

Going Forward—Preparing parents for transition

Planning for transition

2 October 2017

The Pines, Inverness

Information for parents, carers and families



Things you need to know



Education/training

All universities and most colleges now have Disability Officers. Contact them before deciding where to apply, as how well they meet a young person's needs can make a big difference to completing a course successfully.

There are many options for community based learning as an adult, including open learning, skills based learning and certificated programmes. These are helpful if young people leave school without formal qualifications or with qualifications that do not reflect their abilities.

Education Maintenance Allowance is a means-tested grant for young people with a Learning Agreement through their school to stay on in 5th and 6th year.

Disabled Student's Allowance is not income assessed: funds can be used towards for example equipment, personal help or special dietary needs.

LEAD Scotland can advise on funding for disabled learners. See list for details.



Work

Skills Development Scotland offers career planning support alongside information about courses, community learning, work experience and volunteering opportunities. See list for details.

Many disability organisations can also help with broader based person centred life planning.



Money and benefits

Check you are receiving all your entitlements. Contact your local Citizens' Advice Bureau (see list) or call Contact's helpline on 0808 808 3555.

Child benefit ends at 16 but may continue to 19 if someone is in full time education – check if this applies to you. Other options, e.g. a work placement, mean child benefit stops.

Personal Independence Payment has replaced Disability Living Allowance for over 16s. If your child is receiving DLA you should get a letter from the Department of Work and Pensions about how to claim PIP. If you don't receive DLA, you'll have to request a PIP form: find out how at www.gov.uk/pip/how-to-claim. Many disability organisations offer help to complete this, so ask.

Universal credit will shortly replace a range of other allowances including Income Support, Jobseeker's Allowance, Employment and Support Allowance, Housing Benefit and Child Tax Credit.



Legal matters

Under Scottish law a young person becomes an adult at 16, after which parents can no longer take decisions on their behalf without appropriate legal authority. Talk to a solicitor well before your child's 16th birthday about any legal steps you should consider – the process can be lengthy. Many solicitors offer an initial discussion free of charge but if you appoint them to act for you the costs can be high, so plan for this before beginning any legal proceedings.

Guardianship allows you to represent someone who cannot make decisions for themselves – that is, they lack capacity. “Incapacity” is a defined legal term and will not apply to everyone with a learning difficulty or disability.

Power of Attorney allows you to act on behalf of someone who can make their own decisions, but may require support to do so – including support to communicate them.

Making a Will/Trust Funds can be important in ensuring your young person is cared for when you are no longer able to. Setting up a Trust to manage money and decision making on their behalf can help make sure they have the right support around, for example, accommodation or healthcare. Many solicitors offer legal advice and will manage Trusts.

You can also contact Enable Scotland’s Legal Service, the Govan Law Centre, or the Scottish Child Law Centre for advice or signposting to organisations with experience of young people with special needs.



Social services

You’re legally entitled to an assessment of needs for your child and yourself, but you have to request this. Ask social services for a Section 23 assessment for under 16s, a Community Care Assessment for over 16s and a Section 24 assessment for carers’ needs. Social worker involvement is essential for referral to many services, including respite.



Health

If your child can’t make decisions for themselves it is likely you will need guardianship when they are 16 so you can be involved in healthcare decisions.

You can get a **Section 47 certificate** from GPs and other health professionals, which lists routine treatments that someone can’t agree to – e.g. dental care. This is linked to incapacity and may not be available to everyone with a learning difficulty or disability.



Getting around

Concessionary travel: if your young person receives certain benefits they – and an accompanying carer – may qualify for free or reduced rate bus travel; cheap rail fares (with a Disability Railcard); and possibly access to taxi card schemes or Dial-a-bus schemes. Contact your local council or transport company for details.

The **Blue Badge scheme** provides parking concessions for people with walking difficulties, either as drivers or passengers. Details from your local council.

Driving: young people with physical disabilities can apply for a driving licence at age 16. Funding for lessons can sometimes be obtained through Motability.



