contraception and Sexual Health Services have a central booking line. The young person will be allocated an appointment at a clinic and at a time which is most convenient for them. The contact details are:

Telephone: 01522 308800

Monday – Thursday 8.30am – 7.30 pm

Friday 8.30am – 4.30pm

For young people and their parents who identify themselves as lesbian, gay, bisexual or transgender Stonewall, [www.stonewall.org.uk](http://www.stonewall.org.uk) has information, advice and support including what is available in the local area.

If your son or daughter would like to talk to someone about being gay, lesbian or bisexual and how they are feeling, they can contact Kooth, an online counselling service for people aged 11-25 at [www.kooth.com](http://www.kooth.com)

FFlag [www.fflag.org](http://www.fflag.org) is a charity dedicated to supporting parents and their lesbian, gay and bisexual daughters and sons. They offer support to local parents groups and contacts, in their efforts to help parents and families.

Mencap. [www.mencap.org.uk](http://www.mencap.org.uk) has a useful downloadable leaflet which gives tips on dating and how to stay safe

The Family Planning Association [www.fpa.org.uk](http://www.fpa.org.uk) has downloadable leaflets for parents and information about sex and relationships, contraception and sexually transmitted infections for people with learning disabilities. There is also a range of books and resources that parents can order online.



## C Card condom scheme

Condoms are the only method of contraception that, if used properly, can help to protect against pregnancy and sexually transmitted infections.

In Lincolnshire young people aged 13 – 19 (this age range is extended to 25 for people with a learning disability) can access free condoms from the Lincolnshire C Card scheme.

C Card can be accessed in a variety of locations across Lincolnshire including some pharmacies, GP practices, youth centres and some school nurses. Some venues will register and distribute condoms while some are pick up points only. Participating venues will display a C Card sticker.

At the first registration appointment, a professional trained to deliver C Card will demonstrate how to use a condom and talk about healthy relationships and keeping safe. If they feel that the young person is not able to consent to having sex they will support them to access the sexual health clinic where they can see a trained nurse or doctor.

If the professional is happy that the sex the couple are having is consensual the young person will be issued with a C Card. They can then use this card to access free condoms.

The C-Card mobile is a website where you can find out more about the C-Card Condom Scheme. You can see the C-Card Mobile on a computer, or a mobile phone which has internet access. The website has the names of places and addresses where a young person can register for C-Card and where they can pick up free condoms.

The C-Card Mobile also has information about other sexual health services and how to contact them. It includes how to get a Chlamydia test, a pregnancy test or find out about other types of contraception and the morning after pill.

**Ask yourself:**  
Are there areas of care that my son or daughter could start to take more control of now? Could they be more independent with their medication?



## 9. Money matters

Money and benefits seem to be one of the most problematic areas for families. It is essential that you gain a clear knowledge of these issues in order to achieve the best outcomes for your son or daughter so they do not miss out on opportunities.

Here is some information that may help you and your son or daughter

You will need to have your National Insurance number and your date of birth ready when making any calls about the benefits listed below

### **Disability Living Allowance (DLA)**

Disability Living Allowance is a Disability Benefit for people aged 3 months to 16 years of age with a disability or a long-term health condition who have had care or mobility needs for at least 3 months and are likely to have these needs for at least another 6 months.

It is a non-means tested, non-contributory benefit and it isn't taxable

Disability Living Allowance is made up of two components, a Care Component with 3 levels and a Mobility Component with 2 levels

You may be able to get one or both components.

**To identify eligibility and to apply for Disability Living Allowance telephone 0345 7123456**

**If you are 16 or over and are already receiving DLA you will automatically be contacted by the Department of Work & Pensions (DWP) and invited to claim Personal Independence Payment (PIP)**

### **Personal Independence Payment (PIP)**

- Personal Independence Payment is a Disability Benefit for people aged 16 to 64 with a disability or a long-term health condition.
- Is a non-means tested, non-contributory benefit and isn't taxable
- Can be paid whether you are working or out of work
- Can be paid alongside other Department for Work and Pensions benefits

Personal Independence Payment is made up of two components

The Daily Living Component and the Mobility Component

You may be able to get one or both components.

Each component can be paid at one of two rates, the standard or the enhanced rate

**To identify eligibility and to apply for Personal Independence Payment telephone**

**0800 917 2222**

## **Jayne receives support to apply for a Personal Independence Payment for her son Joshua**

The other day I received a letter explaining that Joshua's Disability Living Allowance will soon stop and I will need to make a new claim for him for Personal Independence Payment.

I am an educated woman but when I looked through the Personal Independence Payment claim form I initially thought that none of the questions related to Joshua.

I requested support from a carer support organisation who arranged a home visit. The man from the carer support organisation spent quality time with me exploring in detail potential answers to each of the questions from the Personal Independence Payment claim form which truly reflected Joshua's additional care and mobility needs which I hadn't even considered.

The help and support that the man from the Carers support organisation provided to me with the completion of Joshua's Personal Independence Payment claim form enabled me to provide that quality care and support towards Joshua that he requires, instead of worrying about completing the Personal Independence Payment claim form and then waiting for the dreaded brown envelope which would include the decision upon whether the Personal Independence Payment claim form was successful or not.

## **Child Benefit**

You can receive Child Benefit if you are responsible for a dependent child under the age of 16 or qualifying young person under the age of 20 who is in full time, non-advanced education of more than 12 hours a week or on an approved unpaid training scheme.

**To identify eligibility and to apply for Child Benefit telephone 0300 200 3100**

## **Carers' Allowance**

Carers' Allowance is a weekly benefit to help you look after someone who requires substantial caring needs.

You might be able to get Carers Allowance if the following apply:

- You are 16 or over
- You spend at least 35 hours a week caring for someone
- You have been in England, Scotland or Wales for at least 2 of the last 3 years
- You live abroad as a member of the armed forces
- You are not in full-time education or studying for 21 hours a week
- You earn below the earnings threshold for Carers Allowance

[www.gov.uk/carers-allowance](http://www.gov.uk/carers-allowance) for further details

**The person you care for** must already get one of these benefits:

- Personal Independence Payment (PIP) daily living component
- Disability Living Allowance (DLA) - the middle or highest care rate
- Attendance Allowance
- Constant Attendance Allowance at or above the normal maximum rate with an Industrial Injuries Disablement Benefit, or basic (full day) rate with a War Disablement Pension
- Armed Forces Independence Payment (AFIP)

## How to claim

- telephone the Disability and Carers Service 028 9090 6186
- telephone the Benefit Enquiry Line for Carers Allowance 0345-608-4321

**Please note you do not have to be related to, or live with, the person you care for however a person can only receive one payment of Carers Allowance, even if they look after more than one person.**

## Guardians Allowance

Guardians Allowance is a tax-free benefit which can be paid in addition to Child Benefit for anyone responsible for looking after a child who is not your birth or adopted child as long as other additional qualifying criteria are met.

**To identify eligibility and to apply for Guardians Allowance telephone 0300 200 3103**

## Carers Credit

Carer's Credit is a National Insurance Credit that counts towards your State Pension National Insurance record.

You could get Carer's Credit if you're caring for someone for at least 20 hours a week and are:

- aged 16 or over
- under State Pension age
- looking after one or more people for at least 20 hours a week

Usually the person you are looking after must get one of the following:

- Disability Living Allowance care component at the middle or highest rate
- Attendance Allowance
- Constant Attendance Allowance
- Personal Independence Payment - daily living component, at the standard or enhanced rate
- Armed Forces Independence Payment

If the person you are caring for doesn't get one of these benefits, you may still be able to get Carer's Credit. When you apply, fill in the 'Care Certificate' part of the application form and get a health or social care professional to sign it.

Carers who do not qualify for Carer's Allowance may qualify for Carer's Credit.

## Breaks in caring and eligibility

You can still get Carer's Credit even if you have breaks of up to 12 weeks.

You do not need to apply for Carer's Credit if you:



- Already get Carer's Allowance – as you automatically get credits
- Already get Child Benefit for a child under the age of 12 – as you automatically get credits

How to claim

- telephone the Disability and Carers Service 028 9090 6186
- telephone the Benefit Enquiry Line for Carers Allowance 0345-608-4321

## Child Tax Credits

You could get Child Tax Credit for each child you are responsible for if they are:

- under 16
- under 20 and in approved education or training

You do not need to be working to claim Child Tax Credit.

You get money for each child that qualifies and Child Tax Credit will not affect your Child Benefit.

How much you get depends on your circumstances - you can use the tax credit calculator to work this out.

See link for tax credit calculator; [www.taxcredits.hmrc.gov.uk/Qualify/DIQHousehold.aspx](http://www.taxcredits.hmrc.gov.uk/Qualify/DIQHousehold.aspx)

**To claim contact the Tax credit helpline for a claim form which takes two weeks to arrive Telephone: 0345 3003900**

## Working Tax Credits

You could get Working Tax Credit if either of the following apply:

- you're aged from 16 to 24 and have a child or a qualifying disability
- you're 25 or over, with or without children

You must:

- work a certain number of hours a week
- get paid for the work you do (or expect to)
- have an income below a certain level

[www.gov.uk/working-tax-credit](http://www.gov.uk/working-tax-credit)

Working tax credit rates have an element depending on your circumstance; see link for current years; [www.gov.uk/working-tax-credit/what-youll-get](http://www.gov.uk/working-tax-credit/what-youll-get)

**To claim contact the Tax credit helpline for a claim form which takes two weeks to arrive Telephone: 0345 3003900**

## Income Support

**Income Support** is an income-related benefit in the United Kingdom for people who are on a low income.

To qualify for Income Support you must satisfy all 5 of the following:

- Be between 16 and Pension Credit qualifying age
- Be pregnant, or a carer, or a lone parent with a child under 5 or, in some cases, unable to work because you're sick or disabled
- You have no income or a low income and no more than £16,000 in savings (your partner's income and savings will be taken into account)
- Working less than 16 hours a week (and your partner works less than 24 hours a week)
- Living in England, Scotland or Wales - there are different rules for Northern Ireland

You might still qualify if you do unpaid voluntary work or go on parental or paternity leave.

