



In this guide you will find a series of factsheets covering key areas of information to help and support you to guide your young person to prepare them for adulthood

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The factsheets provide you with basic information that enables you to find out more specific information about the areas that are important to you.



Factsheet 1

Foreword from Tameside Parent/Carer Forum

As parents and carers, we all want the best for our children and young people. We hope that they will have fulfilling, happy and meaningful lives, preferably doing something they want to do and following their ambitions.

As parents and carers of children and young people with special educational needs and disabilities, this is of even greater concern as much of what happens and will happen to our young people is largely dependent on other people.

Under the most recent SEND legislation that affects our children and young people, the views of ourselves as parents and carers, and of our children & young people, must be taken into account.

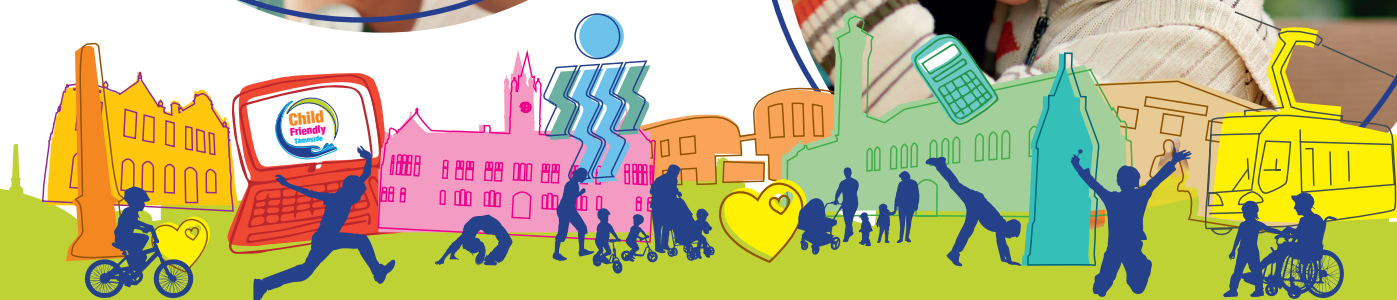
This includes decisions about their education, support needed and their future lives.

There is a focus on what happens to our children and young people when they become adults and how preparation for this must start in year 9. (The relevant pieces of legislation are the Children and Families Act 2014 and the Care Act 2014).

This means that as parents and carers, we are encouraged to take an active role and this guide will help us to:

- **know more about what should happen and when;**
- **be prepared;**
- **be clear about the obligations of the education, health and social care services;**
- **understand how we and our young can take part; and**
- **be able and know how to challenge if we think that any part of this preparation for adulthood is not happening as it should.**

For more information or to get involved with Parent Carer forum telephone **0161 342 5550** email oketameside@gmail.com or see details on Factsheet 15.



Preparing for Adulthood

5 key messages → 4 Pathways → Prepared for adulthood

5 key messages:

- Personalise your approach
- Develop a shared vision
- Improve post-16 options and support
- Raise aspirations
- Plan services together

Key Areas:

- Employment:** Work experience, Holiday job, Shadowing, Voluntary work, Employment.
- Independent living:** (Illustrated with a house, city, and people).
- Community Inclusion:** (Illustrated with people playing sports and socializing).
- Health:** (Illustrated with a person at a desk, a person running, and a person at a computer).

Tool Kit Formula:

Tool Kit = [Book icon] + [Piggy bank icon] + [Local office icon] + [Person icon]

Preparing for Adulthood

- support to prepare for higher education and/or employment;
- training options such as supported internships, apprenticeships and traineeships;
- support in finding a job, and learning how to do a job (for example, through work experience opportunities or the use of job coaches);
- help in understanding any welfare benefits that might be available when in work;
- preparation for independent living including where the child or young person wants to live in the future, who they want to live with and what support they will need;
- considering local housing options including housing benefits and social care support available;
- support in maintaining good health in adult life;
- support in participating in society: this is a wide-reaching concept and includes such things as understanding how to get about (using transport and benefits options relating to this) and making and maintaining relationships.



Factsheet 2

What are the benefits of Preparing for Adulthood?

- **Planning and preparing early** will help make it a more positive experience and build confidence and independence for leaving education and for transition to adults' education, health and social care services and understand what services are available to support them. Every young person's development will be different, so plans and services need to take account of this and be tailored to the individual and their family.
- **The benefit of planning from year 9** allows time to research options and for education, health or social care to put in any support the young person's needs in their final years at school to make sure their progression in the future is meaningful and successful.
- **Preparing for adulthood** aims to make transitions smoother for the young person. Any decisions or choices made are flexible. We understand that young people's needs change, their wishes and ideas will alter as they get older. However, it is a chance for people to start looking at how to support young people to achieve their goals and what they will need moving forward into adulthood.
- **Tameside Council's ambition** is to identify young people's aspirations and needs early through discussions and review meetings that will help to identify any gaps in service provision working with commissioners to shape future provision of education, health and social care services within the Local authority including future accommodation needs.
- **The key aim** is for education, health and social care to work with young people and families to help identify and achieve young people's goals in life.

What is transition?

Transition is a term used to describe the move from one provision or set of services to another, for example, from school to further education (college) and from children to adult's health and social care services.

As young people get older and move towards adult life there will be lots of exciting changes and decisions for them and you, their parents/carers, to think about. At the same time for some, the move from school to further education (college) or training can feel daunting. Transition from children's to adults' health and social care services may also feel confusing or difficult. There may not be a single equivalent service to support the young person after transition. Adults' social care and health services focus on the young person as an independent adult. This change can be difficult to adjust to.

If your son/daughter has an EHC Plan their EHC plan review at year 9 and every review after that should include a focus on preparing for adulthood and careful transition planning.

If your son/daughter has special educational needs and is receiving (SEN) support but does not have an EHC Plan, they should have regular discussions with you and their teachers about their future support needs as they prepare for adulthood as part of the planning and review process.



Factsheet 3

Preparing for Adulthood

What to think about...

You may have questions or concerns about a number of topics such as:

- What they will do and where they will go when they leave school
- Will they be able to find a job
- Travel training and transport needs
- Benefits and money
- Accessing the community
- How they will keep healthy and safe
- Leisure and social activities
- How they will stay in touch with, and make new, friends
- If they will have to pay for care and support
- Longer term plans

To make sure you get the most out of the annual review meetings it is important to help your young person to think about what they like and their hopes for the future before the meeting. Some young people will need more support to do this.

Who can you go to for help?

There may be a number of people who are working with you/your young person, such as:

- Teacher / SENCO
- Intervention worker
- SEN caseworker
- Social worker
- GP
- Nurse
- Other health professional

Your young person may choose one of the above to support them, perhaps to link with other professionals and provide advice and information.

If you need an education professional, talk to your school. If you need a social worker, contact the Local Authority Public Service Hub on **0161 342 4101** (see factsheet 15 for further details). If you need a health professional, contact your GP.



Factsheet 4

What is Person Centred / Family Centred Planning?

Your young person should always be at the centre of any discussions and decisions about their life, their aspirations, strengths and needs- this is called person centred planning. Person Centred Planning will identify the outcomes to help them to make progress and to move towards what they want to achieve. An outcome is something that the young person wants to achieve in adulthood like getting a job or living independently.