Useful publications

Principles of Good Transition 3 (www.scottishtransitions.org.uk)

Scotland – Opportunities at 16 (www.lead.org.uk)

Leaving School and Deciding What to Do at 16+ (www.enquire.org.uk)

Getting ready to leave school (www.enquire.org.uk)

Post School Learning Choices in Scotland (www.lead.org.uk)

An Easy Guide to Direct Payments in Scotland (www.scl.d.org.uk)

Services that can help

National organisations

Enquire—the Scottish Government’s advice service for additional support for learning

Factsheets/guides, including relevant topics such as legislation, Co-ordinated Support Plans and the Additional Support Needs Tribunal process.

Helpline: 0345 123 2303 **W:** www.enquire.org.uk

Skills Development Scotland—the national skills body for Scotland

Advisors provide face to face career guidance and help explore options. The website www.myworldofwork.co.uk allows you to see jobs in action, build a CV, search for vacancies and explore training opportunities. Local offices across the Highlands.

Helpline: 0800 917 8000 **W:** www.skillsdevelopmentscotland.co.uk

Lead Scotland

Free guides to download on education and disability including support at college and university, understanding your rights in education as a disabled student and arranging educational support workers. *Post School Learning Choices in Scotland* covers all options including community learning, distance learning, short courses, further education at college and vocational and employment programmes. Download guides at: www.lead.org.uk/support-for-disabled-people-to-learn/how-we-support-your-learning/downloadable-guides/

The helpline advises on everything related to accessing post-school education, including funding; getting the right support; and dealing with disability discrimination.

Information helpline: 0800 999 2568 **Email information service:** info@lead.org.uk

Citizen’s Advice Scotland

Free advice on benefits, legal and consumer rights, including benefits calculations and sources of funding.

Advice line: 0808 800 9060 **Find your local Citizen’s Advice Bureau at:** www.cas.org.uk

In Highland region

Inverness Adult Social Services

First point of contact to request an assessment for adult services.

Call: 01463 888 333

Highland Self Directed Support

Information, advice and support on using a social care budget.

T: 01667 213136 **E:** admin@highlandsds.org **W:** <http://www.highlandsds.org/>

Hi Hope

Online directory of services in the Highlands covering education, social life, accommodation, rights, and health and support.

W: <http://hi-hope.org/>

► Money and benefits

Child Poverty Action Group Scotland

Online factsheets about social security benefits.

W: <http://www.cpag.org.uk/scotland/factsheets>

Turn2Us

Supports people to access benefits, grants and support services. Offers an online benefit calculator, with help to research grants, trusts and other sources of funding and to find local advice services on benefits and financial support. Turn2Us has advice on trusts and sources of funding to meet extra costs associated with studying for anyone at a disadvantage.

W: www.turn2us.org.uk/

► Education/training

Inverness College UHI

Part time, full time, evening, distance learning and blended learning (a combination of online/face to face teaching) courses at all levels. Pupils with additional support needs in S4-6 can attend a college link course part time while still at school to support with the transition. Students with additional support needs can access courses to develop life skills, literacy, numeracy, employability and core skills for further learning. There is an open peer support group for autistic students.

Next open day: 28 October 10am to 1pm.

T: 01463 273000 W: <https://www.inverness.uhi.ac.uk/>

Lead Scotland – local services (across region)

Provides direct support for disabled people to learn new skills in a flexible way, one to one or in groups, in own home or a community setting. The current Highland service supports disabled adults over 16 to develop skills for employment. Learners have the option to access accredited qualifications. Read more here: <http://www.lead.org.uk/aboutlead/contact-lead-scotland/highland-lead-learning-co-ordinator/>

Contact: Sarah Burton T: 07768 917 509 E: sburton@lead.org.uk

Active Healthy Achieving Futures (Lochaber)

Scottish Government funded initiative for 15-25 year olds with a learning disability or autism in Lochaber. Young people work in 6-week blocks in community projects to learn new skills, meet people and create a better future. Read more here: <http://www.nhshighland.scot.nhs.uk/News/Pages/AHAFuturesprojectlaunchedinLochaber.aspx>

Contact: Lyn Johnson T: 01397 708451

Earth for Life (Moray, Aberdeenshire and Highland)

Social enterprise changing people's lives through environmental education and eco-therapy. Services, training and self development programmes for adults with mental health problems and young people with developmental difficulties.