## How to claim Income Support

The quickest way to apply for Income Support is by phone.

Telephone: 0800 055 6688

Textphone: 0800 023 4888

Welsh language: 0800 012 1888

Monday to Friday, 8am to 6pm

You can also apply by post by printing off a claim form and returning it to your local Jobcentre Plus.  
[www.gov.uk/income-support](http://www.gov.uk/income-support)

## Employment & Support Allowance (ESA)

ESA is a weekly benefit for people that are ill or disabled. This benefit offers you financial support if you are unable to work due to illness as well as personalised help so that you can work if you are able to.

You may get Employment and Support Allowance (ESA) if your illness or disability affects your ability to work and you are:

- Under State Pension age
- Not getting Statutory Sick Pay or Statutory Maternity Pay and you haven't gone back to work
- Not getting Jobseeker's Allowance

You can apply for ESA if you're employed, self-employed, unemployed or a student on Disability Living Allowance or Personal Independence Payment.

You may get ESA if you've lived or worked abroad and paid enough UK National Insurance (or the equivalent in an EEA or other country with which the UK has an agreement).

### Types of ESA

1. Contribution-based ESA – usually you get this if you've got enough National Insurance contributions

Contribution-based ESA lasts one year if you're in the work-related activity group. You may be able to re-apply at least 12 weeks after your contribution-based ESA ends. You may qualify again depending on:

- National Insurance contributions you paid in different tax years
- whether your health deteriorates and you're placed in the support group

There's no time limit on how long you can claim contribution-based ESA if you're in the support group

2. Income-related ESA – usually you get this on its own or on top of contribution-based ESA, if you're on a low income

You may qualify for income-related ESA if you no longer qualify for contribution-based ESA.

How much you get depends on your circumstances. There's no time limit on income-related ESA.

Your income may affect your income-related or contribution-based ESA. Income can include:

- you and your partner's income
- savings over £6,000
- pension income

You won't qualify for income-related ESA if you have savings over £16,000

You must have a **Work Capability Assessment** (medical examination) while your ESA claim is being assessed. This is to see to what extent your illness or disability affects your ability to work.

You'll then be placed in one of 2 groups if you're entitled to ESA:

- work-related activity group, where you'll have regular interviews with an adviser
- support group, where you don't have interviews

You'll normally get the assessment rate personal allowance without any premiums for 13 weeks after your claim.

After your work capability assessment and if you're still entitled to ESA, you'll be placed in one of 2 groups and will receive:

- a premium for being placed in the work-related activity group, or
- a premium for being placed in the support group

If you are in the support group and on income-related ESA, you will also be entitled to the Enhanced Disability Premium.

## How to claim

There are a number of ways you can apply for ESA.

The quickest way to apply for Employment and Support Allowance is by phone.

Telephone: 0800 055 6688

Textphone: 0800 023 4888

Welsh language telephone: 0800 012 1888

You can also fill in and print out the ESA1 form and send or take it to your local Jobcentre Plus office.

Once benefit is in payment it is your responsibility to notify the DWP of any changes to your circumstances as they may affect your entitlement to future payments.

Jobcentre Plus - existing claims

Telephone: 0345 608 8545

## Claiming ESA if you work

Your ESA isn't usually affected if you either:

- earn up to £20 a week, or;
- work for less than 16 hours a week and earn up to £104 a week, for 52 weeks or less (or for any length of time if you're in the support group)

This is called '**permitted work**'.

You can also do 'supported permitted work' and earn up to £104 a week. This must be part of a treatment programme, or supervised by someone from a local council or voluntary organisation whose job it is to arrange work for disabled people.

There's no limit to the number of hours per week or length of time you can do 'supported permitted work' for.

You must tell the Department for Work and Pensions (DWP) if you start doing permitted work. They'll send you form PW1 to fill in and send back to them.

Any volunteer work you do needs to be reported. It normally doesn't affect your ESA

### Clare becomes Sally's appointee and claims ESA

My name is Clare and I have a beautiful daughter called Sally who has Down's syndrome who will be celebrating her 20th birthday very soon.

I have received information from the child benefit centre explaining that my daughter's child benefit will stop when she is 20 years of age.

I contacted a carer support organisation who organised for a gentleman to come to my home address who completed a face-to-face benefit check for me, my daughter and other members living in the household. From the completion of this benefit check the gentleman explained that my daughter potentially could claim Employment and Support Allowance from the day after the child benefit ceases.

The gentleman made the telephone claim to Employment and Support Allowance for my daughter and also arranged for me to become my daughter's appointee for benefit purposes.

Clare, after her 20th birthday will receive Employment and Support Allowance and because now I am Clare's appointee for benefit purposes, I can contact the Department for Work and Pensions relating to Clare's claims without her permission to speak on her behalf.

## Job Seekers Allowance

**Jobseeker's Allowance (JSA)** is a form of unemployment benefit paid to people who are unemployed and actively seeking work. It is part of the social security benefits system and is intended to cover living expenses while the claimant is out of work.

You can apply for Jobseeker's Allowance (JSA) to help you while you look for work

The rules are different in Northern Ireland.

To qualify for JSA you usually have to:

- be 18 or over but below State Pension age - there are some exceptions if you're 16 or 17
- not be in full-time education
- be in England, Scotland or Wales
- be available for work

## Housing Benefit Support

You could get Housing Benefit to help you pay your rent if you're on a low income.

Housing Benefit can pay for part or all of your rent. How much you get depends on your income and circumstances.

You can apply for Housing Benefit whether you're unemployed or working

You may get help with all or part of your rent. There's no set amount of Housing Benefit and what you get will depend on whether you rent privately or from a council.

The following link should help you to see your entitlement to housing benefit support in your area;

[www.gov.uk/benefits-calculators](http://www.gov.uk/benefits-calculators)

How much you get depends on:

- your 'eligible' rent
- if you have a spare room
- your household income - including benefits, pensions and savings (over £6,000)
- your circumstances, eg age of people in the house, if someone has a disability

You won't get Housing Benefit if:

- your savings are over £16,000 - unless you get Guarantee credit of Pension Credit
- you live in the home of a close relative
- you're a full-time student - unless you're disabled or have children
- you're residing in the UK as a European Economic Area jobseeker
- you're an asylum seeker or sponsored to be in the UK



- you're subject to immigration control and your granted leave states that you can't claim public funds

**Eligible rent** means the reasonable rent for a suitable property in your area. It includes service charges (eg for lift maintenance or a communal laundry) but not things like heating.

You can use the following link to check your bedroom eligibility & your local housing allowance [www.gov.uk/housing-benefit/what-youll-get](http://www.gov.uk/housing-benefit/what-youll-get)

## How to apply for Housing Benefit Support

The quickest way to apply for Housing Benefit Support is to telephone your local council to make an application.

It is important to return your application form quickly. You will usually only be entitled from the date your form is received by the council.

When you get your claim pack there should be a list of documents that they will require to process your claim to housing benefit support. If you do not have them to hand, still send the application form and post the additional information afterwards.

The following link asks for your postal code and directs you to your local council;

[www.gov.uk/apply-housing-benefit-from-council](http://www.gov.uk/apply-housing-benefit-from-council)

## Council Tax Support

**Council Tax Support (or Reduction) is a local discount on your Council Tax Bill**

Every council in England has a local scheme for reducing Council Tax paid by people on low incomes. Most councils have called these new schemes 'Council Tax Support', although some councils call it Council Tax Reduction.

The amount of help you get depends where in England you live. As each scheme is set locally people with very similar circumstances may have different entitlements depending on where they live.

The following link should help you to see your entitlement to council tax support in your area;

[www.gov.uk/benefits-calculators](http://www.gov.uk/benefits-calculators)

## How to apply for Council Tax Support

The quickest way to apply for Council Tax Support is to telephone your local council to make an application.

It is important to return your application form quickly. You will usually only be entitled from the date your form is received by the council.

When you get your claim pack there should be a list of documents that they will require to process your claim to council tax support. If you do not have them to hand, still send the application form and post the additional information afterwards.

The following link asks for your postal code and directs you to your local council;

[www.gov.uk/apply-council-tax-reduction](http://www.gov.uk/apply-council-tax-reduction)

## Appointee Action

### How to become an appointee

You can apply for the right to deal with the benefits of someone who can't manage their own affairs because they're mentally incapable or severely disabled.

An appointee can be:

- an individual, e.g. a friend or relative
- an organisation or representative of an organisation, e.g. a solicitor or local council

**As an appointee you're responsible for** making and maintaining any benefit claims.

You must:

- sign the benefit claim form
- tell the benefit office about any changes which affect how much the claimant gets
- spend the benefit (which is paid directly to you) in the claimant's best interests
- tell the benefit office if you stop being the appointee e.g. the claimant can now manage their own affairs

If the benefit is overpaid, depending on the circumstances, you could be held responsible.

### How to apply to become an appointee

Who you phone to apply to depends on the benefits

- Disability Living Allowance - contact the disability benefits helpline
- State Pension - contact your local pension centre
- Personal Independence Payment (PIP) - contact the PIP new claims line
- all other benefits - contact Jobcentre Plus .

