



Newcastle Local Area

# Special Educational Needs and Disabilities (SEND)

Guide to services to support young people as they get ready for their next steps (This is sometimes known as transitions or preparation for adulthood)



**NHS**  
North East and  
North Cumbria

Newcastle's  
**Local Offer**

Newcastle  
City Council 

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# Introduction

Our ambition is that we work together to create an inclusive city to ensure children and young people with special educational needs and/or disabilities (SEND) get the right support at the right time so that they go on to live their best lives. To achieve this, we have identified two priorities:

**Priority 1:** Making sure children and young people get the right support at the right time

**Priority 2:** Making sure we are getting it right together

When we get this right children and young people with SEND will be



For more information see our SEND Strategy published in September 2023.

## What do we mean by transitions?

The move from being a child to becoming an adult is a significant change for all young people. It involves preparing for more independence and making plans for the future. This is what we mean by transitions, the change when:

- Young people move from school to sixth form college or into work or further training
- from children's hospital services to adults hospital services
- from children's social care to adults services

For families and young people with special educational needs or disabilities SEND, this can be a particularly anxious and challenging time which needs more careful preparation and planning than for other young people of a similar age. With the right support at the right time, a smooth transition can be achieved.

# Getting Ready for next steps (Preparing for adulthood)

Getting ready for next steps (preparing for adulthood) is about enabling and empowering, children, young people and adults with SEND as well as their families to prepare for a smooth transition from childhood right through to adulthood.

The transition years from childhood to adulthood raises new challenges and opportunities for most individuals. For young people with SEND, the transition may take longer and will likely require additional preparation.

Parents and carers will have been thinking about the future for a long time and it's never too early to start discussing hopes and aspirations with a child or young person. From year nine, if a child has an educational, health and care plan (EHCP), it is a requirement that this is recorded during the annual review process and outcomes are set in line with a young person's goals and aspirations for the future. Starting these discussions much sooner, for instance in year seven, is viewed as good practice and increases the likelihood for successful transitions into post-16 provision.

This is an exciting time for children and young people with special educational needs and disabilities to become successful young adults who are forming their grown-up lives and the way they want to live. Preparing for adulthood is inclusive and empowers people to achieve as well as promoting community participation, independence and being as healthy as possible.

## Who is this guide for?

This guide is for parents and carers and young people with SEND. It explains the different things families and young people will need to think about when into their teenage years and beyond. It also explains what education, health and social care services are available to families, children, and young people in different areas of their lives.

The guide has been written together with Newcastle's Parent Carer Forum and representatives from health, education, schools and settings and social care. We hope it helps you feel better informed about preparing for adulthood and the transition from being a child to being an adult.

# Newcastle's SEND Local Offer

Newcastle's SEND Local Offer has lots of information about services and activities available for children and young people with special educational needs or disabilities. It helps people make choices and provides up to date information and advice about things that are important to them, such as:

- Education
- Post 16 providers'
- Where to live
- Transport
- Social Activities
- Work and Training
- Preparing for adulthood

Scan this QR code to get to the website:



Newcastle's Local Offer is for you and your family if you are a child or young person with Special Educational Needs or Disabilities (SEND) aged from 0 to 25 years old.

Our Local Offer has lots of places to go and fun things to do. It is also all of the information, advice and support that you might need, all together in one place, here at [www.newcastle.gov.uk/localoffer](http://www.newcastle.gov.uk/localoffer).

Activities and short breaks

Advice, support and information

Money

Social care

Education and employment

Transport

Health

Planning for adulthood

Childcare for children with SEND

[www.newcastle.gov.uk/localoffer](http://www.newcastle.gov.uk/localoffer)

# Summary of what should happen for a young person with SEND age 13–25

The SEND Code of Practice requires that conversations about preparing for adulthood should start at Year 9 at the latest. We would encourage appropriate conversations about preparing for adulthood to happen from the earliest age.

## What will happen in year 9? (Age 13–14)

If you have an EHC plan	Education, training and finding employment	Developing independence
<p>Annual reviews from Year 9 onwards must have a focus on preparing for adulthood.</p> <p>Outcomes should be written into the EHC plan in line with the four preparation for adulthood areas.</p> <p>The voice of a young person and their family must be included.</p>	<p>Young people choose their GCSE subjects in Year 9. Some may study alternative qualifications.</p> <p>Young people should start thinking about post-16 options and goals for the future and what they need to achieve them.</p> <p>They can talk to the school about careers advice, opportunities for work experience and volunteering.</p>	<p>Young people will continue to develop life skills, e.g., travel, budgeting, cooking, housekeeping, self-care, hygiene, maintaining friendships.</p> <p>Young people may want to think about the opportunities that might be available to develop these skills at school and at home.</p> <p><b>Independent Travel for Young People with SEND</b> may be considered to help travelling independently.</p> <p>Explore housing options for the future, where young people may want to live when they get older. Living as independently as possible.</p>



<b>Friends Relationships and community</b>	<b>Good health</b>
<p>Think about circles of support, friendship groups, closest friends and other key people in the school and local community. How can these friendships be kept and developed.</p> <p>Young people may already be part of a group or want to join after school clubs or youth clubs. Take a look at the <b>Activity Groups</b> webpage.</p> <p>Community centres and hubs have regular programmes of activity for adults, children, as well as for children and families.  <b>Community Centres and Family Hubs.</b></p>	<p>Young people with Learning Disabilities are eligible for an <b>Annual Health Check</b> with the GP from age 14. Where possible and relevant for the young person and family this can be done sooner.</p> <p>At each relevant appointment young people should be advised about preparing to move from child to adult health services. Check out the healthier together website that provides key info on your transition journey  <b>Transition from children’s to adult healthcare - for young people: North East and North Cumbria Healthier Together (nenc-healthiertogether.nhs.uk)</b></p> <p>In preparation for turning 18 the Children and Young People Service (CYPS) has a mental health transitions agreement with adult services for young people to complete called <b>My-moving-on-plan-website.pdf</b></p> <p>Fill in the Health Passport which provides key information for health professionals.            This can be downloaded from Skills for People’s website: <b>GNCH passport for children and young people with additional needs.indd (skillsforpeople.org.uk)</b></p>

## What will happen in year 10? Age (14-15)

If you have an EHC plan	Education, training and finding employment
<p>All our EHCPs consider what young people need to prepare them for getting older. Annual reviews from Year 9 onwards must continue to have a focus on preparing for adulthood.</p> <p>If you're a young person is likely to leave their current setting after Year 11, consider what is needed for a smooth transition to the next setting. Plan visits and taster sessions and ask the school to invite post-16 providers to review meetings.</p> <p>An allocated SEND Caseworker will ask young people and their families to identify their post-16 choices over the summer term of Year 10 and into autumn of Year 11. Once the LA knows what you want to do, the LA will also look to see what is available.</p>	<p>Talk to school about any help needed in exams (access arrangements). Any arrangements needed for GCSE exams should be in place by the start of Year 10.</p> <p>Consider post-16 education options. Young people may want to visit further education (FE) departments, colleges, supported internships, training providers and voluntary opportunities.</p> <p>Young people should have access to work experience and or placements opportunities.</p> <p>Young people should be invited to talk to a careers specialist to put the beginning of a plan in place.</p> <p><b>Employment   Newcastle Support Directory</b></p>



Developing independence	Friends Relationships and community	Good health
<p><b>Independent Travel for Young People with SEND</b> may be considered to help travelling independently.</p> <p>Young people may want to consider further opportunities to develop life skills at home.</p>	<p>Begin to talk about what is important about friends/social life in the future and how this might happen.</p> <p>Think about how existing friendships can be kept and developed.</p> <p>Young people may already be part or want to join after school clubs or youth clubs. Take a look at the <b>Activity Groups</b> webpage.</p> <p>Community centres and hubs have regular programmes of activity for adults, children, as well as for children and families. <b>Community Centres and Family Hubs.</b></p>	<p><b>Annual health checks</b> continue to be available from your GP for people with Learning Disabilities aged 14+.</p> <p>At each relevant appointment young people should be advised about preparing to move from child to adult health services. Check out the healthier together website that provides key info on your transition journey.</p> <p><b>Transition from children’s to adult healthcare - for young people :: North East and North Cumbria Healthier Together (nenc-healthiertgether.nhs.uk)</b></p> <p>In preparation for turning 18 the Children and Young People Service (CYPS) has a mental health transitions agreement with adult services for young people to complete called <b>My-moving-on-plan-website.pdf</b></p> <p>Young people can fill in the Health Passport which provides key information for health professionals.</p> <p>This can be downloaded from Skills for People’s website: <b>GNCH passport for children and young people with additional needs.indd (skillsforpeople.org.uk)</b></p> <p><b>Remember</b> to speak to any health professionals you are involved with about what happens next and how they can support you.</p>

## What will happen in year 11? Age (15-16)

If you have an EHC plan	Education, training and finding employment	Developing independence
<p>At the annual review of the EHC plan, discuss what support is needed in their next setting (if applicable), and what needs to happen to ensure a smooth transition. The hopes and aspirations should be central to the discussion.</p> <p>Invite the Post 16 provider to the annual review.</p> <p>The local authority must issue an amended EHC Plan naming a young person's post-16 setting by 31 March.</p> <p>Applications need to be made in good time before this date.</p> <p>If SEND Transport is needed to get to the post-16 setting, you will need to apply here: <b>Special Educational Needs Disability (SEND) Travel Support   Newcastle City Council.</b></p> <p>Applications are received all year round, but it can take up to 10 days to put transport in place.</p>	<p>The school year finishes early in year 11 regardless of whether young people are taking exams. It finishes either on the last Friday in June or earlier due to study leave. Check with the school in good time to make alternative arrangements.</p> <p>Continue discussions with school about future plans and explore a range of options. <b>Post 16 Education</b></p> <p>Check websites for open evenings at colleges and sixth forms to find courses and apply online.</p> <p>Most post-16 education is 16 hours per week.</p> <p>This can be spread across 3-5 days depending on the course and setting.</p> <p>Young people and families may need to think about what to do on days when not in education provision and any support that may be needed.</p>	<p>If young people have capacity to make decisions for themselves once they turn 16, services will often contact them directly.</p> <p>The Mental Capacity Act relates to young people from 16 years old. Unless it is assessed otherwise, young people are assumed to have capacity to make their own decisions. <b>Making decisions and your mental capacity - Information Now</b></p> <p><b>Independent Travel for Young People with SEND</b> may be considered to help travel independently.</p> <p>On turning 16, young people will be reassessed under PIP (Personal Independence Payment) if they have been getting DLA (Disability Living Allowance) as a child.</p> <p>Young people may consider opening a separate bank account for benefits and other money once they turn 16, or even earlier. This will help develop independence.</p> <p>A young person turning 16 is usually expected to take on responsibility for any benefits they claim. If they are unable to manage their affairs, an appointee can be identified for benefit claims.</p>



## What will happen in year 12? Age (16-17)

If you have an EHC plan	Education, training and finding employment	Developing independence
<p>The annual review process continues whilst still in education.</p> <p>If a young person may need support in the future from adult social care, contact <b>Care and Support for Adults   Newcastle City Council</b> Social care direct 0191 2788377</p> <p>If SEND Transport is needed to get to the post-16 setting, you will need to apply here: <b>Special Educational Needs Disability (SEND) Travel Support   Newcastle City Council.</b></p> <p>Applications are received all year round, but it can take up to 10 days to put transport in place.</p>	<p>Continue to explore a range of options, such as supported employment, apprenticeships, work-based learning, work-related learning at college, paid work, self-employment, higher education and volunteering.</p> <p>Consider applying for a 16-19 bursary to help with education costs.</p> <p>Ask the relevant post-16 provider for more information.</p>	<p>You may want to consider <b>Independent Travel for Young People with SEND</b> to help travel independently.</p> <p>If a young person is receiving support from children's social care and they may need support from adult social care, their needs should have been considered by adults social care.</p> <p>There is information available on <b>Care and support assessment   Newcastle City Council</b></p>



## What will happen in years 13 and 14? Age (17–19)

If you have an EHC plan	Education, training and finding employment	Developing independence
<p>The annual review process continues.</p> <p>The EHC plan may be ceased if the young person is:</p> <ul style="list-style-type: none"> <li>• accessing higher education</li> <li>• accessing paid work</li> <li>• aged 18 or over and has left education. and no longer wishes to engage in further learning.</li> <li>• leaving the local authority and moving to another area.</li> </ul> <p>If SEND Transport is needed to get to their post-16 setting, you will need to apply here: <b>Special Educational Needs Disability (SEND) Travel Support   Newcastle City Council.</b></p> <p>Applications are received all year round, but it can take up to 10 days to put transport in place.</p>	<p>Continue to explore a range of options, such as supported internships, supported employment apprenticeships, work-based learning, work-related learning at college, paid work, self-employment, higher education and voluntary work.</p> <p><b>What are Supported Internships   Newcastle Support Directory</b></p> <p>Consider support required to access services via Job Centre Plus. For example, a Disability Employment advisor and Access to Work funding. <b>Newcastle City Jobcentre and Jobs in Newcastle Upon Tyne (jobcentrernearme.com)</b></p> <p>Consider applying for a 16–19 bursary to help with education costs. Ask your young person’s post-16 provider for more information.</p>	<p>Short break services for children are aimed towards 0–18 years, some of the short breaks offer includes activities which can be inclusive and include young people beyond 18. <b>Short Breaks for Children and Young People with Disabilities (newcastlesupportdirectory.org.uk)</b></p> <p>Housing and accommodation needs to be considered. <b>Supported housing for people with learning disabilities and autism   Newcastle City Council</b></p> <p>People over the age of 18 may have to contribute towards the cost of any support they receive. The local authority will carry out a financial assessment to check how much your child can afford to contribute towards their care and support.</p> <p>Think about <b>Independent Travel for Young People with SEND</b> to enable them to travel independently.</p> <p>If they are a care leaver there is a lot of support available: <b>Our care leavers offer   Newcastle City Council</b></p>



## Friends Relationships and community

## Good health

Identify out of school and college activities young people may want to do. This may include time spent away from parents/ carers and with friends.

