



**Transition – Local Information**

<b>Advocacy for All</b> Sidcup	Advocacy Service provided free under the Care Act, to adults with care and support needs and their carers. Advocacy also available to young people over 16 who are in transition to adult services.	<a href="https://www.advocacyforall.org.uk/">https://www.advocacyforall.org.uk/</a>
<b>All Directions</b> Dartford	Community group based in Dartford. Support for adults with Learning Difficulties. Offer a range of independent living related courses, coffee mornings and general support	<a href="https://www.facebook.com/alldirectionskent.co.uk/">https://www.facebook.com/alldirectionskent.co.uk/</a>
<b>Bexley Care Hub</b> Bexley LA Website	Website for Bexley Care Services for Adults: Information on adult social care and safety concerns. Complete a self-assessment as a carer or for someone else, find services specific to your needs, make a referral to Social Services, find useful services and resources	<a href="https://carehub.bexley.gov.uk/web/portal/pages/home">https://carehub.bexley.gov.uk/web/portal/pages/home</a>
<b>Bexley Local Offer</b> Bexley LA Website	The Local Offer website provides local information about the services available to children, young people (age 0-25) and their families across Education, Health and Social Care. It includes social activities and preparing for adulthood	<a href="http://www.bexleylocaloffer.uk">www.bexleylocaloffer.uk</a>
<b>Bexley NAS</b> Bexley	Bexley Branch of the National Autistic Society Parent Support group (Not transition specific), Youth club and social activities	<a href="https://www.bexleynas.co.uk">https://www.bexleynas.co.uk</a>
<b>Bexley Two-Fold</b> Erith	Service is available for Young Adults on the Learning Disability Register. Pre-employment and In-work Support including travel training, identifying suitable work placements, identifying suitable training courses, carrying out job searches, providing access to a job club, attending job interviews and employment support. Works alongside The Learning and Enterprise Centre in Bexleyheath. A Job Club is available for those on the Autistic Spectrum with no LD.	<a href="http://www.bexley.gov.uk/twofold">www.bexley.gov.uk/twofold</a>
<b>Bridging the Gap</b> Sidcup	Support and advice for adults on the autistic spectrum and their carers, families and friends. A monthly evening social club, information drop-in day time and evening once a month.	<a href="http://www.btgse.co.uk">www.btgse.co.uk</a>
<b>Carers Support Bexley</b> Sidcup Manor House	Carers' Support (Bexley) is available to carers where the person cared for lives in Bexley. They offer the Carers Break Project, aiming to provide flexible respite for carers by offering live-in support to people in their homes. Care services, respite, support for benefit applications, personal budgets and carers.	<a href="http://www.carerssupport.org">www.carerssupport.org</a>  <a href="http://www.carerssupport.org/respit-for-carers.htm">http://www.carerssupport.org/respit-for-carers.htm</a>
<b>Citizens Advice</b> Bexley	Local weekly free drop in service in Bexleyheath, Sidcup and Erith. A national helpline is available for advice on disability benefits including appeals, housing and employment.	<a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a>
<b>Cross Roads Care</b> Erith	Crossroads Care South East London provide a diverse range of support and services to carers of Children and Adults with support needs in the London Borough of Bexley,	<a href="https://ccsel.org">https://ccsel.org</a>
<b>Healthwatch Bexley</b>	At a local level, Healthwatch Bexley works to help people get the best from their health and social care services, whether it's improving them today, or helping to shape them for tomorrow.	<a href="http://www.healthwatchbexley.co.uk/about-us">www.healthwatchbexley.co.uk/about-us</a>