### Next steps

DWP arranges to visit the claimant to assess if an appointee is needed. DWP will interview you to make sure you are a suitable appointee, then you and the interviewer will fill out an appointee application form. If DWP agrees with the application you will be sent a Form BF57 confirming that you have been formally appointed to act for the claimant. You are not the appointee until this happens.

If you stop being an appointee

Contact DWP immediately if you want to stop being an appointee. Phone the benefit office that deals with the claim - the number will be on any letters they've sent you.

Your appointment can be stopped if:

- you don't act properly under the terms of the appointment
- the claimant is clearly able to manage their own benefits
- you become incapable yourself - let DWP know immediately

Please note you do not have to be related to, or live with, the person to become an appointee

**Ask Yourself**  
What steps can I take  
to make sure my son or daughter  
is financially secure and have the  
required means to engage in work  
or social activities?



## 10 Support for Carers

The Children and Families Act and the Care Act 2014 is changing the way carers are being recognised and supported nationally. Both pieces of legislation states that where possible assessments and support should be joined up and a whole family approach is adopted. This means that any carers' services and support should take into account the needs of the family as a whole. This approach will help to reduce the risks to health and wellbeing that the caring role can bring.

The principle of wellbeing should be at the heart of care and support. It should apply in all cases where a local authority is providing support and care or making a decision in relation to a person. This should apply to the adult who needs care and support as well as the person who is caring for them which could be a child/young person or adult.

Most of the caring taking place within families is seen as a natural part of family life. For the most part, those in caring roles may not require or wish to have any additional support and are able to continue with their roles outside of any support networks or service input. Circumstances may arise which might impact on their ability to continue to provide care and support. The role of a carer may become too stressful or inappropriate, for example, in the case of children and young people who care for a family member or friend (Young Carer or Young



Adult Carer). The acts also cover parents caring for children or young people with special educational needs and disabilities. They are referred to as parent carers.

Local Authorities have legal responsibilities in relation to carers.

Under the Carers (Recognition and Services) Act 1995, when a local authority is assessing the needs of a disabled child under the Children Act 1989 or the Chronically Sick and Disabled Persons Act 1970 a carer for that child, whether they are the parent or not, can ask the local authority to assess their ability to provide, or continue to provide care for that disabled child. This assessment must consider whether the carer works, wishes to work or whether they wish to engage in any education, training or social activities. The local authority must also take into account whether to provide any services to the disabled child.

If a child or young person is identified in a caring role; this could result in the offer of a needs assessment for the adult requiring care and support and the local authority must decide whether to offer a young carer's needs assessment. A young carer can become vulnerable when their caring role affects their education, emotional and physical health or general wellbeing. The local authority must consider whether the caring responsibilities of the young carer are inappropriate or excessive. They must also identify if the young carer is a child in need. If the young carer is a child in need then the local authority, children and adult services will have to discuss the circumstances and identify what further action is needed.



The benefits of a carers' assessment include having access to information and advice from local and national support groups. Part of the assessment and support includes a carer's emergency response plan which will provide information, including who to contact if the carer becomes unwell. For more information, advice and guidance on carers assessment and support; please contact the Care and Wellbeing Hub on 01522 782224. You can make a referral or have information and advice by contacting Adult Social Care, Customer Service Centre on 01522 782155.

*Ask yourself:  
Is there any help or support  
out there for me?  
Should I find out more about having an  
independent Carers Assessment and how this  
could make life a little easier for me and the  
rest of the family?*

Presently young carers can have an assessment from the Lincolnshire Young Carers Service. A young carer is a child or young person under the age of 18 who is caring for a family member or friend due to their disability, illness or problems with drugs or alcohol. For further information or advice please email: [youngcarers@lincolnshire.gov.uk](mailto:youngcarers@lincolnshire.gov.uk)

Young Adult Carers from age 18 will be assessed and supported by Adult Services. Please contact the Care and Wellbeing Hub on 01522 782224 for further information.



Please also see link to further information for young carers, young adult carers and adult carers on the Local Offer below:

<http://www.lincolnshire.gov.uk/searchResults.aspx?qsearch=1&keywords=Lincolnshire+young+carers+service&x=55&y=24>



## 11. Adult Social Care - Transitions into Adulthood

When a young person with a physical or learning disability, or long term condition is approaching adulthood and needs practical support, they can contact Adult Social Care and ask for someone to look at their social care needs as an adult. In order to work out what these needs are they will need to carry out an assessment.

Assessment is the process of gathering and sharing information to build an understanding of their situation. They will work with the young person and their carers and may involve other professionals who know them well.

The assessment will show all the needs that have been identified and enable Adult Care to determine which of their needs are eligible for care and support. They will always ensure that the young person has a copy of their completed assessment, which will include a statement of their eligible needs.

An Education, Health and Care plan will have been completed for most young people with support needs who are referred to Adult Care. This will reflect their needs in relation to Education, Health and Care and will include social care needs to enable them to pursue their goals to live as independently as possible. Transition preparations for young people with special education needs, and an Education Health and Care (EHC) plan, begin in year 9 (age 13-14).



The Transition Assessment should be undertaken alongside the reviews of the EHC plan, and should inform the plan for transition from children's to adult services. Before the young person turns 18 a Transition Assessment must be carried out if it is considered that the young person is likely to have care and support needs when they turn 18, and if it is of 'significant benefit' to carry out an assessment at that time. Not all young people who have care and support needs will be known to Children's Services but may have support needs when they turn 18.

Transition Assessments need to be carried out early enough so that the right care and support is in place when the young person moves to Adult Care. However, the timing of the assessment will depend on the individual needs of the young person. Care must be taken to arrange assessments with minimal disruption to the young person's life. This may include avoiding times such as when the young person is sitting exams, or working with other agencies to combine multiple appointments.

There are two conditions to when an assessment should take place:

- When those involved are confident about what the young person's needs will be when they turn 18
- When it is clear that there will be a significant benefit for the assessment to be completed at that time

It may be that a young person is likely to have need for care and support after turning 18, but it is not yet of significant benefit to carry out an assessment, in such cases an alternative time for the assessment should be agreed.

When a young person reaches adulthood the services provided may change. This could mean that they are no longer eligible for the same services, or that different services are needed to support them or their carer.

## **How much does it cost?**

You should be aware that some adult services may have to be paid for, but the amount the young person pay will depend on what services they receive and upon their personal financial circumstances. The young person may be able to get help with the costs and someone from Adult Care will help them fill out a financial assessment form to see if they qualify for financial help. \* Please refer to the Adult Care charging policy.

Following assessment, if the young person has eligible needs they will be provided with a Personal Budget which is the amount of money that is deemed that they require for managing their unmet needs

Adult Care may arrange services for them but there are other ways of getting the support they need. They can choose to have Direct Payment and use the money they receive to arrange their own support.

LCC have a Contributions policy. You can find further information on the My Choice My Care website under 'Paying for services provided in the community'

[www.mychoicemycare.gov.uk](http://www.mychoicemycare.gov.uk)

## **What are Personal Budgets?**

A Personal Budget is made up of the amount it would cost to meet the young person's agreed support needs.

This money can either be paid direct to them so that they can arrange their own care and support or this can be arranged for them, or a combination of the two.

A Personal Budget gives young people the independence to:

- Choose and control the support that is best for them.
- Be fully involved in decisions about the help they need to live independently.
- Support themselves in ways that suit them.

## **How to get a Personal Budget?**

The young person can only have a Personal Budget, if they have an assessment which identifies that they need care and support to meet their unmet eligible needs. The assessment process will help to gather and share information to build an understanding of their situation. An assessment will be completed with the young person to help understand their own strengths, what they can do for themselves, what support they have around them as well as where they have difficulties. It also helps to understand the outcomes which they want to achieve.

The assessment process will help determine their needs and give an indication of how much money they can get for their Personal Budget. The Resource Allocation System (RAS) may help by indicating

an appropriate amount to meet their unmet eligible needs or a budget based on the cost of service can be calculated. Once the amount is agreed the young person can plan how to use the money to purchase the support they need as identified in their assessment. Someone from Adult Care will help them to do this by using their experience to agree a plan which helps meet the support needs. There are certain things the young person cannot purchase which are set out in the information on Personal Budgets and Direct Payments. It is also important to be aware that if their financial assessments determine they should make a contribution to their services and they have chosen to have a Direct Payment then they will need to put this amount into their direct payment account

You can find out more about personal budgets and direct payments on the LCC website

[www.lincolnshire.gov.uk](http://www.lincolnshire.gov.uk) direct payments and personal budgets

## Care and Support Planning

If the young person meets the eligibility threshold someone from Adult Care will develop a care and support plan with them. This will capture what outcomes they want to achieve in relation to each area of the assessment along with the needs identified in each area. These needs and outcomes form the basis of their care and support plan. The plan will include eligible and ineligible needs. The plan will show how all of their needs are going to be addressed including where eligible needs are to be met through informal support.

If the young person does not qualify for a care package from Adult Social Care they could arrange to employ a care worker privately through a home care agency, but it is important to take care to choose one that is registered and inspected by the Care Quality Commission (CQC).

## How to get in touch

Adult Care's Transitions function is provided by the **Intake Team** which is part of the Learning Disability Service Area. The Intake Team work in partnership with Children's Services to support young people with learning disabilities and physical disabilities, who are moving into adulthood and are anticipated to require Adult Care involvement after they turn 18. For those who meet the threshold for adult care and where a service is required the Intake team will liaise with the young person and their family to set it up. For those not still in education they will be transferred to one of the area teams and a review undertaken at around eight weeks. Following the review services can remain the same, increase or decrease

If a young person is already receiving services before turning 18 then please speak to their practitioner. If not, and they are over 18, then the Care and Wellbeing Hub should be the first point of contact for all general enquiries. **They can be contacted from 8am to 6pm Monday to Friday by telephone on 01522 782155 or email: [CSC\\_SocialCare@lincolnshire.gov.uk](mailto:CSC_SocialCare@lincolnshire.gov.uk)**



When Adult Care are contacted someone will discuss the situation over the phone, check that they have all the facts straight and then in some circumstances, follow this up with a Transition Assessment.