Young people may want to look for local community spaces they may be able to access such as parks and libraries.

**Annual health checks** continue via GP for people with Learning Disabilities aged 14+.

Some young people may need a continuing health care (adults) assessment. Health professionals involved should consider if this is appropriate and agree who is best placed to complete it.

**Transition from children’s to adult healthcare – for young people: North East and North Cumbria Healthier Together (nenc-healthiertogether.nhs.uk)**

Fill in the Health Passport which provides key information for health professionals. This can be downloaded from Skills for People’s website: <https://skillsforpeople.org.uk/wp-content/uploads/2020/03/GNCH-passport-for-children-and-young-people-with-additional-needs-v22546.pdf>

At each relevant appointment young people should be advised about preparing to move from child to adult health services. Check out the healthier together website that provides key info on your transition journey

**Transition from children’s to adult healthcare – for young people: North East and North Cumbria Healthier Together**

**Remember** to speak to any health professionals you are involved with about what happens next and how they can support you.

## What will happen when – Age 19–25

If you have an EHC plan	Education, training and finding employment	Developing independence
<p>Where appropriate, the local authority will maintain an EHC plan until a young person turns 25. EHCPs will end if a young person moves onto higher education, paid work, or leaves education.</p> <p>As long as the EHC plan continues, the local authority must ensure that it is reviewed annually. Relevant services should be actively involved in the annual review process.</p> <p>Where a young person has an EHC plan and leaves education but then decides they wish to return (and are still under 25 years), the local authority will consider whether the previous EHC plan should be revived and renewed. It is possible that the young person will need another full EHC assessment if there have been significant changes.</p>	<p>Young people aged 19 cannot remain in a special school unless they are completing a secondary education course they started before they were 18 years old. They will need to move to another provider if they wish to continue their education or training.</p> <p>Continue to explore a range of options, such as supported internships, supported employment, apprenticeships, learning at a college or work-based learning, paid work, self-employment, higher education, and volunteering.</p> <p><b>What are Supported Internships   Newcastle Support Directory</b></p> <p>Consider support required to access services via Job Centre Plus. For example, a Disability Employment advisor and Access to Work funding.</p> <p><b>Newcastle City Jobcentre and Jobs in Newcastle Upon Tyne (jobcentrernearme.com)</b></p>	<p>Explore a range of housing options.</p> <p><b>Supported housing for people with learning disabilities and autism   Newcastle City Council</b></p> <p>Young people may want to access an advocate to help them get their views across.. Please see advise on our Information Now website: <b>Advocacy support to get your voice heard - Information Now</b></p> <p>Think about <b>Independent Travel for Young People with SEND</b> to enable them to travel independently.</p> <p>If you are a care leaver there is a lot of support available: <b>Our care leavers offer   Newcastle City Council</b></p>





**Friends Relationships and community**

**Good health**

Support your young person to stay in touch with friends and make plans for socialising.

Look into any specialist social groups/youth groups that a young person may want to attend. They may like to buddy up with others who are in the same position to create their own groups supported by personal budgets/direct payments etc.

Think about whether the young person is moving to university, the support that is available and what there is in the wider community.

**Annual health checks** continue via GP for people with Learning Disabilities aged 14+.

Check out the healthier together website that provides key info on your transition journey and looking after yourself as an adult

**Transition from children’s to adult healthcare - for young people :: North East and North Cumbria Healthier Together (nenc-healthiertogether.nhs.uk)**

**Remember** to speak to any health professionals you are involved with about what happens next and how they can support you.

# Making the most of an EHC Annual Review

If a young person has an Education, Health and Care (EHC) plan, the annual reviews from Year 9 onwards must have a focus on Preparing for Adulthood which includes:

- getting ready for employment or other meaningful activity.
- finding somewhere to live and getting good support.
- friends, relationships and being part of a community.
- achieving as healthy a life as possible.

## How to prepare for annual review meetings

There is lots of information available on our local offer webpages to help you with the annual review: **EHC Annual Review Toolkit for Parents and Carers | Newcastle Support Directory**.

A young person may start to think more about what they want to do when they finish their education. Their school or college will have more information about transition planning.

## Before the annual review meeting:

- the school or college should ask parent's and young person's views before the meeting and share this information.
- the school or college will arrange the annual review meeting. If families cannot attend this date and let the school know, a different date can be arranged.
- the school or college will ask relevant professionals to attend or send up-to-date information about a young person. Families may want to ask them to invite specific professionals if they think their input would be helpful.
- discuss with the school or college if it would be appropriate for a young person to attend the meeting, and what support they would need to give their views.
- it may be helpful for families to have a discussion with the young person before the meeting, if possible. Talk to them about how things are now, what should happen next and in the future. It may be helpful to write notes to take with you to the meeting. Views can also be submitted in writing before the meeting if preferred.
- the school or college must send out any reports (including those submitted by parents) at least two weeks before the annual review meeting. They must provide these materials in a suitable format if needed, e.g., Braille, large print etc.

## After the annual review meeting:

The school or college will send everyone a report of the meeting within two weeks. This should set out any recommended changes to the EHC plan.

The report is considered by the local authority's SEND Support, Assessment and Review Team (SEND SAR). They will tell families or young people the outcome of the review within four weeks of the review meeting. The outcome could be:

- the EHC plan is suitable as it is (no changes).
- the EHC plan needs updating. This might be because a young person's needs have changed or because their provision needs to change.
- the EHC plan should be ceased (ended) as a young person no longer needs the specialist support (see section on ceasing an EHC plan for more information)

If the local authority decides to update the plan, it will invite the family and young person to comment on the updates. Families must be given at least fifteen days to respond. They can ask for a meeting with a SEND Caseworker from SEND SAR Team to discuss the changes.

# Ceasing an EHC plan

Most young people will have completed their education by 19 and may not need an EHC plan after they turn 19. This is very much down to the individual. Some young people with SEND will need longer to complete their education and training. Their EHC plan may be maintained up to age 25. The length of time will vary according to each individual. An EHC Plan cannot be ceased just because a young person is over 18. A local authority will cease (end) an EHC plan if:

- a young person moves into higher education (university).
- A young person leaves education. For example, because they are moving into paid employment, or because they no longer want to take part in formal education or training. However, if a young person under the age of 18 is not in education, employment or training, then their EHC plan would normally continue, with a focus on re-engaging them in further learning.
- a young person no longer needs the special educational provision specified in their EHC plan.

When making this decision about a young person aged 19 or over, the local authority has to consider if the education or training outcomes set out in the EHC plan have been achieved.

If the local authority wants to cease an EHC plan, it must tell the young person and their family that it is considering this. It must give them, and their setting an opportunity to give their views about this. This can be done in writing or at a meeting with the SEND SAR Team. You have a right to mediation and to appeal to the SEND Tribunal if you are not happy with the decision. More information is available at:

**<https://www.newcastlesupportdirectory.org.uk/what-education-health-and-care-plan-and-how-do-i-request-one>**

When a young person is close to finishing their education or training, the local authority should use the final annual review to identify the support required for a smooth transition into adulthood. (The rest of this guide gives information about support with finding a job, adult social care services, health and housing).

## If you have any questions or issues

If you have any questions or issues about your child's EHC Plan or annual review, talk to their school, college or the SEND Support, Assessment and Review Team

**Tel: 0191 277 4650**

**Email: [sencaseworkers@newcastle.gov.uk](mailto:sencaseworkers@newcastle.gov.uk)**

You can also contact the SEND Information, Advice and support service .

**Tel: 0191 211 6255**

**Email: [sendiassadmin@newcastle.gov.uk](mailto:sendiassadmin@newcastle.gov.uk)**

**<http://www.newcastlesendiass.co.uk>**

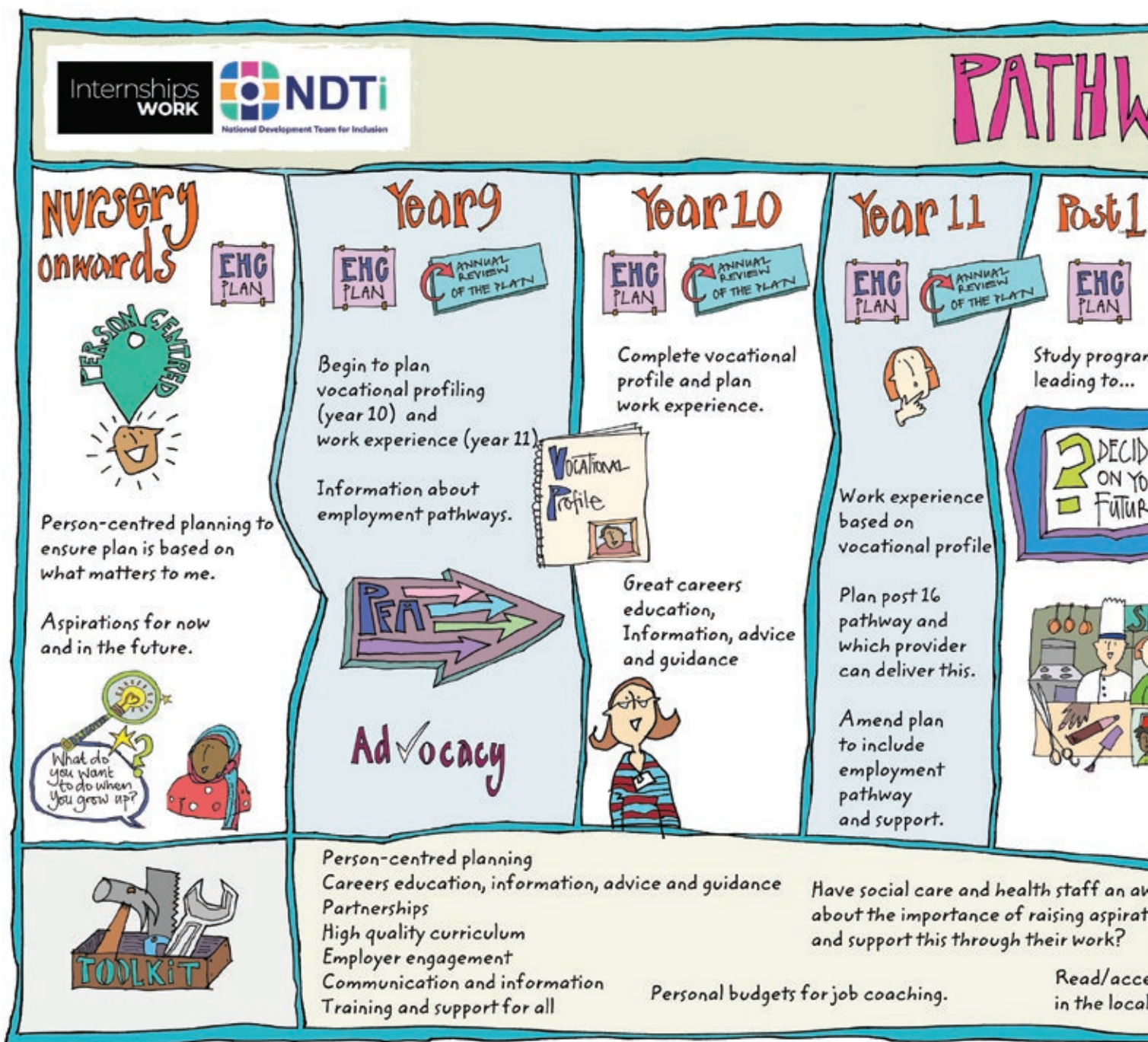
There are lots of resources available to help make the most of your annual review on our SEND Local Offer: **<https://www.newcastlesupportdirectory.org.uk/draft-page-consultation-ehc-annual-review-toolkit-schools-and-settings>**

# Education, Employment and Training:

What sort of job you would like to do and the courses that could help you get that job?