T: 07504 946 239 E: hello@earthforlife.org W: <https://www.earthforlife.org/young-people>

The Garden Project at Inverness Botanic Gardens (Inverness)

The chance to develop core skills as a step towards supported employment or to improve social inclusion.

Contact: Susan Menzies/Caitlin MacColl T: 01463 713553 E: Inverness.Botanics@highlifehighland.com W: www.highlifehighland.com/inverness-botanic-gardens

Family Firm

Young people who are Looked After and over 14 years of age are entitled to a supported work placement with Highland Council.

Contact: Louise Denholm T: 01463 703484 E: louise.denholm@highland.gov.uk

Signpost (Inverness and Nairn)

Information and advice about volunteering opportunities.

T: 01463 711393 (Inverness)/01667 455234 (Nairn) W: www.signpost-inc.org/

New Start Highland

Services range from practical assistance in setting up home to work experience, vocational qualifications and life skills coaching.

T: 01463 715615 E: reception@newstarthighland.org W: www.newstarthighland.org

The Meeting Place

Supports adults with additional support needs to develop skills in IT, multimedia and e-inclusion. Includes publishing, podcasting, filming/editing, websites and social media.

T: 01463 798535 (Inverness)/ 01667 259189 (Nairn) E: info@the-meeting-place.org.uk W: www.the-meeting-place.org.uk

The Shirlie Project (services across Highland area)

Works with young people with additional support needs at risk of disengaging from education or who have left school and not moved on to further education/training/employment.

T: 01463 716179 E: admin@shirlie.co.uk W: www.shirlie.co.uk

Job Connect @Badaguish (Cairngorms National Park)

Promotes equal opportunity, access to training and employment opportunities underpinned by the belief that all people, regardless of disability, should have the chance to reach their full potential and take part in all aspects of community life.

Contact: Pam Page T: 01479 861285 E: pam.p@badaguish.org

T: 01479 861285 E: jobconnect@badaguish.org W: www.jobconnectatbadaguish.org

Highland Blindcraft (Inverness)

A supported business offering training and employment to people with a disability in their factory.

T: 01463 233662 E: denise@highlandblindcraft.co.uk W: www.highlandblindcraft.co.uk

Rag Tag 'n' Textile Ltd (Broadford, Isle of Skye)

Social firm working with people with mental health issues, teaching traditional textile skills in a therapeutic environment.

T: 01471 822043 E: info@ragtagntextile.org.uk W: www.ragtagntextile.org.uk

L'Arche Crafts and Horticulture (Inverness)

Part of the L'Arche Inverness Community. Four workshops - Candles, Woodwork, Garden and Retirement/Recreation - provide work, training and day activities. Places for up to 25 adults (18+) with learning disabilities each day.

T: 01463 239615 E: info@larcheinverness.com W: www.larche.org.uk

High Life Highland: Adult Learning (Literacies) (Nairn, Badenoch and Strathspey)

Free tuition on a one to one or small group basis to improve skills or learn new ones. Includes literacy and numeracy, preparing for interviews, tests and exams, and increasing confidence in learning.

Contact: Jenni Christie T: 01667 458556 E: jenni.christie@highlifehighland.com W:

www.highlifehighland.com/adult-learning

Cantraybridge College (Croy)

Specialised residential and day college for young adults with learning disabilities, providing basic adult education alongside intensive support and training in agriculture, horticulture, birds and small animals, woodwork and estate maintenance.

T: 01667 493500 E: admin@cantraybridge.co.uk W: www.cantraybridge.co.uk

The Highland Council – 6-month Trainee Placements

The Trainee Programme provides training opportunities through practical work experience. The project provides up to 6 months in a paid training placement within the Council for those experiencing difficulties in securing training or employment.

T: 01463 702384 E: drew.mcneil@highland.gov.uk

Made in Tain (Tain)

Social enterprise manufacturing and retailing craft and handmade products including scented candles, an aromatherapy range, cards and soaps. They deliver Activity Agreements for young people who have left school and are unable or not ready to access more than 21 hours of post school learning or employment.