More information can be found online at [www.lincolnshire.gov.uk/mychoicemycare](http://www.lincolnshire.gov.uk/mychoicemycare)

If you look after someone, you can contact the Carers Services on 01522 782224.

## **Penderels Trust**

Penderels Trust is working in partnership with Lincolnshire County Council to support adults and children who receive a direct payment in the county to get the most out of their care money and to achieve their goals. Support includes:

- Support when recruiting a personal assistant
- Guidance on all aspects of being a good employer including legal obligations and responsibilities
- Support with choosing and using a care agency
- Help with money management and keeping accurate records
- Third party supported accounts
- Support brokerage for day services

For more information on the services Penderels offer you can contact direct as below:

Penderels Trust

Haverholme Priory Offices, Haverholme Park

Haverholme

Ewerby

Sleaford

NG34 9PF

**Tel: 01526 833803**

**Fax: 01526 834 552**

Email: [lincolnshire@penderelstrust.org.uk](mailto:lincolnshire@penderelstrust.org.uk)

## 12. Day opportunities, leisure activities and community groups

Everyone wants to do things in their lives that they enjoy, have the opportunity to go out and make friends and be involved in activities in their local communities. People who go to work often make friends at work and this can lead to a good social life as well as increased confidence and self esteem through success at work. Some people with SEND will not be able to find a job but will still need to find interesting things to do and places to go to meet friends. This may simply be through being supported to do ordinary things such as going shopping or meeting a friend for a coffee and a chat or it may be taking part in more structured activities such as organised sports activities, arts and crafts sessions, developing IT skills or going on arranged outings.

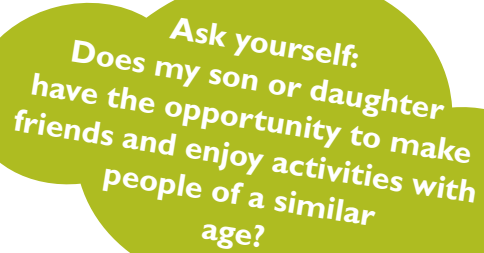
With good support your son or daughter may be able to join in with activities open to everyone or they may need opportunities specifically developed for young people with SEND.

Below are a list of organisations that may be able to provide what your son or daughter is looking for. You will probably have to pay for these opportunities. This could be done through your son or daughter's own money which may be from benefits or you may be able to get help to pay for services from Adult Social Care if they are eligible and have unmet needs. Information on Personal budgets and Direct payments can be found in section 11 of this booklet.

If you think that your son or daughter is eligible for services your first step should be to contact the Customer Service Centre at Lincolnshire County Council to request an assessment

[customerservices@lincolnshire.gov.uk](mailto:customerservices@lincolnshire.gov.uk)

**Tel : 01522 552222**



**Ask yourself:**  
**Does my son or daughter**  
**have the opportunity to make**  
**friends and enjoy activities with**  
**people of a similar**  
**age?**

The following chart lists all of **Lincolnshire County Council's own in-house day provision**. They each provide a range of activities that in many cases includes arts and crafts, indoor and outdoor sports and games, cookery, days out to local amenities such as libraries, cafes, pubs and leisure facilities. Some of them also provide sensory rooms. Certain centres specialise in providing training in vocational skills. **To attend one of these centres a referral would need to meet the threshold for adult care as determined via an adult care assessment**



<b>Property</b>	<b>Address</b>	<b>Area</b>
Scott House	Skirbeck Road, Boston. PE21 6DA 01205 357236	BOSTON
11 The Wong	Horncastle. LN9 6EB 01507 527047	HORNCastle
Ancaster DC	Boundary St, Lincoln. LN5 8PF 01522 870600	LINCOLN
Chappell Centre	Pinchbeck Road, Spalding. PE11 1QF 01775 711551	SPALDING
Stamford DC	33 Ryhall Road, Stamford. PE9 1UF 01780 482641	STAMFORD
Hastings Centre	North Warren Road, Gainsborough. DN21 2TU 01427 615325	GAINSBOROUGH
1 St Johns Court	Grantham. NG31 6DN 01476 573482	GRANTHAM
*49 Ramsgate	Louth.LN11 0NG 01507 603809	LOUTH
*Unit 2 Warwick Road,	Fairfield Ind Est, Louth.LN11 0YB 01507 607914	LOUTH
78 Wellington Rd	Mablethorpe. LN12 1HT 01507 478577	MABLETHORPE
Market Rasen Health Centre	Gordonfield, Market Rasen. LN8 3AE 01673 844544	MARKET RASEN
40 Alghitha Rd	Skegness. PE25 2AJ 01522 554068	SKEGNESS
42b Northgate	Sleaford. NG34 7AF 01529 300754*	SLEAFORD

\*The adult day opportunities in Louth are currently delivered from 2 premises, Warwick Road and Ramsgate. However plans to move to new premises in 2017 are underway and the services will be merged and delivered from Virginia House, 10 Virginia Drive, Louth LN11 8 BD

**The following are independent providers of day provision to whom contact can be made directly to enquire about what they offer, their charges and availability.**

Name of Provider	Address/Location	Contact Details/Website Address	Summary of provision
Adults Supporting Adults	Railton House Sleaford Business Park Sleaford NG34 7EQ	Tel: 01529 416270 Email: enquiries@asaorg.co.uk Website: asaorg.co.uk	One-to-one support is provided where a positive relationship between the provider and the client develops. The service can be activity or community led. Flexible hours generally Mon- Fri, weekends possible
Adult Education	Countywide	Tel: 01522 782011 Website: www.2aspire.org.uk	There are a wide variety of courses in local communities for young people aged 18 and over to choose from across Lincolnshire.  Support for learners with learning disabilities is available (and a carer can usually come with the young person) including help with maths, English and dyslexia. There is financial support from their Learner Support Fund for assistance with travel, equipment childcare & resources.
Alive and Kicking	Based in Skegness	Tel: 07900 275119 Email: tina.mellors@aliveandkicking skegness.co.uk	Alive and Kicking is a charity which provides social and sporting activities for adults with learning disabilities based in and around Lincolnshire. Their service is a source of entertainment for members, as well as providing companionship for people with learning disabilities. Anybody over the age of 18 living in Lincolnshire is welcome to join.

Ambitions Day Opportunities	Ambitions Day Opportunities New College Stamford Drift Road Stamford PE9 1XA	Tel: 07899894172 or 01780 76783 Email: sally.mitchell@stamford.ac.uk	Ambitions offers a Monday-Friday (9.30am – 3.00pm) service for adults with learning and/or physical disabilities. Activities include work experience, Social Enterprise, Community Inclusion trips, Sports, Arts and Craft, Baking and Cooking, Drama, singing and dancing sessions and gardening. All activities promote life skills, developing independence and employability skills. The college has many facilities including sensory room, horticulture area, personal care suite, fully adjustable kitchens, sports centre, library, cafes and technology suite.
The Avenue	Louth	Tel. 01507 603776 Email: Julie.Jackson@lwf.lincs.sch.uk Website: www.lwf.lincs.sch.uk	The Avenue is a Post 19 Provision based near the centre of Louth, near local shops, leisure centre and situated on a bus route. They provide a forward thinking facility for adults aged 19 years and up, with profound and complex learning difficulties and disabilities. They are working in a unique partnership with the Louth Youth and Community Centre. The person-centred activity schedule includes opportunities for extended social events, training of motivational independence skills, community involvement, mobility, choice and fun! Costs apply, please enquire for current rates.
The Butterfield Centre	The Butterfield Centre, 2 North Road, Bourne, PE10 9AP	Tel: 01778 421422 Email address DebbieHague@ thebutterfield.plus.com	Monday to Friday 9.00am – 4.30pm Free transport available via minibus with hydraulic tail-lift for those in Bourne and local villages. They provide a service for up to 22 people per day. Each client has access to freshly prepared and cooked food suitable for varying dietary requirements, a light-hearted atmosphere in which to interact with others whilst being supported by our care staff. We also have a visiting chiropodist and bathing facilities are available on-site.

Busy Days Daycare	Growing Futures Ltd Queen's Park Community Hub Lincoln LN5 8EW	Tel: 07904 716899 Email: pat.busydays@gmail.com	Busy Days provides daytime therapeutic developmental and purposeful activities for adults with Learning Disabilities. This includes opportunities to socialise, revise basic skills and learn new skills. They also provide a central facility which can be used as a drop-in; a "safe place" when they require it. They also hold a fortnightly evening club every other Tuesday.
Club 87 (Lincoln & North Hykeham)	The Old Orchard Davy's Lane Bracebridge Heath Lincoln LN4 2NB	Tel: 01522 527583 Email: traceytyrrell@hotmail.com	Club 87 is a social and recreational club for people with disabilities. Club 87 meets weekly with approximately 120 attendees. Disco, karaoke & party nights with live entertainment.
The Coach House	The Coach House, Rectory Rd Ruskington Sleaford Lincolnshire NG34 9AE	Tel: 07738 764157 Email: julie.rae@ homefromhomecare.com	The Coach House provides a full range of activities and facilities. These include a sensory room, music sessions, drama, arts and crafts and access to the local community. Supported trips to activities such as bowling, horse riding and rock wall climbing can be arranged. 7 days a week, evenings also available.
County Care	R/O 29 Lumley Avenue, Skegness, Lincolnshire, PE25 2AT	Tel. 01754 611153 Email: info@countycare.co.uk Website: www.countycare.co.uk	Cost is dependent on need and activity. County Carers provide support for people with learning disabilities, autism and mental health, support includes: Outreach Support - Each service is tailored to individual needs and focuses on helping in maintaining life skills as well as fulfilling personal needs, aspirations, independence and emotional wellbeing. Day trips are organised. Travel training, route planning, using public transport, road/personal safety. Supported Holidays are arranged.