## GCSE Subjects

Young people in mainstream schools usually decide in Year 9 (age 13 to 14) which subjects they want to study in Year 10 and 11 (when they are age 14 to 16).



If appropriate, these will be the subjects they will take for GCSE exams.

An education provider will be able to give information about other accredited qualifications available if a young person not working at GCSE level. Special schools have a curriculum tailored to the needs of their pupils. Some focus on teaching life skills. Most offer fewer opportunities to gain recognised qualifications like GCSEs or vocational courses.

### Help in Exams

Talk to the SENCO and/or the school's examination officer about extra help in exams. For example, extra time, a computer, or a smaller/ individual room. This should be done as soon as possible. The extra help is known as Access Arrangements.

Some Access Arrangements can be given by a school or college based on a young person's normal way of working. Access Arrangements like extra time are given by exam boards. Students must reach certain thresholds in approved assessments that are completed by official assessors to be granted these. A young person's school or college can arrange these assessments.

Access Arrangements allow students with special educational needs, disabilities, or temporary injuries to access exams without changing the demands of the assessment. Ideally, Access Arrangements should have been discussed and in place for exams/ assessments taken in year 10.

Access Arrangements must be appropriate to the exam and the student. For example, a student with dyslexia may need extra time for a written exam, but not for a practical one.

Any kind of Access Arrangement must reflect the student's normal way of working, except in the case of injuries. For example, a student would only be allowed to use a laptop in exams if they normally use one in class. The arrangement must not suddenly be granted at the time of the exam. Talk to school or college if further help is needed for example, with exam stress.

**WAY IN TO PAID WORK**

**6** ANNUAL REVIEW OF THE PLAN

**Post 19**

Access to Work for job coach support. **JOB COACH**

Supported Internship

Apprenticeship

Supported Employment

**WHERE ?**

General FE college  
Special college  
Training provider

Supported employment agencies or local supported internships attending annual reviews.

Reasonable Adjustments

Additional text on the left: awareness, information, offer about support for employment?

# A guide to qualifications at 16+

Qualifications are grouped into 8 levels. The level tells you how difficult the study is and what entry requirements to expect. If your young person does well, they can move up to the next level.

	<b>Entry Level</b>  <b>Entry level is split into 1, 2 and 3. Level 3 is the hardest.</b>	<b>Level 1</b>	<b>Level 2</b>
<b>Examples</b>	Entry Level Award  Entry Level Certificate/ Diploma  Entry Level Functional Skills  There are no set entry requirements	GCSE Grades 3-1  BTEC Level 1  NVQ 1  Supported Internships  Normally GCSE grades 2-1 or equivalent	GCSE Grades 9-4  BTEC First  NVQ2  CACHE Level 2  Intermediate Apprenticeship  Normally GCSE grades 3 or equivalent
<b>Entry requirements</b>			

Please note that some of the entry level courses teach young people 'life skills'. You can ask the education provider about this and what the skills cover. You can ask the education provider about entry requirements for specific courses.

Level 3	Level 4-6	Level 7-8 (Postgraduate)
<p>A Level</p> <p>AS Level</p> <p>BTEC National</p> <p>Advanced Apprenticeship</p> <p>NVQ 3</p> <p>Extended Project Qualification (EPQ)</p> <p>Level 3 Cambridge</p> <p>Technicals</p> <p>T Levels</p>	<p>Degree, Foundation Degree, HND, Higher/ Degree Apprenticeship</p> <p>Normally qualifications at Level 3</p>	<p>Master's degree or Doctoral degree (PHD)</p>
<p>Normally at least 4-6 GCSE grades 9-4 (or equivalent), including English and often maths</p> <p>Some subjects require grades 9-5/9-6</p>		

For more information about the options outlined below please visit our local offer website: <https://www.newcastlesupportdirectory.org.uk/post-16-education>

# Post-16 education

Young people must continue in education or training until the end of the academic year when they turn 18. This could involve:

1. full time study in a school, college or training provider
2. an apprenticeship or supported internship
3. full time work or volunteering (20 hours or more) combined with part time accredited study

## 1. Post-16 Education Providers

There are a range of post-16 providers in Newcastle and in nearby local authorities (this is not an exhaustive list and may change) :

### Post-16 college and training providers

Name of Provision	Type of courses
Newcastle College	Foundation courses, vocational learning courses, sixth form, supported internships and apprenticeships. Higher Education
Newcastle Sixth Form College	Sixth form courses
Newcastle City Learning	Foundation courses, vocational learning courses, LLDD Bespoke Pathway supported internships and apprenticeships. Adult Education 19+
Trinity Solutions Academy	Foundation courses, vocational learning courses, LLDD Bespoke Pathway
Trinity Post 16 Solutions	Engagement Bespoke Study Programmes Supported Internship.
Choices College	Supported Internships
Gateshead College	Foundation courses, vocational learning courses, sixth form, supported internships, apprenticeships.





## **Website and further information**

**Newcastle College  
Newcastle College (support)**

**[www.newcastlesixthformcollege.ac.uk](http://www.newcastlesixthformcollege.ac.uk)  
Learner Support Service | Newcastle Sixth Form College**

**[www.newcastlecitylearning.ac.uk](http://www.newcastlecitylearning.ac.uk)  
[www.newcastlecitylearning.ac.uk/high-needs-study-programmes](http://www.newcastlecitylearning.ac.uk/high-needs-study-programmes)**

**[www.solutions.tanmat.org](http://www.solutions.tanmat.org)**

**[www.solutions.tanmat.org/trinity-post-16-solutions-ltd](http://www.solutions.tanmat.org/trinity-post-16-solutions-ltd)**

**Choices College - Supported internships (formerly Project Choice) | Health Education England ([hee.nhs.uk](http://hee.nhs.uk))**

**Gateshead College  
Gateshead College (Special Educational Needs)**

Name of Provision	Type of courses
Tyne Metropolitan College	Foundation courses, vocational learning courses, sixth form, and apprenticeships. Higher Education
South Tyneside College	Foundation courses, vocational learning courses, sixth form, apprenticeships.
New College Durham	Foundation courses, vocational learning courses, sixth form and apprenticeships.
Derwentside College	Foundation courses, vocational learning courses, apprenticeships.
Northumberland College (Kirkley Hall Campus)	Foundation courses, vocational learning courses, apprenticeships.
Learning for Life (Consett and South Gosforth)	Foundational learning courses.
NACRO	Foundation and vocational learning courses
Groundwork – Route2work College	Foundation and vocational learning courses.
United Response – Home Group	Supported Internships
ETS Barnardo's	Foundation and vocational learning courses.
Optimum Skills	Traineeships

## **Website and further information**

<http://www.tynemet.ac.uk/>  
**Additional Learning Support (Support) - Tyne Metropolitan College**

<http://www.stc.ac.uk>

**New College Durham**  
**New College Durham (16 to 24 SEND)**

**Derwentside College**  
**Derwentside College (learning support)**

**Kirkley Hall**

**Learning for Life - Embracing Diversity and Enriching Lives**

[www.nacro.org.uk/nacro-services/nacro-education/nacro-newcastle-education-centre/](http://www.nacro.org.uk/nacro-services/nacro-education/nacro-newcastle-education-centre/)

**Route2Work**

**Supported internship opportunities in Newcastle: find out more - United Response**

[www.barnardos.org.uk/get-support/services/ets-north-ets-north-east-yorkshire-humber](http://www.barnardos.org.uk/get-support/services/ets-north-ets-north-east-yorkshire-humber)

**Home - Optimum Skills**

## Sixth form Colleges

Name of Provision	Type of courses
Newcastle Sixth Form College	Sixth form courses
Gosforth Academy Sixth Form	
Excelsior Academy Sixth Form	
Jesmond Park Academy Sixth Form	
Kenton School Sixth Form	
North East Futures UTC	
Sacred Heart Catholic High School Sixth Form	
St Cuthbert's High School Sixth Form	
St Mary's Catholic High School Sixth Form	
Walbottle Sixth Form	



## Website and further information

[www.newcastlesixthformcollege.ac.uk](http://www.newcastlesixthformcollege.ac.uk)  
Learner Support Service | Newcastle Sixth Form College

[www.gosforthacademy.org.uk/sixth-form](http://www.gosforthacademy.org.uk/sixth-form)

Sixth Form - Excelsior Academy ([laidlawschoolstrust.co.uk](http://laidlawschoolstrust.co.uk))

[www.jesmondparkacademy.org.uk/sixth-form](http://www.jesmondparkacademy.org.uk/sixth-form)

Post-16 (Sixth Form) - Kenton School | Kenton School ([northernleaderstrust.org](http://northernleaderstrust.org))

[www.nefuturesutc.co.uk/key-stage-5](http://www.nefuturesutc.co.uk/key-stage-5)

[www.sacredheart-sixth.org](http://www.sacredheart-sixth.org)

[www.st-cuthbertshigh.newcastle.sch.uk/academic-life/sixth-form](http://www.st-cuthbertshigh.newcastle.sch.uk/academic-life/sixth-form)

Sixth Form | St Mary's Catholic School ([stmarysnewcastle.co.uk](http://stmarysnewcastle.co.uk))

Northern Education Trust - Sixth Form



Mainstream colleges will support students with special educational needs by following a Graduated Approach or Assess, Plan, Do and Review cycle. There will be a named person in charge of support for students with SEN.

The students' Education, Health and Care (EHC) assessments and plans and the effectiveness of their support will be reviewed annually, and the college should take into account:

- progress and changes to the young person's ambitions and aspirations
- the college and young person should jointly plan any changes to support
- the young person's pathway into adulthood and progression beyond college learning onto employment, higher education, or lifelong experiences

### Specialist post 16 provision

Some students and their families will seek education placements in a specialist post 16 provision. The local authority is only able to support a specialist post 16 provision when there is clear case for a young person's needs cannot be met in a mainstream post 16 provision and all local mainstream further education options have been fully explored and discounted.

There are several independent specialist colleges around the country which provide day and residential education programmes for young people with complex learning difficulties and / or disabilities, who require a high level of expertise and support to transition into adulthood.

The Department for Education website includes a list of independent special schools and colleges, including those approved on the Section 41 of the Children and Families Act.

