

Lewisham Transitions Pathway Guide

Preparing you for adulthood

Useful information and contacts A-Z



Advice, information and support

Adult social care – 020 7138 1100

Moving from children's social care to adult social care.

Advice Lewisham – 0800 231 5453

Advice Lewisham is the network of the main free advice providers in the London Borough of Lewisham and this site gives details of how you can get high quality advice and information regarding your problems.

Care Act 2014 – 020 7766 7400

Social Care Institute for Excellence – information on transition for children to adult care and support.

Citizens Advice – 0800 231 5453

Offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.

Financial support and benefit advice

Further links to a range of advice about managing your money and benefits and funding you're entitled to as a young person with special educational needs and disabilities (SEND).

Funding of students aged 16-25 with SEND – 07721 097 033

A guide with information on the way the Education & Skills Funding Agency (ESFA) and, in some cases, local authorities will calculate and allocate funding to institutions who provide education to young people with SEND.

Lewisham Integrated Advocacy Service – 0300 456 2370 – pohwer@pohwer.net

Advocacy services in Lewisham.

Lewisham Mencap – 07932 002 317 and lewisham.mencap@btconnect.com

Lewisham Mencap exists to promote, represent and campaign for the rights and interests of people with learning disabilities.

Lewisham Speaking Up – 020 8692 1862 – info@lsup.org.uk

An independent advocacy charity for people with learning disabilities.

Local Offer

The Lewisham Local Offer; information for children and young people with SEND and their families.

Mental Capacity – 01225 789135

Under Part 3 of the Children and Families Act 2014, the right to make requests and decisions applies directly to disabled young people and those with SEN over compulsory school age.

Preparing for adulthood – 01225 789135

Has a wide variety of resources available for parents/carers, young people and professionals.

Scope – 0808 800 3333

Disability equality charity that provides information and emotional support when it's most needed.

SENDIASS – 020 3319 2163 – lewisham@kids.org.uk

SEND Information, Advice and Support Service for parents/carers of children with Special Educational Needs.

SOS SEN – 0300 302 3731

Offers a free, friendly, independent and confidential telephone helpline for parents and others looking for information and advice on Special Educational Needs and Disability (SEND).

Vibrance – 07718 108 695

Supporting people with disabilities to have a greater voice in their community, providing a wide range of high-quality, innovative social care and support services.

Employment and Training**Access to Work** – 0300 200 3100

An Access to Work grant can pay for practical support if you have a disability, health or mental health condition to help you start working, stay in work or move into self-employment or start a business.

Adult Learning Lewisham (ALL) – 020 8314 3300 – adultlearning@lewisham.gov.uk

Offer supported learning courses for adults with learning difficulties aged over 24 years.

Ambitious about Autism – 020 8815 5444

Autism Exchange is a work experience programme for autistic young people aged 16–25. The programme offers access to paid opportunities throughout the year in leading organisations and companies.

Care Trade UK – 020 3375 6288

Offers Supported Internships and runs The Autism Project, supporting young people with work experience in a supportive placement.

Careers Advice

Find resources offering careers advice if you're a young person with special educational needs and disabilities (SEND).

Careers Advice for Looked-after Children and Care Leavers

020 8314 9144 – melanie.aarons-royal@lewisham.gov.uk

Looked-after Children and Care Leavers Senior Careers Adviser develops an employment holistic plan with looked-after or care leavers.

Central London Works – 07920 811519 and 07901 688897

The Work and Health Programme is designed to help central London residents who have been unemployed for a long time, as well as people with health conditions, into work.

Circle Collective – 020 8852 2498 – angela@circlecollective.org

Back Your Future programme is Lewisham-based and caters for 16–30-year-olds who are currently unemployed and looking for work.

Employment and Support and Allowance

You can apply for Employment and Support Allowance (ESA) if you have a disability or health condition that affects how much you can work. ESA gives you support to get back into work if you're able to, you can apply for ESA if you're employed, self-employed or unemployed

Independent parental special education advice (IPSEA) – 01799 582030

IPSEA offers independent legally based advice, support and training to help get the right education for children and young people with special educational needs and disabilities.