T: 01862 892221 E: madeintain@gmail.com

Watermill Enterprises (Cawdor)

Training for people with mild to moderate learning disabilities and physical difficulties, designed for young adults leaving school or after college. Trial periods can be arranged to help transition from school. No time limit.

T: 01667 493789 E: watermillenterprises@yahoo.co.uk W: www.spanglefish.com/watermillenterprisesltd

Moniack Mhor (Beauly)

Extensive programme for young people interested in a career in writing including courses, writing clubs, mentoring, working experience and Activity Agreements.

T: 01463 741675 E: kelsey@moniackmhor.org.uk W: www.moniackmhor.org.uk/young-writers

Highland Retail Academy (Inverness)

Training and qualifications for people interested in developing the skills, knowledge and experience for a career in retail.

T: 01463 227568 E: info@highlandretailacademy.co.uk W: <http://www.highlandretailacademy.co.uk/>

Opening Doors Project (Inverness)

Employability and mentoring programme for young people aged 16-24 interested in a career in childcare.

T: 07526 264304 E: openingdoors@calachildcare.co.uk W: www.careandlearningalliance.co.uk

Cantray Park Café (Croy)

Part of Cantraybridge College. Offers a 12 week training/work experience programme for young people aged 18-30 with autism, learning disabilities or physical disabilities to develop the skills needed to work in a café environment.

T: 01667 493500 E: admin@cantraypark.co.uk W: www.cantraypark.co.uk

Canal College (Inverness)

A 14-week course for young people aged 16-30 in outdoor skills training on the Caledonian Canal. Projects include landscaping, tree planting, vegetation management, archaeology, stonemasonry, conservation and the creation of heritage and wildlife trails.

T: 07789 943108 E: nicky@scottishwaterwaystrust.org.uk W: www.scottishwaterwaystrust.org.uk

Nansen Highland (Muir of Ord)

Specialised day training centre for young adults with learning difficulties and related disabilities providing individualised packages incorporating SQA qualifications, practical, independence, social and life skill training, in a supportive environment.

T: 01463 871255 E: general@nansenhigland.co.uk W: www.nansenhigland.co.uk

Pulteneytown People's Project (Wick)

Community group offering support, services, welfare advice and training to young people in transition after leaving school.

T: 01955 608530 E: info@pppwick.org.uk W: www.pppwick.org.uk

Glachbeg Croft Education Centre (North Kessock)

A croft on the Black Isle offering community events and training for adults with additional support needs in the context of farming, growing, countryside/environmental education, music and the arts.

T: 01463 811923/07720 046107 E: info@glachbeg.org.uk W: www.glachbeg.org.uk

Elgin Youth Café (Elgin)

Youth development project providing advice, support, training, personal development and social activities.

T: 01343 548300 E: office@elginyouthcafe.org W: <http://elginyouthcafe.org/>

Barnardo's Works (Inverness)

Activity Agreements offering a mix of one to one mentoring, personal development and confidence building for young people who have left school and not moved into further study/work, or are still at school but at risk of leaving without a 'positive destination'.

T: 01463 715178 E: aidan.tracey@barnardos.org.uk W: www.barnardos.org.uk

The Buzz Project (Fort William)

Supports 14-25 year olds in Lochaber to build resilience, identify and fulfil their potential and move into a positive future. Workshops and one to one support.

T: 01397 705428 E: simon@thebuzzproject.org W: www.thebuzzproject.org

And further afield...

The New School (Dunkeld)

An independent residential school for young people aged 11-19, who find mainstream education difficult to access. Specialises in education for young people with Aspergers/Autistic spectrum conditions, ADHD, Tourette's syndrome and Foetal Alcohol syndrome.

T: 01350 724216 E: info@thenewschool.co.uk W: <http://www.thenewschool.co.uk/>

Camphill School (Aberdeen)

Services for children and young people with additional support needs including young adult programmes for 16 - 25 year olds (day and residential), craft and land workshops, individual therapies, nursery provision, respite and external training.

T: 01224 867935 E: office@crss.org.uk W: www.camphillschool.org.uk

Applied Care and Development Residential Transitional Services (Dumfries)

A residential service for 18 to 24 year olds to assist steps towards independence.