The Local Authority will need to agree to which placement should be named in your EHCP. To help determine if your requested choice of placement is suitable, the LA will seek a recommendation from the Multi-agency EHC Panel.. The terms of reference for the panel are available here: <https://www.newcastlesupportdirectory.org>**EHC Panels**

### Terms of Reference

The Newcastle SENDIASS team can be contacted for further advice and guidance regarding specialist provisions. [www.newcastleendiass.co.uk](http://www.newcastleendiass.co.uk)



## 2. Apprenticeship and Supported Internships

<b>Apprenticeships</b>	<p>An apprenticeship is a paid job with associated training. It allows young people to earn while they learn, as well as gaining a nationally recognised qualification. Apprenticeships are available in a range of areas including business, construction, hospitality and many more. There are different apprenticeship levels and each level has different entry requirements.</p> <p>For further information, and how to apply - <b>Find an apprenticeship - GOV.UK (<a href="http://www.gov.uk">www.gov.uk</a>)</b></p> <p>Access to Work support (funding or support for people with a disability or health condition) can be applied for whilst on an apprenticeship (see information on Access to Work below) These can be accessed with or without an EHC plan.</p>
<b>Supported Internships</b>	<p>Supported internships can be a good way of having a study programme that helps young people to get a job. A supported internship is a structured study programme based primarily at an employer.</p> <p><b>What are Supported Internships?   Newcastle Support Directory</b></p> <p>The aim is to enable young people with an Education, Health and Care plan to get paid employment by helping them develop the skills they need for work, through learning in the workplace.</p> <p>Internships usually last for a year and include unpaid work placements of at least 6 months. Wherever possible, they support young people to move into paid employment at the end of the programme.</p> <p>What makes Supported Internships different is that young people do most of their learning at work. This means they can 'learn on the job'. Young people may spend a little time at college each week, but most of your time will be spent on a work placement. Supported internships run from Monday to Friday during term time. A supported internship could be the right choice for young people who learn best by 'doing'.</p>

## Supported internship : Case Study

I heard about Project Choice (Choices College) when I was at Walker Riverside Academy, some past students I knew from college came to my class to talk about their time on the project. I really liked the idea of learning in the workplace and hearing about how they had enjoyed it. I was excited to apply.

I was so happy when I was offered a place after attending an interview, and although I was nervous to start the project, I was also really looking forward to it. We had some keep in touch days to meet other students in the summer beforehand which helped me know what to expect.

My first placement was in the Linen room as a porter at the Royal Victoria Infirmary which is one of the large hospitals in the Trust. My mentors were really kind and showed me how to do the tasks. I started to get more confident and was soon talking to lots of different staff and delivering linen around a number of wards in the hospital. The college day has been good too, as we get together as a group. I have enjoyed the employability work we have completed and have made progress in maths and English.

For my second placement I moved on to try a Domestic Assistant role cleaning on the wards. I started off on one ward and then added two more, so I was working on an adult ward, a burns unit and a children's ward. This job is physically hard, but I soon got used to it and asked to continue in this placement for my final term. I love the teams I am in, and I also enjoy chatting to the patients if they want a conversation.

A part time Domestic Assistant job came up at the Freeman Hospital. I was asked by the project staff if I would like support in applying for it. I was nervous, but knew I was ready to do this. I did some practice mock interviews and some 1:1 coaching before the interview. Lorna came into the interview with me for support in case I needed the questions explained in a different way. I was so nervous before the interview, but the managers interviewing me were really kind and explained everything clearly and I managed to talk about my experience and skills I had learned. The best part of the project for me was receiving the phone call from the manager the next day, offering me the role!

The project has pushed me out of my comfort zone, but I am ready for paid work, I start in a few weeks, and I am really proud of myself. I would recommend this project to anyone as it has been the best thing I have ever done.





### 3. Full time work or volunteering (20 hours or more) combined with part time accredited study

<p><b>Employment</b></p>	<p>Schools and colleges have a duty to ensure all young people have opportunities to meet with employers during their time in education. This is an aspect which is inspected by Ofsted. This could be an employer coming to the school or college to talk to students about their job, help with a project, give students opportunities for a mock interview or mentor a young person. Many schools hold careers fairs where students get the chance to talk to lots of employers in one day. Young people should also be offered the chance to do some workplace experience during their time in education. This can be anything from 1/2 a day to a number of weeks, spread over many weeks during a term. Schools and colleges have a responsibility to help students prepare for these kinds of</p> <p>Getting work experience and developing employability skills is very important. It can also help employers recognise the skills that young people can bring to their organisation. Employers must make reasonable adjustments to make sure workers with disabilities, or physical or mental health conditions, are not substantially disadvantaged when doing their jobs. This applies to all workers, including trainees, apprentices, contract workers and business partners. Reasonable adjustments for workers with disabilities or health conditions – <b>GOV.UK (www.gov.uk)</b></p>
<p><b>Volunteering</b></p>	<p>Volunteering can also help young people develop skills that will help them in future employment. There are formal programmes such as the Duke of Edinburgh Award or National Citizenship Service that schools and colleges will be involved in. Families can support young people to do some voluntary work outside school or college in an area that they are interested in. Volunteering   Newcastle City Council</p>
<p><b>Newcastle Supported Employment</b></p>	<p>Supported Employment has been successfully used for supporting people with significant disabilities to move towards and into paid work. Supported Employment Service   Newcastle City Council</p> <p>For more information, visit the British Association for Supported Employment (BASE) website: <b>www.base-uk.org/information-jobseekers</b></p> <p>This programme aims to help people with learning disabilities and / or autism into paid employment. Support will be provided in looking for and sustaining employment. Support can be received from a job coach.</p> <p>Entry guidelines –</p> <ul style="list-style-type: none"> <li>• There is an eligibility check forwarded to DWP</li> <li>• The person taking part must not be employed, in full time education or on any other funded programme</li> <li>• The minimum age to take part is 18</li> <li>• The programme runs until March 2025</li> </ul> <p>To find out more contact Mhairi Fullerton on telephone 0191 211 6272 or by email: <a href="mailto:supportedemployment@newcastle.gov.uk">supportedemployment@newcastle.gov.uk</a></p>

# Jobcentres

Jobcentres can help young people with SEND:

- find a job
- get information about disability-friendly employers
- discuss other support available

They can refer the young person to a disability specialist advisor or a specialist work psychologist, if appropriate. They can also carry out an 'employment assessment' of their skills and experience and what kind of roles they are interested in.

Website: Newcastle City Jobcentre and Jobs in Newcastle Upon Tyne  
([jobcentrenearme.com](http://jobcentrenearme.com))

Telephone: **0800 169 0190**.

Support to prepare for work or a job – **Information Now**

## Access to Work

Access to Work is a government grant scheme which is aimed at supporting disabled people to take up or remain in work. Grants can be given for a wide range of interventions that help to break down barriers to work.

To qualify for the scheme, young people must be aged 16 or over and have a disability or health condition (physical or mental) that makes it hard for them to do parts of their job or travel to and from work. They must also be employed or self-employed, have received a job offer or be on an apprenticeship, supported internship, work trial or work experience. Support is also available for job interviews.

The amount of money young people receive depends on their circumstances. It doesn't have to be paid back and will not affect their other benefits. Contact: 0800 1217479 or visit:

Access to Work: get support if you have a disability or health condition: What Access to Work is – **GOV.UK** ([www.gov.uk](http://www.gov.uk))

## Higher Education and University

Young people at university or studying for a degree (level 4 qualification) at a further education college are not entitled to EHC plans. This is because there are separate systems of support for higher education. Young people should speak to their university or college about this.

- The support includes Disabled Students' Allowances (DSAs). These are non-repayable grants to help with the extra costs incurred by disabled students. DSAs fund a range of support including:
  - specialist equipment
  - travel
  - non-medical helpers (e.g., sign language interpreters, note takers, mentors)

For more information, see the DSA finance guide:

<https://www.gov.uk/disabled-students-allowance-dsa>

# Things to do when not in college

If a young person is moving to college after year 11, their course may not cover five full days. As a young person prepares for adulthood, it would be a good idea to start thinking of voluntary or work experience placements or paid part time work that they may be able to access from 16 years and what support may be needed. Thinking of what interests them, it may be helpful to contact local organisations and businesses to see if there are any opportunities.

Volunteer Centre Newcastle promotes, supports and celebrates volunteering across Newcastle. They can identify suitable volunteer roles that match the young persons interest, skills and experience and enable them to connect and support local communities. For further information - Volunteer Centre Newcastle - Volunteering opportunities in Newcastle upon Tyne

InformationNOW is the information website for people living and working in Newcastle. Helping you stay informed, make choices, plan ahead, be independent and have an excellent quality of life. You can find local information, organisations, events and activities.

**InformationNOW** - Information for people in Newcastle upon Tyne

Visit Newcastle's Local Offer website <https://www.newcastlesupportdirectory.org.uk/> for details about activities, sports, and things to do outside education for children and young people with SEND.

If a young person has an EHC plan and is unlikely to be able to undertake unsupervised learning in college and/or you feel it is unsafe to leave them on their own, then the local authority can assess whether they are eligible for social care, and if so, what support they might benefit from. This could include a range of options for them to access day activities and opportunities that interest them and support their development.

## Newcastle Career and Guidance Team for Young People

Mainstream schools and colleges have a duty to provide careers advice, including for post 16 students. Please speak to school or college for further information.

The Careers and Guidance team offers impartial and confidential careers information, advice and support to young people. A friendly team, of very experienced and enthusiastic staff are available to help make the right decisions about next steps.

They can provide information advice and guidance on the following:

- Helping young people make decisions about what to do after year 11, which can include 6th form and university courses, jobs, apprenticeships and vocational training courses.
- Advice on personal development courses and support.
- Advice and support with job search and help with application forms, making CV's and going to interviews.
- Information on current vacancies

If young people are wanting to move on from their current job or training position advice about next steps can be offered, information about current vacancies, apprenticeships and traineeships.

They can also refer you to specialist support organisations. In Newcastle school there will be a Careers Adviser from the team linked to the school. If young people have left school or are about to leave, they can see an adviser face to face, or if you prefer contact us at the following:

Telephone: **0191 277 1944**

Email: **careersteam@newcastle.gov.uk**

Website: **<https://www.newcastlecareers.org.uk/contact>**

**<https://www.newcastle.gov.uk/services/schools-learning-and-childcare/post-16-and-adult-learning/newcastle-careers-and-guidance>**

The National Careers Service provides information, advice and guidance to help you make decisions on learning, training and work opportunities. The service offers confidential and impartial advice. This is supported by qualified careers advisers.

# Independent living:

## Housing

There are different options for where young people with SEND can live in Newcastle. If your child has a social worker, you can talk to them about housing options. Housing and support for people with a learning disability or autism - **Information Now**

## Care and support at home

Some people need care and support to live as well as possible with any illness, disability or impairment. Carers can come to your home for 24-hour care, or just a few hours, on a short or long-term basis. They can help with personal care. This includes getting washed and dressed and helping with meals. This type of care is often provided by home care agencies.

The support arranged will be following a social care assessment that identifies eligible areas for support. The cost of home care is met either by the council or your child, depending on their age, income and savings.

If the young person is over 18, contact Community Health and Social Care Direct for further information.

## Living with, or visiting, an approved carer in their home

For young people over 16 years old with ongoing support needs, they can be matched to an approved carer who shares their home to give them care, support and housing.

This could be for:

- short break placements
- long-term placements – with your child becoming part of someone's household and family

In Newcastle this is known as Shared Lives. Talk to their social worker to find out more about living with or visiting an approved carer in their home.

# Supported housing

Supported housing may suit young people if they have a learning disability or autism and they want to live independently with someone around to help you when you need it. To access supported housing contact Community Health and Social Care Direct or speak to your social worker. Financial arrangements are made through an Individual Service Fund.

This is when individuals live in the community (usually shared accommodation) with other people who have similar needs and interests.

There is support throughout the day (and/or night) as needed. Supported living gives people more rights, choices, and control over their own lives, but it is a flexible model of support that can look very different for different people.

It can help someone who is finding it difficult to cope at home as well as being the next step towards someone gaining more independence in their life. Supported living can be particularly helpful for people with a learning disability who may need a little extra help in some areas of their lives whilst maintaining a high level of independence in others. The cost of the care and support is met either by the council or your young person, depending on their income and savings.

Supported housing in Newcastle includes:

- community clusters
- independent supported living (ISL)
- concierge schemes
- Step up step down accommodation

The use of technology within the home to support independent living.

The City Council has commissioned a personalised, real-time monitoring and alert system, to work alongside our care providers, which allows adults with learning disabilities and autism to live independently and safely within supported living homes.

The technology uses sensors installed in a property, to send live alerts to a mobile app. A support team can oversee and respond to a group of properties within a closed geographical area.

Alerts can be highly personalised, and responses are generally quick. The individual has more independence, choice, and control, safe in the knowledge there is support when they needed.

# Social housing

Social Housing provides affordable and secure homes. It is for people on low incomes or with specific needs, who cannot access other housing. Social housing is provided by local authorities and non-profit organisations like registered housing associations.