A child and family centred approach

In Tameside, we aim to put the child or young person and their family at the centre of all we do. We call this a 'child and family centred' approach and we want this approach to...

1. improve outcomes for the young person by:

- developing and making progress
- feeling good about themselves
- having more say in planning and making decisions

2. improve outcomes for the parent/carer by:

- understanding their young person's development
- having more say in planning and making decisions for their young person
 - feeling more confident
 - feeling more in control

We also want to make sure everyone understands that:

- a child or young person with special educational needs and/or disability does best within a supportive family and community and is affected (positively or negatively) by the stress and coping abilities of family members.
- the work that the Local authority do with families who have children or young people with SEND is to make life better for the child or young person and their family. This includes support to make sure their additional needs are met and that children and young people are kept safe.

We want to ensure that everyone uses a person centred approach to support children, young people and their parent/carers to:

- work out what their hopes, aspirations and goals are in order to get the best outcomes for them
- work out what is important for the child or young person and their parent/carers and what the child or young person needs
- have the information you need to make decisions about what needs to happen next.

We aim to do this by:

- listening carefully to what children and young people and their parent/carers have to say
- working together in a positive way with the child or young person at the centre to decide what is most important to them and help them come up with their own solutions wherever possible, including preparing for adult life
- providing the right information in the right way at the right time, including information about what might be possible in the future



Factsheet 4 continued

It is important that as parents and carers you are fully involved in decisions that are made. The knowledge and understanding you have of your young person must be listened to and respected and taken into account when making these decisions. The views of your young person will also be respected and listened to as part of decisions being made, in line with their age, maturity and capability.

If you do not think this is happening please talk to your education or training provider, where relevant, about your concerns. If you still have concerns that your young person's Education, Health and Care Plan does not reflect their wishes please contact the SEN team on **0161 342 4433**



Factsheet 5

What happens at year 9? (age 13/14)

Education

The Local authority is responsible for ensuring that the Year 9 review is carried out, and that this review includes a focused discussion on preparing for adulthood. A person centred approach must be taken. Parents will be invited to the review by the education setting where relevant.

Education settings will be notified by the local authority of the details of the caseworker allocated to each young person. How to prepare for transition/review meetings:

During this time, your young person will start to think more about what they want to do when they leave education. Where relevant, the young person's education setting will talk to you about transition planning and provide you with some information.

Before the transition/review meetings:

Decide if you may want anyone else to be invited and inform the school.

- make a careful note of the date and time of the meeting and confirm your attendance.
- decide how you and your young person will share your/their views at the meeting – write notes to take with you if you think it will help. Talk to the school about this as they often talk to the young person. Think about communication needs if non-verbal.
- fill in any forms and questionnaires sent to you. Make copies before you return them.
- read any information given to you and any reports. This information should be given to you at least two weeks before the review meeting.
- ask for help from the educational setting or they may put you in touch with a SEND case worker, they can support you before and at the meetings. Remember that the meeting is to help you and your young person.

What happens after the meeting?

- A copy of the annual review paperwork should be sent to you from the education provider within two weeks of the meeting date.
- The local authority SEN team will notify you of the outcome of the annual review within 4 weeks of the review meeting .

How will the EHC plan be updated?

The EHC plan will be reviewed each year until your son or daughter leaves school. Each review will explore whether the plan is working and whether any changes need to be made. This may be because your young person's ideas for the future and/or their special educational needs might have changed, so outcomes and provision might also need to be changed. Where necessary the Local authority will amend the EHC Plan following the annual review.



Factsheet 5 continued

Health

If you have a health professional involved in your child's life they should attend the year 9 reviews and start discussing with you when the key health service provision changes, from children to adult health services, will happen. It is important to start planning early as an individual approach is taken. This is a really good time to start talking to your GP.

Social care

If you have already have support via Early Help or an allocated Social Worker, speak to your named worker. If you feel you would like some information about support services, early information and advice should be gained through Family Help Practitioner in the first instance where possible call **0161 342 4260** and ask to speak to your Family Help Practitioner or email ehadvisors@tameside.gov.uk

You can also call Children's Services on Children's Services on **0161 342 4101**, Out of Hours **0161 342 2222**



Factsheet 6

What happens at year 11 onwards (age 16-18)?

Education

Teenagers may leave school at 16 but must continue in accredited education or training until their 18th birthday. All young people with SEND up to 19 should follow a study programme that stretches them, prepares them for adulthood and supports progression into work or further study.

Applications for further learning must be made early in the school year. Check the applications deadline for any sixth form or college your teenager wants to apply to. Look out for open days or evenings, which normally happen early in the autumn term. If a teenager finds open days challenging, the SEN team at the school or college may be able to arrange a separate visit.

It's also time to confirm any special arrangements for exams. Students with SEND may need help such as extra time, a computer or a smaller/ individual room. Access arrangements allow them to sit exams as fairly and comfortably as possible. Access arrangements are based on evidence of need and the normal way of working in the classroom and must be appropriate to the student and the exam. Talk to the SENCO and/or Examinations Officer as soon as possible.

If your teenager is applying for a job with training, find out which employers offer appropriate courses. Supported internships and traineeships offer work-based learning and apprenticeships offer employment with training (See factsheet 8) . Discuss possible options with the school and/or the independent Education and Careers advice. It is important to investigate more than one option in case a teenager does not get their first choice. As all the above options include learning, the EHC plan will still stand but is likely to need significant changes from that point. If a teenager intends to begin working after 16, discuss at the annual review how to make an Access to Work application. Post-16 learning may include English and maths at an appropriate level. Some students with SEND may have to work towards achieving at least GCSE level 4 (C) or equivalent qualification (e.g. Functional Skills Level 2), whereas others may be exempt from this.

Having the right education and training outcomes at this stage in an EHC plan is very important. This is because the decision whether a teenager aged 19-25 still needs a plan will depend on whether they have achieved their education and training outcomes – and if they haven't, whether remaining in education/training will help them to achieve them. If the EHC plan ends, young people with social care and/or health needs may still be eligible for an adult care and support plan from 18. This should be discussed via the annual review process.

Health

The key health professionals involved in the care of the young person will be invited to attend the year 11 EHC review. This is where detailed planning begins with you and the young person you care for. For young people with complex health needs it is crucial planning starts now. Health professionals involved in the young person's care will work in partnership so that it is clear which service is responsible for funding support for the young person in adulthood by their 17th birthday.

Social care

The Care Act 2014 places legal duties on Local authority's (LA's) about what must happen when a teenager transfers from children's to adults' services. If a teenager is likely to have care and support needs, the LA must complete an assessment before they reach 18. This duty also applies if a teenager is not currently receiving children's social services but may need services as an adult, e.g. if they have a degenerative condition or a mental health problem.



Factsheet 6 continued

A teenager or parent/carer can ask for this assessment. The Care Act does not say that the teenager must be a certain age before asking for an assessment. It says that LA must consider, in all cases, whether there would be a significant benefit' to the individual in making an assessment. If after assessment the LA decides the young person is not eligible for support, it should signpost them to appropriate agencies. If the LA decides not to make an assessment, it must explain why in writing. It must also provide information and advice about what can be done to prevent or delay the development of care and support needs.