Transition – Local Information

## Transition – Local Information (Continued)

<b>Inspire Community Trust</b> Slade Green	Inspire Community Trust promotes independent living. This is achieved by supporting disabled people and those who have sensory impairments to make informed choices which enable them to improve and enhance their lives. They also manage the Blue Badge Scheme, Freedom Pass, Wheelchair scheme and equipment, mobility aids and supported living.	<a href="http://www.inspirecommunitytrust.org">www.inspirecommunitytrust.org</a>	<b>Transition – Local Information (continued)</b>
<b>KIDS Mediation and Advocacy</b> London	For ages 16-25 in Bexley & London. The is an independent Mediation and Advocacy service specifically for disabled children and young people aged 8-19 years accessing overnight short breaks, looking after children and those placed within independent settings. The aim of the service is to promote the rights of disabled children and young people, facilitating their participation in the decision-making processes.	<a href="https://www.kids.org.uk/mediation-home/">https://www.kids.org.uk/mediation-home/</a>	
<b>The Bexley Community Learning Disability Team (CLDT)</b> Oxleas Bexley	The Bexley Learning Disability team provides specialist community health services to people over the age of 18 with learning disabilities living in Bexley. Psychologists, community nurses, occupational therapists, physiotherapists, speech and language therapists, transition team and the consultant psychiatrist are all based here. The team also run various groups like Holistic Lifestyle and Friends and More groups.	<a href="http://oxleas.nhs.uk/learning-disability-team">Learning Disability Team (Bexley) - Queen Mary's (oxleas.nhs.uk)</a>	
<b>Education Decisions Post 16</b> Bexley Local Offer	The Bexley Local Offer provides advice and guidance on: <ul style="list-style-type: none"> <li>• careers advice</li> <li>• types of study</li> <li>• sixth forms and colleges</li> <li>• traineeships and apprenticeships</li> <li>• where to get help and advice</li> </ul>	<a href="https://www.bexleylocaloffer.uk/Services/5555">https://www.bexleylocaloffer.uk/Services/5555</a>	
<b>Choice Support Bexley</b>	Local services for ASD and Learning Disabilities including Social, Housing, Employment, Wellbeing and Community Support.	<a href="https://www.choicesupport.org.uk/find-support/find-support-near-you/community-support-mental-health">https://www.choicesupport.org.uk/find-support/find-support-near-you/community-support-mental-health</a>	
<b>Bexley Mencap</b> Bexleyheath Office	Care Services for Adults – Advice on wills and trusts, benefits, housing, relationships, social care and health. There is also a dedicated Transition Support worker	<a href="https://www.bexleymencap.org.uk/">https://www.bexleymencap.org.uk/</a>	
<b>Prospects</b> (Bexley)	Prospects is part of the Shaw Trust and provides support, advice and guidance on a wide range of topics for young people ages 16 to 18 (up to 25 for young people with additional needs) who are not in work, employment or training or who have an EHCP. For schools that buy-in services from Prospects.  Young people who attend a Special Needs school / Schools in Bexley will have a 1-2-1 careers interview& action plan if their school buys-in the service.	<a href="http://www.shaw-trust.org.uk/en-GB/About-us">www.shaw-trust.org.uk/en-GB/About-us</a>	
<b>S.A.F.E School for Home Education</b>	Social Arts for Education (S.A.F.E. Bexley) is an independent special school catering for children with social, emotional and mental health difficulties, particularly those who are recovering from bullying or who are on the autism spectrum.	<a href="http://www.safeschoolbexley.co.uk">www.safeschoolbexley.co.uk</a>	

<b>The Learning and Enterprise College Bexley</b>	Adult Education for Supported Learning. Many courses available from Maths, English and IT to Cookery, Animal Care, Dance and Independent Skills for Life	<a href="https://www.lecb.ac.uk/">https://www.lecb.ac.uk/</a>	
<b>Re-Instate</b>	Re-Instate is a charity working to improve employment opportunities, quality of life and well-being for disadvantaged people in the London Borough of Bexley including people experiencing mental ill-health, people with learning disabilities and young people.	<a href="http://re-instate.co.uk">re-instate.co.uk</a>	
<b>Brighter Futures Skills Hub</b>	The Brighter Futures Skills Hub provides opportunities to improve quality of life by assisting adults with a learning disability to lead an independent and fulfilling life as possible and to maintain a healthy lifestyle.	<a href="https://brighterfuturesproject.co.uk/">https://brighterfuturesproject.co.uk/</a>	