There is a lot of demand for social housing, so priority is given to certain groups of people who urgently need to move. This can include people who are:

- homeless
- have certain health and welfare needs including SEND
- living in overcrowded housing

Young people can join Newcastle Council's Housing Register and bid for some properties through registered housing providers **Apply for a home | Your Homes Newcastle** ([yhn.org.uk](http://yhn.org.uk))

# Help to pay rent or Council Tax

Your young person may be entitled to help to pay their rent or Council Tax depending on their income, savings and needs. 'Preparing for Adulthood' have produced a booklet called No Place Like Home, which aims to help people with learning disabilities find the right housing choice for them.

**[www.councilfordisabledchildren.org.uk/resources/all-resources/filter/inclusion-send/no-place-home-housing-and-support-guide](http://www.councilfordisabledchildren.org.uk/resources/all-resources/filter/inclusion-send/no-place-home-housing-and-support-guide)**

There is also information on Newcastle Council's website:

**[https://www.newcastle.gov.uk/HBHelp#:~:text=Discretionary%20Housing%20Payment%20\(DHP\)&text=In%20order%20to%20help%20us,charges%20and%20your%20household%20needs](https://www.newcastle.gov.uk/HBHelp#:~:text=Discretionary%20Housing%20Payment%20(DHP)&text=In%20order%20to%20help%20us,charges%20and%20your%20household%20needs)**

**<https://new.newcastle.gov.uk/council-tax/claim-council-tax-support-if-you-are-low-income/apply-council-tax-support>**

## Adapting your home

There are a wide range of adaptations that can help you carry out daily tasks easily and safely. The adaptations split into two categories, minor and major.

Minor adaptations include fitting:

- lever taps
- a ramp to your front door
- hand rails around your home

Major adaptations include:

- widening doorways
- lowering worktops
- installing a shower or wet room

Your care and support assessment will find out if you're eligible for a disabled facilities grant or equipment loan to help pay for adaptations.

Care & Repair Newcastle home improvement team can give you more information. Contact them:

Phone: **0191 211 5836**

Email: **[careandrepairnewcastle@newcastle.gov.uk](mailto:careandrepairnewcastle@newcastle.gov.uk)**

Website: **<http://www.careandrepairnewcastle.co.uk>**

# Thinking about travel, where you would like to live and participating in society

<https://youtu.be/72BprJBzJDA>



Newcastle City Council promotes independent travel training which enables young people to gain confidence, develop social, communication and life skills, promotes good health and wellbeing and ultimately leads to them becoming more independent. It increases access to education, employment, and training opportunities, to health services and social/leisure activities. Please see our website for further information:

Website: **Independent Travel for Young People with SEND**  
([newcastlesupportdirectory.org.uk](http://newcastlesupportdirectory.org.uk))

Email: Contact the SEND Transport team at [Ittinfo@newcastle.gov.uk](mailto:Ittinfo@newcastle.gov.uk)

Telephone **0191 277 4646**.



## Other Travel Support and useful Apps

If your child is aged 18 and over, and a student at college or university, there are a range of student tickets and passes for bus and tram that might be right for them:

Student Bus Passes & Travel Cards – **Save with Stagecoach (stagecoachbus.com)**

With a Disabled Persons Railcard, young people can get 1/3 off rail fares to travel across Britain: **www.disabledpersons-railcard.co.uk**

Disabled children aged five to 16 who live in Tyne and Wear should apply for an All Day Concessionary Travel Pass and an Under 16 Pop card. If you travel by Metro, you should also apply for a Metro Gold Card.

Concessionary travel for disabled adults:

**Disabled adults | nexus.org.uk**

**Concessionary travel for older or disabled people | Newcastle City Council**

**First Bus App | First Bus:** This app can support young people's bus journeys, from storing tickets to tracking the bus on their phone.

**Safe Places:** is a local scheme which aims to support adults who may feel vulnerable when they are out and about in Newcastle. If someone needs assistance, for example if they are lost, ill or frightened, they can enter the nearest safe place to get help.

You can identify participating venues by the "Safe Places" sticker in their windows.



## Social Care Services

Social care provides practical help for children, young people and adults who need extra support. Eligibility criteria are used to decide who is eligible for this.

You can find out more at: **Helping children with disabilities | Newcastle City Council**

To request support from social care please contact Newcastle City Council on:

- If your child is 0-17 please call- 0191 277 4700 Monday to Friday 8:45am to 5:00pm
- If your child is 18 or over please call – 0191 2788377 Monday to Friday, 8am to 5pm



# Early Help Support

Extra support may be needed at any point in a child or young person's life, and we know that this may be needed particularly when parents are caring for a child or young person with additional needs. Being a parent can be a tough job and sometimes we all need a bit of help. Our Early Help services will work with you and your family, to start working together to make things better for your family. Whether you're looking to tackle an ongoing problem or prevent one from happening, Early Help can support your family to stay on track. Once you reach out, we will work together with you and your family to decide what steps are next. We will listen to what you say and discuss the resources and contacts available.

If your family and our team decide there is need for extra support, we can link you with a Family Partner. They can find local support for a range of things parents and carers may be struggling with, such as supporting a child with further needs, money problems or teenage depression and anxiety.

Community hubs are vibrant social spaces that offer a range of practical, educational and wellbeing activities for babies, children, young people, and families. Activities offered in each local area are shaped by their local communities.

The community hubs offer a range of services including:

- Support for your family
- Community midwifery
- Mental health support
- Children's therapies
- Childcare
- Services for youth groups aged up to 18
- Training opportunities and employability services
- Health visiting

To find your closest hub and what is going on in your area, please use the postcode checker on the Newcastle Support directory.

For more general enquiries, contact Children and Families Newcastle by calling 0191 211 5805.

We'll help you build on the good things in your life, so we'll talk with your children and other family members, if that helps.

**Find out more about Early Help by scanning the QR code:**



# Moving from Children's to Adults Social Care Services

Transition meetings are held fortnightly for young people open to children's social care from 16 years old. The meetings which include social workers from both children's and adult services and the ICB will consider a transfer form provided by children's social workers and decide the next steps and services that will benefit the young person.

An adult social care assessment will be provided at the right time for the young person or their parent/carer and at a point that makes sense for other changes in the young person's life. There is no set age when young people reach this point - every young person and their family are different, and a Care Act assessment will take place when it is most appropriate for them.

For example, if a young person is receiving support from children's social care services and this needs to continue when they turn 18, an assessment and support plan would be completed with the young person and family ready for when they are 18. Another young person may not need social care support while they continue to attend a special school but may need it when they leave school aged 19. In this situation, they would be assessed with enough time to prepare support before they leave school.

If a young person requires support to take part in the assessment, their social care worker can consider who else might be able to support them or, if appropriate, can contact an independent advocacy service.

Parents and carers are involved in the assessment process for young people up to 18 years old and when the young person is over 18 years old, parents and carers are involved if this is what the young person wishes.

This flexibility means that young people will move on to their future adult social care team once adult social care support is in place and is working well. For some young people, this might be around the age of 18, whereas for others, it could be up to the age of 25.

## Paying for adult social care

People over the age of 18 may have to contribute towards the cost of any support they get from adult social care. The local authority will carry out a financial assessment to check how much the young person can afford to contribute towards their care and support. The young person's support might be paid for under the Continuing Health Care framework or under Section 117 Mental Health Act and if so they will not be asked to contribute to the cost of care/support.

This assessment will only take account of the young person's finances, not that of any parent or other person in the household. For more information, please see **Paying for care | Newcastle City Council**

# Getting a carer's assessment

If you provide care or support to a person aged 18 or over, you can receive a carer's assessment: Carers Assessment | Newcastle City Council. This gives you an opportunity to discuss the support you might need to help with your caring role. The assessment looks at how caring affects your life; physically, emotionally and practically, and whether you are able or willing to continue caring.

A carer's assessment is not about assessing how well you are carrying out your caring role; it is solely about supporting you as a carer and the impact on that this caring role has on you. It is completely separate from the support needs of the young person, whether or not their needs have been assessed, and whether or not they receive any formal support.

If someone else also provides unpaid care for the young person, each of you is entitled to an assessment. You do not have to live with the young person to be entitled to a carer's assessment.

If the young person has an allocated social care worker, you can ask them to refer you for a carer's assessment. You can ask for an Assessment using this online form or contact the Community Health and Social Care Direct Team on 0191 278 8377.

## Young carer's assessment

Young carers have the right to a young carer's assessment to:

- find out what help and support you and your family need
- choose the amount of care you receive
- be protected from excessive or inappropriate caring that impacts on your health and wellbeing
- get information and advice

A young carer's assessment looks at the amount of caring you do and what needs to change to make sure you have the same opportunities as other young people.

If you are under 18 contact Newcastle Carers to ask for a young carers assessment.

## Short Break Services

### Overarching Vision For Community Short Breaks

For all children and young people, regardless of age or need, to be able to take part in activities and opportunities with their friends and family in their local community during school holidays, weekends and after school.

Community short breaks refers to support given, and measures taken, to ensure that all, regardless of need, are able to access opportunities that interest them.

It does not refer to support within the home or overnight respite.

### Purpose of community short breaks

- Enable carers to continue to provide care
- Enable carers to provide care more effectively
- Enable children with disabilities and additional needs to be able to do more things where they live, join in, make friends and achieve their potential
- Promote independence and development

There are several commissioned services within Newcastle that can offer support to Children and Young People with additional needs without the need for a Social Worker or a needs assessment, these include:

- **Disabled Childrens Register** – <https://www.newcastle.gov.uk/services/care-and-support/children/getting-help-children-and-families/helping-children-disabilities>
- **MAX Card** (and or DLA offer letter) – many national and local venues offer various offers, check out anywhere you are going to visit and web site [www.mymaxcard.co.uk](http://www.mymaxcard.co.uk)
- **Newcastle Support Directory** – [www.newcastlesupportdirectory.org.uk](http://www.newcastlesupportdirectory.org.uk) is the website for children and families and children with Special Educational Needs (SEND) in Newcastle.
- **Newcastle Carer's** – provide support for parent carers including a carers grant, [www.newcastlecarers.org.uk](http://www.newcastlecarers.org.uk)
- **The Family Advice and Support team** works with disabled children, young people and their families. The team includes Pass it on Parents, Family Advice Workers and project workers working together to provide co-ordinated support for families. Find out more at [www.skillsforpeople.org.uk](http://www.skillsforpeople.org.uk)
- **Get Connected** are specialists who can help children and young people with Special Educational Needs or Disabilities get involved in activities. They will explore what the child/ young person is interested in and recommend organisations and activities that are suited to them. Please contact [lynncam5@aol.com](mailto:lynncam5@aol.com), 07906854092
- **Access fund** – this is a grant to help disabled children and young people to participate in activities in their local community. This can be any daytime, evening or weekend activity that the child or young person enjoys whilst their parent/carer has a break from caring. The Access Fund seeks to support children and young people to take part in inclusive activities alongside their non- disabled peers. Contact [nunsmoorcentre@newcastle.gov.uk](mailto:nunsmoorcentre@newcastle.gov.uk), 0191 2774400
- **Newcastle Youth Link** – [www.children-ne.org.uk](http://www.children-ne.org.uk) this is a free young people's peer mentoring service. Youth Link works with young people aged 11 – 18
- **Bus pass and companion card** – [www.newcastle.gov.uk/services/care-and-support/adults/help-get-out-and-about/concessionary-travel-older-or-disabled](http://www.newcastle.gov.uk/services/care-and-support/adults/help-get-out-and-about/concessionary-travel-older-or-disabled)
- **CEA card** – [www.ceacard.co.uk](http://www.ceacard.co.uk) this is for use at the cinema please check out for eligibility
- **Newcastle Special Educational Needs and Disabilities Information, Advice and Support Service (SENDIASS)** offer impartial and confidential advice to parent carers about matters arising to their child's needs. [sendiassadmin@newcastle.gov.uk](mailto:sendiassadmin@newcastle.gov.uk)

### **Provision falls into three broad categories:**

- Short breaks for parents and carers of children with disabilities.
- Information, advice and support for children and their families.
- Improved access to community activities comparable to their non disabled friends.

Where the child or young people's needs cannot be met via universal and targeted services, highlighted above, the Children with Disabilities Social Work Team may undertake assessments of need to consider support through a Social Care Personal Budget where the child has a complex disabilities and unmet needs.

Short breaks for children with complex health needs may be joint funded by the Local Authority and N.H.S. when the child meets Children's Continuing Care criteria. The child with complex needs panels considers joint funding arrangements.

