



Moving Into Adulthood
Transition information for parents and Carers





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Introduction

The teenage years are a time of change and exploration as your child begins to start their journey towards greater independence and adulthood.

For children and young people with special educational needs and disabilities, starting early to plan and prepare for this transition into adulthood will build their confidence and help them make this period of their lives a smoother and more positive experience.

This booklet is for parents/carers of children and young people who have an Education, Health and Care Plan (EHCP). We are hoping that the advice provided in this booklet will be as useful as possible. We hope that the information provided will guide you and your child/young person in making some of the most important decisions of their lives.

Where do I start?

During year 9 many young people will be making choices about their future learning. This is an ideal time to start thinking and talking about your child's adult life. From Year 9, through the annual review process, an additional document will be discussed called the Moving into Adulthood Plan (MIA Plan). This is the first 'official' conversation to determine what options are best for your child when it comes to planning ahead and preparing them for adulthood.



Preparation for Year 11 and onwards

All young people are now required to stay in education and training until they are 18, if your child has an EHCP then they can stay in a learning environment until they are 25 years old.

It's important to remember that learning can take place in school, college or work with training, so there should be a route to suit everyone.

Learning Routes and qualifications		
GCSEs or other qualifications needed	Types of qualifications to take next	How long will it take?
At least 4 GCSE's at Grade 4 and above or equivalent though some will ask for higher grades	Level 3 AS/A Level. Applied and vocational L3 courses (e.g. BTEC). T-Levels, Apprenticeships	2 years
At least 4 GCSEs at grade 3 or equivalent	Level 2 Applied and vocational level 2 courses. Apprenticeships.	1 year
Some GCSEs at grade 1 or 2 or equivalent	Level 1 Vocational level 1 courses. Traineeships.	1-2 years
No GCSE grades	Entry level Foundation/supported learning, traineeships	1-3 years

How do new grades compare with the old ones?	
Old grades	New grades
A*	9
A	8 7
B	6
C	5 – strong pass
D	4 – standard pass
E	3
F	2
G	1
U	U



Transition Planning

Transition means change and making plans for the future. It is the move from childhood to adulthood, keeping the young person's needs, aspirations and wishes central to the transition process.

Key people who will help support your child through transition are;

SENDAT Academy's admissions and Review Officers;



Kelly Cobbold – Admission and Review Officer



Tracey Paris – Admission and Review Officer



Sarah Hopkins - Trauma Informed Lead/Admissions and Review Manager

The above school representatives will work with parents and carers in the annual review process along with other key professionals. This can range from teachers, therapists or social workers. This review meeting is crucial in preparing for transition from Year 9 onwards and you have the right to invite anyone you feel is important in shaping your child's life such as close friends or family members.



Alltogether Careers Advice and Guidance

We also have our Alltogether Careers Advisor whom you can arrange a meeting with and there will be opportunities for your child to access this advisor when attending school. This school representative will discuss options with your child and work with you in making arrangements for post 16.



Things to discuss and be aware of from Year 9 onwards in the annual review

Begin to discuss post 16 options

Begin to make plans for the types of providers that you and your child would like to go and visit to find out more what they have to offer.

Be aware of the 'Person Centred Planning' approach – help your child to start thinking about their future – your child should be at the centre of your discussions;

These are some of the questions you might like to discuss with your child

- What does your child enjoy? – either at school or home
- Does your child have any hobbies?
- What sort of person are they?
 - Do they like being with people?
 - Do they like working with animals?
 - Do they prefer working outside or indoors?
 - Are they creative/musical?
 - Do they show an enterprising attitude?
 - Do they like working with their hands?
 - Do they like order, detail or numbers?
- Are they outgoing or do they like to keep to themselves?
- How do they like to learn?
- What is important to them? (E.g. staying near home or being independent, do they want to discover new places and people?)
- What kind of environment suits them – busy and noisy or quiet?
- Have they any ideas about what sort of work they would like to do?

Be mindful that ALL EHCP transition reviews should be person-centred. A good person centred transition plan will reflect the needs of your child and help local services to plan in an appropriate way.

Be mindful that if a professional such as a teacher cannot attend the annual review meeting they should be providing a written report.