It is sensible to assess care and support needs only when it is clear what those needs will be beyond the age of 18. Eligibility for children's social care does not automatically guarantee the same support as an adult.

Even if a teenager is not eligible, an assessment will give a good picture of overall strengths and needs that voluntary organisations may be able to meet.

Remember that a parent/carer may be eligible for Carer's Allowance. The transition assessment should consider this too.

The cost of social care support

People over the age of 18 who have eligible care and support needs under The Care Act may have to contribute towards their care and support costs. The transition assessment will include a check on how much a teenager can afford to contribute. A teenager may have to pay towards:

- home care (day and night)
- day activities and respite care
- supported living
- support from a Personal Assistant (PA)

If you would like to speak to someone about having an Care Act assessment from Adult Social Care ring the Community Gateway team on **0161 922 4888**

Ensuring there is no gap in services

When a LA assesses a teenager who is already receiving support from children's social care, they must continue providing support until adults' services are in place to take over – or until the assessment shows that adult care and support will not be provided.

There should be no gap in services.

Leaving paediatric services

Health partners must consider how they will manage the transition from paediatric to adult services. Measures should be put in place and clearly explained to both you and the young person you care for to make sure the transition is as smooth as possible.

The transfer from paediatric children's service to specialist adult health services will take place over a period of time. The more complex the individual's health needs are the more planning is required.



Factsheet 6 continued

If the young person you care for meets the NHS Continuing Health Care criteria the provision of care and support services will be led by the lead health practitioner. Good 'person-centred' planning will help make this difficult time less stressful. If you've not been advised about what will happen, talk to your individual consultant and start building a relationship with your GP, who will be the main point of contact post 18.

The role of the GP

It is a good idea to start engaging with your GP from 14 years of age onwards so you can develop a good working relationship. GP involvement can help transitions as they can provide an advocacy role; helping patients to understand and plan their treatment, navigate unfamiliar services successfully and remain engaged with their care. GPs take responsibility for making sure patients with long term conditions, multiple health needs or complex problems receive personalised and coordinated care. They may take the lead coordinating role or may work with other colleagues to do this.

The GP should also be involved in transitions where a young person has moved to adult services but does not attend meetings or appointments or engage with services, and when a young person is not eligible for specialist health services.

Visiting your GP

You can ask for a double appointment when booking an appointment for the young person you care for, this means there is extra time for any examination and to understand what the GP is saying.

LD Health Checks

If the young person you care for has a learning disability, check that they are included on the GP register of learning disability. This means they should automatically be called for an annual health check from the age of 14.

An annual health check can help you stay well by talking to a doctor or nurse about your health and finding any problems early, so they can be sorted out.

You do not have to be ill to have a health check – in fact, most people have their annual health check when they are feeling well. If you are worried about seeing a doctor, or there is anything they can do to make your appointment better, let the doctor or nurse know. They can make changes – reasonable adjustments – to help with the appointment – such as time, location and person carrying out the appointment.



Factsheet 7

What happens at age 18 up to 25?

Education and Training

School or College (Further Education)

Most young people with Education Health and Care Plans complete their further education by age 19, but some 19-25 year olds may require longer to complete and consolidate education and training. This need must be established through the annual review process.

Ending an EHC plan

One of the reasons for ending an EHC plan is that the young person no longer requires the special education or training provision specified in the plan. When deciding this about a young person aged 19 or over, the LA must take account of whether the education or training outcomes in the plan have been achieved. LAs must not end the plan simply because the young person is aged 19 or over. When a teenager is close to finishing their education and training, the LA should use the annual review process to agree the support needed to help them engage with adult services. From that point, an adult care and support plan and/or Continuing Health Care plan may replace the plan.

Special schools

Young people aged 19 cannot remain in a special school unless they are completing a secondary education course which started before they were 18. Instead they will need to move to college to continue their education or training.

Higher Education (University)

A young person in higher education (University) is not entitled to an EHC plan. Instead, there are separate systems in place to support disabled young people in higher education, including Disabled Students' Allowances (DSAs). These are non-repayable grants that help with the additional costs which disabled students incur. The government pays independent assessors to assess students' needs and recommend necessary support. DSAs fund a range of support, including help with the cost of specialist equipment, including computers, travel and non-medical helpers (e.g. sign language interpreters).

For more information, see the DSA finance guide at <https://www.gov.uk/disabled-students-allowance-dsa>

Where the teenager is eligible for support under the Care Act, Adult Social Care helps with Higher Education daily living and personal care costs.

Health

Dependent upon the types of needs your young person has, and how those needs are to be met, to achieve the best outcomes, the NHS can support the young person you care for with any health related activities. This eligibility follows an assessment of your NHS Continuing Health Care needs. This assessment is undertaken by a nurse, supported by the professionals that are responsible for the young person's help and support, as well as the young person themselves and any representative they have, such as you as their parent or informal carer. It is best that this assessment happens before their 18th birthday so that any needs they have as they reach adulthood are considered and support is in place.



Factsheet 7 continued

Often their social worker will complete the initial part of this assessment and then ask the health service to lead the rest of the process. Depending upon the outcome, it may mean that when the young person reaches adulthood and they are eligible for a package of care, this may either be funded fully by NHS ICB or jointly funded by the NHS and Local Authority (TMBC).

This eligibility is reviewed on a regular basis as needs can change. Eligibility is not based on diagnosis alone, but the needs that arise from it. The nature of the needs will determine whether the responsibility to provide this support falls to the Council, the NHS or both.

For more information contact the Individualised Commissioning Team (CHC) **0161 342 5544** or email them for more information on gmicb-tameside.chc@nhs.net

Emotional wellbeing

MENTAL HEALTH AND EMOTIONAL WELLBEING SUPPORT

<p>I need help now:</p> <p>Pressure 24/7 Helpline (toll-free) Our Mental Health Helpline is here for anyone in our area requiring urgent mental health support - this includes people already known to mental health services, those who are not known and carers. 0800 014 9995 24 hours a day 7 days a week www.penninecare.nhs.uk/help</p> <p>Talk to an adult, friend or somebody that you trust as soon as you can.</p> <p>Childline Call 0800 1111 or visit www.childline.org.uk</p> <p>Samaritans A confidential national helpline supporting people in mental health crisis 08457 90 90 90 www.samaritans.org</p> <p>Papyrus Papyrus offers support to young people feeling suicidal www.papyrus-uk.org/help-advice</p>	<p>I need advice or help:</p> <p>OKe Health Navigator Service - advice and additional support for health and mental health services for parents www.facebook.com/oketamesideuk/ Tel: 0161 342 5550 Mob: 07867484290 Email: oketameside@gmail.com</p> <p>Community Hive For mental health and emotional wellbeing the Community Hive offers walk-in support in accessible neighbourhood locations www.tameside.gov.uk/health-and-emotional-wellbeing-offer</p> <p>Early Help Family Information Service on 0161 342 4260 for help and advice on Early Help Services available. Monday to Wednesday: 8.30am - 5pm Thursday: 8.30am - 4.30pm Friday: 8.30am - 4pm www.penninecare.nhs.uk/early-help</p> <p>KOOTH Free, safe and anonymous mental health support for young people www.kooth.com</p> <p>Parenting Support Do you need support, advice and guidance? The Parenting team are here to support parents, carers and professionals. parentingreferrals@tameside.gov.uk 0161 368 7722 Please note that a email will only be viewed during 8.30am and 5pm - Monday to Friday</p>	<p>I need more help:</p> <p>CEDS Our Community Eating Disorders Service offers advice and support for families, carers, and those who work with, or support, a child or young person. 0161 716 4060 ped@cedfurnham.net www.penninecare.nhs.uk/ceds-south</p> <p>CAMHS Specialist services to children and young people who are experiencing mental health difficulties. Mental Health referrals need to be made by a professional to the single point of access that includes Early Help, Mental Health and Safeguarding. Following triage, the referral will be supported by the most appropriate service. www.penninecare.nhs.uk/tamesidecamhs</p>
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SELF-REFERRAL EMOTIONAL WELLBEING, SUPPORT AND ADVICE - FOR YOUNG PEOPLE OVER 16