Short Breaks available cover a range of services, organisations, providers across the voluntary, public and private sector. This diverse support reflects the needs of children and young people with additional needs. We recognise that service provision is subject to change, so the below list is not exhaustive but moreover provides a view around some of the opportunities and services available around short breaks.

- Small Grants
- Family support in the home.
- Individual one to one support in the community or in the home.
- Peer to peer mentoring, to support with developing independence skills and providing support to access the community.
- Out of School activities during the week and weekends both inclusive and specialists.
- Overnight Short Breaks.
- Max Cards.

## **Queries and questions**

Short break provision and commissioned services in line with the short breaks offer are updated regularly and can be viewed on the Newcastle Support Directory/Local Offer.

Questions and queries in relation to the short breaks offer can be directed to the Children with Disabilities Team on 01912774700. Office hours are between 9am–5pm Monday to Friday.

## **Short Break Services for Adults**

There are short break services for adults (aged 18 and over) who meet the eligibility criteria for adult services. This service is known as respite for adults.

- if your child already receives a children's short break service, they can be reassessed by an adults Social Worker for short breaks as part of the transitions process.
- if your child does not receive a children's short break service but you would like them to be considered for one as an adult, please contact Community Health and Social Care Direct and ask for a referral to adult social care.

Adult short break services can be accessed by the use of the person's Personal Budget and/or a Direct Payment, Short breaks can be taken in residential care (if they offer short breaks), Castle Dene (Newcastle City Council's adult in-house overnight respite provision, Welford Day Centre (day centre respite), or through a referral to Shared Lives (adult fostering). Find out more on the website: Short breaks and crisis care for adults with learning disabilities | Newcastle City Council

## **Direct Payments for Social Care Services**

Direct payments are made to people who have been assessed as needing Council-funded care and support. This is an agreed amount of money that can be used to meet social care needs. A Care and Support Assessment needs to be completed to see if funding is available. The Council has to agree with the way you want to use the direct payment. Then writes a Care and Support Plan and Direct Payment Agreement together.

### **Quick guide to Direct Payments from Newcastle City Council**

## Useful contacts

Disability North works with Newcastle Council to deliver the direct payment support service to citizens who live in the city. They support adults and children in Newcastle who receive a direct payment to get the most out of their care money and to achieve their goals.

<https://www.disabilitynorth.org.uk/independent-living-support/direct-payments-and-personal-health-budgets/>

## Leisure

### What is Youth Link Newcastle?

Youth Link Newcastle runs a specific service for young people living with a disability, including SEND. Youth Link matches young people working towards a goal in their life to a peer mentor... someone of a similar age who can support them. The service is available to young people living in a Newcastle Postcode, aged from 11 to 18.

You may have a goal in mind, or someone you know may have suggested that a peer mentor would be great way to overcome a challenge you are facing. Some examples of how a peer mentor could help you include, helping you identify and access useful support, attend activities you are interested in with you, or help you learn new skills. Youth Link Newcastle - **Children North East (children-ne.org.uk)**

### The FAB Group

The FAB (Fantastic and Brilliant) Group is a group of young people aged 11 to 25 who have SEND. Every month, the FAB Group come together to make friends, share experiences and exchange insights into support for young people with SEND in the local area and beyond.

For more information and how to join please see Children North East's website: FAB Group - **Children North East (children-ne.org.uk)**

### Community Connectors

Skills for people have trained a group of young people with extra needs so they can work with young people at home and connect them up to various services/community groups. Known as community connectors.

### Universal clubs

#### Access to Youth Services

Youth services play an important role in helping young people to stay safe, feel included, develop skills, and make friends. We want this for all young people in Newcastle, including those with a special educational need and/or a disability. A live list of what is available across the city can be found at <https://www.newcastlesupportdirectory.org.uk/search?f%5B0%5D=category%3A80>. This includes the activities and projects funded by the Council via the Newcastle Youth Fund.

During 2024 we are undertaking a Play and Youth Sufficiency Audit to fully map the activities and projects that exist in neighbourhoods across the city. Once complete they will also be available on the Support Directory.

A universal club is a group or organised activity available to all children and young people: Activity Groups | Newcastle Support Directory

## Specialist youth clubs

Activity Groups | Newcastle Support Directory

## Leisure centres

Leisure Centres in Newcastle - Information Now

## Holiday activity fund

Children with an EHC are eligible to join holiday activity fund activities: **Best Ever - Holiday Activities and Food (HAF) Programme** | Newcastle Support Directory

# Health and wellbeing:

## How you stay in good health in adult life and what support is available

The Josephine and Jack Project that covers health, relationships, sexuality: The Josephine and Jack Project

There is also a website called Easy Health and it pulls together all easy read versions of different topics.

**Easy Health | Home** This website has lots of resources about different health topics.

## Transitioning from Children's Health to Adult Health Services

The way health care is provided in adulthood can feel very different to young people and their families compared to paediatric services. This is because:

- not all young people will need their healthcare to be moved from the Children's to Adults services. For many, leaving the specialist children's services will mean discharge and support by their primary care provider (the GP). The GP will refer into adult specialist services when your child needs extra support.
- subject to Mental Capacity, from 16, the young person rather than the parent becomes the decision maker. The young person can involve family members or others to support them in this.
- the GP plays a more active role in coordinating healthcare for adults. They will have oversight of the different parts of the medical care and can support with any concerns.

Being discharged from the Children services does not mean that your young person is not accessing a service. There is plenty that can be done to continue to support your young person's healthcare needs in the adult world.

If your young person's healthcare is being transferred to an adult provider, some services offer transition clinics which are jointly run by staff from children's and adult health services.

Take a look at this guide for further information: [https://www.readysteadygo.net/uploads/4/7/8/1/47810883/transitionmovingintoadultcare-patientinformation\\_2.pdf](https://www.readysteadygo.net/uploads/4/7/8/1/47810883/transitionmovingintoadultcare-patientinformation_2.pdf)

Community Team Learning Disabilities (CTLD) including Positive Behavioural Support (Newcastle) - CNTW005 - Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust

## The Community Team Learning Disabilities (CTLD)

CTLD provides services to adults with a learning disability who have complex physical health needs, challenging behaviours or mental health needs, (physiotherapy and speech and language are part of a life span service, which liaise with Children and Young Peoples services) for those living in the city.

The team is multidisciplinary and includes psychiatry, psychology, physiotherapy, occupational therapy, speech and language therapy, positive behavioural support and community nursing.

The team is for adults aged 18 years and over who have complex physical health needs, challenging behaviours or mental health needs. <https://www.cntw.nhs.uk/services/community-team-learning-disabilities-ctld-pbs-newcastle/>

## Health Transitions documentation

Many families find it helpful to keep their child's medical paperwork together through the transitions process. This can include:

- Health / hospital passports. These are helpful documents for a health professional to understand an individual's medical and other needs when they attend clinic or in an emergency. These are particularly beneficial if your child has a learning disability. It also takes the pressure off parent and their child to have to communicate this in an emergency. This can be downloaded from Skills for People's website: <https://skillsforpeople.org.uk/wp-content/uploads/2020/03/GNCH-passport-for-children-and-young-people-with-additional-needs-v22546.pdf>
- Transition Plans which should be completed between services, but you can request a copy.
- Ready, Steady, Go questionnaires. These questionnaires are to help your health professionals discuss what to expect from moving into adulthood from as early as 11 years, and to help young people feel more ready and confident about moving into the next phase of their healthcare. Available here: [www.readysteadygo.net](https://www.readysteadygo.net/uploads/4/7/8/1/47810883/transitionmovingintoadultcare-patientinformation_2.pdf)  
[https://www.readysteadygo.net/uploads/4/7/8/1/47810883/transitionmovingintoadultcare-patientinformation\\_2.pdf](https://www.readysteadygo.net/uploads/4/7/8/1/47810883/transitionmovingintoadultcare-patientinformation_2.pdf)
- Any discharge letters or the most recent reviews. Your child's service should provide you with lots of information and leaflets at this stage so keep them too.
- Young people with complex health needs may require Advanced Healthcare Plans and ResPECT forms. Speak to your child's clinician to ensure these are reviewed and up to date.



## In an emergency...

The Great North Major Trauma centre and Emergency Department (A&E) is located at the Royal Victoria Infirmary. Don't just turn up or walk in the emergency department unless your condition is life threatening. Please think pharmacist, GP and NHS 111 online, first and keep A&E for those who need it most need it: <https://www.newcastle-hospitals.nhs.uk/services/emergency-department-ae>

The Crisis Resolution and Home Treatment Team (Newcastle and Gateshead) is a team of experienced mental health staff, which includes nurses, social workers, psychiatrists and pharmacy staff. They carry out assessments and home treatment for people over 16 experiencing a mental health crisis, as an alternative to hospital admission.

If you need urgent help with your mental health right now and live in Newcastle, you can call the crisis resolution and home treatment service on 0800 652 2863 or 0191 814 8899.

There is a text number for people who are Deaf and/or have communication difficulties: 07919 228 548

## Stepping up: Together for short lives resource to support transition for young people with life limiting conditions to adult services

Together for Short Lives produces 'Stepping Up'. This is a resource setting out standards for good quality support for young people with life-limiting conditions across the three phases of transition: preparing for transition, during the transfer and when settling into adult services.

The Pathway has focuses on the role of adult services in supporting transition. This was developed in collaboration with Hospice UK, capturing learning from their Transition ECHO project. It also gives practice examples of how joined up working has been achieved in a variety of service examples.

Stepping Up can be used as framework to develop services for young people and ensure that high quality care is provided for young people with life-limiting conditions. These include standards and goals that can be used as an audit tool to identify areas for service development and for the development of local pathways that will engage with services available locally.

One key element of achieving a good transition is for parents/carers to be well prepared for the changes that happen when their child reaches adulthood and informed about how to navigate the many services that need to be joined up.

Their booklet can help them to achieve this.

Individual copies of the publications can be downloaded or ordered by clicking on the links below. If you would like multiple copies of either resource, please email [info@togetherforshortlives.org.uk](mailto:info@togetherforshortlives.org.uk).

Transition to Adult Services: A Guide for Parents

Stepping Up: Transition to Adult Services Pathway

# Annual Health Checks for people with a learning disability

Anyone aged 14 or over who is on their doctor's learning disability register can have a free annual health check once a year. You can ask to go on this register if you think you have a learning disability. This is because people with a learning disability often are suffering from preventable illness. This can be either be physical or mental health, or both. The health checks give young people a chance to meet and get used to visiting the nurse or GP. They should have an annual health check even if they are under the care of a hospital paediatrician. The health checks will help to ensure that reasonable adjustments can be made, and your child can access the right healthcare.

The nurse or GP will go through a checklist to try and avoid problems getting missed. They will also discuss existing conditions such as asthma, epilepsy or constipation.

The annual health checks are also times for the nurse or GP to:

- check healthy eating and weight
- screen for conditions such as diabetes or high blood pressure
- arrange blood tests if needed
- plan vaccinations for flu, tetanus and Covid, both for your child and for yourself as a carer

For more information please see:

- AHC Easy Read Guide Final.pdf ([mencap.org.uk](https://www.mencap.org.uk))
- Learning disabilities - Annual health checks - NHS ([www.nhs.uk](https://www.nhs.uk))
- [www.england.nhs.uk/learning-disabilities/improving-health/reasonable-adjustments/](https://www.england.nhs.uk/learning-disabilities/improving-health/reasonable-adjustments/)

## If your child is eligible for an Annual Health Check but has not been invited

Although most GPs now offer annual health checks, they do not have to. If you think your child is eligible but has not been invited:

- contact your GP and ask if your child is included on their learning disability register. This register helps NHS staff to identify patients who may need extra help or support. Anyone with a learning disability can ask to go on it. It is for people of all ages, and you don't need to have a formal diagnosis of learning disability.
- if your child is not on the register, ask the surgery to include them and offer them an annual health check.
- if their GP is unable to offer an annual health check, ask if you can go to a nearby surgery to have it done.

## If you are a carer

A carer is anybody who looks after a family member, partner or friend who needs extra help because of their illness or disability. This includes children and young people under 18. All the care they give is unpaid.

Make sure your GP has coded your notes (and those of other relevant carers) with an 'Is a carer' code. This is so that you get called for flu vaccines and up to date Covid advice. It can also help for your GP practice to know that you are a carer. For example, ensuring that your own health issues can be attended to, arranging appointments or home visits.

Parent and carers may want to put a request on their child's notes that they can pick up prescriptions on their child's behalf, as at age 16 this transfers to the young person.