## Transition – National Information

<b>Contact</b>	National charity for children and young people with SEND. Confidential free helpline service on all aspects of transition including employment, health, social wellbeing, benefits and medical issues.	<a href="http://www.contact.org.uk">www.contact.org.uk</a>	<b>Transition – National Information</b>
<b>Council For Disabled Children (CDC)</b>	National support including the Transition Research Programme and improving national standards. Website contains useful information for young people in transition to adulthood.	<a href="http://www.councilfordisabledchildren.org.uk">www.councilfordisabledchildren.org.uk</a> <a href="http://www.councilfordisabledchildren.org.uk/our-work/adulthood">www.councilfordisabledchildren.org.uk/our-work/adulthood</a>	
<b>Disability Matters</b>	Transition Guide by E-learning offering various free on-line courses to support parents and young adults in transition. Ideal for working and talking through the process at home together.	<a href="http://www.disabilitymatters.org.uk/course/view.php?id=98">www.disabilitymatters.org.uk/course/view.php?id=98</a>	
<b>Disability Rights</b>	National charity for SEND, leading change and working for equal participation for all. Info. on all areas of transition.	<a href="http://www.disabilityrightsuk.org/contact-us">www.disabilityrightsuk.org/contact-us</a>	
<b>National Development Team for Inclusion (NDTI)</b>  Preparing For Adulthood	They have developed a lot of support materials on preparing for adulthood from the earliest years. A lot of useful information is available on their site.  They also provide support to young people with additional support needs who feel anxious or unsure and have limited or no plans for the future. This is through their <b>Time to Talk Next Steps</b> programme.	<a href="https://www.ndti.org.uk/resources/preparing-for-adulthood-all-tools-resources">https://www.ndti.org.uk/resources/preparing-for-adulthood-all-tools-resources</a>  <a href="https://www.ndti.org.uk/projects/time-to-talk-next-steps">https://www.ndti.org.uk/projects/time-to-talk-next-steps</a>	
<b>Mencap</b>	National charity supporting Care Services for Adults – Advice on wills and trusts, benefits, housing, relationships, social care and health.	<a href="http://www.mencap.org.uk/advice-and-support">www.mencap.org.uk/advice-and-support</a>	
<b>Scope</b>	Scope provides support, information and advice on Independent Living, Employment, Social care, Short Breaks, Assistive Technology and Equipment.	<a href="https://www.scope.org.uk/services">https://www.scope.org.uk/services</a>	

## Transition – Specific Needs and Disabilities

<b>Ambitious About Autism</b>	An online guide to support for young people with ASD at school and college. Support and courses to help with employment, training for staff, support workers and parents.	<a href="https://www.ambitiousaboutautism.org.uk/information-about-autism/preparing-for-adulthood">https://www.ambitiousaboutautism.org.uk/information-about-autism/preparing-for-adulthood</a>
<b>Autism Incentives</b>	Autism Initiatives provides a range of person-centred services throughout the UK to children and adults, and encompasses education, residential houses, supported living and outreach services.	<a href="http://www.autisminitiatives.org">www.autisminitiatives.org</a>
<b>Cerebral Palsy</b>	Transition guide for parents.	<a href="http://www.cerebralpalsyguide.com/community/transition-into-adulthood/">www.cerebralpalsyguide.com/community/transition-into-adulthood/</a>
<b>Down Syndrome Association</b>	Information is available on the DSA website about the life journey for young people with DS. Includes the WorkFit programme that can help you and your son or daughter prepare for and find the right work experience, Supported Apprenticeship/Internships and/or employment.	<a href="https://www.downs-syndrome.org.uk/about-downs-syndrome/lifes-journey/">https://www.downs-syndrome.org.uk/about-downs-syndrome/lifes-journey/</a>  <a href="https://www.downs-syndrome.org.uk/about-downs-syndrome/lifes-journey/employment/">https://www.downs-syndrome.org.uk/about-downs-syndrome/lifes-journey/employment/</a>
<b>Dyslexia Action</b>	Support at College and University for students with Dyslexia including assistive technology. Specialised devices such as scanner pens, calculators, organisers or talking dictionaries to help with various tasks. Information for Dyslexia when seeking, applying for and in-work situations. Includes the Access to Work scheme.	<a href="http://www.dyslexiaaction.org.uk">www.dyslexiaaction.org.uk</a>
<b>Marie Curie Together For Short Lives</b>	Information and support for people with terminal illness and their families	<a href="http://www.mariecurie.org.uk/">www.mariecurie.org.uk/</a>
<b>MindED - for Mental Health, Behavioural and Emotional Young People</b>	Online information to support young people and their families with mental health challenges and the transition to adulthood.	<a href="https://mindedforfamilies.org.uk/">https://mindedforfamilies.org.uk/</a>  <a href="https://mindedforfamilies.org.uk/Content/transition%20to%20adult%20services/#/id/5e30b31c12321b4bca724145">https://mindedforfamilies.org.uk/Content/transition to adult services/#/id/5e30b31c12321b4bca724145</a>
<b>National Autistic Society</b>	The website contains a lot of information and support relating to various aspects of transitioning to adulthood including Further Education, Employment, Benefits, Health etc.	<a href="https://www.autism.org.uk/advice-and-guidance">https://www.autism.org.uk/advice-and-guidance</a>
<b>Royal Association for Deaf People</b>	Information and support for young people who have hearing impairment and their families on employment and careers.	<a href="http://www.royaldeaf.org.uk">www.royaldeaf.org.uk</a>
<b>SENSE for Sensory, Deaf &amp; Blind Young People</b>	Advice and information on planning for the future.	<a href="https://www.sense.org.uk/information-and-advice/life-stages/adult-life-and-planning-for-your-future/">https://www.sense.org.uk/information-and-advice/life-stages/adult-life-and-planning-for-your-future/</a>