YOUNG ADULT'S (18-25) MENTAL HEALTH AND EMOTIONAL WELLBEING GETTING ADVICE AND GETTING HELP (SEPTEMBER 2022)

Qwell
Free, safe and anonymous mental wellbeing support across the UK - go to Qwell.co.uk to get started today.
Support available includes:
• Live chat or messaging with qualified mental health professionals
• Self help tools and activities
• Online community
Live chat available from: Monday - Friday: 12pm - 10pm, Saturday and Sunday: 6pm - 10pm

kooth
Kooth is an online counselling and emotional wellbeing platform for children and young people aged 11 to 25 years. The digital platform, which is available on any web-enabled, internet connected device (e.g. laptop, smartphone, tablet) is available 24/7, 365 days a year. No referral required - register here www.kooth.com

Minds Matter
Minds Matter supports people with mild to moderate mental health problems. Mental Wellbeing Practitioners, Peer Support Workers and Counsellors who can help you to manage and overcome your difficulties via counselling, one-to-one support, groups, drop-in support and coaching. The services operate from Monday - Friday 9am - 4.30pm, and is open to anyone aged 16+ years. Self-referral accepted. Phone: 0161 470 6100
www.thebiglightgroup.com/service/mindsmatter/

Healthy Minds is a talking therapies service. Providing support and treatment for those who are experiencing symptoms such as difficulty sleeping, low mood / depression, stress, worry or anxiety, feelings of hopelessness or panic attacks. Healthy Minds also offer a service for complicated bereavements and adjustments to life events (6-12 months post incident). The service is open to anyone aged 16 years +. Self referrals are accepted. Monday - Friday 9am - 5pm. Phone: 0161 716 4242. Website: www.penninecare.nhs.uk/healthyminds-tameside

Local Offer for SEND
Local Offer
Tameside

Explore the **Health and Wellbeing College** for courses designed to empower you to take control of your own health and wellbeing, through learning new skills and connecting with people.

HEALTH AND WELLBEING COLLEGE

NHS Pennine Care NHS Foundation Trust

Social Care

Where young people aged 18 or over still have EHC plans and receive support from adult social care, it is provided under the Care Act 2014. The EHC plan remains the overarching plan that ensures young people receive the support needed to achieve agreed Preparing for Adulthood outcomes. The adult care and support plan forms the 'care' element of the teenager's plan.

If you would like to make a request for an Adult Social Care assessment contact the community gateway on **0161 922 4888**.



Factsheet 8

Employment, Internships and Careers

Young people with an EHC plan can undertake supported internships, employment or apprenticeships, all of which aim to prepare them for employment:

Supported Internships

Supported internships are structured study programmes based mainly within an employer's premises. They support young people with SEND to gain and further develop a range of skills through learning in the workplace. They normally last for an academic year and include unpaid work placements of at least six months. Wherever possible, they support the young person to move into paid employment at the end of the programme. Only young people with an EHC plan can access supported internships.

For more information, visit <https://www.tameside.gov.uk/localoffer/supportedinternships>

Supported Employment

Supported employment has been successfully used as a model for supporting people with significant disabilities to secure and retain paid employment. The scheme enables people with disabilities to achieve sustainable long-term employment and businesses to employ valuable workers. For more information contact the British Association for Supported Employment (BASE) at <https://www.base-uk.org/home>

Routes to Work

Routes to Work is a supported employment service provided by Tameside MBC for young people over 18 years old. They offer advice, support and practical assistance to Tameside residents with a Disability, which is proving a barrier to employment.

What services do we provide?

We support people aged 18+ to achieve paid employment using a range of methods. We work to discover strengths through discussion. Our service is all about finding the right job for the right person, matching client skills to the employer needs. We offer a tailor made package of support which is highly personalised.

We can maximise your chances of getting the right job by helping to:

- Produce your CV
- Practice interview skills

Accompany you to the interview and we will guide you through the recruitment process

<https://www.tameside.gov.uk/supportedemployment>

Apprenticeships

Apprenticeships are actual jobs with training, allowing people to earn while they study for nationally recognised qualifications. They last between one and seven years and are available in over 1,500 occupations across 170 industries nationally. They range from level 2 (GCSE levels 4-9) to level 7 (higher degree) and are employer-run. They are employment-based, with learning delivered by a training provider for more information visit

<https://www.gov.uk/apprenticeships-guide>



Factsheet 8 continued

Access to Work grant

An Access to Work grant can cover the additional support your child may need for the in-work element of a supported internship, or employment. For more information see: www.gov.uk/access-to-work/overview

Please note your child may not be eligible if they are claiming Employment and Support Allowance or Universal Credit. The amount of money your child gets will depend on their circumstances. Use <https://www.entitledto.co.uk/benefits-calculator/Intro/Home?cid=61fe2743-16f6-4c33-aaa4-775fb2e5c105> to calculate entitlement and how employment may affect benefits.

19-to-25-year-olds who make a benefit claim will be invited to meet a work coach at the Jobcentre. At the Jobcentre, the work coach will discuss the young person's needs and any barriers to work. If your young person has a long-term disability or health condition, they will have a work capability assessment to determine how their ability to work is affected.

Careers Advice

Positive Steps is a charitable trust that delivers a range of targeted statutory careers information, advice and guidance service in Tameside for young people aged 13 to 25 years to help them move into education, employment and training. For more information please visit:

<https://www.positive-steps.org.uk/services-for-children-and-young-people/career-guidance>



Factsheet 9

Finance and benefits

On turning 16 your child:

- can claim benefits in their own right; however, if they stay in full-time non-advanced education (e.g. GCSEs, A-levels, BTECs, NVQ levels 1-3) or some types of training, parents can choose to carry on claiming child benefit for them as part of their family. You will need to weigh up which option is likely to leave your family better off.
- can receive direct payments in their own right for education, health and social if they are eligible.
- will be reassessed under PIP (Personal Independence Payment) if they have been getting DLA (Disability Living Allowance) as a child. For more information go to, <https://www.disabilityrightsuk.org/resources/personal-independence-payment>
- can apply for Employment and Support Allowance (ESA) if they are in full-time education and get DLA/PIP. For more information go to, <https://www.gov.uk/employment-support-allowance>

Please note: An award of Employment and Support Allowance (ESA) to the child means that any benefits parents get for their child as a dependant (e.g. child benefit, tax credits) will stop. Seek specialist advice to make sure your family won't be worse off! Advice is available from the Citizens Advice Bureau and the Welfare Benefits Advice helpline. You have to end child benefit yourself when claiming ESA – this does not automatically stop.