You may be entitled to a carers allowance please see: **Carer's Allowance | Carers UK**

## Key Local NHS Health Services

### Continuing Healthcare

If your child's needs are related to their health, then they may be eligible for continuing healthcare for adults when they turn 18.

If your child already receives support from children's continuing care, your named assessing nurse in that team will work with you and your child at 16 to make sure that your child's package helps with the move to either social care support, into continuing healthcare for adults or back into the care of your GP. Please note, being eligible for children's continuing care does not automatically mean that your child will qualify for continuing healthcare for adults.

If your child is not known to children's continuing care but you think they may require continuing healthcare for adults, a checklist should be completed when they are 17 years old. The Checklist can be completed by a variety of health and social care practitioners, who have been trained in its use. This could include, for example: registered nurses employed by the NHS, GPs, other clinicians or local authority staff such as social workers, care managers or social care assistants. This should be sent to NHS Continuing Health Care Team (adults) to determine their eligibility for NHS continuing healthcare for adults.

Contact details:

For Children's Continuing Care: [necsu.childrenscontinuingcare@nhs.net](mailto:necsu.childrenscontinuingcare@nhs.net)

For Adults Continuing Health Care: <https://nenc-newcastlegateshead.icb.nhs.uk/your-health/continuing-healthcare-2/>

### Young people (0-18 years old) with learning disabilities in CNTW

The Learning Disability Team requires a young person to have had a first line intervention prior to CYPs becoming involved (Input from specialist with school, paediatrics, skills for people). The Learning Disability Team provides assessment and treatment with children and young people with a Learning Disability who are presenting with mental health difficulties and/or behaviour that challenges. We also have an assessment pathway for ASD and ADHD for those with a learning disability.

On turning 17.5 years old, your child might be invited to attend a transition clinic with the Community Learning Disability Team to see what support available post 18 years old.

# Young people under the care of the Children and Young People's service (CYPS)

The Children and Young People's Service (CYPs) is for children and young people (4-18 years) who have persistent, moderate to severe symptoms and/or highly complex emotional distress that has not responded to previous targeted intervention.

CYPs offer a comprehensive transition support package to those young people who are approaching their 18th birthday and may need continuing support as adults.

To get in touch with CYPS:

Telephone: 0800 652 2864 / 0191 246 6913

Email: [NGCYPS@cntw.nhs.uk](mailto:NGCYPS@cntw.nhs.uk)

Website: <https://www.cntw.nhs.uk/services/children-young-peoples-service-newcastle-gateshead/>

## Useful contacts

Anti-bullying Alliance: Established with the aim of reducing bullying and creating safe environments in which children and young people can live, grow, play and learn. Includes sections for children, parents and professionals.

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

Childline: 0800 1111 Free, national helpline for children and young people in trouble or danger.

Eating Disorders Association, BEAT: Information and help on all aspects of eating disorders, including anorexia nervosa, bulimia nervosa, binge eating disorder and related eating disorders. [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

Young Minds: Provides information and advice for anyone with concerns about the mental health of a child or young person. The website contains a lot of information about conditions and treatments. [www.youngminds.org.uk](http://www.youngminds.org.uk)

Patient Advice and Liaison Service (PALS): Provides help, advice and guidance to users of the NHS and their families. North of Tyne – 0800 032 02 02, Mon-Fri 9am-4.30pm.

## Young people (0-18 years old) within the Neurodevelopmental Pathway in CNTW

The Neurodevelopmental Team within CNTW Children's and Young People's Service (CYPS) are responsible for the assessment pathway for Autism Spectrum Disorder (ASD) and Attention Deficit Hyperactivity Disorder (ADHD) from ages 0-18 years old. It is important to understand that following an ASD diagnosis, we are not commissioned to offer post diagnostic support, but we can signpost you to services which may be able to offer this.

Following an ADHD diagnosis, we only offer a post diagnostic intervention for the medication clinic, up to the age of 18 years old. Post diagnostic services, commissioned to provide this work, will be discussed with families following a diagnosis.

Transition planning commences between the ages of 17 and 17.5 years old, with the aim of care being fully taken over by the adult teams at the age of 18. The ongoing need for treatment of ADHD is reviewed with the young person in collaboration with the Adult ADHD service as part of the transition process; both services share the same electronic records systems, so a full re-assessment is not necessarily required. The adult ADHD service are only commissioned to offer ongoing treatment and annual review of ADHD, therefore if any further needs are identified, any necessary additional referrals are made by the CYPS teams prior to discharge. There may be occasions where the young person's transition may be delayed if assessment or current treatment has not been concluded. In these instances, the young person will remain with the CYPS until assessment is concluded and treatment stability is reached, before transitioning to the adult service.

## Autism Hubs

Newcastle has an Autism hub run by the North East Autism Society offering pre- and post-autism diagnostic support to families for more information click here: Autism Support Hubs: Newcastle | North East Autism Society ([ne-as.org.uk](http://ne-as.org.uk)).

Their family development service provides support for autistic people and their families across the North-east pre, during and post diagnosis. Their mission is to provide the right support, at the right time, and in the right way to ensure the best outcomes.

Tel: **0191 410 9974**

Email: [info@ne-as.org.uk](mailto:info@ne-as.org.uk)

## Other services to support those with autism

- **National Autistic Society:** <https://www.autism.org.uk>
- **The Autism Education Trust:** <https://www.autismeducationtrust.org.uk/the-den>
- **Ambitious about Autism:** <https://www.ambitiousaboutautism.org.uk>
- Daisy Chain: Supports Autistic and Neuro-divergent children, young people and adults - <https://www.daisychainproject.co.uk/>
- **Northeast Autism Society (NEAS):** NEAS empowers and supports autistic children, young people and adults - <https://www.ne-as.org.uk/family-development-autism-hubs>
- **The Toby Henderson Trust:** An independently funded charity supporting children and young adults with autism, their families and carers in the North East - <https://www.ttth.co.uk/>
- **The ADHD Foundation:** Largest user-led ADHD charity in Europe - <https://www.adhdfoundation.org.uk/>
- **Cerebra:** <https://cerebra.org.uk/> Support and advice to support children with a neurodevelopmental condition and/or learning disability. Includes access to specialist Sleep Advice Service. <https://thesleepcharity.org.uk/>
- **SENDIASS:** Free, independent and confidential advice around supporting young people with additional needs to access appropriate educational support. - <https://www.newcastlesendiass.co.uk/>
- **Not Fine In School** was created as a resource for the growing numbers of families with children experiencing school attendance barriers. These barriers often relate to unmet Special Educational Needs & Disabilities (diagnosed or suspected), physical or mental illness, bullying & assault, trauma, excessive academic pressure, overly strict behaviour policies, a missing sense of belonging, and an irrelevant curriculum - <https://notfineinschool.co.uk/>

- **Independent Provider of Special Education Advice (known as IPSEA)** is a registered charity (number 327691) operating in England. IPSEA offers free and independent legally based information, advice and support to help get the right education for children and young people with all kinds of special educational needs and disabilities (SEND). <https://www.ipsea.org.uk>
- **Newcastle Parent and Carer Forum** Newcastle Parent Carer Forum ([newcastlepcf.co.uk](http://newcastlepcf.co.uk))

## Young people under the complex mental health pathway in CNTW

The Complex Mental Health Team, specialising in children and young people's mental health services, require a young person to have had a first line intervention prior to a referral being made. This would include input / access to a primary care service, such as early help, a voluntary sector organisation, such as North East counselling, Streetwise, Children's North East, or similar.

The Mental Health Team within our service will work with young people who are experiencing moderate to severe mental health difficulties.

Whilst we work with clients in psychological distress, we are not an emergency or crisis service, and it may take time to allocate clients to a health professional.

The complex mental health pathway will start to look at transitioning young people out of their pathway when they are aged 17.5. years old.

Working with the young person and their families they identify any mental health needs and explore what service would be best suited to meet those needs when they are 18 years old.

The GP and / or other organisations may be able to take over your child's care before they turn 18.

## Useful contacts:

- **The Mix:** <https://www.themix.org.uk> – Support and resources for young people under 21.
- **Young Minds:** <https://youngminds.org.uk> – Website with lots of resources and support for young people and parents
- **Kooth:** <https://www.kooth.com> – Free online emotional support for young people
- **SHOUT:** <https://giveusashout.org/> – A supportive text service for young people. Text 85258
- **Rollercoaster:** <https://www.rollercoasterfamilysupport.co.uk/> – Rollercoaster is a parent-led, professionally supported service, passionate about offering support and promoting the role of families in children and young people's mental health. They are a needs-led, responsive, and creative service for families and professionals, who are supporting young people through mental health difficulties.
- **RISE Mental Health support:** <https://rise.childrenssociety.org.uk/> – Resources and information for parents and young people around mental health and wellbeing.
- **Childline:** [www.childline.org.uk](http://www.childline.org.uk) – Free and confidential help for young people in the UK. Visit the Childline website which now includes free Services: Bullying, Sex & Relationships, Abuse, Feelings, Home & Families, School.
- **Positive Behavioural Support:** [www.pbsnec.co.uk](http://www.pbsnec.co.uk)
- **Skills for People:** [www.skillsforpeople.org.uk](http://www.skillsforpeople.org.uk)

# If you are on a waiting list for NHS services...

...take a look at this page which sets out all the support available: Support whilst you are waiting for an appointment / treatment | Newcastle Support Directory

## Money:

### Managing your money and the types of financial support that might be available

## Finance and benefits

For benefit advice services and benefit offices available in Newcastle please see our website: [www.newcastle.gov.uk/benefitcontacts](http://www.newcastle.gov.uk/benefitcontacts)

## Disability Living Allowance (DLA) and Personal Independence Payments (PIP)

There are some important changes to benefits when young people turn 16:

- Disability Living Allowance will finish at 16 and you will need to apply for a Personal Independence Payment.
- the Department of Work and Pensions will normally write to you when your child is 15 years and seven months old. They will explain what will happen and check if your child has the mental capacity to manage their own benefit claims, or if they will need an appointee to act on their behalf.
- they will follow this up with a second letter 3 months later.
- finally, the Department of Work and Pensions will contact your child shortly after their 16th birthday to invite them to claim PIP.

It is important to be aware that PIP is scored differently to DLA and the level may change.

Contact have published a useful guide about claiming PIP. You can download it from their website: [www.contact.org.uk/wp-content/uploads/2021/03/PIP-guide.pdf](http://www.contact.org.uk/wp-content/uploads/2021/03/PIP-guide.pdf)

Or take a look at the information on the governments website: Personal Independence Payment (PIP): How to claim - GOV.UK ([www.gov.uk](http://www.gov.uk))

## Universal credit

Universal Credit is a benefit for people aged from 16 and up to pension age who are on a low income, out of work or unable to work. If a young person aged 16 or 17 is not in employment, education, or training, they may be entitled to Universal Credit if they satisfy at least one of the eligibility conditions. These include:

- having limited capability for work.
- having medical evidence and waiting for a work capability assessment.

On turning 16, young people are able to claim benefits, like Universal Credit, in their own right.

If they stay in full-time non-advanced education, (which includes GCSEs, A-levels, BTECs, NVQ levels 1-3), or in types of training, and meet at least one of the eligibility criteria, parents can choose to carry on claiming for them as part of their family. These include being entitled to PIP or DLA and having limited capability for work. For a full list of eligibility conditions, go to: [www.gov.uk/universal-credit/eligibility](http://www.gov.uk/universal-credit/eligibility).

If the young person declares a disability or health condition when they make a claim for Universal Credit, they may be asked to attend a work capability assessment. The outcome of this assessment determines whether they will be required to look for work or prepare for work as a condition for getting Universal Credit:

[www.gov.uk/health-conditions-disability-universal-credit](http://www.gov.uk/health-conditions-disability-universal-credit).

The Department for Work and Pensions (DWP) provides a programme of support for all 16-24-year-olds making a new claim to Universal Credit who are required to prepare or look for work. This is called the DWP Youth Offer. You can find out more by going to the government website: [www.gov.uk/guidance/help-to-find-work-for-universal-credit-claimants-aged-18-to-24](http://www.gov.uk/guidance/help-to-find-work-for-universal-credit-claimants-aged-18-to-24)

Please note: If a young person is aged 18 or over and getting residential or community care services from adult social care, getting Universal Credit could lead to them being asked to pay some charges towards those services.

