

# 'Transition' into Adult Services

Transition means change, such as when you are moving from Children, Schools and Families Services to Adult Services.

**This can be from age of 14 to 25 years.**

Transition also means changes that you want to happen in your life, like getting a job, finding somewhere to live and being more independent.

All information is correct at time of print. An electronic version is also available on the Tower Hamlets website which is updated annually.



# The Transition Service is a specialist community based service for teens and young adults with disabilities who live in Tower Hamlets.

We are here to support you during this time of transition. This service is made up of transition workers from the following teams:

- ➡ Disability Transition Team
- ➡ Community Learning Disability Service (CLDS)
- ➡ Tower Hamlets Youth and Connexions Service
- ➡ Educational Psychology
- ➡ Disabilities Options Team (physical disabilities)
- ➡ Special Educational Needs
- ➡ Tower Hamlets NHS PCT
- ➡ Job Enterprise and Training 'JET'

You will create a plan with a team of people who are important to you, including your family, teachers, social worker, connexions worker and anyone else you want to be involved.

The transition plan you create in Year 9 will identify what is important to you in your last years of school and as you become an adult.

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Transition planning begins during Year 9 when you turn 14.



# You will be referred to the Adult Team before your 16th birthday.

A social worker from adult services will start attending meetings and get to know you around your 17th birthday (depending on the level and kinds of your support needs). To be eligible for continuing care during adulthood by Adult Services, you have to have a learning disability and a critical or substantial risk to independence as defined by Fair Access to Care. For further details on the eligibility criteria, refer to the following link:

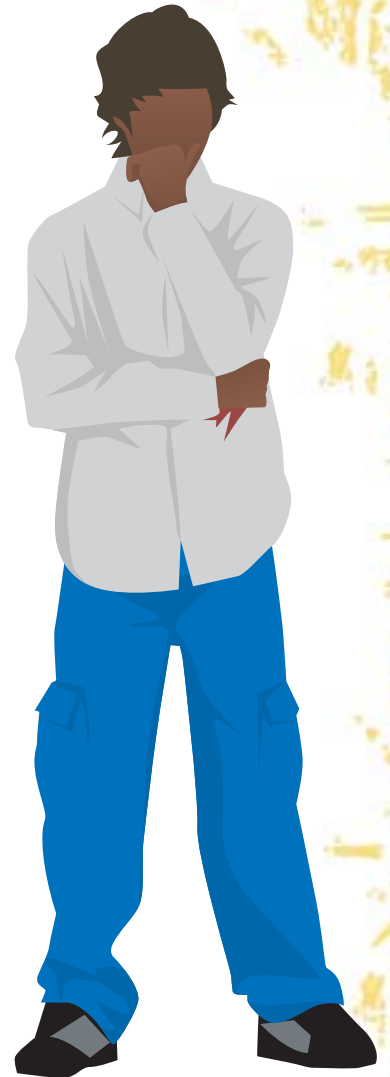
[http://www.dh.gov.uk/prod\\_consum\\_dh/groups/dh\\_digitalassets/@dh/@en/@ps/documents/digitalasset/dh\\_113155.pdf](http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/@dh/@en/@ps/documents/digitalasset/dh_113155.pdf)

You can be referred by a social worker, someone at your school or your connexions advisor, but anyone can refer you including your parents. A social worker should start attending your annual review meetings at school from year 9 onwards (age 13-14). The social worker and/or your connexions worker will discuss what you want to do when you leave school.

The Community Learning Disability Service (CLDS) Team is multi-disciplinary consisting of social care and health staff such as health nurses. If you need it, you can get help from a physiotherapist, occupational therapist, community nurse, psychologist, speech and language therapist, psychiatrist, art therapist or counsellor. The team will make sure you know all the options for your transition including education, employment, housing, support and leisure. The CLDS worker will become your social worker when you are 18 years old.

The Community Learning Disability Service Team will visit with you and your family to talk about your social as well as health needs when you are 16 years old. This process is called an Assessment. Staff from Adult and Children, Schools & Families will work together and visit jointly if needed, taking a person centred approach to help you plan for your future. A person centred approach means putting you at the centre of planning for your life. They will ensure you have support with physiotherapy, nursing, occupational therapy, psychology, speech and language therapy and art therapy.

You can also apply for personal budgets, which is money you get to spend on your support. The purpose of this is to allow you to have control over how you spend your money on your support giving you the choice to decide and buy support that best meets your needs. Your CLDS worker will be able to provide you with more information and there is a Personal Budget Info Pack, which can be obtained from Adults Health and Wellbeing of the London Borough of Tower Hamlets.



# Information about Services

## EDUCATION

### Admissions Unit East Ham Campus

High Street, South London E6 6ER

Telephone: 020 8257 4000

Provide continuing education and access to support for deaf people and people with other disabilities.

### Admissions Unit Shoreditch Campus

Falkirk Street, London N1 6HQ

Telephone: 020 7613 9123

080 0515 152 via Typetalk

Provide continuing education as well as access to support for deaf people and people with other disabilities.

### City Lit College

1-10 Keeley Street, London WC2B 4BA

Telephone: 020 7492 2586

Adult education courses for people with learning disabilities.

### City Lit Centre for Deaf People

Keeley Street, Covent Garden, London WC2B 4BA

Telephone: 020 7492 2722

020 7492 2764 minicom

Email: faxfhe@citylit.ac.uk

Provide courses for deaf people and offer interpreting communication and note taking support for local colleges.

### Connexions

35 Bow Road, E3 2AD

Careers Information Personal Advisor

Telephone: 020 8983 3535

Connexions provides careers advice and guidance service for young people in Tower Hamlets. It offers details of the latest job vacancies as well as information, advice and guidance on career choices, qualifications and courses open to you.

