

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 Adult Social Care, the referral process and what options might be available:

Adult Social Care, Leeds City Council: www.leeds.gov.uk/adult-social-care/how-to-get-adult-social-care-and-support

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



Leeds Local Offer: www.leedslocaloffer.org.uk/#!/directory

The Leeds Local Offer is mainly aimed at families and children, however, there is information about services for learning-disabled and autistic adults post-18 years and post-25 years.



Through the Maze: www.through-the-maze.org.uk/

Through the Maze has information about activities, events and services for learning-disabled and autistic adults. You can sign up for their newsletter, which they release every 3 months. You can also join their WhatsApp Updates group: www.through-the-maze.org.uk/through-the-maze-whatsapp-updates/



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

Within local authorities, '**transitions**' is when a young person's care is officially moved from Children's Social Care to Adult Social Care. This is supported by the **Transitions Team** at Leeds City Council, who work with young people from 14 to 25 years old who have a diagnosed disability and/or complex health needs. The Transitions Team can only work with a young person if they have an existing **support plan** in place, such as a Direct Payment or Respite, and either an active Early Help Plan, a social worker from Children's Social Care, or are receiving funding from Children's Continuing Healthcare. The move from Children's to Adult Social Care happens when a young person is 18 years old. A referral can be made to the Transitions Team for a young person nearing their 18th birthday. If the young person is not eligible for the Transition Team's support, their referral will be passed on to the relevant Adult Social Care Team.

Preparing for Adulthood

Preparing for Adulthood refers to the support young learning-disabled and autistic people receive as they approach their transition into Adult Social Care at 18 years old.

Referral and Needs Assessment

When a young person wants to attend a service after college, it is likely they will be referred straight to the Adult Social Care team. 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 **support plan** based on their needs.

Support Plan

A **support 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 support 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 young people.



Events at Carers Leeds

Various days and times

www.carersleeds.org.uk/events/list/

Carers Leeds is an independent charity that gives specialist and tailored support, advice and information to unpaid carers aged over 16. They offer information, advice and support, as well as regular events including support groups, digital skills sessions and hobby and activity groups.



Personal Budgets Event

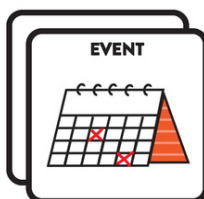
Wednesday 8th November, 10:00am - 3:00pm

Hillside Enterprise Centre, Beeston Road, Leeds, LS11 8ND

This event will look at what direct payments and how people with a learning disability/services can use them. We will look at what individual service funds are and case studies to see how they could work in Leeds.

The event is hosted by Forum Central, in partnership with Connect in the North, Aspire CBS, Leeds City Council, Leeds CIL, the Direct Payments and PA Support Hub and people with learning disabilities who use direct payments.

There will be presentations, workshop activities and a question and answer panel, as well as lunch and refreshments! To book a place/ask for a reasonable adjustment for the day, email Dom: dominique.burley@forumcentral.org.uk or call **0113 242 1321**



International Day of Disabled People Marketplace

Thursday 30th November, 11:00am - 3:00pm

Leeds City Museum, Millennium Square, Leeds LS2 8BH

The Leeds for All Marketplace will showcase a selection of community-based organisations and services and provide a great opportunity to meet and connect with people from different local groups. At this year's event there will also be an opportunity to join interactive workshops and discussions on the day.

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

Henshaws Arts and Crafts Centre, Knaresborough

Our service is fun, inspiring and inclusive. We offer workshops in: Printing, Mosaic, Music, Pottery, Woodwork, Performing Arts, Jewellery, Multi-Sensory, and more. Website: henshaws.org.uk/arts-crafts-centre/



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



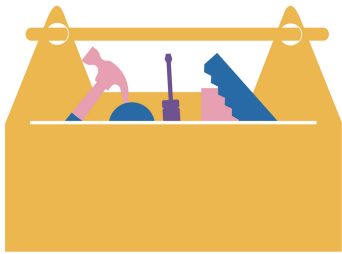
School of Rock and Media, Bradford



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:



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