Applications for Post 16 options should be made in the autumn term of Year 11 (at age 15)

Young people who are looking for an apprenticeship or training provider should start their search in the spring term of Year 11.

It is advisable to consider all options and to have a back-up plan.

There are a variety of pathways to explore and 'learning can take place in different settings, including school, college, through work and training, bespoke programmes or even volunteering

Options 16+	
GCSE/A Level	
T Levels	Two-year technical courses equivalent to 3 A' Levels.
Traineeships	A Traineeship is a 6 month course that combines a work placement with Maths, English and ICT.
Foundation Learning Tier	Foundation learning courses combine practical and vocational experiences with Maths, English and ICT for learners not ready for a full Level 2 course. It may include supported work based learning or volunteering, or developing skills for independent living and work.
Applied and Vocational Qualifications e.g. BTEC, OCR, City and Guilds	Qualifications with an emphasis on developing practical skills for employment which may allow access to Higher Education if taken at Level 3.
Apprenticeship	Apprenticeships offer training for a job while working with an employer, alongside study for an associated qualification. You get paid while working.
Employment with Training	
Re-engagement Programmes	Diverse programmes to support young people to have the confidence and motivation to get back into learning or training
Supported Internships	For young people aged 16-24 with learning difficulties or learning disabilities, who want to get a job and need extra support to do this (This would normally be through an EHCP)

Please also refer to page 3 to learning routes and qualifications when considering options for your child.

Staying in a school setting

SENDAT Academy has its very own Sixth Form College which is based on the Priory school site. If you think that your child would make a suitable candidate, this option can be discussed further in the Annual Review process. Your decision should be based on what the course has to offer and whether this route will enable your child to progress further towards their planned goal.

Priory Sixth Form prospectus – see link below

<https://sendat.academy/priory/wp-content/uploads/sites/14/2020/09/6th-Form-Prospectus-21-22v3small.pdf>



Going to a Local Further Education College

Colleges offer a wide range of vocational and academic courses to meet the needs of students at all levels. Most colleges offer a 3 or 4 day programme. If your child attends a 3 or 4 day programme, try and use the other 1 or 2 days to explore other options.

You can use the Suffolk Local Offer website to find out more about alternative options to fill these 2 days, there will also be a list provided at the end of this booklet.

www.suffolklocaloffer.org.uk

Specialist courses are often called 'Foundation courses' and are specifically designed for young people with SEND. Courses will aim to increase independence and confidence and develop practical and work related skills.

Choosing to prepare for work

If your child's goal is to move into work they could join a supported internship, pre-apprenticeship programme or traineeship. Supported internships are specifically for young people aged 16-24 with an EHCP. These are study programmes that include education and on-the-job training. These options are good for people who are looking to develop basic employability skills to help them on their journey to paid employment.

Bespoke programme

A highly personalised programme where a young person would struggle to access a conventional college place and therefore require a bespoke programme. Some students work towards achieving accredited qualifications, some include a supported work placement, whereas for some individuals it will be more appropriate to work on developing their life skills, independence and transition into adulthood.



Work experience and Volunteering

From Year 10 onwards your child will have opportunities to engage in work experience and enterprise.

Work experience

Your child will also be offered the chance to do some work experience and school will assist your child to prepare for these experiences;

Your key contact will be Shirley Dixon, Community Employment and Engagement Officer who will encourage further discussion you around these opportunities as from Year 10.



Shirley Dixon

Community Employment and Engagement Officer for SENDAT Academy

Volunteering

Volunteering can also help students develop skills that will help them in future employment. Duke of Edinburgh Award is an example that your child will have the opportunity in getting involved with.

Meeting Employers

SENDAT Academy has a duty to ensure all students have the opportunity to meet employers during their time in education.



Travel and Transport

Transport home-to-school policy

Your child's entitlement of free transport is provided only for compulsory school age (from 5-16).

For post 16 students, the post 16 Travel policy applies, but a student aged 16-25 who has an EHCP or statement of Special Educational Needs (SEN) and cannot walk because of their SEN, disability or mobility problem – may be entitled to transport irrespective of educational needs and/or disabilities will be charged a financial contribution towards the cost of their transport.