### Hackney Community College Learning Support/British Sign Language Co-ordinator

Shoreditch Campus, Falkirk Street, Hackney London N1 6HQ

Telephone: 020 7613 9129

Text: 020 7613 9082

Fax: 020 7613 9336

Email: amurray@tcch.ac.uk

### Newham College Learning Support/ British Sign Language Co-ordinator

Newham College of Further Education

Welfare Road, London E15 4HT

Telephone: 020 8257 4000/4285

### Support for Learning Service (Advisory Teacher)

85 Harford Street, London E1 4PY (till September 2010)

Telephone: 020 7364 6443

Fax: 020 7364 6441

Support for Learning Service aims to improve the attainment of children and young people by helping schools increase their capacity for Inclusion, including Social Inclusion, through offering advice, training, and support for teaching and pastoral interventions. Please note that from September 2010, the Support for Learning Service will re-locate to 2nd Floor of the Professional Development Centre (PDC), English Street, E3 4TA.



### **The Hub**

3rd Floor, Mulberry Place, 5 Close Crescent,  
London E14 2BG

**Telephone:** 020 7364 2184

The Hub is a partnership of all organisations that offer 14-19 learning in Tower Hamlets.

The partnership will make sure that every young person can:

- ➡ Choose from a wide range of good and interesting courses
- ➡ Find a local course that match your interests and needs
- ➡ See how their course can lead onto further study and a career
- ➡ Follow a personal route to success

**The range of provision that are on offer for 16-19 year olds with learning difficulties or disabilities in 2010/11 are set out in the table on page 6.**

### **Tower Hamlets College**

Arbour Square Centre, Arbour Square  
London E1 0PT

**Telephone:** 020 7510 7510

**Website:** [www.tower.ac.uk](http://www.tower.ac.uk)

Provide a wide range of courses and offer learning support for students with learning disabilities.

## **TRAINING & EMPLOYMENT (including SOCIAL ENTERPRISE)**

### **Coborn Day Opportunities Project**

1-3 Coborn Street, London E3 2AB

**Telephone:** 020 8980 0957

Provides centre and community based activities which facilitates adults access to colleges, Idea Stores and other learning facilities in the Borough. They have two Social Enterprises, the Garden project and the Coborn Artists where students and staff at Coborn provide workshops for professionals, carers and people with communication difficulties through Makaton. Makaton is a nationally recognised sign and speech programme which uses basic hand signs, symbols and pictures. They also work closely with the East London Communication Enterprise, a Social Enterprise which provides employment opportunities for people with learning difficulties.

### **Deaf Plus Employment**

First floor, Trinity Centre, Key Close,  
Whitechapel

London E1 4HG

**Telephone:** 020 7790 8747 voice

**Text phone:** 020 7791 0105

**Website:** [www.deafPLUS.org](http://www.deafPLUS.org)

Provide employment support to people with hearing impairment, this includes assessing clients employment needs, developing action plans to help clients get back into work, training in job preparation, Maths, English, IT. Also provide support with seeking employment, help with completing applications for employment, help with writing a CV, assistance with applying for Access to Work funds and on-job assistance.



**The Hub - The range of provision that are on offer for 16-19 year olds with learning difficulties or disabilities in 2010/11**

<b>Providers</b>	<b>Courses on offer to 16-19 year olds in 2010/11</b>
<b>Beatrice Tate</b>	➔ Moving on courses
<b>Cambridge Heath Sixth Form</b>	<ul style="list-style-type: none"> <li>➔ Foundation Learning Tier Pathways</li> <li>➔ ASDAN Diploma in Personal Progression</li> <li>➔ ASDAN Transition Challenge</li> <li>➔ ASDAN Towards Independence</li> <li>➔ ASDAN Personal Social Development</li> <li>➔ ASDAN Certificate in Employability</li> <li>➔ Award in Personal Effectiveness</li> </ul>
<b>Central Foundation Girls School</b>	<ul style="list-style-type: none"> <li>➔ Life Skills: <ul style="list-style-type: none"> <li>• Communication and Personal Skills</li> <li>• Adult Literacy</li> <li>• Art &amp; Design</li> </ul> </li> <li>➔ Introduction to vocational studies in: <ul style="list-style-type: none"> <li>• Care</li> <li>• Travel and Tourism</li> <li>• Retail</li> <li>• Sport and Leisure</li> <li>• Office Practice</li> <li>• Performing Arts / Media Studies</li> </ul> </li> <li>➔ Cambridge ESOL skills for Life: <ul style="list-style-type: none"> <li>• OCR NAT Skills profile:</li> <li>• Literacy, ICT and Media Studies /Performing Arts</li> </ul> </li> <li>➔ AQA Adult Literacy</li> <li>➔ BTEC Intro Diploma in Health and Social Care</li> </ul>
<b>George Green's</b>	<ul style="list-style-type: none"> <li>➔ ASDAN Entry Level 1 Personal Progress</li> <li>➔ ASDAN Entry Levels 2 and 3 and Level 1 PSD</li> <li>➔ Entry Levels 2 and 3 and Level 1 PSD English</li> <li>➔ Entry Levels 2 and 3 and Level 1 PSD Mathematics</li> <li>➔ Entry Levels 2 and 3 and Level 1 PSD ICT</li> </ul>
<b>Mulberry</b>	<ul style="list-style-type: none"> <li>➔ Edexcel Level 1 Award/Certificate Health and Social Care</li> <li>➔ Edexcel Entry Level 3 Award Health and Social Care</li> <li>➔ ASDAN Entry Level 1/2/3 Award/Certificate Personal and Social Development</li> <li>➔ Entry Level 1/2/3 Adult Literacy/Adult Numeracy</li> <li>➔ Entry Level 1/2/3 Functional Skills ICT</li> </ul>
<b>Phoenix</b>	➔ Post 16 opportunities for Autistic learners
<b>Tower Hamlets College</b>	<ul style="list-style-type: none"> <li>➔ Move on 1 and 2</li> <li>➔ Skills for Work</li> <li>➔ Transition to Work</li> <li>➔ Supported Employment opportunities</li> <li>➔ Foundation Learning courses</li> </ul>