16-19 bursary fund

If your child is in further education (school or college) or training they could apply for a 16-19 bursary. There are two types of bursary:

1. Vulnerable student bursary

Up to £1,200 per year if at least one of the following applies to your child:

- In or recently left council care
- Is disabled and getting Income Support (IS) in their own name
- Is disabled and getting Employment and Support Allowance (ESA) and either DLA or PIP
- Is disabled and getting Universal Credit in their own name in place of IS or ESA

2. Discretionary bursary:

You can apply for this if you need financial help but your child doesn't 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 family income) and what it can be used for. For more detailed information, see 16 to 19 Bursary Fund guide 2022 to 2023 academic year - GOV.UK (www.gov.uk)

You can obtain information and support about finances and benefits from Tameside Welfare Rights and Debt advice Service. They will advise Tameside residents on a range of welfare benefit entitlements and debt problems.

The advice given by the service is completely independent, impartial, confidential and free. The services recognises that individuals must make their own decisions, and that the role of the service is to give people the information they need to be able to exercise their rights.



Factsheet 9 continued

Our services include:

- Providing advice and information on welfare benefit entitlements.
- Undertake casework for welfare benefit matters.
- Offer representation at benefit appeal hearings.
- Drawing up financial statements for mortgage and rent arrear purposes.
- Negotiating payment plans with mortgage providers or landlords.
- Representing at county court hearings.

How to contact us

- Request service at any time at www.tameside.gov.uk/welfarerights for welfare benefits.
- Benefits Freephone Advice Line on **0800 074 9985**, this operates Monday and Wednesday 9.30am – 12.30pm.
- Request service at any time at www.tameside.gov.uk/debtadvice for debt advice.
- For county court hearings relating to mortgage or rent arrears phone **0161 342 3494**.
- You may be referred via other organisation such as C.A.B.

Managing finances

Parents often worry about how they can support their children to manage their finances as they move into adulthood. Some young people will be able to engage in developing money management skills building numeracy and budgeting skills working towards financial independence.

For other young people this will not be a realistic goal and they will require support in financial management all their lives due to the complexity of their individual needs this is usually through applying to become a Deputy or appointee. What is the difference between a Deputy and an Appointee?

A Deputy is put in place by the Court of Protection and undertakes the responsibility for the management of all of a person's financial affairs if they become incapable of doing so themselves. This may include managing savings, pensions and all other sources of income or assets including property and valuables.

The exact level of responsibility and authority granted by the Court of Protection varies as it depends on the individual court order granted.

A Deputy is supervised and regulated by the Office of the Public Guardian (OPG) whilst appointees are regulated by the Department of Work and Pensions (DWP).

An Appointee has the responsibility to act in the best interest of the individual by managing a person's welfare benefits in order to ensure that everyday bills are paid and to report any changes in circumstances to the DWP. Hence, an appointee has a much smaller level of legal authority over someone's finances as it is simply restricted to their welfare benefit payments.

For more information: www.gov.uk/become-appointee-for-someone-claiming-benefits

If your son or daughter has a significant amount of money, savings or assets that have been gifted to them it may be more appropriate to make an application to the court of protection.



Factsheet 9 continued

You can apply to become someone's deputy if they 'lack mental capacity'. This means they cannot make a decision for themselves at the time it needs to be made. They may still be able to make decisions for themselves at certain times. As a deputy, you'll be authorised by the Court of Protection to make decisions on their behalf.

There are 2 types of deputy.

- Property and financial affairs deputy - You'll do things like pay the person's bills or organise their savings.
- Personal welfare deputy - You'll make decisions about medical treatment and how someone is looked after.

You cannot become someone's personal welfare deputy if they're under 16. Get legal advice if you think the court needs to make a decision about their care.

The court will usually only appoint a personal welfare deputy if:

- There's doubt whether decisions will be made in someone's best interests, for example because the family disagree about care
- someone needs to be appointed to make decisions about a specific issue over time, for example where someone will live

For guidance about when you need to make a personal welfare application go to the following website;

www.gov.uk/become-deputy

You can apply to be just one type of deputy or both. If you're appointed, you'll get a court order saying what you can and cannot do.

When you become a deputy, you must send an annual deputy report to the Office of the Public Guardian (OPG) each year explaining the decisions you've made.

You can apply directly on line through the website or contact a solicitor who will complete the process on your behalf. To become a deputy you need to pay an application fee. The cost of the direct application can be found on the government website, however you will need to seek advice directly from your solicitor about fees when instructing a solicitor to make the application for you.



Factsheet 10

Personal budgets

A personal budget is an amount of money identified to deliver the outcomes in an EHC Plan. This may include funding for special educational, health and social care provision. They are designed to give choice and flexibility so that people can have better control of their lives and do not have to fit into existing services.

A personal budget is the funding a teenager is entitled to for care needs. Direct payments is just one way they may receive the funds.

Personal budgets can help families

- know how much things cost
- have more control in deciding the best and appropriate support
- tailor their own unique package of care
- decide how the personal budget is looked after

Personal budgets can be paid in different ways:

- by direct payments - you receive the money
- notional - The LA or Clinical Commissioning Group commission services for you
- third party - you can request a third party such as a broker to manage your support for you
- combination - a mix of the above

If a teenager is eligible for an EHC plan or social care support, families can ask a SEN support worker for more information on personal budgets.

Young people over 16 can also receive a personal budget in their own right.

Direct payments

Direct payments may be available if a teenager receives social care funding through The Children and Families Act 2014 or Care Act 2014. It can be spent on anything agreed in the EHC or social care support plan, such as:

- access to local community and groups
- access to a variety of short breaks
- personal care
- day trips/activities
- personal assistants

Please note that all personal budgets have rules attached to them which make clear what people can and cannot spend the personal budget on. The total personal budget should be made clear to you and your son/daughter so you can be involved in deciding what to spend it on.

Personal budgets for health care for young people over 18 years of age

Personal health budgets are offered to individuals who meet continuing health care criteria funding to meet their specific health needs. Speak to your health professional about this.

For more information about this ring Individualised Commissioning Team (CHC) **0161342 5544** or email them on gmicb-tameside.chc@nhs.net



Factsheet 11

Mental health and being healthy

This section contains information about mental health support you can access at any time, some of it depends on the age of the young person and that is explained below

Being healthy

Physical and mental health is extremely important for quality of life. Better health is central to happiness and wellbeing. Easy health has great information regarding food and exercise

www.easyhealth.org.uk

Be Well

Be Well Tameside is a free service for all Tameside residents, those who work in Tameside or are registered with a Tameside GP.

The service offers range of health and wellbeing support, advice on a range of day-to-day lifestyle issues areas such as stopping smoking, weight management and support around food, nutrition and healthy eating, increasing physical activity, reducing salt, sugar and caffeine, oral health and alcohol awareness.

Contact them today to find out more or book an appointment. Telephone: **0161 342 5050** or email: beewelltameside@tameside.gov.uk

Visiting your GP

You can ask for a double appointment when booking an appointment for the young person you care for, this means there is extra time for any examination and to understand what the GP is saying.