<b>Young Minds</b>	Young Minds is committed to improving the emotional wellbeing, behaviour and mental health of children and young people age 0-25. Services include training courses; CAMHS transition guide; parent helpline; confidential online and telephone support to any adult worried about the emotional problems, behaviour or mental health of a child or young person up to the age of 25.	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>	
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## Transition – Education, Apprenticeships, Work Experience and Volunteering

<b>Action For Kids - physical and learning disabilities</b>	Work Experience and training for employment. Providing office work experience focussing on skills such as using the telephone, computer work, filing, photocopying, scanning, post duties and much more.	<a href="http://www.actionforkids.org/Pages/Category/for-schools-and-colleges">www.actionforkids.org/Pages/Category/for-schools-and-colleges</a>	<b>Transition – Education, Apprenticeships, Work Experience and</b>
<b>Bexley LA College and Further Education</b>	The Bexley Local Offer has a page on Post-16 education decisions with links to additional sources of information.	<a href="http://www.bexleylocaloffer.uk/Services/555">http://www.bexleylocaloffer.uk/Services/555</a>	
<b>Government Website</b>	<b>Section 41</b> – Independent schools for pupils with special educational needs, including those approved under section 41 of the Children and Families Act.	<a href="http://www.gov.uk/government/publications/independent-special-schools-and-colleges">www.gov.uk/government/publications/independent-special-schools-and-colleges</a>	
<b>National Apprenticeships Service</b>	Apprenticeships, 14 to 19 education and training for work. Apprenticeships combine practical training in a job with study. Search the find an apprenticeship service for apprenticeships in England.	<a href="http://www.gov.uk/apply-apprenticeship">www.gov.uk/apply-apprenticeship</a>	
<b>National Careers Service</b>	National Careers Service website offers helpful tips for making apprenticeship applications. A webchat service is also available so questions can be answered straight away. Includes information on CVs, Skills health check reports, action plans and course searches.	<a href="https://nationalcareers.service.gov.uk/">https://nationalcareers.service.gov.uk/</a>	
<b>NATSPEC</b>	The membership body for organisations that specialise in providing for students with learning difficulties and disabilities. They give young people the chance to become more independent and to learn in an exciting environment with personal support and be able to choose the college that will best enable them to achieve their goals. .	<a href="http://www.natspec.org.uk">www.natspec.org.uk</a>	
<b>Prospects</b>	Prospects is part of the Shaw Trust and provides support, advice and guidance on a wide range of topics for young people ages 16 to 18 (up to 25 for young people with additional needs) who are not in work, employment or training or who have an EHCP. For schools that buy-in services from Prospects.  Young people who attend a Special Needs school / Schools in Bexley will have a 1-2-1 careers interview& action plan if their school buys-in the service.	<a href="http://www.shaw-trust.org.uk/en-GB/About-us">www.shaw-trust.org.uk/en-GB/About-us</a>	
<b>Royal Mencap</b>	Education and employment through transition advice and support. Mencap Direct is a free help and advice line. Offering advice and information.	<a href="http://www.mencap.org.uk/advice-and-support/children-and-young-people/education-support/transition-adult-services">www.mencap.org.uk/advice-and-support/children-and-young-people/education-support/transition-adult-services</a>	
<b>Skills London</b>	Annual exhibition (normally November/December) at Excel in London. 100+ organisations offering information on careers, apprenticeships, employment.	<a href="https://www.businessldn.co.uk/skillslondon/home">https://www.businessldn.co.uk/skillslondon/home</a>	
<b>UCAS</b>	University Information which contains information for disabled students.	<a href="https://www.ucas.com/">https://www.ucas.com/</a>	