**Key**

AQA	Assessment and Qualifications alliance
ASDAN	Awards Scheme Development and accreditation
ESOL	English for Speakers of Other Languages
OCR NAT and BTEC	Vocational Qualifications
PSD	Personal and Social Development Qualification

### **DITO – Disability Information Training Opportunity**

40-50 Southern Grove, London E3 4PX

**Telephone:** 020 7364 6564

**Fax:** 020 8880 6766

**Website:** [www.ditoth.org](http://www.ditoth.org)

DITO is an organisation that helps all disabled people to access information on benefits and supports access to Citizen's Advice Bureau. DITO also provides Information Technology Training and employment training to help disabled people into placements and ultimately employment.

### **JobCentre Plus**

Tower Hamlets Branch

60 Commercial Road, London E1 1LP

**Telephone:** 020 7301 8211

**Website:** [www.jobcentre.gov.uk](http://www.jobcentre.gov.uk)

Provide a specialist service for people who are having difficulty in getting a job because of their disability. Disability Employment Advisors can offer support in getting into employment or help gain new skills suitable to individual needs.

### **Job Enterprise and Training (JET)**

22-23 Copperfield Road, London E3 4RL

**Telephone:** 020 8980 3500

**Website:** [www.towerproject.org.uk](http://www.towerproject.org.uk)

Specialist Employment and Training Advisors are qualified in Information, Advice and Guidance and offer a person centred approach based on the individual person. JET offer access to work funding, free skills development training, life coaching and vocational rehabilitation services.

### **Poetry in Wood**

Montefiore Centre, Hanbury Street  
London E1 5HZ

**Telephone:** 020 7375 3933

**Website:** [www.poetryinwood.org](http://www.poetryinwood.org)

Provide art based woodwork, printing and computer art. Trainees can gain qualifications for these subjects. When the course is finished trainees have the chance to become apprentices of the Social Enterprise project and earn money working on commissions from the public.

### **Prospects- National Autistic Society (NAS)**

8 The Ivories, 6-8 Northampton Street  
London N1 2HY

**Telephone:** 020 7704 7450

This is NAS's employment and training service for people with an autism spectrum disorder (ASD) who wish to work. NAS work with employers to help with the recruitment, training and retention of staff with an ASD. Some of their services are offered across the UK, others in specific areas.

### **Rework Tower Hamlets**

29 Skyline Village, Limeharbour, London E14 9TS

**Telephone:** 020 7537 7462

**Fax:** 020 7537 7455

Rework supports residents of Tower Hamlets who have experienced mental health problems find employment, either paid or unpaid.

### **Whizz-Kidz**

4th Floor, Elliot House, 10-12 Allington Street  
London SW1E 5EH

**Telephone:** 020 7798 6124/ 07766258596

**Website:** [www.whizz-kidz.org.uk](http://www.whizz-kidz.org.uk)

Whizz-Kidz offer Life Skills Training which is a programme delivering key transition skills training to assist young disabled people with their personal development into adulthood. Training focuses on communications skills, media training, public speaking and preparing a CV. Whizz-Kidz also organise Work Experience Programmes providing varied and rewarding work experience placements to young wheelchair users.



# HOUSING

A range of housing options and services are available to support people with disabilities look for a place to live, such as:

## Accessible Housing Register

Telephone: 020 7364 5000

Website: [www.thhs.org.uk](http://www.thhs.org.uk)

A service run by the London Borough of Tower Hamlets. Offers information to disabled and elderly people who are looking for suitable properties in the borough.

## Living at Home by choice Tower Hamlets Homes (THH)

Jack Dash House, 2 Lawn House Close  
Marsh Wall, London E14 9YQ

Telephone: 020 7364 5015

THH work with the London Borough of Tower Hamlets to improve the quality of life for all residents through providing excellent housing services and decent homes.

## Housing Association

### Leaving Care Service

Kitcat Terrace, Bow E3 2SA

Telephone: 020 7364 1170

Leaving Care Service will help you develop skills for successful independent living along with your carers and social workers. A Personal Advisor will be available to offer you the support you need for independent living until you are at least 21 years old. A Pathway Assessment and Plan will be completed with you to help identify your skills and where you would like to be in the future.

## Independent Living

The London Borough of Tower Hamlets Supporting People Team commission a number of organisations to provide supported housing services for people with learning disabilities. The aim of these services is to enable individuals to live independently and have choice and control over the support they need to live their lives as they want.

Most of the services offer self contained one bedroom flats with flexible support that meet the need of the individual and help them manage their own tenancy.

All of the services can be accessed via the Community Learning Disability Services. The services are provided by the following organisations:

### ➔ Outward Housing

Telephone: 020 8980 7101

Website: [www.outward.org.uk](http://www.outward.org.uk)

A voluntary organisation offering supported housing.

### ➔ Look Ahead Housing and Care

Telephone: 0207 937 1166

Website: [www.lookahead.org.uk](http://www.lookahead.org.uk)

Provide people with particular needs such as those with learning disabilities with high quality accommodation and the care and support services they need to live independently. The organisation works in partnership with local authorities and primary care trusts to provide the support to those in most need.

### ➔ MENCAP

Telephone: 020 8980 5631

Website: [www.mencap.com](http://www.mencap.com)

Provide specialist services to enable people with a learning disability to develop the skills they need to lead fulfilling lives. Support is provided on housing as well as other areas such as education and learning, jobs and training and leisure.