You can find detailed information on Suffolk on board ([www.suffolkonboard .com](http://www.suffolkonboard.com)).

Travel Training – a step towards independence

Suffolk County Council has been successfully working with Essex County Council which have been delivering travel training to SENDAT students for a number of years. Your child will have the opportunity to engage in this training process in Year 11 and this opportunity will be on the agenda to discuss within your child's Annual Review when discussing Moving into Adulthood. The trainers work one-one with your child over a number of weeks and will assess their ability to make their post 16 journeys. Only if the trainers feel that those they train are safe to travel independently, they will then be 'signed off' as independent travellers.

Other useful things to know with regards to travel...

Your child can apply for an Endeavour card which applies for 16-19 year olds and get at least 25% discount off full price of adult fares. Find out more at <https://endeavour.suffolkonboard.com/>

Disabled person's free travel Bus Pass. Find out more at www.suffolkonboard.com//

The Disabled Person's Railcard is for people with a disability that makes travelling by train difficult. Find out more information at www.disabledpersons-railcard.co.uk



Independent advice and support

SENDIASS – Special Educational Needs and Disability Information, Advice and Support Service. They provide legally based, impartial, confidential and accessible advice.



SENDIASS Helpline – 01473 265210

Email: sendiass@suffolk.gov.uk

Please also see link for further information about SENDIASS -

<https://www.youtube.com/watch?v=FjBi5ulfBq4>

Please also see SENDIASS testimonials - [About us & testimonials - YouTube](#)

Suffolk Carers Matter (previously known as Suffolk Parent Partnership) - tailored information, advice and guidance, emotional support, signposting and can do onward referrals on your behalf.

Suffolk Carers matter enquiries Line (01284 333035)

There is also a Suffolk Carers Matter Carers Card available to all carers. It is one small card to fit in your purse or wallet. No more need to carry multiple paper documents as proof you are a carer. The card verifies you are an unpaid carer, looking after a family member or friend who due to illness, disability, a mental health problem or an addiction, cannot cope without their support. Please see link below for a short explanatory video from a Suffolk Carers Matter colleague;

<https://suffolkcarersmatter.org.uk/carers-card/>





Financial support and benefits

The government sets aside money to help parents with disabled children. It is not dependant on how much you earn. Anyone with special/additional needs can apply. Most of our students are entitled to DLA or PIP.

If you are not receiving this we strongly advise you to apply. If you require support with completing the application form please contact Georgina Lewis our Head of care at Priory School.

Post 16 students (sixth form or college) DO NOT get free transport. Currently the subsidised cost of this is £240 per term. PIP can be used to pay for this.

Please see <https://sendat.academy/priory/post-16-bursary/>

Disability Living Allowance (DLA) for children

Disability Living Allowance (DLA) for children may help with the extra costs of looking after a child who:

- Is under 16
- Has difficulties walking or needs more looking after than a child of the same age who doesn't have a disability

They will need to meet all the [eligibility requirements](#).

The DLA rate is between £23.70 and £152.15 a week and depends on the level of help and the child needs. The child may need an [assessment](#) to work out what help they need <https://www.gov.uk/disability-living-allowance-children>

For Children who are over 16 the DLA payment becomes Personal Independence Payment (PIP)

<https://www.gov.uk/pip>



Some other Useful Links

Suffolk Adult Social Care service – www.suffolk.gov.uk/adult-social-care-and-health/

Activities Unlimited - Activities Unlimited provides short breaks and leisure activities to disabled children aged 0-25 in Suffolk - <https://www.access-unlimited.co.uk/activitiesunlimited/>

Priory School SEND website pages (local offer)
<http://www.priory.suffolk.sch.uk/index.php/local-offer>

Suffolk's website for young people: www.thesource.me.uk

Help with transport through the source: www.thesource.me.uk/my-transport/

Create a quick CV using the icanbea CV Wizard: www.icanbea.org

Information about the types of jobs available in Suffolk and Norfolk: www.icanbea.org



Local Colleges and Providers – Post 16

Suffolk New College – incorporating Ipswich Campus and the Rural Campus (formally Otley College)



Suffolk New College and Suffolk Rural (previously known as Otley College). Both campuses offer foundation learning but courses are different at each location. Please be mindful of this when choosing your course.