County Care – Community Skills Project  Skegness & Boston	R/O 29 Lumley Avenue Skegness Lincolnshire PE25 2AT	Tel. 01754 611153 Email: <a href="mailto:info@countycare.co.uk">info@countycare.co.uk</a> Website: <a href="http://www.countycare.co.uk">www.countycare.co.uk</a>	1:1 support is provided, please contact to discuss County Care runs a community skills programme for adults with learning disabilities and autism which can be accessed on a full or part time basis. The goal is to provide the people we support to live purposeful, independent lives encompassing life, leisure and social skills run from their base in Skegness.
The Cree Centre	Cree Centre, Aire Rd, Grantham, Lincolnshire NG31 7QP	Tel: 01476 566050 Email: <a href="mailto:annette.tweedie@granthammencap.co.uk">annette.tweedie@granthammencap.co.uk</a> or <a href="mailto:sue.crawford@granthammencap.co.uk">sue.crawford@granthammencap.co.uk</a> Website: <a href="http://www.granthamandistrictmencap.co.uk">www.granthamandistrictmencap.co.uk</a>	The Cree Centre provides centre and community based opportunities for adults with profound and multiple learning disability.
Day Break	Grantham College Stonebridge Road Grantham Lincolnshire NG31 9AP	Tel: 01476404395 Email: <a href="mailto:lcooper@grantham.ac.uk">lcooper@grantham.ac.uk</a>	A personalised day centre based at Grantham college. The Learning Development Centre offers activity rooms, a sensory room, an adapted kitchen and Information Technology suites. There is also the opportunity to access many of the college's facilities.
The Duke of Edinburgh Award Scheme	76 Hemswell Avenue Hartsholme Estate Lincoln LN6 0AZ	Tel: 01522 555530 Website: <a href="http://www.teeninfoincs.co.uk">www.teeninfoincs.co.uk</a>	Working with young people throughout Lincolnshire. For further information visit their website.
Diversity Adult Support Services	Diversity Adult Support Services Ltd 2A Clarke Road Lincoln LN6 8SH	Tel: 01522 244960 Email: <a href="mailto:info@diversityadultsupport.co.uk">info@diversityadultsupport.co.uk</a> Monday – Friday, 9.00am – 4.00pm	They provide day opportunities for adults with learning disabilities in Lincoln and surrounding areas. Specialising in providing a tailored and individual service, focusing on personal abilities, independence, life skills and choice. They can provide 1:1 staffing for those individuals who require extra support in their daily activities.



Farm House Day Services (Adrian O'Brien & Rachel O'Brien)	Farm House Grange Farm South Scarle Lane Lincoln LN6 9ER,	Tel: 01522 778683 Email: info@farmhousedayservices.co.uk	Built originally as accommodation for a large farming family and converted into a Day Service in December 2009, The Farm House provides activities for Adults with Autistic Spectrum Disorders/Learning Disabilities and associated challenging behaviours.
FocusAbility Support and Care Services Ltd	21 Union Street Market Rasen Lincolnshire	Tel: 01673 844 423 Email: info@focusability.co.uk Website: www.focusability.co.uk	FocusAbility specialise in encouraging independent living and independent thinking, and offer a range of activities for those who would like to learn new skills but always as a means of promoting independence. They also give carers a range of opportunities to have a break from their caring role. Monday - Friday 9.00am – 4.00pm.
Family Services Directory (FSD)	Lincoln	Website: www.lincolnshire.gov.uk/fsd	FSD provides details of a range of organisations and activities that offer family support, leisure activities and advice for families across Lincolnshire.
Gateway Club	Cree Centre Aire Rd Grantham Lincolnshire NG31 7QP	Tel: 01476 566050 Email: annette.tweedie@ granthammencap.co.uk or sue.crawford@ granthammencap.co.uk Website: www.granthamandistrictmencap .co.uk	An evening social and leisure club, held at the Cree Centre. Members have the opportunity to undertake the Gateway Award - a Duke of Edinburgh Award style scheme. Monday & Thursday, 6.30pm – 9:00pm
The Getaway Club	Horncastle, Louth, Spilsby, New Bollingbrook, Woodhall Spa, Mablethorpe, East Keal, Conningsby & Wragby	Email: horncastlegetaway@outlook.com	The aim of The Getaway Club is to promote the positive aspects of special needs and advance the personal development of its members through greater leisure opportunities, promoting choice and independence and encouraging their full participation, integration and involvement in their club and the local community.

The Glasshouse Farm Care Centre	Tattershall Bridge Road (A153) Large Catchment Area LN4 4JW	Tel: 01526 869018 or 07508932213 Email: glasshousecarecentre@hotmail.com Website www.glasshousefarmcarecentre.org	The Glasshouse Farm Care Centre provides day activities and training for adults with disabilities such as art and craft, gardeniing, dance, drama, music, karaoke, understanding money, computers and iPads, life skills, day trips and more. Lots of choice and fun. 'A happy place for happy people.'
Grantham Tennis Club	Arnoldfield Gonerby Road Grantham NG31 8HU	Tel: 01476 591391 Email: info@granthamtennisclub.co.uk	The club offers opportunities for inclusive tennis sessions to young people with learning disabilities. Please contact them for further information.
Growing Futures	Growing Futures Lincoln Ltd Queen's Park Community Hub South Park, Lincoln LN5 8EW	Tel: 01522 878112 Email: officeadmin@growingfutureslincoln.co.uk	A community group project, based at the previous Queen's Park Special School site, providing premises for schools, colleges and other providers to use to further the work they do for children and young people and adults with learning difficulties and/or disabilities.
Heath Farm (The Oaks)	Heath Farm Heath Rd Scopwick Lincolnshire LN4 3JD	Tel: 01526 322444 Email: zoe.armstrong@autismcareuk.com Website: www.autismcareuk.com	They provide individualised activity programmes for all those they support. Many of these are community based to ensure inclusion and they have several vehicles available to facilitate this. In house activities include sensory room, aromatherapy, music, independent living skills, communication training, arts and crafts, trampoline and football.
The Hollies	Bardney	Tel: 07738 764157 Email: julie.rae@homefromhomecare.com	A full range of activities and facilities are available including a sensory room, music sessions, drama, arts and crafts and access to the local community. Supported trips to activities such as bowling, horse riding and rock wall climbing can be arranged.

Inspire	Old Leake Community Centre Furlongs Lane Old Leake Boston Lincolnshire		A day provision offering lifelong learning for adults with learning disabilities, aged over 18 years. Activities on offer include: football, arts and crafts, gardening, outdoor games, woodwork, music/dance, cooking, golf, sewing, table/floor games, health & beauty, short mat bowling, discussion groups, walking groups, line dancing, serving the community, drama
The Laffletics Club	Northgate Sports Hall, Carre's Grammar School Sleaford	Tel: 01529 413204 (Thelma) or 01529 460247 (Sally) Website: <a href="http://community.lincolnshire.gov.uk/thelaffleticsclub/index.asp">community.lincolnshire.gov.uk/thelaffleticsclub/index.asp</a>	An opportunity for young people with disabilities aged 7 to 25 years to take part in a range of sporting activities, held at Northgate Sports Hall on Saturdays from 10.15 am to 11.45 am. For further information visit their website.
L.A.R.C. Rise	Lincoln/West Lindsey	Tel: 01522 751382 Email: <a href="mailto:info@larcrise.com">info@larcrise.com</a>	L.A.R.C Rise was born out of concern for the future of our sons and of their friends who all have varying degrees of physical and severe learning disabilities. We wanted a safe place for their skills to be supported, encouraged and built on. Mon- Fri 9.30am – 5.30pm
Linkage Adult Skills	A range of centres including at Toynton, Spilsby, Louth, Grimsby & Lincoln	Email: <a href="mailto:enquiriesadultskills@linkage.org.uk">enquiriesadultskills@linkage.org.uk</a>	Monday – Friday 9.00am – 4.00pm all year round service excluding bank holidays Cost agreed on assessment. Adult skills aims to support people with learning disabilities take the next steps towards leading independent lives. It provides a range of activities which clients can engage in to develop personal, social and independent skills as well as the opportunity to develop transferable work skills including accessing work experience.

Louth Interskill	Louth Interskill Ltd U4 Tattershall Park Tattershall Way Fairfield Industrial Estate Louth LN11 0YZ	Tel: 01507 600118 Email: louthinterskill@yahoo.com Website: www.louthinterskill.co.uk	A community social enterprise, providing therapeutic and constructive activities for adults and young people with a learning disability or other vulnerabilities. They make a variety of sheds, fencing, picnic tables, trellis rose arches and planters. Mon – Fri 9.00am – 4.00pm
The Manor Nursing Home	Dog & Duck Lane Morton Gainsborough DN21 3BB	Tel: 01427 612796 Email: manormanager@ ssbcareshomes.com	Day opportunities have been provided from the end of September 2015. Please contact the home for further details of activities and facilities. Times are as required by the client/carer
Me Time - Mencap	Countywide	Tel: 0808 808 1111 Email: help@mencap.org.uk Website: www.mencap.org.uk/our-services /personal-support-services/leisure /me-time	Me Time is for adults with a learning disability who want to take part in social and leisure activities either on their own, or as part of a group. Me Time is all about individuals learning through activities. People are supported to enjoy and achieve things that matter, while progressing and developing. Outcomes include developing personal and social skills, increasing independence, getting involved in the community & progressing into work.
Moving on Partnership	250 King Edward Street Grimsby ND31 3LA	Tel: 01472 358920 Email: movingonpartnership @linkage.org.uk	This Grimsby-based project aims to help learning disabled people take the next steps towards leading an independent life. It provides a range of courses such as cookery, DIY, learn to travel, and IT to boost confidence and employability.
Navigation Care & Support	1 Carlton Mews The Carlton Centre Lincoln Lincolnshire LN2 4FJ	Tel: 01522 539626 Email: jan.helpinghand@gmail.com Website: www.navigationssupport andcareservices.co	They offer a person centred service and access to community & leisure facilities. They provide the opportunity to learn new skills, learn and maintain independent living skills, build confidence and reduce isolation, access advocacy and self-advocacy groups and access health & well-being services. One-to-one support available. Mon – Fri 9.00am – 4.00pm.