Information on the **London Borough of Tower Hamlets Supporting People Team** is as follows:

**Telephone:** 020 7364 7021

**Email:** [supporting.people@towerhamlets.gov.uk](mailto:supporting.people@towerhamlets.gov.uk)

The Supporting People programme buys, funds and monitors housing-related support services for vulnerable adults in Tower Hamlets making sure that they are of good quality and meet the needs of the people receiving them. The main purpose of 'housing-related support' is to develop and maintain a person's ability to live independently, either in their own home or in supported accommodation. More details are available on the London Borough of Tower Hamlets Website.

## SUPPORT AND LEISURE

### **Leisure Pass**

(Concession/pay as you go)

**Website:** [www.gll.org.uk](http://www.gll.org.uk)

Or call your local leisure centre to apply.

### **Tower Hamlets Youth & Connexions Service**

**Telephone:** 020 8983 3535

A range of outdoor and indoor leisure positive activities are available for young people.

### **Tower Hamlets Youth & Community Services**

**Telephone:** 020 7364 3193

**Website:** [www.amp.uk.net](http://www.amp.uk.net)

Places to go and things to do. A guide for young people in Tower Hamlets. Provide a range of indoor and outdoor activities. Positive Activities for Young People (PAYP) Programme also available from Martha Barden- Tel 020 8983 3535 or email: [Martha.barden@vtplc.com](mailto:Martha.barden@vtplc.com).

## DAY CARE SERVICES

### **Specialist Services**

#### **Antill Road Day Centre**

109A Antill Road, Bow, London E3 5BW

**Telephone:** 020 8983 5883

**Website:** [www.thecamdensociety.co.uk/antill](http://www.thecamdensociety.co.uk/antill)  
Provides day care for adults aged 19 and over with severe learning disabilities and multiple disabilities with complex and high care needs. Activities include: physiotherapy, sensory and relaxation sessions, hydrotherapy, art-craft and community based visits.

#### **Asian Parents Association Special Education Needs Tower Hamlets (APASENTH)**

The Brady Centre, 192-196 Hanbury Street  
London E1 5HU

**Telephone:** 0207 375 0554

**Website:** [www.apasenth.org.uk](http://www.apasenth.org.uk)

Provide advice and support to Asian/Bangladeshi families including: welfare benefits, special educational needs, housing and health. They also have a day care project which provides a range of social and educational activities for people with learning disabilities. APASENTH also provide a Training and Employment Project which seeks to provide a variety of practical support, interviews skills, confidence building, CV writing, IT training and practical support into work.

#### **Bromley by Bow Community Care Project**

St Leonards Street, Bromley by Bow, London E3 3BT

**Telephone:** 020 8709 9842

**Website:** [www.bbbs.org.uk](http://www.bbbs.org.uk)

Run a range of projects and services tailored to the needs of the whole community - families, young people, vulnerable adults and elders. They support people across a range of projects and services in 4 main ways: support people to overcome chronic illness and unhealthy lifestyles, enable people to learn new skills, support people to become fewer grant dependent and to find work and provide the tools to create an enterprising community.

### **Bangladeshi Parents and Carers Association (BPCA)**

St Margaret's House, 21 Old Ford Road  
Bethnal Green, London E2 9PL

**Telephone:** 020 8880 7036

**Website:** [www.bpcaonline.org.uk](http://www.bpcaonline.org.uk)

BPCA is a specialist voluntary organisation working with people with multiple disabilities. They provide culturally appropriate day service for Bengali service users with varying levels of need and is a community based service. They offer a range of workshops and groups focusing on literacy and numeracy, using computers, cooking, social skills, personal hygiene and safety, communication skills and work experience.

### **RCHL, Blue Skies Project**

The William Brinson Centre, 3-5 Arnold Street  
Bow, London E3 3NT

**Telephone:** 020 8980 0087

This is a support service for adults with a learning disability across a variety of ability levels and is a local community based service. Activities in the community include cinema visits, ten pin bowling and other activities that service users choose to take part in. Promotes daily living skills and have established links with local colleges that are regularly accessed as part of a support programme.

There is also a group called Moving On Up that focuses on supporting young people in their transitions to adulthood to help them to develop independence, choice and control to achieve fulfilling lives in the future.

### **Tower Project – New Dawn**

45-55 Whitehorse Road, London E1 0ND

**Telephone:** 020 7790 9085

**Website:** [www.towerproject.org.uk](http://www.towerproject.org.uk)

New Dawn is a day care service providing a range of services to specific groups within the community including people with learning and physically disabilities, those who are autistic, have a hearing or visual impairment and mental health problems.

### **Tower Project - First Start – Autistic Day Service Cedar Centre**

17 Arden Crescent, Timber Wharves

Isle of Dogs, London E14 9WA

**Telephone:** 020 7538 4600

**Website:** [www.towerproject.org.uk](http://www.towerproject.org.uk)

Supports young adults with autism in reaching their full potential and ambitions by engaging them in a range of activities such as arts and craft, gym, sporting activities, residential trips, relaxation and massage sessions. Support is provided to also improve their life skills, such as assistance with reading and writing.

## **HEALTH SERVICES**

### **Child and Adolescent Mental Health Services (CAMHS)**

Children and Young People's Centre

16-18 Greatorex Street, London E1 5NF

**Telephone:** 020 7426 2375

**Fax:** 020 7426 2491

**Email:** [foundation@eastlondon.nhs.uk](mailto:foundation@eastlondon.nhs.uk)

**Website:** [www.eastlondon.nhs.uk](http://www.eastlondon.nhs.uk)

The service aims to promote the emotional and mental wellbeing of all children and young people (up to 18 years old) in Tower Hamlets. The service has a range of generic and targeted provision.