<b>Auticon</b>	An IT company that employs people with autism for their analytical strengths.	<a href="http://auticon.co.uk">auticon.co.uk</a>	
<b>Autus</b>	Autus is a small charity creating exciting opportunities for growth, learning and work for young people with Autistic Spectrum Conditions. They offer a range of programmes and activities to help build confidence and develop social communication, digital and employability skills.	<a href="http://autus.org.uk">autus.org.uk</a>	
<b>Autism Forward</b>	Provide funding for adults on the autistic spectrum allowing them to access specialised mentoring services to aid their access to employment and employability.	<a href="http://www.autismforward.org.uk">www.autismforward.org.uk</a>	
<b>GlamSci</b>	GlamSci is a charity that supports people in Bexley with careers advice, CV preparation, interview preparation as well as job and college applications. They are able to support young people with SEN and disabilities via one to one sessions and workshops.	<a href="http://www.glamsci.org">www.glamsci.org</a>	

## Transition – Employment/Internships

<b>AbilityNet</b>	AbilityNet offers free services and factsheets to enable disabled people to use computers and the internet at home, at work and in education and supporting Employers and Employees make reasonable adjustments to the workplace.	<a href="http://www.abilitynet.org.uk">www.abilitynet.org.uk</a> <a href="http://www.abilitynet.org.uk/workplace/understanding-reasonable-adjustments">www.abilitynet.org.uk/workplace/understanding-reasonable-adjustments</a>	<b>Transition – Employment/Internships</b>
<b>Access to Work</b>	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.	<a href="http://www.gov.uk/access-to-work/overview">www.gov.uk/access-to-work/overview</a>	
<b>Bexley Two Fold Erith</b>	Service is available for Young Adults on the Learning Disability Register. Pre-employment and In-work Support including travel training, identifying suitable work placements, identifying suitable training courses, carrying out job searches, providing access to a job club, attending job interviews and employment support.	<a href="http://www.bexley.gov.uk/twofold">www.bexley.gov.uk/twofold</a>	
<b>British Association for Supported Employment</b>	BASE UK – For information and support on Supported Employment. Supported Employment is often described as Individual Placement and Support (IPS) when it is used to support people with long term mental health needs.	<a href="http://www.base-uk.org">www.base-uk.org</a>	
<b>Business Disability Forum</b>	Business Disability Forum is an organisation that makes it easier and more rewarding to do business with and employ disabled people by support by sharing expertise, giving advice, providing training and networking opportunities.	<a href="http://www.businessdisabilityforum.org.uk/about-us">www.businessdisabilityforum.org.uk/about-us</a>	
<b>Employ-ability</b>	Opportunities for disabled and dyslexic students & graduates - Employ Ability can offer you free support, advice and guidance throughout the entire recruitment process and beyond.	<a href="http://www.employ-ability.org.uk">http://www.employ-ability.org.uk</a>	
<b>First Steps Plus</b>	Employment opportunities for Disadvantaged people - First Step Trust (FST) delivers services to private and corporate customers. They claim to create employment opportunities for disadvantaged people who want to get back into work.	<a href="http://www.firststeptrust.org.uk">www.firststeptrust.org.uk</a>	
<b>Government Website</b>	<b>Supported Internships</b> – Government guidance on how to provide supported internships for young people with special educational needs and an EHC plan or a learning difficulty assessment or statement of special educational needs issued before September 2014 It also includes information about applying for Access to Work funding.	<a href="http://www.gov.uk/government/publications/supported-internships-for-young-people-with-learning-difficulties">www.gov.uk/government/publications/supported-internships-for-young-people-with-learning-difficulties</a>	
<b>National Development Team for Inclusion (NDTI)</b>	They have developed a lot of support materials on preparing for adulthood from the earliest years. A lot of useful information is available on their site.  A Supported Internship guide is available.	<a href="https://www.ndti.org.uk/resources/preparing-for-adulthood-all-tools-resources">https://www.ndti.org.uk/resources/preparing-for-adulthood-all-tools-resources</a>	