North Hykeham Day Centre	North Hykeham Day Centre Neale Road, North Hykeham Lincoln LN6 9UA	Tel: 01522 689534	A traditional building based day centre catering mainly to the elderly with a number of clients with learning disabilities.
Next Steps	Boston College Ingelow Centre Rowley Road Boston PE21 6JE	Tel: 01205 313218 Email: info@boston.ac.uk Website: www.boston.ac.uk	The Next Steps programme is designed to provide young adults with day opportunities that support them to maintain their skills and develop new ones in preparing for adulthood. The programme is set at two levels. Group A receives a programme to support sensory and communication development. Group B is for those continuing with independence skills in preparation for adulthood.
North Hykeham Disability Sailing		Tel: 01522 684287 Email: contact@hykehamsailability.com	A pontoon and hoist enables us to safely move sailors in and out of boats if there is the need. A RYA instructor is in charge at each session, special boats are available and volunteers will help you as necessary. Friday afternoons
Pelican Trust Creating Opportunities	The Pelican Trust 20/22 Crofton Road Allenby Industrial Estate Lincoln LN3 4NL	Tel: 01522 513533 Email: enquiries@pelicantrust.org Website: www.pelicantrust.org	Ready for work, numeracy & literacy skills Pelican Trust is a collection of unique businesses on site designed to give people the opportunity to retrain in a supportive and caring environment. What we offer: commercial assembly, warehousing, joinery, printing, print finishing, print press and platemaking, engraving, business centre, administration training and job search. Charges apply, please enquire for current rates.



Personal Support Services – Mencap	Countywide	Tel: 0808 808 1111 Email: <a href="mailto:help@mencap.org.uk">help@mencap.org.uk</a> Website: <a href="http://www.mencap.org.uk">www.mencap.org.uk</a>	Support is available from just a couple of hours a week to 24 hours a day, seven days a week. Support is available to people with a learning disability living in the family home. Support can be provided in the family home or in the community. A range of support is offered based on individual needs and aspirations. This can include support with household tasks, personal care, taking medication, accessing college courses, travel training, building links with friends, family and the community, social and leisure activities & making healthy lifestyle choices
The Pheasantry	Lincoln	Tel. 01522 514903, 01522 526498 Email. Yvonne.Robinson @st-francis.lincs.sch.uk Website: <a href="http://www.st-francis.lincs.sch.uk/our-school/post-19/index.1.html">www.st-francis.lincs.sch.uk/our-school/post-19/index.1.html</a>	The Pheasantry is located in a quiet countryside location. It provides for adults aged 19 years and upwards with complex medical and physical disabilities to come and relax, enjoy a range of activities and socialise. The activities timetable is planned around the individual and follows discussions with them and their parents to identify what they like to do. Some of the activities they offer include: exercise, arts and crafts, fun cooking, outings, sensory experiences, relaxation time out of wheel chairs.
The Rock Foundation	Grimsby	Tel: 01472 488026 Email: <a href="mailto:pam@rockfoundation.org.uk">pam@rockfoundation.org.uk</a> Website: <a href="http://www.rockfoundation.org.uk">www.rockfoundation.org.uk</a>	The activities that they offer are aimed at helping their learners to progress in life, and tend to concentrate on developing independence or employment skills as well as aiding social integration, creativity and confidence. Individual programmes are developed based on the personal needs and desires of each individual and regular reviews are undertaken to ensure that we continue to respond appropriately to those needs.  Mon – Fri 10.00am – 3.00pm

Sailability Covenham	Louth	<p>Tel: 07745 597113</p> <p>Email: covenham.sailability@hotmail.com</p> <p>Website: community.lincolnshire.gov.uk/covenhamsailingclub/section.asp?catId=31610</p>	<p>Dependent on the level of disability, participating in the sport of sailing can be done in a variety of ways. If you have some experience of sailing you could sail solo in one of our access dinghies (a very stable boat), or go on the water with experienced volunteer sailors or instructors. We also have some larger boats, sailed by an experienced instructor or volunteer, capable of taking out small groups onto the water. RYA courses are also available.</p> <p>This activity is held fortnightly, enquire for membership fee.</p>
Sense – Resource Centres,	Three Centres based in Louth (Windsor), Bourne & West Pinchbeck (Glenside)	<p>Louth -Tel: 01507 610925</p> <p>Bourne – Tel: 01778 422132</p> <p>West Pinchbeck – Tel: 01775 720826</p> <p>Email: jo.louber@sense.org.uk</p>	<p>Sense Resource Centres offer education and a range of craft based sessions for people with sensory impairments and additional learning disabilities. The centres are situated in three centres around Lincolnshire. They offer learners therapeutic and interactive activities to help stimulate individuals and to promote wellbeing.</p> <p>Mon – Fri 9.00am – 4.00pm</p>
Syne Hills Residential Home	Syne Hills Residential Home Syne Avenue Skegness Lincolnshire PE25 3JD	<p>Tel: 01754 764329</p> <p>Email: info@synehills.co.uk</p> <p>Website: www.synehills.co.uk</p>	<p>They state that they offer a relaxed family run environment with staff available for all care and emotional needs. They cater for all diets &amp; food preferences. They have safe, enclosed south facing gardens with terrace. They have a designated 'Activities co-ordinator' Mon, Wed, Thurs &amp; Fri.</p> <p>Mon – Sat, arrival and collection times can be tailored to suit each individual.</p>
Tess CIC 20s – 30s Social Networks	Countywide	<p>Tel: 07732 061330</p> <p>Email: info@tess-cic.org.uk</p>	<p>Countywide group meets at least once every other month, local groups meet according to their activity schedule. Aimed at addressing social isolation, promoting wellbeing, increasing independence and skills, raising aspirations and enriching the quality of life for people 18 years plus, with learning disabilities, physical disabilities and individuals with mental health issues.</p>

Tess CIC – Creativity@Tess	Lincoln	Tel: 07907162064 Email: info@tess-cic.org.uk	Creativity@Tess is based at the centre of the city, next to the Collection and the Usher Gallery. The ground floor venue is easily accessible by all. Access to the facility is available 7 days per week either as part of a small group i.e. 4 – 10 people or on an individual basis. Aimed at addressing social isolation, increasing independence skills, showcasing the participants' talents and enriching the quality of life for people with learning disabilities, physical disabilities and individuals with mental health issues Creativity@Tess aims to provide additional support for individuals to try new ideas and techniques, to be creative in a variety media
Tess CIC – Friday Friendship Group	Spalding	Tel: 07907162064 Email: info@tess-cic.org.uk	A person-centred service provided from a base within walking distance of Spalding town centre. Aimed at addressing social isolation, promoting wellbeing, increasing independence skills, showcasing the participants' talents and enriching the quality of life for people with learning disabilities, physical disabilities and individuals with mental health issues. Friday 10.00am – 3.00pm
Thera East Midlands	Thera East Midlands The West House Alpha Court Swingbridge Road Grantham Lincolnshire NG31 7XT	Tel: 0300 303 1282 Email: alison.little@thera.co.uk	Thera East Midlands is a flexible, person-centred provider offering choice and control for people with a learning disability. Day opportunities support people in small groups or individually to make full use of the community resources and facilities in the area. People can choose to be supported to do things they enjoy such as sports, arts and crafts, going to the cinema, meeting up with friends or going for a meal. Thera day opportunities also support people to do voluntary work, etc.

Thistles Market Garden Ltd	Thistles Station Road Sutterton Boston Lincolnshire PE20 2JX	Tel: 01205 461286, 07827336276 or 07947731652 Email: liz_judge3006@hotmail.co.uk or bscorr@hotmail.co.uk	Thistles Market Garden is a venue for people with a learning disability. Their mission is to improve the quality of life for adults with a learning disability through providing daily purposeful activities in horticulture in order to encourage skills and development and to promote social inclusion and self-esteem in a happy and safe learning environment. People who attend Thistles are taught how to sow seeds, prick out seedlings and plant out. All of the people that they support play an active part in the running of the market garden which enhances the concept of team work.
The Wednesday Club (Boston)	Focus One Youth Centre Boston	Tel: 07950 769115 or 01205 352744 (Wednesdays 6pm to 8pm) Email: neilr.butler@btinternet.co.uk	Held every Wednesday from 6pm to 8pm. For further information contact Neil or Jackie Butler.
Welton Lane Activity Centre	Welton Lane Riding Establishment Orby Spilsby Lincolnshire PE23 5SW	Tel: 07958 62773 Email: info@weltonlane.com Website: weltonlane.com/index.php	Daily sessions give visitors of any capability the opportunity to learn how to ride and also carriage drive which is now a very rare skill. They also offer a range of different activities from puppy play sessions where visitors are able to hands on grooming and playing, to breeding programmes in pets' corner.