### **NHS Walk-In Centre (Whitechapel)**

Whitechapel Walk-In Centre  
The Royal London Hospital, Whitechapel,  
E1 1BZ

**Telephone:** 020 7092 4000/ 020 7943 1333

**Fax:** 020 7092 4121

The Whitechapel Walk-In Centre provides treatment for minor illnesses and offers general healthcare advice. These services complement, but are not a replacement for, local GPs. The walk-in centre will not normally provide repeat prescriptions. No appointment is necessary.

The centre is open Monday-Friday from 7am-10pm, and on Saturdays, Sundays and bank holidays from 9am-10pm.

### **Physical Disabilities Options Team (DOT)**

The Ground Floor, Mile End Hospital, Bancroft Road, London E1 4HA

Transition Social worker

**Telephone:** 020 8223 8841

DOT provides a rehabilitation service to improve the health, independence, and lives of adults aged 16-64 with severe complex physical disability.

### **Pritchards Road Centre**

Marion Place, Pritchards Road, London E2 9AX

**Telephone:** 020 7364 1032/ 1034

Offers support to adults experiencing mental health problems including: yoga, keep fit, relaxation, art, crafts, cooking, women's group, Bengali Men's Group, and an Afro-Caribbean Group. A professional referral to the centre is required.

### **Tower Hamlets Contraception and Sexual Health Service (THCASH)**

Sylvia Pankhurst Centre, 3rd Floor Mile End Hospital, Bancroft Road, London E1 4DG

**Telephone:** 0800 587 4315 / 020 7377 7870

**Website:** [www.thcash-nhs.com](http://www.thcash-nhs.com)

The service offers confidential contraception and sexual health services including general and specialist health services.

### **Transition Team**

### **Community Learning Disability Service (CLDS)**

2nd Floor, Beaumont House, Bancroft Road  
London E1 4DG

**Telephone:** 020 8121 4444

**Website:** [www.liddirectory.org.uk](http://www.liddirectory.org.uk)

CLDS support access to physiotherapists, occupational therapists, community nurses, psychologists, speech and language therapists, psychiatrists, art therapists or counsellors.

## **SHORT BREAKS**

### **Hotel in the Park**

130 Sewardstone Road, London E2 9HN

**Telephone:** 020 8983 1934

**Website:** [www.camdensociety.co.uk/hotelinthepark](http://www.camdensociety.co.uk/hotelinthepark)

Offers a short break service in Tower Hamlets for people with a learning disability who live with family or carers.

### **MIND in Tower Hamlets**

13 Whitethorn Street, London E3 4DA

**Telephone:** 020 7510 1081

**Email:** [info@mith.org.uk](mailto:info@mith.org.uk)

**Website:** [www.mith.org.uk](http://www.mith.org.uk)

Offers a wide range of services for all people with mental health needs including: legal advice on mental health issues, counselling, advice on housing and benefits. Bengali Women's and Men's Groups, Black Men's and Women's Groups are also available as well as woodwork, music, sewing, cooking, and a drop in centre.



### **Mudchute Park and Farm**

Pier Street, London E14 3HP

**Telephone:** 020 7515 5901

**Website:** [www.mudchute.org](http://www.mudchute.org)

Has a wide variety of animals, a café and riding stables. The farm is wheelchair accessible.

### **Spitalfields City Farm**

Buxton Street, London E1 5AR

**Telephone:** 020 7247 8762

**Website:** [www.spitalfieldscityfarm.org](http://www.spitalfieldscityfarm.org)

Offers an education and activities for people of all ages. Most facilities are free and the farm is wheelchair accessible.

### **The Map Squad**

Montefiore Centre, Hanbury Street, London E1 5HU

**Telephone:** 020 7247 3030

**Website:** [www.mapsquad.org](http://www.mapsquad.org)

A community learning disability user led organisation. Anyone in Tower Hamlets who has a learning disability can get involved in planning, running and taking part in projects. Projects include Bubble Club nightclub (for over 18's), a Speaking Up Group, theatre company, dance class, and young people's group.



## **ADVOCACY SERVICES**

### **Claim the Max**

Unit 32, Great Orex Street

London E1 5NP

**Telephone:** 020 7249 8027

**Email:** [claimthemax@towerhamletscab.org.uk](mailto:claimthemax@towerhamletscab.org.uk)

**Website:** [www.eastendcab.org.uk](http://www.eastendcab.org.uk)

The service provides benefit advice sessions at various centres in Tower Hamlets. Service is open Monday-Friday 9.30am - 5.00pm.

### **Disability Advocacy Network - Tower Hamlets**

Disability Resource Centre, 40-50 Southern Grove

Mile End, London E3 4PX

**Telephone:** 020 8980 2200

Offer advocacy services for people with learning disabilities, physical disabilities, sensory, or hidden disabilities.

### **Tower Hamlets Advocacy Project**

40-50 Southern Grove, London E3 4PX

**Telephone:** 020 7364 2550/2199

This is a pro-active advocacy project providing advocacy support to adults aged 18 years and over with learning disabilities and their family.

### **Tower Hamlets Law Centre**

214 Whitechapel Road, London E1 1BJ

**Telephone:** 020 7247 8998

**Fax:** 7247 9424

Tower Hamlets Law Centre provides Benefits Advice, Appeals and Casework. The Centre gives service to all vulnerable adults including people with physical disabilities, sensory impairment, learning disabilities, mental health issues, and HIV/AIDs.



# ADVICE/OTHER SUPPORT

## Deaf Plus

First floor, Trinity Centre, Key Close,  
Whitechapel  
London E1 4HG

**Website:** [www.deafPLUS.org](http://www.deafPLUS.org)

**Telephone:** 020 7790 8747 voice

**Text phone:** 020 7791 0105

Provides information and advice for deaf people. They also have a service called the Asian Women's Association, providing support for Asian Deaf Women and Asian Women with deaf children.