Job Centre Plus – 0300 200 3100

A Disability Employment Adviser at your local Job Centre can help you find work or gain new skills and tell you about disability friendly employers in your area. They can also refer you to a specialist work psychologist, if appropriate, or carry out an 'employment assessment', asking you about your skills and experience and roles you're interested in.

Lewisham Apprenticeships – 020 8314 6452 – apprenticeships@lewisham.gov.uk

Information about getting an apprenticeship for young people with special educational needs and disabilities (SEND) in and around Lewisham.

Lewisham Council – Baseline – 020 8314 7549 – baseline@lewisham.gov.uk

Baseline provides support and advice for young people aged 16–18 (up to 25 years old for those with additional needs) not in employment, education or training (NEET).

Lewisham Nexus – 020 8613 9965 – info@nexus-services.org

Nexus Employers Support Programme offers post-employment support to employers and employees

Lewisham Parent and Carer's Forum – 07534 568020 – info@lewishamparentcarer.org.uk

Specialist Transitions Development Worker offers individual support, advice and information, around topics relating to transition, to young people with additional needs and/or a disability, and their parent/carers.

London Learning Consortium – 020 8774 4040

Accredited learning programmes across London either in the work place, classroom or via our extensive community provider network. If you are aged 19+ and in receipt of either Jobseekers' Allowance or Employment Support Allowance (in the Work Related Activity Group) then you may be eligible for your course to be fully funded.

Mencap – 07984 391613

Interns and Outcomes is Mencap's Supported Internship programme to help young people to be more work ready.

My AFK (Action for kids) – 020 8347 8111

Supports disabled children, young people and their families by providing mobility equipment and prepares students with learning disabilities for life after school education, training and work experience programmes.

National Apprenticeship Service – 0300 200 3100

After the age of 16, Young people can train through an Apprenticeship to learn the skills necessary for various careers while earning at the same time. An Apprenticeship will often suit young people who do not want to go into full-time further or higher education, but still want to gain extra qualification that are work related.

National Careers – 0800 100 900 and 07818 596520

lisa.white@prospects.co.uk and – elisha.mcqueen@nxgtrust.org.uk

Service Information, advice and guidance to help young people make decisions on learning, training and work opportunities. The service offers confidential and impartial advice and is supported by qualified careers advisers. 1:1 careers information, advice and guidance in Catford Library Mondays and The Green Man Tuesday and Wednesday.

New Cross Gate Trust – 07532 787 466

Employment support service provides advice, guidance and 1:1 personalised coaching and support to local people to help them to find work.

Orchard Hill Work Start – 0345 402 0453 – assessments&placements@orchardhill.ac.uk

WorkStart is broken down in to three pathways: Traineeship, Into Work – Work Experience and Into Work – Outreach. The aim of the courses is to enable young people to gain qualifications, experience and employment, and pathways provide a tailored approach to students.

Princes Trust – 0800 842 842

Charitable organisation that can help young people with the skills, tools and training to develop self-confidence and move forward to employment. There are a range of courses across the capital.

Scope Kickstart – 0300 222 5742

A one-to-one support programme for disabled people in London who are applying for jobs.

Social Enterprise Aurora Options – 020 8469 8103

Support adults with learning disabilities to attend card making. The students design, make, pack and sell the cards and crafts to sell. All the money raised is reinvested back into the card making enterprise to buy stock, materials and equipment, and in the future for individuals to be paid.

Supported Internships

A structured study programme based at an employer. They enable young people aged 16-24 with additional needs to achieve paid employment by equipping them with the skills they need for work, through learning in the workplace. All colleges will have employability programmes and the majority of colleges now offer supported internship programmes. Young people would need an EHC Plan in order to access this programme.