Your Day Your Say	The Len Medlock Centre, Boston	Make contact through their website: <a href="http://yourday-yoursay.com">yourday-yoursay.com</a>	They provide a wide range of daytime opportunities which enable individuals to make choices about how they wish to spend their day, whilst promoting independence and self-worth in a safe and supportive environment. The service is provided between the hours of 9:30am – 3:30pm, but will be flexible to meet individual needs.
-------------------	-----------------------------------	--	--





### 13. Useful Contacts - Support Groups / Organisations

Name of Provider	Address/Location	Contact Details/Website Address	Summary of provision
Children's Links, Horncastle	The Fortuna Business Centre Mareham Road Horncastle LN9 6BW	Tel: 0845 373 0645 Email: training@childrenslinks.org.uk Website: childrenslinks.org.uk	Children's Links is a registered centre for the delivery of Playwork, Supporting Teaching and Learning in Schools and Youth Work qualifications, as well as Functional and Employability Skills training. For further information visit their website.
ADHD Support Group Lincoln	Ermine Library Ravendale Close Lincoln	Tel: 01522 719173 Email Lincoln.adhd@btconnect.com	Support group for families with a child or young person with Attention Deficit Hyperactivity Disorder. For more information please contact on the telephone number or email address listed.
Action for Blind People		RHIB Helpline: 0303 123 9999 or Tel: 01509 623400 Website: www.actionforblindpeople.org.uk Or for Lincolnshire: http://search3.openobjects.com/ kb5/lincs/fsd/service.page?id =naiNHlIDQjA	Action for Blind People is a national charity which provides help and support to blind and partially sighted people of all ages. For further information visit their website.

The Anti-Bullying Officer, Lincolnshire	76 Hemswell Avenue Hartsholme Estate Lincoln LN6 0AZ	Tel: 01522 555529 Website: <a href="http://www.teeninfo.lincs.co.uk">www.teeninfo.lincs.co.uk</a>	The Anti-Bullying Officer supports young people throughout Lincolnshire, usually through supporting schools or youth groups with training and resources. Also offers individuals help in special circumstances.
Autism Education Trust – The Den	AET, c/o National Autistic Society 393 City Road, London EC1V 1NG	Tel: 0207 903 3650 Email: <a href="mailto:infor@autismeducationtrust.org.uk">infor@autismeducationtrust.org.uk</a> Website: <a href="http://www.autismeducationtrust.org.uk/the-den.aspx">http://www.autismeducationtrust.org.uk/the-den.aspx</a>	The Den is a website produced by the Autism Education Trust that provides a range of useful information under the headings of 'Home, Law & Money', 'Health & Wellbeing', 'Friends & Relationships', 'Work & Study' and 'Travel & Freetime'.
CANadda	CANadda Queens Park Community Hub South Park, Lincoln LN5 8EW	Tel: 01522 716899 Email: <a href="mailto:canadda@canadda.org.uk">canadda@canadda.org.uk</a> Website: <a href="http://www.canadda.org.uk">www.canadda.org.uk</a>	A neurodiversity group that supports people with ASD, Dyslexia, Dyscalculia, Dyspraxia, Dysgraphia and ADD ADHD. For further information visit their website.
Care and Wellbeing Hub	Adult Care Customer Services	Tel: 01522 782224	The Care and Wellbeing Hub offers information, advice and guidance on carers services and support from Age 18.
CASA (Carers are Special Also)	Louth Children's Centre Eastfield Lane Louth	Tel: 07917 161889 (Michelle Mazzarella) Email: <a href="mailto:michelle.mazzarella@hotmail.co.uk">michelle.mazzarella@hotmail.co.uk</a> Tel: 01267 244200	Meetings held the first Monday of every month 9.30 – 11.00am, regardless of school holidays. Contact Michelle Mazzarella for further information.
Cerebra	Cerebra 2nd Floor Offices The Lyric Buildings King Street Carmarthen SA31 1BD	Email: <a href="mailto:enquiries@cerebra.org.uk">enquiries@cerebra.org.uk</a> Website: <a href="http://w3.cerebra.org.uk">w3.cerebra.org.uk</a>	A national charity set up to help improve the lives of children and young people with brain related conditions through research, education and by direct support. The website provides information including legal information and a Problem Solving Toolkit.

County Carers		Contact: John Gurney or Wendy Adams Email: j.gurney@ntlworld.com or wendy@fiskerton.com Tel: 01476 400318 or 01522 750582	A grant funded, non-profit making voluntary organisation, run by family carers for family carers of people with learning disabilities or associated conditions. For further information contact John Gurney or Wendy Adams.
Dare to be Different		Tel: 07980 753606 Email: ltdaretobedifferent@gmail.com	A support group based in Bourne for parents, carers and other close relatives. For further information contact Laura on the telephone number opposite, via the email address.
Dimensions	East Anglia Office: Rowan House 28 Queens Road Hethersett Norwich Norfolk NR9 3DB	Jane Neil Referrals and Assessment Manager in the East Tel: 07753 976945 Website: <a href="https://www.dimensions-uk.org">https://www.dimensions-uk.org</a>	Services include: Support for Living Outreach(Domiciliary Care) Positive Behaviour Support Housing Residential Vacancies
ECLIPS		Tel: 01775 82054 or 07810 830747 (Trish Hicken) Email: trish.hicken@thomascowley.lincs.sch.uk (Lincolnshire South) Tel: 01472 851383 or 07525 236829 (Denise Chapman) Email: denise.chapman@cyac.org.uk (Lincolnshire North)	ECLIPS (Extended Communication and Language Impairment Provision for Students) works with named students with severe specific speech or language impairment in secondary schools and colleges across Lincolnshire. For further information contact either Trish Hicken or Denise Chapman

Epilepsy Action – Stamford	Trinity Methodist Church 11 Barn Hill Stamford Lincolnshire PE9 2AE	Stamford Epilepsy Support Group Tel: 01780 765446 (Gillian) National Helpline: 0808 800 5050 Email: <a href="mailto:helpline@epilepsy.org.uk">helpline@epilepsy.org.uk</a>	The Stamford Epilepsy Support Group meet on the last Thursday of every month from 6.30 to 8.30 pm. Meetings are held at Barn Hill Methodist Church, Stamford in the Prayer Room. For further information contact Gillian.
Family Fund	4 Alpha Court Monks Cross Drive York YO32 9WN	Tel: 07880 734271 (Elaine Rockcliffe) Email: <a href="mailto:elr@familyfund.org">elr@familyfund.org</a> Website: <a href="http://www.familyfund.org.uk">www.familyfund.org.uk</a>	Family Fund is a national organisation which states that it is the UK's largest provider of grants to low-income families raising disabled and seriously ill children and young people. For further information visit their website.
Family Information Service	Customer Service Centre Witham Park House Waterside South Lincoln LN5 7JN	Tel: 0800 1951635 (Mon to Fri 8am to 6pm) Email: <a href="mailto:fis@lincolnshire.gov.uk">fis@lincolnshire.gov.uk</a> Website: <a href="http://www.lincolnshire.gov.uk/fis">www.lincolnshire.gov.uk/fis</a> and <a href="http://www.lincolnshire.gov.uk/fsd">www.lincolnshire.gov.uk/fsd</a>	The Family Information Service (FIS) is the central place to find information on a wide range of children and family services across Lincolnshire. For further information visit their website.
GAIN (Grantham Autistic Information Network)	Children's & Community Centre Off Princess Drive Grantham NG31 9PP	Tel: 01476 855070 (Edward Mayes) Email: <a href="mailto:mailus@gain-grantham.co.uk">mailus@gain-grantham.co.uk</a> Website: <a href="http://www.gain-grantham.co.uk">www.gain-grantham.co.uk</a>	Supporting parents and carers of young people with autism in Grantham and beyond. For further information visit their website which includes information for college & university, preparing for change, adults & employment.
GAPS (Gainsborough Autism Parent Support Group)		Tel: 07587 171821 Email: <a href="mailto:kimbasugaps@hotmail.com">kimbasugaps@hotmail.com</a>	Meetings held on the 1st Thursday of the month from 1pm to 2.30 pm during term times at Mercers Wood Academy, Ropery Road, Gainsborough, DN21 2PD. For further information contact Sue Holtby.
Home from Home Care		Tel: 0800 587 0372 Email: <a href="mailto:admin@homefromhomecare.com">admin@homefromhomecare.com</a> Website: <a href="http://www.homefromhomecare.com">www.homefromhomecare.com</a>	Home from Home Care provides a range of specialist needs-led services for adults (17+) with learning disabilities and complex support needs. For further information visit their website.

Liaise (SEND Information, Advice and Support Service in Lincolnshire)	Liaise 4 Lindum Road Lincoln LN2 1NN	Contact Rachel Boothby Tel: 0800 195 1635 Email: liaise@lincolnshire.gov.uk Website: www.lincolnshire.gov.uk/Liaise	Lincolnshire's Liaise Service provides free and confidential information, advice and support for parents of children and young people with Special Educational Needs. The Service offers a service to children and young people as well as parents. For further information visit their website.
Lincoln Epilepsy Support Group		Contact: Julie Antoinette Wells Tel: 01522 824660 Email: julieantoinettewells@gmail.com	Meetings are held on the first Saturday of each month from 10am to 11.30 am at Involve@Lincoln, Mint Lane, Lincoln LN1 1DU. Contact Julie Antoinette Wells for further information.
Lincolnshire Autistic Society	Secretary Mrs Janet Corcoran 21 Mill Lane Donington Spalding PE11 4TL	Tel: 01775 821213 Email: enquires@lincolnshireautisticsociety.org.uk Website: www.lincolnshireautisticsociety.org.uk	The Lincolnshire Autistic Society champions the rights and interests of all people with autism. They also award a quality mark award to schools and providers who reach certain standards.
Lincolnshire Down's Syndrome Support Group		Contact: Eileen McMorow Eileen.LDSSG@hotmail.com 24hrs manned telephone number: 07902 121870 Website: www.lincsdownsyndrome.org.uk	The Lincolnshire Down's Syndrome Support Group is a charity which aims to provide help, advice and support for people with Down's Syndrome, their family and friends. For further information contact the Lincolnshire Down's Syndrome Support Group or visit their website.
Lincolnshire Independent Living	Total Voice, VoiceAbility, Unit 5, Saxilby Enterprise Park, Skellingthorpe Rd Saxilby LN1 2LR	Tel: 07749 982114 (Iggy Patel) Email: iggy.patel@voiceability.org Website: lincolnshireindependentliving.org.uk/	Lincolnshire Independent Living is a membership organisation run by and for people with disabilities. For further information visit their website.