If the Young Person you care for has a learning disability, check that they are included on the GP register of learning disability. This means they should automatically be called for an annual health check from the age of 14.

An annual health check can help you stay well by talking to a doctor or nurse about your health and finding any problems early, so they can be sorted out.

You do not have to be ill to have a health check – in fact, most people have their annual health check when they are feeling well.

If you are worried about seeing a doctor, or there is anything they can do to make your appointment better, let the doctor or nurse know.

They can make changes to help you. These are called reasonable adjustments.



Factsheet 11 continued

Children and Young People Mental Health Support

There are lots of organisations that offer mental health support locally. You might need different types of support at different times in your life. Sometimes it might just be about getting a bit of advice or sometimes problems are more serious or don't get better with self-help.

When children and young people need help, we want them to find it easily, for it to meet their needs, be delivered by people who care and for services to listen to their views.

We talk about young people THRIVING – and support is in place in whatever way you need to enable you to thrive- whether that is about Getting Advice, Getting Help, Getting More Help or if services need to come together around Risk Support to prevent crisis.

Some of the services listed below can be accessed by anyone at anytime. To access others, in the getting help and getting more help areas, a referral from a health professional is needed. A Health Professional can do this by making a referral to the Single Point of Access, which is in partnership with TMBC services also. Once received the referral will be considered and the best source of support for the young person at that time will be arranged.

MENTAL HEALTH AND EMOTIONAL WELLBEING SUPPORT

I need help now:

Pennine 24/7 Helpline: (freephone)
Our Mental Health Helpline is here for anyone in our area requiring urgent mental health support - this includes people already known to mental health services, those who are not known and carers.
0800 014 9995
24 hours a day 7 days a week
www.penninecare.nhs.uk/help

Talk to an adult, friend or somebody that you trust as soon as you can.

Childline
Call 0800 1111 or visit www.childline.org.uk

Samaritans
A confidential national helpline supporting people in mental health crisis
08457 90 90 90
www.samaritans.org

Papyrus
Papyrus offers support to young people feeling suicidal
www.papyrus-uk.org/help-advice

I need advice or help:

OKE
Health Navigator Service - advice and additional support for health and mental health services for parents.
www.facebook.com/ourkidsayses.uk/
Tel: 0161 342 5550 Mob: 07867484290
Email: oketameside@gmail.com

Community Hive
For mental health and emotional wellbeing the Community Hive offers walk in support in accessible neighbourhood locations
www.tameside.gov.uk/youth-in-mind/community-wellbeing-offer

Early Help
Family Information Service on 0161 342 4260 for help and advice on Early Help Services available.
Monday to Wednesday: 8.30am - 5pm
Thurs: 8.30am - 4.30pm
Fri: 8.30am - 4pm
www.tameside.gov.uk/early-help

KOOTH
Free, safe and anonymous mental health support for young people
www.kooth.com

Parenting Support
Do you need support, advice and guidance? The Parenting Team are here to support parents, carers and professionals.
parentingreferrals@tameside.gov.uk
0161 368 7722
Please note that e-mails will only be viewed during 8.30am and 5pm - Monday to Friday.

I need more help:

CEDS
Our Community Eating Disorder Service offers advice and support to families, carers, and those who work with, or support, a child or young person.
0161 716 4060
pcn-tr-ceds@nhs.net
www.penninecare.nhs.uk/ceds-south

CAMHS
Specialist services to children and young people who are experiencing mental health difficulties.
Mental Health referrals need to be made by a professional to the single point of access that includes Early Help, Mental Health and Safeguarding. Following triage, the referral will be supported by the most appropriate service.
www.penninecare.nhs.uk/tamesidecamhs

SELF-REFERRAL EMOTIONAL WELLBEING, SUPPORT AND ADVICE - FOR CHILDREN AGED 8-18

CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH AND EMOTIONAL WELLBEING GETTING ADVICE AND GETTING HELP (SEPTEMBER 2022)

Do you have a query around Autism or ADHD and need support?
ADHD / ASD Consultation Offer

NHS Pennine Care
NHS Foundation Trust

Contact the CAMHS Service on 0161 716 3600 to access one of the Tuesday Consultation slots with one of the Neuro Specialist Team. This could be delivered digitally, over the phone or where there are risks, we can support face to face. You can access more than one consultation appointment if you need to.

Community Hive
The Community Hive (8-18 Year olds)
TOG Mind
Every Wednesday 4-8pm in Ashton, other localities available
Brief Intervention Walk In Online Support

Families and Young People Can SELF-REFER to the Community Hive - online support and drop ins

School Nurse Health Advice Line
Call 0161-366-2317
Monday to Friday 9am-4pm

Early Help
Neighbourhood Support and Advice for families in Tameside
Tameside Metropolitan Borough

KOOTH Online Counselling and Peer Support Forum
(11-25 year olds)
Free to register, no referral needed
kooth

There is additional support for young people in schools so please speak to the pastoral lead about accessing support in school. The mental health in schools team is expanding across schools.
<http://www.penninecare.nhs.uk/tameside-mh-support>



Factsheet 11 continued

Young Adult Mental Health Support

The services and support listed below can be accessed either by the young person themselves or via a GP referral.

Low, anxious, stressed or need to talk?



Urgent Support

When you need help straight away

Mental Health Helpline

A local mental health crisis helpline for all ages in Tameside

0800 014 9995

24 hours a day 7 days a week

SAFE Tameside

Welcoming drop-ins across Tameside for people in mental health crisis.

www.thebiglifegroup.com/service/safe-tameside

Weekdays 11.30am-8pm

Samaritans

A confidential national helpline supporting people in mental health crisis

116 123

24 hours a day, 7 days a week

Service Support

When you need support from a service

Minds Matter

Guided self-help, peer support and counselling to address everyday life challenges impacting your wellbeing

0161 470 6100

Weekdays 9am-5pm

Healthy Minds

Talking therapies to support your mental health

0161 716 4242

Weekdays 9am-5pm

Mental Health Open Door

Access to mental health services in Tameside

0161 716 4247

Weekdays, 9am-5pm

Online Support

For support you can access any time

Silvercloud

Online support for your mental health

<https://gm.silvercloudhealth.com/signup>

Living Life to the Full

Resources to support mental wellbeing

www.llttfgm.llttf4.com

Kooth

Free, safe and anonymous mental health support for young people

www.kooth.com

Qwell

Free, safe and anonymous mental health support

www.qwell.io

Community Support

Welcoming places you can go for support

Infinity Initiatives

Café, counselling, advocacy and support service

0161 339 6137

Weekdays 9am-2:30pm with appointments available outside these hours

The Anthony Seddon Fund

Peer Support for mental wellbeing

0161 376 4439

Weekdays 9am-5pm

Diversity Matters North West

Mental health awareness and peer support for BAME communities

0161 368 3268

**Mon-Thurs 9am-5pm
Friday 10am-4pm**

Health and Wellbeing College

Courses to support your mental wellbeing

0161 716 2666

Weekdays 9am-5pm

Tameside, Oldham & Glossop Mind

Peer support, counselling and drop in support for mental health

0161 330 9223

Weekdays 9am-5pm



Scan this code with your phone to access more information



Factsheet 12

Mental Capacity and Best interest decisions

The Mental Capacity Act 2005 ('MCA') applies to everyone aged 16 or over, so parents or carers of a young person with a disability or condition which may affect a person's capacity to make decisions (such as a learning disability), should become familiar with the MCA's potential implications for themselves and their young person. The MCA helps families and professionals work out whether the young person has capacity to make their own decisions, and if not, how to work out what is in their best interests.