## Dial-a-Ride

Dial-a-Ride Customer Liaison  
Mandela Way, London SE1 5SS

**Telephone:** 020 7027 5823

**Email:** [enquire@tfl.gov.uk](mailto:enquire@tfl.gov.uk)

**Website:** [www.tfl.gov.uk](http://www.tfl.gov.uk)

A minibus service for people with a permanent or long term disability unable or virtually unable to use public transport.

## Direct Payments Support Service

The Resource Centre, 40-50 Southern Grove  
London E3 4PX

**Telephone:** 020 9890 2200

**Fax:** 020 8981 8007

Direct payment gives you the opportunity to receive cash payments to buy and manage your own care, instead of receiving adult social care.

## Direct Payments Team

7th Floor Anchorage House, 2 Clove Crescent  
London E14 2BE

**Telephone:** 020 7364 2142 or 020 7364 2090

This is a service provided for families with children and young people with disabilities. The service allows families greater flexibility in purchasing and arranging their care services to best fit their lifestyles and specific needs.

## Disabled Go

Ardent House, Gatesway, Stevenage  
Herts, SG1 3HG

**Email:** [feedback@disabledgo.info](mailto:feedback@disabledgo.info)

**Website:** [www.disabledgo.info](http://www.disabledgo.info)

Provides information and a national guide for disabled access to leisure, travel and universities on a website.

## LBTH Mobile Library

Bancroft Library, 277 Bancroft Road, London  
E1 4DQ

**Telephone:** 020 8983 7057/ 07958 788451

**Email:** [Terry.weeks@towerhamlets.gov.uk](mailto:Terry.weeks@towerhamlets.gov.uk)

**Website:** [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)

Offers a wide choice of CD, cassette and large print books and audio described videos.

## LBTH Sensory Impairment Team

The Resource Centre, 40-50 Southern Grove  
London E3 4PX

**Telephone:** 020 7364 6953

**Email:** [sensory@towerhamlets.gov.uk](mailto:sensory@towerhamlets.gov.uk)

Provide social care/ rehabilitation service for adults. Also includes mobility training, daily living skills, Braille classes and equipment.

## Learning Disability Helpline

**Telephone:** 0808 808 1111

**Website:** [www.mencap.org.uk](http://www.mencap.org.uk)

Advice and information to people with a learning disability, their families and carers, and the professionals supporting them. We can advise on: community care, housing, benefits, education and employment.

### **MSB – Metropolitan Society for the Blind**

Outreach office: Lantern House, 102  
Bermondsey Street, London SE1 3UB

**Telephone:** 020 7403 6184

**Fax:** 020 7234 0708

**Web:** [www.msb.gb.com](http://www.msb.gb.com)

Visual Impairment Coordinator Service (VICS)  
40-50 Southern Grove, Mile End E3 4PX.

**Telephone:** 020 73643835/020 7364 5888

MSB provides Early Advice, Support and Information and signposting service for people with a visual impairment. The service is provided from a range of locations including the Royal London Hospital and the Resource Centre, Southern Grove. It is provided on an outreach basis including at service users/patients home.

### **Positive East**

159 Mile End Road, Stepney, London E1 4AQ

**Telephone:** 020 7791 9309

**Fax:** 020 7780 9551

**Website:** [www.positiveeast.org.uk](http://www.positiveeast.org.uk)

Positive East provides a range of support to service users living with HIV/AIDS. Services include initial assessment and benefits screening, specialist welfare rights and housing advice. Positive East also help with service users appeals and casework, advice, information and advocacy, employment and training opportunities.

### **RLSB – Royal London Society for the Blind**

Business Development Unit, Victoria Charity Centre, 11 Belgrave Road, London SW1V 1RB

**Telephone:** 020 8086 6184

**Website:** [www.rlsb.org.uk](http://www.rlsb.org.uk)

RLSB provides information to service users regarding employment and training opportunities. They also run a Social and Peer Support Group for visually impaired people. The group is user led and offers a good mix of advice, support and activities. RLSB provides a facilitator to assist group members to devise a programme of activities and discussion groups plus occasional outings.

### **Transport, Travel Concessions, Taxi-Card and Blue Badges**

Mobility Support, PO Box 55739, 5 Clove Crescent, E14 1BY

**Telephone:** 020 7364 5803/ 020 7364 5805

**Fax:** 020 7364 5805

Disability travel concessions, and a subsidised taxi service, for people who have difficulty using public transport.

### **Young Adult Group**

Richard House Children's Hospice, Richard House Drive, Beckton (Newham), E16 3RG

**Telephone:** 020 7511 0222

**Email:** [info@richardhouse.org.uk](mailto:info@richardhouse.org.uk)

**Website:** [www.richardhouse.org.uk](http://www.richardhouse.org.uk)

This is a service to young adults aged 17-25 years both at the beginning, during and after the process of health and social care transition from Childhood to Adulthood with life threatening and life limiting conditions. The service gives young adults a forum to meet other young adults in similar situations, gives them ongoing physical, social, psychological, spiritual and medical needs during the transition period and offers support and guidance to maximise the opportunities and experiences open to those young adults that access the service.





# USEFUL WEBSITES

## AMP

[www.amp.uk.net](http://www.amp.uk.net)

Use this website to find out more about exciting activities and services taking place for young people in Tower Hamlets.

## Click Start

[www.clickstart.org.uk](http://www.clickstart.org.uk)

The Click Start project provides software and support for people with learning disabilities and their supporters to create easy-build 'wiki' websites and link them together on local portals. Click Start is designed to involve everyone in making information accessible and easy to understand. People in various parts of the UK are using cameras and computers to make multimedia websites on the Click Start project. They describe local support services, share their personal knowledge and experience and provide advice about adult life in the community for people with learning disabilities.

