

MOVE ON UP

October 2023 Newsletter



A half-termly newsletter from the Move On Up team with information about transitions, relevant events, open days, organisations and activities, and creative activities to help build the confidence of young people transitioning into adult community services.



Transitions: Where To Start?

Transitioning out of school or college and into adult community services can be an overwhelming process. In these newsletters, we hope to provide some useful information, links and signposting to help you navigate the process.



Receiving support from adult community services is often organised through social care teams at the local authority. Here are some useful websites to find out about Preparing for Adulthood, Adult Social Care, the referral process and what options might be available:

Adult Social Care, Bradford Council:

www.bradford.gov.uk/adult-social-care/adult-social-care/

On the Bradford Council website, you can find out more about what care and support is available, how to get a care needs assessment, and how financial assessments are calculated.



Preparation for Adulthood Team, Bradford Council:

www.bradford.gov.uk/adult-social-care/living-independently/preparation-for-adulthood/

The Preparation for Adulthood Team support young disabled people age 16 - 25 years old to access appropriate services and activities.



Bradford Local Offer: www.localoffer.bradford.gov.uk

The Bradford Local Offer is mainly aimed at families and children with Special Education Needs and/or Disabilities (SEND), however, there is information about services for young people aged up to 25 years old.



Connect to Support, Bradford District: www.bradford.connecttosupport.org/home

Connect to Support has information for adults with support needs about services and support, including a community activity directory and a social care directory.



Scan the QR codes with your phone to be taken straight to each website!



Glossary of Terms



When exploring post-college options, it can be easy to get confused by all of the different terms used for 16-25 year olds as they begin to access adult services. Here is what each label refers to:

Transitions

Transitions is the process of moving from one life phase to another. In local authorities, ‘**transitions**’ is officially recognised as the time when a young person with support needs finishes education and moves into adult life. The transition process happens between the ages of 14 and 25 years old, and is completed when a young person is settled into their adult social **care plan**.

Preparing for Adulthood

Preparing for Adulthood refers to the support young learning-disabled and autistic people receive as they transition into adult life. At Bradford Council, the **Preparation for Adulthood (PfA) team** work with disabled people aged 16-25 years old, providing targeted support to help them meet their aspirations. To be eligible for support from the PfA team, a young person must be a resident in Bradford, have an Education Health & Care Plan, have complex needs as a result of a diagnosed moderate, severe or profound learning disability, and/or a severe physical disability.

Referral and Needs Assessment

A **referral** is when someone contacts their local authority’s social care team to request support. Once a referral is made, the person will be assigned a social worker, and a ‘**needs assessment**’ will take place. A needs assessment is where the social worker works with the person and their support network to agree on a **care plan** based on their needs.

Care Plan

A **care plan** is the support you receive from the local authority. It may include things such as attending activities, transport, and having a personal assistant. The majority of people contribute towards the cost of their care plan. The amount they pay is calculated through a financial assessment.



If you have a question you would like answering about the transition process, please contact Hannah or Róisín using the details at the end of this newsletter.

Events, Open Days and Opportunities

Upcoming events, open days and opportunities which may be of interest for families, carers and the people you support.



Mind the Gap - Movement Sessions and Social Clubs

Mind the Gap Studios, Patent Street, Bradford, BD9 4SA

Free Flow Movement Session: Wednesdays (term time),
10:15am -12:15pm, Free

Movement and relaxation sessions facilitated by qualified dance and movement staff.

Social Club: Wednesdays (term time), 1:00 - 3:00pm, suggested
£2.50 donation

Chat, socialise and create something creative, in sessions facilitated by qualified Community and Youth Engagement workers.

For more information, contact: naelah@mind-the-gap.org.uk /
01274 487390



Down Syndrome Training and Support Service - I Can Work Vacancies

We would like to recruit 2 new candidates for our 'I Can Work' scheme. The scheme is open to any young adult aged 18+ and involves gaining work experience at our centre one/two days each week, fully supported by a member of staff.

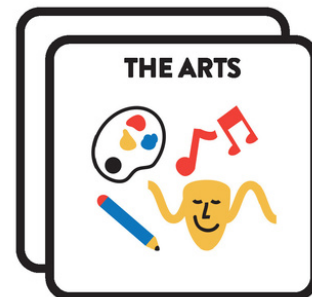
All candidates must apply and take part in an initial assessment. For more details please visit our website or contact the office:

www.downsyndromebradford.com/support-activities

office@downsyndromebradford.co.uk / **01274 561308**

Organisations Spotlight:

The Arts



Pyramid of Arts, Leeds and Bradford

Pyramid supports people with learning disabilities to discover the arts and to develop as artists. We offer weekly arts groups for all age ranges, as well as the possibility of 1-1 work where someone has a particular skill or practice that they want to develop. Website: pyramid.org.uk

Outside the Box, Ilkley

Outside the Box Choices delivers a wide range of creative, therapeutic and skills-based workshops and activities for young people and adults with learning disabilities. Website: facebook.com/outsidetheboxcafe



Mind the Gap, Bradford and Halifax



At Mind the Gap, you can attend courses in theatre, dance and music. Performance Academy is a four day course in the performing arts accredited by York St John University, our one-day courses are beginner level and person-centred, and our Totally Inclusive courses offer an excellent first step into the Academy for those with little or no experience. Website: mind-the-gap.org.uk

Northern Ballet Ability, Leeds

Ability is for people who are passionate about dancing and want to improve their skills while meeting new people and being creative. We work hard together but have fun! Website: northernballet.com/join-in/inclusive-dance/ability

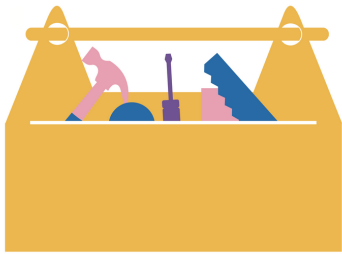


School of Rock and Media, Bradford

Education, music, social, employment, internships and events. Person-centred approach, focused on their wants, dreams and aspirations. Building communication skills, basic qualifications in life skills subjects, as well as music and media production. Website: sormstudios.co.uk / sormlearninghub.com



Find out further information about these organisations and more in our accessible organisations booklet, available at: purplepatcharts.org/move-on-up/#resources



Transitions Toolkit: Using Your Voice



In each newsletter, we will share an activity from our transitions toolkit. Each activity is designed to develop a tool which can help young learning-disabled and autistic people feel confident in the face of change.

Your voice is unique to you! No one has the same voice and that is an amazing thing. Using your voice is all about sharing your opinions and how you feel.



Create a self portrait to represent you.



It could be a drawing or painting, a photograph, a poem or a song. It might include your favourite things, your favourite place and things you feel passionate about.



Contact the Move On Up Team

If you have a question about the information in the newsletter or about transitioning into adult services, you can contact the Move On Up team using the details below.

You can chat to us on the phone, via email, or arrange an in-person or online meeting:



Hannah, Projects Manager
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