Supported Internships		<a href="https://www.ndti.org.uk/resources/publication/what-are-supported-internships">https://www.ndti.org.uk/resources/publication/what-are-supported-internships</a>
Maximus	Maximus help people with disabilities into work by providing a variety of support options.	<a href="https://www.maximusuk.co.uk/our-services/employability">https://www.maximusuk.co.uk/our-services/employability</a>
Scope	Provide advice and guidance on looking for work. Search 'Employment' on the website.	<a href="http://www.scope.org.uk">www.scope.org.uk</a>
The Shaw Trust	A national charity providing employment opportunities, skills development training and health and well-being services. Employment Support, Work Experience, LD Apprenticeships and programme for young offenders.	<a href="http://www.shaw-trust.org.uk/en-GB/About-us">www.shaw-trust.org.uk/en-GB/About-us</a>

## Transition - Independent Living

All Directions Dartford	Community group based in Dartford. Support for adults with Learning Difficulties. Offer a range of independent living related courses, coffee mornings and general support	<a href="https://alldirections.org.uk/">https://alldirections.org.uk/</a>
Bexley LA Equipment and the Disabled Facilities Grant	If a local authority needs assessment concludes that you need specific equipment, it should be provided free of charge. Minor adaptations (cost limited)– which includes the cost of buying and fitting the adaptation – are also provided free of charge. Councils can make a charge for minor adaptations that cost more than the current limit to provide. Larger, more expensive items may be classed as adaptations and will be the responsibility of the housing department and provided through <b>Disabled Facilities Grants</b> .	<a href="http://www.nhs.uk/conditions/social-care-and-support-guide/Pages/equipment-aids-adaptations.aspx">www.nhs.uk/conditions/social-care-and-support-guide/Pages/equipment-aids-adaptations.aspx</a>
Disability Rights UK	Provide advice and guidance on Advocacy, Personal Assistants, Independent Living and Disabled Housing Grants.	<a href="https://www.disabilityrightsuk.org/">https://www.disabilityrightsuk.org/</a>
Living Made Easy	Living Made Easy is part of the Shaw Trust and is one of the largest charities in the UK. It provides impartial advice, information on solutions, gadgets, adaptations and aids to make life easier	<a href="https://livingmadeeasy.org.uk/">https://livingmadeeasy.org.uk/</a>
Independence at Home - Grants	The charity provides grants for disabled people and those with a long-term illness. Grants can be made for adaptations, equipment or other things to help manage at home if they're not funded by local or national government.	<a href="http://www.independenceathome.org.uk">www.independenceathome.org.uk</a>
Inspire - Equipment (Bexley)	Inspire Community Trust promotes independent living. This is achieved by supporting disabled people and those who have sensory impairments to make informed choices which enable them to improve and enhance their lives. They also manage the Blue Badge Scheme, Freedom Pass, Wheelchair scheme and equipment, mobility aids and supported living.	<a href="http://www.inspirecommunitytrust.org/">www.inspirecommunitytrust.org/</a>
Choice Support Bexley	Local services for ASD and Learning Disabilities including Social, Housing, Employment, Wellbeing and Community Support and Finances. Supported Living Services including maintain physical and mental wellbeing, develop daily living skills, help manage your finances, help to maintain your tenancy and access to community services	<a href="https://www.choicesupport.org.uk/find-support/find-support-near-you/community-support-mental-health">https://www.choicesupport.org.uk/find-support/find-support-near-you/community-support-mental-health</a>
Scope	Scope provides support, information and advice on Independent Living, Employment, Social care, Short Breaks, Assistive Technology and Equipment.	<a href="http://www.scope.org.uk">www.scope.org.uk</a>

Transition - Independent Living

<b>Your Own Place</b>	Working with disabled and other young people from all backgrounds. They may be leaving care, leaving school, leaving prison, leaving supported accommodation, going to college or university or just leaving home for the first time. Including tenancy agreements, training courses, workshops for schools, preparing for employment.	<a href="http://www.yourownplace.org.uk">www.yourownplace.org.uk</a>	
<b>Bexley Shared Lives Plus</b>	Shared Lives is a scheme which links people who need help and support to live in the community, with people who can provide that help and support in the Shared Lives Carer's own home.	<a href="https://sharedlivesplus.org.uk/scheme/lb-of-bexley/">https://sharedlivesplus.org.uk/scheme/lb-of-bexley/</a>	