## Transition Information Network

[www.transitioninfonetwork.org.uk](http://www.transitioninfonetwork.org.uk)

Transition Information Network provides invaluable information for young people with disabilities in transition into adulthood. This website is also for parents, carers and professionals working with the young people in transition.

## Transition Support Programme

[www.transitionsupportprogramme.org.uk](http://www.transitionsupportprogramme.org.uk)

This is the government's transformation programme for disabled children's services in England. Key partners, such as the Council for Disabled Children, are working together to improve outcomes for young people with disabilities and in transition.

# SERVICES/ ORGANISATIONS FOR CARERS

## Carers Centre- The Princess Royal Trust

Carers Centre Tower Hamlets, 21 Brayford Square  
E1 0SG

Telephone: 020 7790 1765

Fax: 020 7791 5575

Email:

[enquiries@carerscentretowerhamlets.org.uk](mailto:enquiries@carerscentretowerhamlets.org.uk)

Website:

[www.carerscentretowerhamlets.org.uk](http://www.carerscentretowerhamlets.org.uk)

The Carers Centre Tower Hamlets provides advice, information and support services to all Carers within the borough. Services include: counselling, social activities, complementary therapies to aid with stress management, sessional breaks service, drop-in internet café/IT suite, carers forums, Bengali Speaking Carers Support Service, Welfare Benefits Service, access to trust funds and bursaries, support and training opportunities, home visits for carers who are housebound, men's social group, Care-Plus service for carers of people diagnosed with end stage heart failure, Mental Health Carers Support Service and assessments for carers personal budgets.

### **Somali Project**

#### **Black Women's Health and Family Support**

First Floor, 82 Russia Lane, London E2 9LU

**Telephone:** 0208 980 3503

**Fax:** 0208 980 6314

**Email:** bwhafs@btconnect.com

**Web:** <http://www.bwhafs.org.uk>

Black Women's Health & Family Support (BWHAFS) exists to raise awareness about Female Genital Mutilation (FGM) and other health and social issues affecting black people. The aim is to support disadvantaged women, children and families in the UK and around the world from the Somali and other vulnerable communities. The service provided are: a programme of training in English-language skills, ICT and sewing classes for women, a carers access and outreach programme, Arabic and Quran classes, a programme of work experience, volunteering, health awareness sessions, supplementary education for Somali young people aged 7-14 i.e. home work support club, Mother Tongue Classes and ICT, youth work with young men and women aged 15-21 who benefit from a combination of sports and creative activities, outings and civic education, Advocacy Support, advice, information and guidance. One-to-one counselling and Group counselling is offered.

### **Jewish Care**

Stepney Jewish Community Centre

2-8 Beaumont Grove, London E1 4NQ

**Telephone:** 020 7790 6441

Provide short breaks for Jewish carers.

### **St Hilda's East Community Centre**

18 Club Row, London E2 7EY

**Telephone:** 0207 739 8066

**Website:** [www.sthildas.org.uk](http://www.sthildas.org.uk)

St Hilda's run multiple projects, such as the Short Term and Flexible Breaks Project for carers, which aims to help Asian, especially Bangladeshi unpaid carers of adults aged 18 years and over experiencing a range of disabilities and needs. This scheme provides a range of services like information, support, benefits help, respite, advocacy and signposting to appropriate agencies to meet carers' needs.

### **TLC Care Services**

3rd Floor, 77 East Road, London N1 6AH

**Telephone:** 0207 017 2836

TLC provides emergency, flexible and short term short breaks for carers. Carers can be referred for this service by a social worker once a assessment has been completed.

### **London Buddhist Centre- Carers Retreats and Weekly drop-in sessions**

London Buddhist Centre, 51 Roman Road  
Bethnal Green E2 0HU

**Telephone:** 020 8981 1225/6

**Email:** [info@breathingspacelondon.org.uk](mailto:info@breathingspacelondon.org.uk)

**Website:** [www.breathingspacelondon.org.uk](http://www.breathingspacelondon.org.uk)

The London Buddhist Centre teach local carers Mindfulness Based Stress Reduction (MBSR) which can help reduce the stress and anxiety that can come with intensive caring responsibilities. They do this on retreats at a retreat centre in Suffolk and at weekly drop-in sessions at Breathing Space. Both are free to eligible adult carers in Tower Hamlets. The details of their services are as follows:



### ➡ Carers Retreats

Two day breaks in the Suffolk countryside, giving carers a complete break from their caring roles – with the chance to learn MBSR as well as trying out a range of physical therapies like massage or reflexology. There's also time to relax, enjoy the countryside, make friends and have fun. Retreats dates in 2010: 20-22 September, 22-24 September, 15-17 November, 17-19 November. Further retreat dates in 2011 to be announced.

### ➡ Weekly drop-in sessions

At these informal sessions, carers can find mutual support and understanding and learn MBSR for use in daily life – as well as a nice cup of tea and a biscuit or two! Every Tuesday mornings 11.30am - 1.00pm.