## Help to claim universal credit

You can get free support from trained advisers to make a Universal Credit claim. They can help you with things like online applications or preparing for your first jobcentre appointment. The Help to Claim service is provided by Citizens Advice and is confidential. They will not share your personal information unless you agree. Get Help to Claim if you live in England or Wales

A detailed guide about the Universal Credit is available on our website: [Universal Credit more detailed guide | Newcastle City Council](#).

## Appointeeships

An appointee is someone who is appointed to manage the welfare benefits and financial affairs of a person who is unable to do so themselves. A young person turning 16 is usually expected to take on responsibility for any benefits they claim. If they are unable to manage their affairs, parent/carers can become their 'appointee' for benefit claims.

Becoming an appointee means that you are responsible for making any claims, giving any information required, and disclosing any changes that may affect your child's entitlement to benefits. The benefits will be paid to you on their behalf. It is important that you open a separate bank account for your child's benefits. Becoming an appointee for benefit purposes doesn't mean you have any wider rights to deal with their affairs. For more information, see: [www.gov.uk/become-appointee-for-someone-claiming-benefits](http://www.gov.uk/become-appointee-for-someone-claiming-benefits)

If a young person doesn't have family who can act appropriately as an appointee and the young person lacks the capacity to manage their own finances, then the local authority can arrange for an independent financial appointee to manage their money.

Please see this guide from the government: Making financial decisions for young people who lack capacity ([publishing.service.gov.uk](http://publishing.service.gov.uk)).



# 16–19 Bursaries

A bursary is an award made by any educational institution or funding authority to individuals. It is usually awarded to enable a student to attend school, university or college when they might not be able. The bursary does not have to be repaid as long as conditions are met.

Newcastle council runs a 16 to 19 bursary scheme with Newcastle secondary schools the aim is to help students remain in education. You can apply for funding if you:

- are in care
- recently left local authority care
- receive income support or Universal Credit because you are financially supporting yourself or financially supporting yourself and someone who is dependent on you and who you are living with, such as a child or partner
- receive Disability Living Allowances or Personal Independence Payments in your own right, as well as Employment Support Allowance or Universal Credit in your own right

For details of how to apply please see: [16–19 Bursary Scheme | Newcastle City Council](#)

If your child is in further education (school or college) or training, they could apply for a 16 – 19 bursary. You should apply for this at your school or college, e.g., here is the link to Newcastle Colleges information: **Fees, Finance and Funding (ncl-coll.ac.uk)**

There are two types of bursaries:

## 1. Vulnerable student bursary:

Up to £1,200 per year for young people aged 16–19 years when at least one of the following applies:

- in or recently left local authority care
- is getting Income Support (IS) Universal Credit because they are financially supporting themselves
- getting Disability Living Allowance or Personal Independence Payment and either Employment and Support Allowance (ESA) or Universal Credit

## 2. Discretionary bursary

Your child can apply for this if they need financial help, but do not qualify for a vulnerable student bursary. The education or training provider decides how much your child will get based on individual circumstances (this usually includes your household income) and what it can be used for. This bursary is mainly for young people aged 16–19 years, but those aged 19+ may also qualify if they are continuing on a course that they started aged 16–18, or if they have an EHC plan.

For more information, see [16 to 19 Bursary Fund: What you'll get - GOV.UK \(www.gov.uk\)](#)

# Bank Accounts

It is a good idea to open a separate bank account for your child's benefits and other money when they reach 18. Having a separate bank account will make it easier to show what your child's income and savings are. This can be important if your child is claiming certain benefits or receiving support from adult social care. A separate bank account also means that your child would still be able access their money if their parent were to pass away.

Your bank should talk to you about different options. For example, it may be possible to open a joint account that you and your child both have access to, or a basic bank account which has some limits on what it can do. If your child doesn't have mental capacity to manage a bank account, you may be able to open an appointee account.

For more information about banking for people with a learning disability, please have a look on the DOSH website: [www.dosh.org/banking](http://www.dosh.org/banking)

## Wills and Trusts

If someone leaves a lump-sum inheritance to your child, they could lose their means-tested benefits and may have to pay for some or all of the support they receive from adult social care. You can avoid this by setting up a discretionary trust for them. For more information, please see [www.mencap.org.uk/advice-and-support/wills-and-trusts-service](http://www.mencap.org.uk/advice-and-support/wills-and-trusts-service)

## Child Benefit

Child benefit is paid until age 20 if your child is in:

- fulltime learning e.g., college, sixth form
- approved work-based learning that doesn't pay a wage e.g., study programme

Child benefit is not paid if your child is in:

- a job/apprenticeship
- higher Education

Child Benefit: How it works – GOV.UK ([www.gov.uk](http://www.gov.uk))

Child Benefit will stop when your child leaves approved education. If your child is 16 or 17 you can keep Child Benefit for up to 20 weeks longer. This is called the Child Benefit Extension Period. To get the Child Benefit Extension Period your child must not be working more than 23 hours a week.

Find out more at: [www.gov.uk/child-benefit-16-19](http://www.gov.uk/child-benefit-16-19) Phone: 0300 200 3100

# Making more of your own decisions:

**Your right to have your wishes for the future recognised**

## Decision-making and mental capacity

In law, young people aged 16 or over are presumed to have the ability to make their own decisions. This includes certain decisions relating to their education or medical treatment.

Once a young person turns 16, services will normally engage with them directly, rather than with their parents. However, you should continue to be involved in discussions about your child's future.

You can also continue to support your child by attending meetings, filling in forms or dealing with correspondence on their behalf, if they are happy for you to do this. You retain parental responsibility for your child until they reach the age of 18.

## The Mental Capacity Act

The Mental Capacity Act is a law that protects vulnerable people over the age of 16 around decision-making. If someone needs to make a significant decision, but other people doubt their ability to make it because of their disability, an assessment can be made to determine whether they can make the decision themselves or not. If they can't, a best interest decision can be made by other people on their behalf.

It is helpful to remember that capacity of a young person should always be presumed unless they have difficulty with the following:

- understanding the information, they need. For example, what the consequences will be or remembering the information for long enough to make the decision
- weighing up the options and making a choice
- communicating their decision in any way - for example, by blinking or squeezing a hand
- You cannot decide a person lacks mental capacity because you think they've made a bad or strange decision. If the person cannot make a decision at a certain time, they may still be able to:
  - make it at another time
  - make decisions about other things

When making decisions on behalf of your child, you must comply with the Mental Capacity Act. For further information take a look at our Information Now webpage:

### **Making decisions and your mental capacity - Information Now**

Do not make a decision for your young person if it can wait until they can do it themselves. Parents and professionals must always support a young person to be involved as much as possible in a decision made on their behalf, even if they do not have the capacity to make it themselves. Communication aids can support these assessments.

Some people may need an independent advocate to help gather their opinions and represent their views. Professionals within health, education or social care settings can refer for an independent advocate if needed. Young people can be supported by an advocate from age 16+. Please see advise on our Information Now website:

### **Advocacy support to get your voice heard - Information Now**

## The Court of Protection

The Court of Protection makes decisions on financial, or welfare matters for people who can't make decisions at the time they need to be made (they 'lack mental capacity'). They are responsible for:

- deciding whether someone has the mental capacity to make a particular decision for themselves
- appointing deputies to make ongoing decisions for people who lack mental capacity
- giving people permission to make one-off decisions on behalf of someone else who lacks mental capacity

- handling urgent or emergency applications where a decision must be made on behalf of someone else without delay
- making decisions about a lasting power of attorney or enduring power of attorney and considering any objections to their registration
- considering applications to make statutory wills or gifts
- making decisions about when someone can be deprived of their liberty under the Mental Capacity Act

Their webpage contains their contact details and various forms if you need to make an application: Court of Protection - GOV.UK ([www.gov.uk](http://www.gov.uk))

## Decisions about EHC plans

When a young person reaches the end of compulsory school age some rights related to EHC plans transfer from the parents to the young person.

These are:

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

Your young person may still want you to advocate on their behalf once they've turned 16. If this is the case, the SEND Support, Assessment and Review Team would need consent from the young person to share information directly with you.

If you think your child lacks mental capacity to make these decisions, you should alert the SEND Support, Assessment and Review Team, who will work with the appropriate professionals: [Sencaseworker@gov.uk](mailto:Sencaseworker@gov.uk)

## Gillick Competence

The end of compulsory school age is defined as the last Friday in June of the school year in which they turn 16, but they must then do one of the following until they're 18: stay in full-time education, start an apprenticeship or traineeship.

Gillick competence is only relevant around decisions made about clinical or medical treatment. Children under the age of 16 can consent to their own treatment if they're believed to have enough intelligence, competence and understanding to fully appreciate what's involved in their treatment. This considers:

- the child's age, maturity and mental capacity
- their understanding of the issue and what it involves - including advantages, disadvantages and potential long-term impact
- their understanding of the risks, implications and consequences that may arise from their decision
- how well they understand any advice or information they have been given
- their understanding of any alternative options, if available
- their ability to explain a rationale around their reasoning and decision making.

This is known as being Gillick competent. If a child or young person under the age of 16 is considered Gillick Competent, they have the right to give consent, or refuse, medical treatment. This means the decision of parents will be overruled unless there are issues about capacity OR there is a safeguarding concern which will then be referred to the appropriate agency. Where a decision can potentially cause death or severe permanent injury the case will be referred to the Court of Protection.

## Further Help and Support

### **Newcastle SEND Local Offer Website:**

Newcastle's Local Offer website brings together all of the information, advice and support that children and young people with Special Educational Needs or Disabilities (SEND) and their families might need to use. It's got places to go and fun things to do. You can find school holiday activities, short breaks, and clubs and groups to join in with. There's advice and guidance on education, health and care and a range of young people's issues.

Website: **What is the Local Offer? ([newcastlesupportdirectory.org.uk](http://newcastlesupportdirectory.org.uk))**

### **Newcastle Parent Carer Forum**

Newcastle Parent Carer Forum (PCF) are a group of volunteer parents and carers who work in partnership with Newcastle Local Authority, Health, Education and Social Care providers to make sure that the services they deliver meet the needs of children, young people and their families. They aim to act as "the voice" of Newcastle's parents and carers of children and young people with Special Educational Needs and Disabilities (SEND).

Website: **Newcastle Parent Carer Forum ([newcastlepcf.co.uk](http://newcastlepcf.co.uk))**

### **Newcastle Carers**

An independent charity that supports adults, children, and young people who care for someone living in Newcastle upon Tyne. The service is free, confidential, and non-judgmental, helping you find ways to make your caring situation easier to manage.

#### **Home - Newcastle Carers**

If you would like to talk to someone you can call the carers information line on 0191 2755060, Monday to Friday 10am-4pm.

### **Newcastle SENDIASS stands for Special Educational Needs and/or Disabilities Information and Advice Support Service.**

It provides information, advice and support to children and young people with SEND and their families, in relation to education, health, social care, disability benefits and leisure.

Website: **Newcastle Special Educational Needs and Disabilities Information, Advice and Support Service**

Phone: 0191 2116255

Email: [SENDIASSadmin@newcastle.gov.uk](mailto:SENDIASSadmin@newcastle.gov.uk)

## **Citizens Advice Newcastle**

Has a team of specially trained staff and volunteers who can offer advice on almost any issue – including money, debt, benefits, housing, immigration, employment, consumer issues, family problems, social care and health services. They have a walk-In advice centre sessions are open 10 – 12, Monday – Friday. No appointment needed.

Website: **Citizens Advice Newcastle – Citizens Advice Newcastle**  
([citizensadvice-newcastle.org.uk](http://citizensadvice-newcastle.org.uk))

Phone: 448082787823

## **Contact**

Offers advice and information for families raising children with additional needs.

Website: **[www.contact.org.uk](http://www.contact.org.uk)**

Phone: 0808 808 3555

## **IPSEA**

A national charity that offers free and independent legally-based information, advice and support to help get the right education for children and young people with SEND. They have different helplines and services.

Website: **[www.ipsea.org.uk](http://www.ipsea.org.uk)**

Advocate support

An advocate is someone who can help you or your child express your views and wishes and stand up for your rights.

Please see advice on our Information Now website: **Advocacy support to get your voice heard – Information Now**

You can also contact Your Voice Counts for advice and guidance around advocacy support on tel: 0191 478 6472 (Monday-Friday 9-5).