How the Mental Capacity Act works

'Mental capacity' refers to a person's ability to make decisions. Whether someone lacks capacity is determined on a decision-by-decision basis. For example, your young person may have the capacity to decide what to eat, but may not have the capacity to decide whether to have an operation or not.

Young people should not be labelled as 'lacking capacity' in all areas. If someone suggests that your son or daughter 'lacks capacity', your next question to them could be 'lacks capacity for what decision?' In addition, your young person's diagnosis or disability is not the deciding factor. It is about how their condition affects their ability to:

- 1. Understand information about a particular decision**
- 2. Remember that information long enough to be able to make the decision**
- 3. Weigh up the information available to make the decision**
- 4. Communicate the decision.**

A person must be assumed to have capacity until proven otherwise, and steps must be taken to support a person to make their own decision, such as using their preferred type of communication or allowing enough time.

It is often assumed that when a young person with conditions such as autism or learning disabilities, reaches adulthood parents, siblings and other close family members can continue to make decisions for them as they always have. You and your family might think of yourselves as 'next of kin', but the law doesn't automatically give someone's 'next of kin' the right to make decisions for them.

If a person is unable to make a decision for themselves, the law states that others should act in their 'best interests'. This means involving the person as far as possible and taking into account their wishes, feelings and values. The views of the person's family and carers should also be taken into account.

Many decisions made on behalf of someone who lacks mental capacity don't involve the decision-maker using any specific legal powers, e.g. choosing what to eat for lunch. You know your young person well, and will probably be aware of many of their preferences already. For some more complex decisions, including some financial and healthcare decisions, special permission may be needed to be able to make decisions on their behalf. For very serious issues, or where there is a dispute about someone's capacity or best interests, a judge in the Court of Protection can make the ultimate decision.



Factsheet 12 continued

The parents of a young person who is unable to make a decision are likely to be involved in:

- **Supporting them to make a significant decision**
- **Supporting during an assessment of their mental capacity**
- **Making a decision or acting on their behalf**
- **Being consulted when someone else makes a decision or acts on behalf of their young person**
- **Challenging a decision made on a relative's behalf.**

If you feel your young person may not be able to make their own decisions after the age of 16, talk to your social worker for advice on mental capacity if you have one. A mental capacity assessment may be arranged to identify how best to support a young person. Assessments of capacity should be time and decision specific. This will be discussed and agreed by your social worker.

If you do not have a social worker you can gain further information about the Mental Capacity Act:

<https://www.gov.uk/government/collections/mental-capacity-act-making-decisions>

If you feel you need a social worker to help you to make a significant decision contact the Local Authority Public Service Hub on **0161 342 4101** if your young person is 16-18 years old or if over 18 years old contact Adult Social Care via the Community Gateway team on **0161 922 4888**.



Factsheet 13

Independent living and being part of society

Independent Living

At some point your young person may choose to move out of the family home and live independently. There are many different types of accommodation available. To help make the right decision you will need to think about the kind of support your young person may need to live away from home. Adult Services has a range of accommodation options for those who meet the eligibility criteria under the Care Act. If your young person already has a social worker or social care assessor talk to them about the kinds of housing may be available. They can help you to put your young person's name on the housing waiting lists held by Tameside Council, if appropriate, and can help you to put plans in place for the future.

These options can range from accommodation with staff presence 24 hours a day to general needs housing with a package of floating support depending on the identified level of need. These options are accessed through the Adult Social Care teams and referrals will be made following a Care Act assessment. If you would like to request a Care Act assessment contact **0161 922 4888**

Types of accommodation options following care act assessments include;

Supported Living

This is where an individual lives in their own home, often shared with others. The individual usually occupies the premises under an occupancy agreement, which might be a tenancy agreement or a licence to occupy. Separate to the occupancy agreement, the individual is likely to receive individual care support in accordance with a support plan. There is staff support over 24 hours.

Extra Care Housing

This is usually purpose-built or adapted single household accommodation (e.g flats) that is owned or occupied under an occupancy agreement. The accommodation is in a building of similar households specifically designed to facilitate the delivery of care to people, either now or when they may need it in the future. There is access to staff support over 24 hours.

Shared Lives

This is accommodation within a shared family home lived in under an occupancy agreement. The homes are owned or tenanted by a Shared Lives Carer who has been approved by the Tameside Shared Lives scheme that is registered to provide individual care. The makeup of the family homes and level of carer vary based on the circumstances of both the individual who needs support and the Shared Lives Carer. The Shared Lives Scheme work with the individuals and carers to match people.



Factsheet 13 continued

General Needs Housing with floating support

This is accommodation provided by local housing associations or the private rented sector with a package of care commissioned via the local authority. The staff support is limited to the assessed package visits.

Supported Accommodation Household Costs and Charges for Support

Where an individual is accessing a supported accommodation option, they will be responsible for the cost of any utility and other household bills in relation to the type of service they are supported. This will mean a contribution to these where the accommodation is shared and/or managing your own costs in a single tenancy. In addition, individuals will be subject to a fairer charging financial assessment which will determine any contribution to the costs of care and support.



Factsheet 14

Support for Carers & Young Carers

Being a carer can be both rewarding and isolating, it can impact on your day to day life significantly, including, emotionally, financially and physically. As a carer you are also entitled to support and an assessment in your own right. Tameside Carers Centre supports all carers who live in the Tameside area.

Carers can be referred in by professionals using our Referral to the Health and Wellbeing Service and emailed to CarersCentre@tameside.gov.uk. Professionals are able to contact us by email, should you have any questions/queries regarding a Carer.

Carers can also self-refer by:

- Calling in to our drop in sessions at People's Place
- Phoning the Carers Centre on **0161342 3344**
- Emailing CarersCentre@tameside.gov.uk

Why is the Carers Assessment Important?

A carer is able to register with the Carers Centre, a Carers assessment will then be offered. If the cared for person has a package of care, the assessment will be completed by a social worker. If there is not a package of care, the assessment will be completed by a wellbeing worker in the carers centre.

A carer's assessment is completed with you to see how we can help to make life a little bit easier. The assessment will look at who you care for, what you do to help, how this impacts you and what your interests are to support your wellbeing. The assessment will help us put a plan together to support you going forward and identify the support you need to achieve it. This is a chance to talk about your caring role and discuss if you are able to continue to support the cared for.

How can we help?

- Carers Assessment
- Signposting to services
- Peer Group Support
- Carers Council
- Transition pathways from young carers to adult
- Emotional Support, a listening ear
- Quarterly Newsletter – Signpost
- Help and advice around benefit entitlement such as Carers Allowance
- Access to Radar Keys
- Access to TEC Cards – Peace of Mind for Carer
- Drop in sessions
- Information, support and advocacy
- Facebook Page with information – #Tameside Carers Centre



Factsheet 14 continued

Young Carers

By definition, a young carer is someone under the age of 18 who looks after a family member or friend who has a physical or mental health condition, or misuses drugs or alcohol. They may also look after brothers, sisters or elderly relatives too. Though many children will help to care for siblings willingly and without complaint, the role could still be taking its toll. If there are other children in the family who help in any way with providing care, there is support available to them through the young carer's project.