The Three C's – 020 8269 4340

Employ a full-time job coach who supports people to develop and progress on an employment pathway into paid work

Toucan Employment – 020 3751 9681

Toucan provides a service to people with learning disabilities who would like to secure and/or maintain employment.

Traineeships

Information about traineeships for young people with special educational needs and disabilities (SEND).

Training

Information about training for young people with special educational needs and disabilities (SEND).

Volunteering

Information about volunteering and getting work experience for young people with special educational need and disabilities (SEND).

Work and Health Programme – 0300 200 3100

Help to get and keep a job if you're disabled and find it hard to work. It's voluntary – you don't have to do it. The type of support you get depends on the help you need. This is different for everyone but can include training and developing your skills, building your confidence and interview coaching.

Friends, Relationships and My Community**Bus and Tram discount card** – 0800 112 3456

If you receive Income Support, Employment and Support Allowance or Jobseeker's Allowance, you may be eligible for a Bus and Tram Discount photo card.

Dial-a-ride – 0343 222 7777

A door to door multi-occupancy transport service for people with disabilities who cannot use public transport. It can be used for all sorts of journeys such as shopping, visits to friends, appointments, and going out at night.

Disabled Person's Freedom Pass – 0300 330 1433

The travel pass for disabled people allows free travel across London and free bus journeys nationally.

Disabled Person's Rail card – 0345 601 0132

If you have a disability that makes travelling by train difficult you might qualify for the Disabled Persons Rail Card.

Lewisham Travel Coordination Team – 020 3049 1204 – tct@lewisham.gov.uk

Transport options for older people, people with a disability and people with SEND.

London Travel Watch (LTW) – 020 3176 2999

London Travel Watch is the independent, statutory watchdog for transport users in and around London.

Short breaks – 020 7138 1272 and 020 7138 1275 – CWDS@lewisham.gov.uk

Short breaks and respite information

SquidzClub – 020 8694 1632 – takingpart@heartnsoul.co.uk

SquidzClub at Heart n Soul is an evening for young people (aged 10–25) with learning disabilities and autistic people plus their families and friends.

Taxi Card Scheme – 020 7934 9999

Taxi Card is a scheme that provides subsidised transport for people who have serious mobility impairment and difficulty in using public transport. Taxi Card holders make journeys in licensed London taxis and private hires vehicles, and the subsidy applies directly to each trip.

The Blue Badge

The Blue Badge scheme is for people with severe mobility problems. It allows Blue Badge holders to park close to where they need to go. The Blue Badge is registered to a person and not to a vehicle.

Transport for All – 020 7737 2339

Championing the cause of accessible transport in the capital for over two decades. An organisation of disabled and older people determined to ensure that the grass roots experiences and opinions of service users are always heard by those who commission and run the transport network.

Young citizens' panel – 020 8314 6354 – youngcitizens@lewisham.gov.uk

The young citizens' panel (YCP) consists of hundreds of young people aged 11–18 living, working or studying in the borough.

Further Education Providers

16–19 Bursary Fund – 0300 200 3300

You could get a bursary via your college office, to help with education-related costs if you're 16–19yrs and: studying at school or college (not university) in England on a training course, including unpaid apprenticeships if you receive Personal Independence Payment, or are in Care, are a Care Leaver or receive Universal Credit/ Income Support. You can spend the money on things like: clothing, books and other equipment for your course transport and lunch on days you study

ADA National College for Digital Skills – 020 3105 0125

State-funded College that is free to attend for anyone interested in entering the games design industry, creating apps that change lives or building technologies that help grow industries.

Lewisham College – 020 3757 3000

Supported learning courses include Supported Internships, Independent and Enterprise programmes, Preparation for Work programmes, Pathway to Independence programmes, and Vocational Tasters

London South East Colleges, Nido Volans Centre at Bromley 020 3954 4000 – studenthub@lsec.ac.uk

Provides supported education and training for young people for learners with complex to moderate learning difficulties including employability programmes and Independent Living programmes.

NICE – 0300 323 0140

Guidance on Transitions from children's to adult's services for young people using health or social care services.