## Transition – Participating in Society

<b>Ability Net – Assistive Technology</b>	AbilityNet offers free services to enable disabled people to use computers and the internet at home, at work and in education. It also provides information on a wide variety of topics including: voice recognition technology, magnification and screen-reading software, computers and visual impairment, training and resources for disabled people.	<a href="http://www.abilitynet.org.uk">www.abilitynet.org.uk</a> <a href="http://www.abilitynet.org.uk/factsheets">www.abilitynet.org.uk/factsheets</a>	<b>Transition – Participating in Society</b>
<b>CEA Cinema Carers Card</b>	The CEA Card is a national card scheme developed for UK cinemas by the UK Cinema Association (UKCA). The scheme is one of the ways for participating cinemas to ensure they make reasonable adjustments for disabled guests when they go to the cinema; in particular it ensures a complimentary ticket for someone to go with them.	<a href="http://www.ceacard.co.uk">www.ceacard.co.uk</a>	
<b>Council For Disabled Children</b>	Have resources and information about Preparing for Adulthood developed by NDTi.	<a href="https://councilfordisabledchildren.org.uk/resources-0/preparing-adulthood">https://councilfordisabledchildren.org.uk/resources-0/preparing-adulthood</a>	
<b>Getting Around UK Motability</b>	Provides cars and powered wheelchairs through the Motability Scheme.	<a href="http://www.motability.co.uk">www.motability.co.uk</a>	
<b>Inspire Community Trust</b>	<b>The Blue Badge Scheme.</b> It provides a range of parking benefits for disabled people who travel either as drivers or as passengers. A Blue Badge helps people with mobility difficulties, either as a passenger or driver.	<a href="https://inspirecommunitytrust.org/services/blue-badge/">https://inspirecommunitytrust.org/services/blue-badge/</a>	
	<b>Disabled Persons Freedom Pass</b> - The Freedom Pass is paid for by your Council and is managed by London Councils. In Bexley, Inspire Community Trust manage it on behalf of the London Borough of Bexley. It gives free travel on most public transport. Available if you live in Bexley and have any statutory disabilities listed in the Transport Act 2000.	<a href="https://inspirecommunitytrust.org/services/blue-badge/">https://inspirecommunitytrust.org/services/blue-badge/</a>	
	<b>Taxi Card Scheme</b> - Reduced rate for taxi service - allows Londoners who have restricted mobility which prevents them from using buses or trains due to a long-term disability or injury, to travel in contractors' licensed radio taxis-black cabs- at subsidised rates.	<a href="https://inspirecommunitytrust.org/services/blue-badge/">https://inspirecommunitytrust.org/services/blue-badge/</a> <a href="https://www.londoncouncils.gov.uk/services/taxicard">https://www.londoncouncils.gov.uk/services/taxicard</a>	
	<b>Bexley Wheelchair Service</b> – will help if you use a wheelchair or have just been advised that you may need one.	<a href="https://inspirecommunitytrust.org/services/wheelchair/">https://inspirecommunitytrust.org/services/wheelchair/</a>	
<b>National Rail - Disabled Persons Railcard</b>	The Disabled Persons Railcard is for people with a disability that makes travelling by train difficult. You will need to provide evidence of your eligibility with your application. Get 1/3 off adult rail fares for travel on the National Rail network in Great Britain. If you're travelling with another adult, they will also get 1/3 off their rail fare, so you can save money for a friend or family member too.	<a href="http://www.disabledpersons-railcard.co.uk">www.disabledpersons-railcard.co.uk</a>	



<b>National Radar Key Scheme</b> (for Disabled Toilet Facilities)	The National Key Scheme (NKS) offers disabled people independent access to locked public toilets around the country. Toilets fitted with National Key Scheme (NKS) RADAR locks can now be found in most parts of the country.	<a href="https://shop.disabilityrightsuk.org/products/radar-key">https://shop.disabilityrightsuk.org/products/radar-key</a>
<b>Your Own Place Training Courses</b>	Training Courses for Young People - looking at debt and APR in detail, as well as bills, priorities, necessities, budgeting, benefits as a safety net, benefits and moving in to work, money saving tips and where to go for more help. Including tenancy agreements, training courses, workshops for schools, preparing for employment.	<a href="https://www.yourownplace.org.uk/our-services/">https://www.yourownplace.org.uk/our-services/</a>