If you have a Young Carer within your household or extended family, Tameside Young Carers Project can give you:

- **Individual advice and support**
- **The chance to meet other young Carers**
- **Regular trips and activities**
- **A regular newsletter**
- **A Young Carers Pack**

More information about their activities and support can be found on:

<https://www.tameside.gov.uk/Carers/The-Young-Carers-Project>

Or contact them directly on Telephone Number **0161 368 7722**

Young Carers Support Worker, Hattersley Children's Centre, Melandra Crescent, Hyde SK14 3RB



Factsheet 15

Useful websites and contacts

Careers & employment advice

Positive Steps

Provide careers information, advice, and guidance to help young people make well-informed and realistic decisions about their career pathways. They work with young people in schools to help them choose options, decide on their careers, and apply for opportunities for when they complete Year 11.

<https://www.positive-steps.org.uk/services-for-children-and-young-people/career-guidance>

Supported internships in Tameside

Supported internships are a structured study programme based primarily at an employer. They enable young people aged 16-24 with a statement of SEN or an Education, Health and Care plan to achieve sustainable paid employment by equipping them with the skills they need for work, through learning in the workplace.

<https://www.tameside.gov.uk/localoffer/supportedinternships>

Routes to Work

Is a Supported Employment service provided by Tameside MBC. Who offer advice, support and practical assistance to local residents with a Disability, which is a barrier to employment.

<https://www.tameside.gov.uk/supportedemployment>

Carers Support

Tameside Carers Centre

Provides those who look after someone in Tameside with information, advice, support and advocacy. Services at the Carers Centre are free, and impartial with confidential information and support available through Advisors. We are part of a service called the Health and Wellbeing Service within the council and can give you more details about that part of our service if you enquire about this too.

<https://www.tameside.gov.uk/carers/centre>

Tameside Carers Centre, Tameside One, Market Place, Ashton-under-Lyne, OL6 6BH

Telephone Number **0161342 3344**

Young Carers

The young carer's project offers support to Young people aged 8-18 years that have a significant caring role for a family member. More information about their activities and support can be found on:

<https://www.tameside.gov.uk/Carers/The-Young-Carers-Project>

Young Carers Support Worker, Hattersley Children's Centre, Melandra Crescent, Hyde SK14 3RB

Telephone Number **0161 368 7722**

Parent carer forum

If you are a parent or carer of a child or young person (aged 0-25) with additional needs who lives in Tameside and/or whose child uses Tameside Education, Health or Social Care Services and would like more information about the forum and or you would like to become a member of the forum see the link below.

<https://www.ourkidseyes.org/tameside-parent-carer-forum>



Factsheet 15 continued

Our Kids Eyes

Offers support, information and activities to families who have children with special needs/disabilities. The parent led charity is here to listen, support and empower parents. They will help parents navigate and understand systems, find the right support and signpost them to other services and local support groups.

<https://www.ourkidseyes.org>

Welfare Rights

Tameside Welfare Rights and Debt advice Service

They will advise Tameside residents on a range of welfare benefit entitlements and debt problems. The advice given by the service is completely independent, impartial, confidential and free. The services recognises that individuals must make their own decisions, and that the role of the service is to give people the information they need to be able to exercise their rights. Request service at any time at <https://www.tameside.gov.uk/welfarerights>

Benefits Freephone Advice Line on **0800 074 9985**, this operates Monday and Wednesday 9.30am – 12.30pm.

www.tameside.gov.uk/debtadvice for debt advice.

For county court hearings relating to mortgage or rent arrears phone **0161 342 3494**.

Education

If you are in unhappy with any decision made by the local authority you can discuss this by seeking independent support by SENDIASS.

The Together Trust SENDIASS service

Offers free, confidential and impartial support to parents and carers of children and young people aged between 0 and 25 who have or may have Special Educational Needs and Disabilities in Tameside. They also provide independent advice and support directly to young people aged between 16 and 25 who have or may have Special Educational Needs and Disabilities. Young people can access the service in their own right or with the support of their parents. Further information on SENDIASS can be found here: <https://www.togethertrust.org.uk/SENDIASS>

Social care

0-18 yrs

If you feel you would like some information about support services , early information and advice should be gained through Early Help Advisers in the first instance where possible call **0161 342 4260** and ask to speak to your Early Help Adviser or email ehaadvisors@tameside.gov.uk

You can also call Children's Services on Children's Services on **0161 342 4101**

Out of Hours **0161 342 2222**

18 yrs +

If you do not already have any social work support and would like further information and advice contact, You can call **0161 922 4888**, If you would like to speak to someone about having an Care Act assessment from Adult Social Care ring the Community Gateway.



Factsheet 15 continued

Local Offer

The purpose of the Tameside SEND Local Offer is to provide a single place where families can access information, advice, support and services for children and young people (aged 0-25) with SEND.

<https://www.tameside.gov.uk/Education/Tameside-Local-Offer>

National organisations and charities who can also be contacted for advice and support:

Citizens Advice

They believe that no one should have to face problems without good quality, independent advice. They aim to give people the knowledge and the confidence they need to find their way forward - whoever they are, and whatever their problem.

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

Contact – formerly known as Contact a family

A charity committed to supporting families with disabled children. They produce their own helpful guide for families and have a website full of information and advice.

You can contact them by telephone on 0808 808 3555 <https://contact.org.uk/>

Council for disabled children (CDC)

Are the umbrella body for the disabled children's sector with a membership of over 300 voluntary and community organisations and an active network of practitioners that spans education, health and social care.

<https://councilfordisabledchildren.org.uk/>

Further information and a link to CDC resources can be found here: Resources (ncb.org.uk)

Benefits advice for young people turning 16 years old

- Young people can claim benefits in their own right; however, if they stay in full-time non-advanced education (e.g. GCSEs, A-levels, BTECs, NVQ levels 1-3) or some types of training, parents can choose to carry on claiming child benefit for them as part of their family. You will need to weigh up which option is likely to leave your family better off.
- Young people can receive direct payments in their own right for education, health and social if they are eligible.
- Young people will be reassessed under PIP (Personal Independence Payment) if they have been getting DLA (Disability Living Allowance) as a child. For more information go to: <https://www.disabilityrightsuk.org/resources/personal-independence-payment>
- Young people can apply for Employment and Support Allowance (ESA) if they are in full-time education and get DLA/PIP. For more information go to, <https://www.gov.uk/employment-support-allowance>

Information on DLA and PIP is at <https://www.gov.uk/pip>



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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).

Further information can be found here: [Who we are | \(IPSEA\) Independent Provider of Special Education Advice.](#)

National Development Team for Inclusion

Are a social change organisation working to enable people at risk of exclusion, due to age or disability, to live the life they choose. Through their development work, research and evaluation and best practice examples, they have developed dedicated Preparing for Adulthood resources including a wide variety of downloadable resources available for parents/carers, young people and professionals.

<https://www.ndti.org.uk/resources/preparing-for-adulthood-all-tools-resources>