Shooters Hill Sixth Form College – 0300 323 0140 and 020 8319 9707 – inclusive.learning@shc.ac.uk

The college is set up well to cater for students with high needs. They receive good specialist support. They study on a range of courses taught effectively, so they develop their independence and gain important life knowledge. They have a dedicated flat where they can learn how to live independently.

University and College hardship funds – 0300 200 3300

University and college hardship funds and Student support grants may be available depending on income. All enquiries should be made directly to the university or college.

Good Health

Adult Improving Access to Psychological Therapy (IAPT) – 020 3228 1350

A free and confidential NHS service provided by the South London and Maudsley NHS Foundation Trust. We are part of the national Improving Access to Psychological Therapies programme. Offering a range of short-term psychological therapies to adults 18 years and over, who are registered with a Lewisham GP.

Annual health check – 0300 311 22 33

The Annual Health Check scheme is for young people and adults (14 years plus) with learning disabilities who need more health support and who may otherwise have health conditions that go undetected.

Caring for disabled children – 0300 311 22 33

Information for carers of children with disabilities.

Child & Adolescent Mental Health Services (CAMHS) – CRISIS CARE

020 3228 5980 – 0800 731 2864 (24 hour)

Young People presenting at A&E Emergency Duty will be redirected to be seen by the Crisis team.

CAMHS Crisis Line out of hours service, open to all children and young people across in south London is open until 11pm weekdays and weekends. Staffed by trained CAMHS Crisis Practitioners, the telephone line provides out of hours support and interventions, aiming to de-escalate crises, reduce A&E attendances and potentially reduce admissions and readmissions to hospital.

Child and Adolescent Mental Health Service (CAMHS) – 020 8314 6660 – mashagency@lewisham.gov.uk

Lewisham CAMHS offers therapeutic interventions to children and young people up to the age of 18 who experience enduring moderate to serious/complex mental health concerns that impact on day-to-day life.

Community directory to support health and wellbeing

Continuing Health Care – 0345 548 0300

Independent advice and support for people who may be entitled to free NHS funding through NHS Continuing Healthcare.

Families affected by drugs and alcohol – FEISMSP@lewisham.gov.uk

Family Early Intervention Substance Misuse Support Pathway (FEISMSP) is a universal referral method for families affected by substance misuse. It can be used by anyone to refer residents of Lewisham who want specialist information and a targeted introduction to support offered by substance misuse services.

Family Information Service (FIS)

FIS works directly with families. They provide a range of ongoing information advice and guidance including identifying early years' entitlements, childcare places along with sessions delivered in partnership with children's centres.

Family Thrive – 020 8314 6660

Family Thrive provide support to families facing significant challenges, whose needs have escalated to a higher, targeted level. They work in partnership with families and professionals to provide tailored, intensive, and focused support for the whole family, to achieve sustained positive change.

Health and wellbeing for young people with SEND

Information about health and wellbeing for children and young people with special educational needs and disabilities (SEND).

Improving Access to Psychological Therapies (IAPT) – 020 3228 1350 – slm-tr.IAPT@lewisham.nhs.net

IAPT Lewisham is a free and confidential NHS service which offers a range of psychological therapies to adults 18 years and over, who live or are registered with a GP in the borough.

Kooth

Kooth is a free online counselling and emotional well-being support service for young people living in, attending school or with a Lewisham GP aged 10 – 25 years. It is a safe, secure and anonymous means of accessing support with their emotional health and wellbeing needs from a professional team of qualified counsellors. As well as other supports such as discussion boards and magazines with peer to peer and community elements. All of which are safe and secure and pre moderated.

Watch a short video to find out more about Kooth: <https://vimeo.com/318713056/3b5ea08a52>

Lewisham Compass@THEHUB – 020 8690 3020

Access to free, confidential health and wellbeing service for children and young people who need support with issues related to drugs, alcohol, emotional and mental health and sexual health. The service works with anyone between the ages of 10–19 (up to 25 with evidenced additional needs).