T: 01387 760260 E: info@appliedcare.co.uk W: www.appliedcare.co.uk/our-services.aspx

► Housing and accommodation

Housing Options Scotland

Information and advice on housing and practical support sourcing suitable/adapted homes.

T: 0131 247 1400 W: <https://www.housingoptionsscotland.org.uk/>

Housing Options Team, Highland Council

Advice and assistance to find accommodation or to adapt your home; to refer to specialised accommodation services; or to manage finance

T: 01349 886602 W: housingoptions@highland.gov.uk

Find your nearest office here: https://www.highland.gov.uk/directory/16/service_points

Calman Trust Ltd (Inverness)

Housing related advice and support to young tenants (16–25) in Easter Ross and Inverness for up to 2 years. Training opportunities for young people in transition, including National Training Awards and training for work.

T: 01463 248630 E: info@calman.org W: www.leavinghomeinthehighlands.org

Cheshire House (Inverness)

Supportive environment providing accommodation and flexible support within self-contained flats equipped to enable an independent lifestyle. Supports adults with physical and learning disabilities and sensory impairments. Also educational and recreational activities for people living in the community.

T: 01463 713377 E: Inverness@lcdisability.org W: www.leonard-cheshire.org

► Health, wellbeing and support

Action for Children (Inverness)

Residential breaks and support for young people with disabilities and their families, and employability support for young people not in education, employment or training. Work with young people who offend or at risk of offending. Their **Gael Og Intensive Support** service supports disabled children and young people with Self Directed Support personal budgets in their own homes.

T: 01463 717227 E: grahame.cooper@actionforchildren.org.uk W: <https://www.actionforchildren.org.uk/in-your-area/services/disability/gael-og-intensive-support/>

Autism Initiatives – Highland One Stop Shop (Inverness)

Free service for autistic adults aged 16 and over and their families/carers/professionals.

T: 01463 717649 E: highlandoss@aiscotland.org.uk W: www.highlandoss.org.uk

Bipolar Scotland

Information, advice and support for people with Bipolar Disorder, their friends, relatives, carers and interested professionals.

T: 0141 560 2050 E: info@bipolarscotland.org.uk W: www.bipolarscotland.org.uk

Breathing Space

Free confidential phone and web based service for people in Scotland experiencing low mood, anxiety or depression. Breathing Space is a COSCA recognised counselling skills organisation. It has a British Sign Language (BSL) service which can be accessed through the website.

Helpline: 0800 83 85 87 (weekday: Mon – Thurs 6pm – 2am, Weekend: Fri 6pm – Mon 6am)

CHIP+ (Children in the Highlands Information Point)

Free, confidential advice to anyone involved with young people and children (from birth to age 19) with additional support needs. CHIP+ works with parents/carers and professionals, through an enquiry helpline, by supporting families at school meetings, and providing training and workshops.

T: 01463 711189 E: info@chipplus.org.uk W: www.chipplus.org.uk

National Counselling service (Kyleakin)

For children and young people in Skye and Lochalsh who are experiencing difficulties due to issues such as anxiety, low self esteem, relationship problems and life transitions.

T: 01599 530011

No Panic

National helpline and information service supporting people with anxiety disorders including panic attacks. Youth helpline service available.

Helpline: 0844 967 4848 (youth helpline for 13 - 20 year olds, open 3.00-6.00 Monday to Friday)

T: 0330 606 1174 W: www.nopanic.org.uk

Dyslexia Scotland (branches in Lochaber, Inverness and Moray)

Support and advice to people of all ages about dyslexia.

T: 0844 800 8484 E: info@dyslexiascotland.org.uk W: www.dyslexiascotland.org.uk

Deaf Services and Hearing Support Team (services throughout the Highlands)

For people of all ages who are Deaf, hard of hearing, deafened or Deafblind and their families and carers.

T: 01349 864438 W: www.highland.gov.uk/info/1432/help_for_adults/449/deaf_services_and_hearing_support

LGBT Youth Scotland – Pillar (Inverness)

Group for Lesbian, Gay, Bisexual and Transgender young people aged 13-25: runs every Tuesday evening from 7-9pm at the Bike Shed, Merkinch. Young people can also access 1-2-1 support.