Open events for Suffolk New College (incorporates Suffolk Rural) will be held on;

Saturday 16th October - 09:30 - 12:00

Saturday 11th December - 09:30 - 12:00

Saturday 12th March - 09:30 - 12:00

Saturday 14th May - 09:30 - 12:00

These can be booked via our website here - <https://www.suffolk.ac.uk/for-parents/taster-events>

See also the Suffolk New College's website for further information <http://www.suffolk.ac.uk>

Suffolk One



<https://www.suffolkone.ac.uk/courses/foundation-learning/>

Open event for Supported Learning Programmes at Suffolk One will be held on Thursday 14th October 2021



West Suffolk College



WSC Open Events

Saturday 6 November 9.30-12.30

Thursday 25 November 5.30-7.30

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

More information about supported learning at West Suffolk College can be found by following this link:

Supported Learning (SEND) Courses | Bury St Edmunds | Suffolk (wsc.ac.uk)

WSTraining (Ipswich based)



WS Training offer pathways for 16-24 year olds who have special educational needs and disabilities. Their aim is to give every student the opportunity to develop their skills in preparation for adulthood and employability. All student's access sessions focussed around enterprise activities or employability, whereby community projects and work experience are encouraged. Programmes are tailored to suit the needs of the young people wherever possible and include attending sessions within our friendly and welcoming centre, or off site at one of our partners.

<https://www.wstraining.co.uk/>

Cambridge Regional College



Cambridge regional college - Open event to be held on the 13th October 2021

<https://www.camre.ac.uk/>



Colchester Institute



Supported programmes are designed for students who aspire to increase their independence but wish to continue their education in a highly supportive environment. Programmes aim to equip students with the skills and confidence required in order to reach their own goals for learning, life and work.

Delivery is through a student-centred approach involving a wide range of activities. This includes a high volume of practical based sessions, learning in the community and small group work. Students work towards completion of an Individual Learning Plan (ILP) which requires students to work towards achievement of challenging, achievable goals in order to fulfil their potential.

<https://www.colchester.ac.uk/>

Colchester Institute Open events - TBC

Realise Futures – Bury St Edmunds/Claydon and Ipswich based



A company operating across Suffolk and Essex combining commercial trade of products and services alongside work placements, employment and training opportunities. The primary aim of the business is to improve and promote the economic and social wellbeing of those who are disadvantaged and/or disabled.

<https://www.realisefutures.org/>

Onward Enterprises - Thetford

They provide work preparation training and work opportunities for those that would not cope long term in 'open employment'. Their training and work opportunities are delivered in professional and realistic work environments.

<https://www.onwardenterprisescic.co.uk/contract-packing>



Genesis – Ipswich based



Genesis services are run by Orwell Mencap a local charity and a not-for-profit, user-lead organisation. Genesis run a number of provisions including daytime support services and social enterprises including The Green Bike Project and Genesis Garden Furniture. They also run a youth club for young adults aged over 16 and holiday clubs for both children and young adults.

<http://www.orwellmencap.co.uk/>

Fairview Farm – Ipswich based



Fairview Farm is a day provision for young people aged 16 – 30 who have disabilities or difficulties. Set on our small holding, in a beautiful location, Fairview Farm believes young people with disabilities deserve more. They offer bespoke programmes to meet individual needs and through a range of activities each day, we aim to develop academic ability, increase independence and social skills and broaden employability opportunities and confidence.

<https://www.fairviewfarm.org/>

Green Light Trust –West Suffolk/Suffolk based



Supporting people from all backgrounds, Green Light Trust use the power of nature to rebuild, reawaken and refocus the lives of those who may not necessarily have access to nature, having a hugely positive impact on their mental health. We believe in the power of Green Care – the idea of the environment being a useful and advantageous tool in the care of us all in society.

www.greenlighttrust.org



Re-create – Ipswich based



Re-Create Social Enterprises Limited is a not for profit organisation running multiple services based in Ipswich. They offer therapeutic work based activities for learning disabled and disadvantaged people and Work placements for PFS and E4L Learners.