Lincolnshire Specialist Teaching Team Dyslexia Outreach	Lincolnshire County Council 9 – 11 The Avenue Lincoln LN1 1 PA	Helpline: 01205 317871 (Monday 9.00 - 11.00 am only) Contact Lesley Shapcott (north of county)/ Helen Lane (south of county) Email: lesley.Shapcott@lincolnshire.gov.uk helen.Lane@lincolnshire.gov.uk	The Specialist Teaching and Applied Psychology Service (STAPS) Dyslexia Outreach offers specialist teaching advice (Helpline) to Lincolnshire schools, parents/carers and young people. For further information make contact through the Helpline or email address provided.
Lincolnshire Learning Disability Partnership Board	Total Voice 5 Saxilby Enterprise Park Skellingthorpe Road, Saxilby, LN1 2LR	Tel: 01522 706580 Website: www.lincs2life.org.uk	Working to improve the quality of life for people with learning disabilities and their families across Lincolnshire. For further information visit their website.
Lincolnshire Parent Carer Forum (LPCF)	LPCF PO Box 1183 Spalding PE11 9EE	Contact Coralie Cross, LPCF Liaison Officer Tel: 0845 33 11 310 Email: admin@lincspcc.org.uk	An independent Parent Carer forum that represents parents of children/adults with disabilities and SEN. For further information visit their website.
Lincolnshire Sensory Education and Support Team (SEST)	Lincolnshire County Council Newland Lincoln LN1 1YL	Contact Russell Postlethwaite Principal Educational Psychologist Tel: 01522 552680 russell.postlethwaite@lincolnshire.gov.uk Website: www.lincolnshire.gov.uk/parents/disability-and-sensory-impairment/	Offers support and specialist teaching to young people with multi sensory impairment and their families at schools and aims to ensure that they are able to access their educational environment and make progress.
Mencap	Mencap Golden Lane London EC1Y 0RT	Learning Disability Email: help@mencap.org.uk Website: www.mencap.org.uk	Mencap work in partnership with people with a learning disability. For further information visit their website.

Mencap, Grantham	<p>Grantham &amp; District Mencap Ltd Fairview Farm Gloucester Road Grantham NG31 8RJ</p>	<p>Tel: 01476 570507 (Registered Office) Tel: 01476 565660 (Residential Care and Day) Email: Company Chairperson judithburnett@ granthammencap.co.uk Residential Care Manager lynn.pashley@ granthammencap.co.uk Mencap Day Opportunities annette.tweedie@ granthammencap.co.uk Website: www.granthammencap.co.uk</p>	<p>Grantham Mencap caters for adults (18+) with learning disabilities and PMLD. For further information about the provision visit their website.</p>
The National Autistic Society	<p>393 City Road London EC1V 1NG</p>	<p>Autism Helpline: 0808 800 4104 (Mon- Fri 10am to 4pm) Education Rights Service: 0808 800 4102 Parent-to-Parent Service: 0808 800 4106 Switchboard: 020 7833 2299 Email: nas@nas.org.uk Website: www.autism.org.uk</p>	<p>The UK's leading charity for people affected by autism. For further information visit their website.</p>

National Citizen Service	Across Lincolnshire	For more information and to book a place please visit: <a href="http://www.ncseml.org.uk">www.ncseml.org.uk</a> or contact the Young People's Team on 01522 574100.	The National Citizen Service (NCS) is one-in-a-lifetime opportunity for young people to try new experiences away from home, meet new people and to build on their confidence and skills. NCS is open to all young people aged up to the age of 25 who receive special educational provision. The programme helps young people who are in transition from supported education provision to mainstream FE colleges or work experience placements, through giving them the opportunity to improve their social skills and confidence in preparation for the challenges ahead.
NHS Choices Learning Disabilities Annual Health Checks	Countywide	Website: <a href="http://www.nhs.uk/Livewell/Childrenwithlearningdisability/Pages/AnnualHealthChecks.aspx">www.nhs.uk/Livewell/Childrenwithlearningdisability/Pages/AnnualHealthChecks.aspx</a>	The Annual Health Check lets people with learning disabilities aged 14+ to go to their GP practice and have aspects of their health checked. It also allows them to talk about anything that is worrying them. Go to their website for further information.
Options Group	Central Office Turnpike Gate House Alcester Heath Alcester Warwickshire B49 5JG	Tel: 01789 767800 Email: <a href="mailto:office@optionsgroup.co.uk">office@optionsgroup.co.uk</a> Website: <a href="http://www.optionsgroup.co.uk">www.optionsgroup.co.uk</a>	A provider of specialist services for children, young people and adults with autistic spectrum conditions, learning disabilities and complex needs.
PAACT (Parents and Autistic Children Together)	Secretary: Charlotte Owen, 4 Hatton Close, Hartsholme, Lincoln LN6 0BG	Telephone Helpline: 07935222963 (Hayley Allison) Email: <a href="mailto:paactsupport@hotmail.co.uk">paactsupport@hotmail.co.uk</a>	Meetings are held on the first Thursday (7.30-9.30pm) and third Thursday (10.00-12.00am) of each month at St Peter & St Pauls Parish Centre, Skellingthorpe Road, Lincoln LN6 7RB.
Pegasus (Lincolnshire Police)	Post: Lincolnshire Police PO Box 999 Lincoln LN5 7PH	For more information Telephone: 101 Email: <a href="mailto:mir.fcr@lincs.pnn.police.uk">mir.fcr@lincs.pnn.police.uk</a>	Pegasus is a service that helps people with disabilities make contact with Lincolnshire police in an emergency or difficult situation. Once signed up to Pegasus users will be issued with a pack containing a brief guide on how to use the service and a Pegasus card with a unique number with a PIN number.

Sensory Impairment Lincolnshire County Service (SILCS)	SILCS BID Services 7 Checkpoint Court Sadler Road Lincoln LN6 3PW	Tel: 01522 848295 or 07702 939165 Email: sensorysupport@silcs.org.uk Website: www.silcs.org.uk	SILCS is committed to improving the quality of life for people accessing the service and focuses on building confidence and self esteem, developing communication and mobility skills and promoting independent living skills. For further information visit their website.
Sharing Minds Support Group	Emma and Mark Slack Sunset House Bed & Breakfast Main Road, Friskney Boston PE22 8QS	Tel: 01754 820821 or 07841 041685 Email: emmaslack22@yahoo.co.uk	A drop in parental support group. For further information contact Emma or Mark Slack.
Skegness and District Voice		Tel: 07908 200349 (Darren Hunter) Email: dhunter474@btinternet.com	A support group in Skegness for parents/carers who have children with special educational needs. For further information contact Darren Hunter.
SNAP		Tel: 07900 635366 (Mon to Fri, 9.30 am to 4pm)	SNAP is a fully inclusive support and encouragement group for parents and carers with children, young people or adults within their families. For further information contact SNAP.
Thera Trust	The West House Alpha Court Swingbridge Road Grantham Lincolnshire NG31 7XT	Tel: 07834 088311 (Yvonne Sandall) Email: yvonne.sandall@thera.co.uk Website: www.thera.co.uk/	Thera East Midlands support adults with learning disabilities in their own homes, in the community and for short breaks. For further information visit their website.
Together for Short Lives	National Organisation	Helpline: 0808 8088 100 Website: www.togetherforshortlives.org.uk	A registered UK Charity which offers information, advice and guidance for people with life limiting/ life shortening medical conditions. Their website has a host of resources developed for young people with complex medical conditions including a helpline and advocacy services.

Tourette's Action	Tel: 01400 251467	Helpline: 0300 777 8427 Website: <a href="http://www.tourettes-action.org.uk">www.tourettes-action.org.uk</a>	Meet every 2nd Saturday of the Month at Sturton by Stow Children's Centre, School Lane, Sturton by Stow, Lincoln, LN1 2BY. For further information visit their website.
Unique – Understanding Chromosome Disorders	GI The Stables Station Road West Oxted Surrey RH8 9EE	Tel: 01883 723356 (Mon to Fri) Email: <a href="mailto:info@rarechromo.org">info@rarechromo.org</a> Website: <a href="http://www.rarechromo.org">www.rarechromo.org</a>	Unique is a source of information and support to families and individuals affected by any rare chromosome disorder and to the professionals who work with them. For further information visit their website.





This booklet has been co-produced as part of the  
**Promoting Independence Project**  
in response to requests for information from young people  
with SEND and Parent / Carers.

Additional copies of this booklet can be downloaded from  
**[www.lincolnshire.gov.uk/sendlocaloffer](http://www.lincolnshire.gov.uk/sendlocaloffer)**  
and  
**<http://mychoicemycare>**

Printed by



01522 513 533 | [www.pelicantrust.org](http://www.pelicantrust.org)