E: info@lgbtyouth.org.uk; T: 0131 555 3940 E: info@lgbtyouth.org.uk W: www.lgbtyouth.org.uk

Sight Action (Inverness)

Services to help visually impaired people remain safe and independent in their day to day activities.

T: 01463 233 663 E: admin@sightaction.org.uk W: www.sightaction.org.uk

SUDS Highland (Invergordon)

“Putting the U into Self Directed Support”: payroll and introduction service to parents of young people with support needs who are employing their own personal assistants.

T: 01349 853508 E: office@sudshighland.co.uk

Mindroom

Committed to raising awareness of all types of learning difficulties, and to providing practical advice, essential information and tailored support as appropriate.

W: <http://www.mindroom.org/>

► Support to speak up

Advocacy Highland

T: 01463 233 460 W: <http://www.advocacy-highland.org.uk>

Highland Carer's Advocacy

T: 01463 723 569 W: <http://highlandcarersadvocacy.org.uk/>

Connecting Carers

Information, advice, support and services for unpaid carers across the Highlands.

Support line: 01463 723560 W: <http://connectingcarers.org.uk/>

► Activities and interests

Nairn Disability Sport (Nairn)

Bowling in Nairn and surrounding area for people with all disabilities.

Contact: Isabel Reid T: 01667 455867 E: isabel.reid@btinternet.com

Disability Snowsport UK (Aviemore)

Access to snow sports for people with any disability in the Highlands and throughout the UK.

T: 01479 861272 E: admin@disabilitysnowsport.org.uk W: www.disabilitysnowsport.org.uk

Riding for the Disabled Association - Highland (throughout the region)

Regular riding therapy to riders with physical and learning disabilities.

T: 01381 620214 E: info@highlandgrouprda.plus.com W: www.highlandgrouprda.org

Fèis Rois (Dingwall)

Opportunities to engage in traditional music, the Gaelic language and traditional arts.

T: 01349 862600 W: www.feisrois.org

Music Plus +

Offers young people aged 14-19 a chance to take part in music activities from instrumental and technical tuition to song-writing, new technology, DJ and rapping skills, sound engineering and entrepreneurship.

T: 0141 552 5222 E: musicplus@scottishmusiccentre.com W: www.musicplus.org.uk

Hit the Road (Glasgow and touring)

Gives young people across Scotland a chance to learn about the music industry through training, workshops and rehearsals before hitting the road to tour. The project is for musicians of any genre aged 14-19 and those interested in behind the scenes work/sound production/engineering.

T: 0141 552 5222 E: info@hittheroad.org.uk W: <http://hittheroad.org.uk>

Eden Court Theatre & Cinema (Inverness)

Participation in creative activities in a safe and friendly environment. Over 60 classes every week at Eden Court, and an extensive programme throughout the Highlands.

Contact: Kati Kozikowska T: 01463 239841 E: kkozikowska@eden-court.co.uk W: www.eden-court.co.uk

Green Tree Arts Studio (Ferness, Nairn)

Courses and art therapy. Young people can access services via Activity Agreements, Self Directed Support or with support from the Highland Youth Arts Hub.

T: 01309 651319 E: contact@greentreeartsstudio.co.uk W: www.greentreeartsstudio.co.uk

► Other helpful organisations

SOAR

Out of school clubs in Ross-shire and Caithness for children and young people aged 5-19 years with a range of disabilities. The YOFI Group encourages independence and opportunities for young people with disabilities from 14-24 years, and runs on a Saturday in Invergordon.

T: 01349 853508 E: office@soaryp.org.uk W: www.facebook.com/soaryp

Cairdeas Cottage (Inverness)

Resource centre for those affected by mental ill health. Encourages peer support through activities and social interaction. Has a cafe and lounge where people can relax and meet others. Hosts Hearing Voices and Bi-Polar peer support groups, alongside other activity groups.

T: 01463 713928 E: cairdeas@supportinmindscotland.org.uk W:

www.supportinmindscotland.org.uk

Highlands & Islands Autism Society (Inverness)

A support group of parents of children, young people and adults with Autism Spectrum Disorders.