Lewisham Food Banks – 0808 208 2138

If you need a food parcel, Lewisham Foodbank can support you. You will need to ask for a referral through someone like your GP, teacher, health visitor, housing officer, advice worker or social worker. Or call the National Association of Citizens Advice Bureau foodbank referral helpline.

LGBTQ+ Jigsaw – 020 7359 5767 info@lgbtjigsaw.net

LGBT Jigsaw are four organisations that have specialisms in working with lesbian, gay, bisexual and trans (LGBT) young people. We also work with young people who are questioning their sexuality and/or gender identity. Drop in every Thursday 2-4pm at THT Lighthouse North, 214-5 Upper Marsh NE1 3PJ

Mind in Lewisham – 01689 811222

Mind in Lewisham offers support for people with mental health needs.

Mindful Mums – 020 3228 0760 / 01689 811222 – mindfulmums@blgmind.org.uk

Lewisham Mindful Mums helps pregnant women and new mums in the London Borough of Lewisham to look after themselves during what can be a challenging period of their lives.

NHS – 0300 311 22 33

Information on Health A-Z, Live well, Care and support and services near you.

Oasis Outreach & Support in South London – 020 3228 9300 – oasisreferrals@slam.nhs.uk

OASIS offer a package of care tailored to individual needs and goals, for a period of two years. A personalised care plan is developed with the service user and updated over time with their team.

Papyrus -Suicide Prevention

0800 068 41 41 (9am–10pm weekdays, 2–10pm weekends and bank holidays)

admin@papyrus-uk.org / pat@papyrus-uk.org

Offers confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through our helpline, HOPELINEUK.

Patient Advice and Liaison Service

The NHS has a Patient Advice and Liaison Service (PALS) which offers confidential advice, support and information on health-related matters. PALS can help young people:

- with their health-related questions
- resolve concerns or problems when they are using the NHS
- get themselves more involved in their own healthcare

Peer mentors, befriending – 020 3228 0760 and 07850 639811

Lewisham Peer Support is a service for adults with experience of mental health problems living in the borough of Lewisham who want to: run activity based groups to help others in a similar situation (peers) or attend activity based groups to support their own mental wellbeing.

The Maudsley Centre for Child and Adolescent Eating Disorders

020 3228 2545 (clinical staff are available between Monday-Friday from 9am–5pm).

MCCAED accepts referrals for young people up to the age of 18, who are registered with a GP in one of the seven boroughs in South London ((Lambeth, Southwark, Lewisham, Bexley, Bromley, Greenwich and Croydon).

Young Carers and Young Adult Carers Lewisham (16–25)

020 8699 8686 (Monday to Friday 9am–5pm) – info@carerslewisham.org.uk

The Carers Lewisham Young Carers Service supports children and young people aged between 5–25 years old who look after parent(s), sibling(s) or other relatives/friends who are disabled, ill, have mental ill health or a drug or alcohol problem

**Independence and Housing Options****Adult Learning Lewisham (ALL)** – 020 8314 3300 – adultlearning@lewisham.gov.uk

Offer a range of courses including supported learning courses for adults with learning difficulties.

AdviceAid – adviceaid.uk/selfserv

Complete the AdviceAid questionnaire to get advice about:

- how to solve problems affecting housing situations
- what to do if asked to leave a property
- how to find somewhere else to live
- how they can help

Young people don't need to give any personal details about who they are or where they live.

Housing advice

Information about housing support for young people with special education needs and disabilities (SEND).

Housing-related support services

Support people to develop their independent living skills and work towards fulfilling personal goals, aspirations and wellbeing.

Social housing – 020 8314 7007

Homeless enquiries HousingOptionsEnquiry@lewisham.gov.uk

Social housing applicants LewishamHomesearch.OnlineApplications@lewisham.gov.uk

Supported Housing – contact@lewishamsupportedhousing.org

Information on supported living housing in Lewisham