<http://www.recreate-enterprise.co.uk/>

News Skills Centre – Ipswich based



<https://www.newskillcentre.com/>

Achieving Aspirations



Members are offered bespoke timetables to meet their needs and aspirations.

They aim to support members to develop their communication and social skills, and increase independence and confidence to prepare them for their future.

Daily activities include group sessions for those who want to join in the fun, such as art projects, science experiments, group interaction sessions, gardening club, exercise and dance clubs and sensory experiences. Individual activities include accessing the local community, shopping, cooking, visiting places of interest and building both personal and interpersonal skills.

<https://www.achievingaspirations.co.uk/facilities>



Leading Lives – Bury St Edmunds based



Leading Lives provides high quality social care support for people with learning disabilities, autism and complex needs across Suffolk and beyond in the home and in the community.

<https://www.leadinglives.org.uk/>

Poppies Care Farm – Ipswich based



Poppies Care Farm provides a safe environment for people to challenge their limitations and boundaries, learn, achieve, and be a contributing member of a community.

People with learning difficulties and mental health challenges are part of a team that help with all aspects of farm life: developing practical skills, gaining in confidence and self-esteem, increasing social skills and a sense of belonging.

<https://www.poppiescarefarm.co.uk/>

Lapwing

Lapwing

Lapwing deliver highly personalised 2:1, 1:1 and small group learning programmes to students aged 16 to 25 years old who have an Education, Health and Care Plan and who are unable to access or maintain a conventional college or sixth form placement due to complex needs.

<https://lapwingeducation.co.uk/>



Beyond the wall – based in Eye



<https://www.beyondthewall.org.uk/>

Here is the link for our video on East of England Co-op You Tube channel (beyond the wall);

<https://www.youtube.com/watch?v=Vl6-3zxJlO4>

The Centre - Haverhill



The Centre are an independent accredited daytime service for unemployed people aged 16 to 65+ who have additional needs arising from disability, whether from birth or acquired later through accident, illness, stroke, mental health or dementia.

As well as the chance to socialise they offer skill sessions in Woodworking, horticulture, IT skills, and all sorts of arts and crafts are offered as activities in an informal calm atmosphere.

<https://thecentreuk.com/>

Depden Care Farm



Depden Care Farm offers therapeutic placements to adults with learning disabilities. Clients are offered the chance for structured outdoor activity, education and training through tailored and supervised involvement in horticulture, agriculture and, where appropriate helping with the livestock

<https://depden.com/>



East Anglian Museum of Life - Stowmarket



The museum offers supported volunteering opportunities and therapeutic placements for people with disabilities, learning difficulties, mental health problems or recovering from illness. Getting involved in volunteering is a great way for people to learn new things, meet new people and have fun! It can help build independence, self-confidence and a sense of responsibility. And of course, it contributes to the life of the community.

<http://eastanglianlife.org.uk/volunteer/supported-volunteering/>

The Bridge Project - Sudbury



The Bridge project are dedicated to providing a safe, nurturing environment to support those living with dementia, learning disabilities and those experiencing mental health issues. Through our meaningful work, we create opportunities for personal development and building friendships. The Bridge Project provides and maintains a series of social activities, a hot meal delivery service and creative workshops for all ages.

<https://www.thebridgeproject.co.uk/about-us/>

Harry Spectres chocolates - Ely



Creating employment for young people with autism and their employees are involved in every aspect of the business – from making and packaging the products to administration, design and photography. The chocolates have won numerous awards for their taste and hundreds of young people with autism have a brighter future.

<https://www.harryschocs.co.uk/pages/about-us-1>



Willow Park life skills centre - Colchester



Willow Park is a unique vibrant facility offering a creative alternative learning environment and social network for people with learning disabilities, physical and or sensory impairment. Willow Park very much adopts a 'person centered approach' allowing flexibility to change activities to suit personal needs and preferences. Workshops are tailor made to ensure individuals can be set realist goals, encouraging stimulation and a sense of achievement, whilst ensuring fun is had along the way!