## TRANSITION SERVICES

### Disability Transition Team

Community Learning Disability Services (CLDS)

Telephone: 020 8121 4444

Website: [www.liddirectory.org.uk](http://www.liddirectory.org.uk)

2nd Floor, Beaumont House, Bancroft Road  
London E1 4DG

### Connexions

Telephone: 020 8983 3535

Careers Information

Personal Advisor

Advice & Guidance Services

### Careers Advisors

Telephone: 020 8983 3535

VT Careers

35 Bow Road, London E3 2AD

### Leaving Care Service

Telephone: 020 7364 1170

Kitcat Terrace, London E3 2SA

### Community Connexions

Telephone: 020 7364 1170

Kitcat Terrace, London E3 2SA

### Connexions Activity Agreement

LECP London East Connexions  
Partnership

Telephone: 020 8364 3225

One Stop Shop, Mile End Park

150 Burdett Road, Mile End, London E3 4JT

### Educational Psychology

Educational Psychologist

Telephone: 020 7364 4323

3rd Floor, Mulberry Place, 5 Close Crescent  
London E14 2BG

### Physical Disabilities Options Team (DOT)

Transition Social worker

Telephone: 020 8223 8841

The Ground Floor, Mile End Hospital  
Bancroft Road, London E1 4HA

### Support for Learning

Sensory Impairment Team

Transition Social Worker

Telephone: 020 7364 6871/

020 7364 6468

85 Harford Street, London E1 4PY  
(till July 2010)

### Special Educational Needs

Telephone: 020 7364 4880

3rd Floor, Mulberry Place,  
5 Close Crescent  
London E14 2BG

# Transitions Pathway for Disabled Young People with continuing care needs moving from Children's Services to Adult Services

Young person known to social care with a statement of Special Educational Needs (SEN) with continuing care needs: eg learning disabilities and/or complex health needs.

Year 9

The first year 9 Annual school-based Transition Review to develop a transition and Connexions action plan (inclusive of health care needs). School nurse and/or Community Children's Nursing Team (CCNT) involvement. Connexions and social care worker attends. If the young person is in public care, there will also be a Looked After Children review (LAC).

Age 13-14

Special Educational Needs Coordinator (SENCO) identifies young people requiring continued care and involvement of Connexions with a social care worker. End of year 9: information sent by schools to transitions admin coordinator via standard template. Lead adults transition team identified.

Year 10  
Age 14-15

The action plan is updated as part of the school-based transition review (inclusive of health needs). Lead professional/practitioner attends.

Year 11  
Age 15-16

Autumn term in Year 11 is the deadline for submissions/ decisions for Post 19 education placements for students in mainstream schools.

Section 139A Connexions assessment completed and shared with Childrens' Families and School Services. LAC review and CAMHS review. Lead professional (LP) involved in the person-centred review.

Year 12

Age 16-17

School-based person centred transition review. Adults services transition worker identified to co work transition planning and is invited to any future meetings including the next LAC or transition review (whichever is first).

Autumn term in Year 14 is the deadline for submissions/ decisions for Post 19 education placements for students in specialist schools.

Year 13

Age 17-25

Transition to adults health and social care services, education, employment, training and housing. Named adult transition worker and/or adults health professional becomes key worker/case manager as of the young person's 18th birthday.

## Options

- ➔ Apprenticeships
- ➔ Stepping Up (work-based link courses)
- ➔ Next Step Education Improvement Partnership - Hub
  - Academic
  - Applied
  - Apprentice Foundation learning tier
- ➔ Sixth Form College (School)
- ➔ Further Education College
- ➔ Higher Education College
- ➔ Post specialist 19 placements. Decisions considered through the Joint Commissioning Panel (for age group 16 - 19 years) or Adult Learning Disability Panel (for age group 18 - 25 Years) depending on SEN status and age.
- ➔ Mainstream or specialist training
- ➔ Job Enterprise and Training / Supported Employment

**NHS**

**Tower Hamlets**





# Transition into Adulthood

## Visual checklist of options for young people with continuing care needs

### Health

- ➔ Transition Team  
Community Learning  
Disability Service
- ➔ Physical Disabilities  
Options Team (DOT)
- ➔ GP
- ➔ Community Learning  
Disability Service (CLDS)
- ➔ NHS Tower Hamlets
- ➔ Child and Adolescent  
Mental Health (CAMHS)

### Social Life

- ➔ Independent Travel  
Training
- ➔ Friends, social lives
- ➔ Leisure activities and  
interests
- ➔ Youth/sport groups,  
clubs
- ➔ Youth/sport leisure card

### Managing Money

- ➔ Direct payments
- ➔ Personal Budgets
- ➔ Benefits
- ➔ Wages

### School

- ➔ (Open days)
- ➔ Special Educational Needs  
Coordinators (SENCOs)

### Further Education

- ➔ College, university  
and training  
vocational courses
- ➔ Tower Hamlets  
College
- ➔ City Lit College
- ➔ Hackney College
- ➔ 6th Form Colleges

### Work Placements for Young People

- ➔ Open College  
Network eg New  
Dawn, Poetry in  
Wood, Apasenth

### Person-centred Transition Planning

Refer to transition  
care pathway

### Family

- ➔ Parents and Carers  
Contribute and  
Support with  
Transition Planning

### Day Services

- ➔ Antil Road
- ➔ Southern Grove
- ➔ Coborn Centre

### Supported Employment

- ➔ Job Enterprise Training  
(JET)
- ➔ Disability Employment  
Advisors JobCentrePlus ie  
community valeting  
enterprise (supported  
employment) in  
partnership with  
community transport
- ➔ Prospects - National  
Autistic Society (NAS)
- ➔ Rework Connect (mental  
health)
- ➔ Royal London Society for  
the Blind - Employment  
Service

### Housing

- ➔ At home by choice
- ➔ Supported Housing - semi-  
independent living
- ➔ Leaving Care Service
- ➔ Tower Hamlets Homes (THH)
- ➔ Housing Association eg East  
Homes
- ➔ Residential College, student  
accommodation
- ➔ Independent Living  
promoted by LBTH  
Supporting People Team
- ➔ Outward Housing
- ➔ Look Ahead Housing and  
Care
- ➔ MENCAP
- ➔ Accessible Housing Register

### Careers Advice

- ➔ Connexions
- ➔ 139 assessments for  
young people with SEN  
who are planning to  
move onto further  
education, training or  
supported employment.

**Young Person's  
Independence  
strands**



Integrated Services for Disabled Children

**Telephone:** 020 7364 2724

3rd Floor, Mulberry Place

5 Clove Crescent, London E14 2BG