T: 01463 241469 E: tsdizzy@hotmail.com

Highland Learning Disabilities & Relationships Group (Fort William)

Signposts people with learning disabilities, their carers and professionals to information, advice and resources on relationships, sex and sexuality.

T: 01397 709873 E: Christine.Gow1@nhs.net

The Glengarry Centre (Fort William)

Drop-in centre for people experiencing mental health problems offering a friendly setting for social contact and support. Activities, café and volunteering opportunities.

T: 01397 700574 E: glengarry@supportinmindscotland.org.uk W:

www.supportinmindscotland.org.uk/information-and-support/services/glengarry-centre-fort-william

Thor House (Caithness)

Daycare for adults with learning disabilities. Offers short-term care packages to young people with learning disabilities up to age 19 if still in full time education.

T: 01847 896448 E: alison.mackay@highland.gov.uk

Richmond Fellowship

Tailored support for people with learning disabilities and mental health problems, most of whom have their own tenancies. Includes practical tasks, community involvement, counselling services and crisis services.

T: 0845 013 6300 E: north@trfs.org.uk W: www.trfs.org.uk

NHS Highland - Corbett Centre (Inverness and Nairn)

Supports adults with learning disabilities, physical disabilities, communication difficulties and complex health needs in Inverness and Nairn. Works in partnership with secondary schools, primarily Drummond School in Inverness, on transition to adult services.

T: 01463 729282 E: ian.clayton@nhs.net

Birchwood Highland (Inverness, Caithness, Lochaber and Easter Ross)

Direct support packages for young people with mental health or other support needs who are moving on from school and into adult life. Includes support through taking up opportunities for education, training, volunteering, work, or other aspects of learning and development.

T: 01463 236507 W: <http://www.birchwoodhighland.org.uk/young-people/>

Scottish Autism

Offers information, advice and support services in relation to autism spectrum disorders. They offer day, vocational and residential services across Scotland including two residential transition services for young people in Lanark and Biggar and an independent day/residential school in Alloa.

T: 01259 720044 E: autism@scottishautism.org W: www.scottishautism.org

Kindred (Edinburgh)

Emotional and practical support to families of children and young people with disabilities. National helpline and advocacy service for parents/carers. Free events and one to one coaching sessions related to transitions: Edinburgh based but open to people across Scotland.

Helpline: 0800 031 5793 E: enquiries@kindred-scotland.org W: <http://www.kindred-scotland.org>

Autism Rights Group Highland (ARGH)

Run by and for autistic adults in the Highland region. They campaign for better public services, train service providers to understand living with autism, and challenge stigma and discrimination.

T: 01847 851743 E: info@arghighland.co.uk W: www.arghighland.co.uk

► **Transitions projects and services**

RNIB – Looking to the future

Helps blind/partially sighted people aged 15 to 25 move from school to college, university, training or work through one to one transition support. Includes exploring options, making a plan, making useful links, developing confidence, group work, events and introduction to other RNIB services. Free online elearning course for young people experiencing barriers to transitions: register here

<https://rnib.enetlearn.com/Lookfuture>

Contact: Ellen Verth T: 07872 111165 E: ellen.verth@rnib.org.uk W: <http://www.rnib.org.uk/scotland/rnib-scotland-looking-future>

Glasgow Caledonian University – Summer Transition Programme

The Disability Team at Glasgow Caledonian University, with the National Autistic Society (Scotland), has a Summer Transition Programme for students with autism or Asperger's syndrome. It aims to provide a smoother transition to incoming students; improve take up of course places; assist with assessment of needs before the start of the academic session; and improve retention among students with autism.

W: <http://www.gcu.ac.uk/student/disability/prospectivestudents/summertransitionprogrammeautismaspergers/>

Key (all over the Highland area)

Transition services for people over 16 with learning disabilities and autism to develop independence and life skills, build relationships and promote social inclusion.

T: 01463 242579 W: www.key.org.uk

contact *For families
with disabled children*



GILLESPIE MACANDREW
HUNTERS RESIDENTIAL



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