Independence is key and building confidence to achieve independence and succeed is something that Willow Park feel strongly about. Inspiring the service users to believe in themselves and their ability to obtain their goals.

<https://willowparklifeskillscentre.co.uk>



What's next? - Sessions – 5.30pm – 6.30pm

Organisation	Name	Date
SENDIASS 	Helen Cumbers	29/09/2021
Suffolk One 	Mark Savage	06/10/2021
Green Light Trust 	Danny Thorington	13/10/2021
Suffolk New/Rural 	Melanie Palmer	20/10/2021
Beyond the Wall 	Karen Bleay	03/11/2021
West Suffolk College 	Paul Rana	10/11/2021
Realise Futures 	Louise Woods	17/11/2021
Onward Enterprises	Rachel Allum-Sindall	24/11/2021



Moving on Checklist

Start of YR11
(page 15/16)

If your child has an EHCP this process will have already started in year 10.

September	October	November	December
<p>Open a bank account!</p> <ul style="list-style-type: none"> Explore further the range of options in employment, training, 6th forms and FE colleges Look at pathways fitting around skills, interests and predicted grades of your young person Contact the provider for initial discussions & to plan visits/open evenings if your child is likely to need additional support Support your child to open a bank account before they turn 16 (it is much more complicated after that) 	<p>Go to open days!</p> <ul style="list-style-type: none"> Ask tutors, the schools' careers advisers and teachers for advice Submit an early application for your chosen course to avoid disappointment <p>Your EHCP meeting will take place annually around the time when it was first produced</p>	<ul style="list-style-type: none"> Go to open days! Find out what support is available and how to get it College and 6th form interviews begin If available attend taster days/transition meetings with the provider. 	<ul style="list-style-type: none"> Consider a work experience placement for your child during the Christmas period. Websites to research: www.apprenticeships.org.uk www.thesource.me.uk www.nationalcareersservice.direct.gov.uk/
January	February	March	April
<p>Look into travel training</p> <ul style="list-style-type: none"> Think about a back-up plan! Look into travel training on Suffolk on Board www.suffolkonboard.com 	<ul style="list-style-type: none"> Create an account at the National Apprenticeship Service and keep an eye on vacancies <p>REMEMBER DEADLINES: Don't leave applications to the last minute</p>	<ul style="list-style-type: none"> Start contacting employers regarding apprenticeships and traineeships Begin applying for apprenticeship vacancies If you haven't done so yet make sure your application forms are completed by the end of March 	<ul style="list-style-type: none"> Exams start in May – some schools have study leave Confirm your back-up plan Check costs of courses, books, field trips and transport costs for 16+ options Discuss with student advisers if any finance support is available for the above (e.g. check with colleges about their FE16-19 bursary grant)
May	June	July	August
<p>Exams start</p> <ul style="list-style-type: none"> Ensure your child has an up-to-date CV www.thesource.me.uk/cvbuilder Decide on the best travel option for your child, whether bus operators' own season tickets or the Endeavour Card. For assistance under the SCC Post-16 Travel Policy the closing date for applications is 31st May! www.suffolkonboard.com/apply www.suffolkonboard.com/post16 	<ul style="list-style-type: none"> 6th Forms may have an induction day Your child needs to keep applying for apprenticeships and work based learning Your child's National Insurance number should have been issued by now. If not call 0300 200 3500 (Text phone 0300 300 3519) <p>NI Number received yet?</p>	<ul style="list-style-type: none"> You might need to start thinking about options once exam results are out in August – staff at 16+ providers and your school's careers adviser can all help and advise 	<p>Exam Results time to update your CV!</p> <ul style="list-style-type: none"> Enrolment starts at colleges Update CV with exam results Child benefit should still be paid if your child is continuing in full time education. Visit the Child Benefit website https://www.gov.uk/browse/childcare-parenting/financial-help-children or call 0300 200 3100 (Textphone 0300 2003103) Purchase new kits/books and uniforms, if applicable And now enjoy the summer break!

Other resources

A blank timeline template to help support the process of conversation with your child about their future – this may be a helpful, visual tool to use with your child