## Transition – Money Matters

<b>Contact</b>	Website contains information and guidance on a wide range of financial topics, including benefits and tax credits, education costs, utility costs etc.	<a href="https://contact.org.uk/advice-and-support/benefits-financial-help/">https://contact.org.uk/advice-and-support/benefits-financial-help/</a>
<b>Disability Rights</b>	General disability benefits, grants and financial support Information including Personal Independence Payment, Employment and Support Allowance and Carers Allowance. They also have information on many different grants including housing grants.	<a href="http://www.disabilityrightsuk.org">www.disabilityrightsuk.org</a>
<b>Family Fund</b>	Grants from Family Fund are for families on certain benefits, whose child or young person are disabled or has SEND. They are for aged 17 or under but can also advise on grants for older you adults.	<a href="http://www.familyfund.org.uk">www.familyfund.org.uk</a>
<b>Government Website</b>	<b>General Disability Benefits information</b> including, housing, vehicles, transport, Direct Payments, Disabled Facilities Grants, Housing and Council Tax Reduction, Blind Person's Allowance and Jobseeker's Allowance (Disability premium).	<a href="http://www.gov.uk/financial-help-disabled/disability-and-sickness-benefits">www.gov.uk/financial-help-disabled/disability-and-sickness-benefits</a>
	<b>16-19 Student Bursary Fund –</b> A bursary is available to help with education-related costs if you're aged 16 to 19 and studying at a publicly funded school or college in England. Either a <b>Discretionary Bursary</b> for which any young person can apply or a <b>Vulnerable Student Bursary</b> of £1,200 per year for certain groups, including disabled students who receive both DLA and ESA.	<a href="http://www.gov.uk/1619-bursary-fund">www.gov.uk/1619-bursary-fund</a>
	<b>Carers Allowance and Carers Credit –</b> Financial support if you care for someone who receives certain benefits, at least 35 hours a week, and earn under the threshold. You may be eligible for Carer's Credit (a National Insurance credit).	<a href="http://www.gov.uk/carers-allowance">www.gov.uk/carers-allowance</a> <a href="http://www.gov.uk/carers-credit/overview">www.gov.uk/carers-credit/overview</a>
	<b>Disabled Students Allowance (DSA) –</b> This is available to higher education students living in England if they have a disability, including a long-term health condition, mental health condition or a specific learning difficulty.	<a href="http://www.gov.uk/disabled-students-allowances-dsas">www.gov.uk/disabled-students-allowances-dsas</a>
	<b>Employment and Support Allowance -</b> If you're ill or disabled, Employment and Support Allowance (ESA) offers you financial support if you're unable to work and/or personalised help so that you can work if you're able to.	<a href="http://www.gov.uk/employment-support-allowance/further-information">www.gov.uk/employment-support-allowance/further-information</a>
	<b>Disability Living Allowance (DLA) -</b> For children may help with the extra costs of looking after a child who is under 16 and has difficulties walking or needs more looking after than a child of the same age who doesn't have a disability.	<a href="http://www.gov.uk/disability-living-allowance-children">www.gov.uk/disability-living-allowance-children</a>
	<b>Personal Independence Payment (PIP) –</b> Helps with extra costs caused by long-term ill-health or a disability if you're aged 16 to 64. The rate depends on how your condition affects you, not the condition itself. You'll need an assessment to work out the level of help you get.	<a href="http://www.gov.uk/PIP">www.gov.uk/PIP</a>
	Becoming a <b>Financial Appointee</b> - Information on becoming an Appointee to support someone claiming benefits. You can apply for the right to deal with the benefits of someone who can't manage their own affairs because they're mentally incapable or severely disabled.	<a href="http://www.gov.uk/become-appointee-for-someone-claiming-benefits">www.gov.uk/become-appointee-for-someone-claiming-benefits</a>

Transition – Money Matters

	<b>Vehicles and Transport</b> – Blue Badge parking scheme, Vehicle tax exemption, Vehicle tax reduction, The Motability Scheme and Community and public transport including the Disabled Persons Railcard.	<a href="http://www.gov.uk/financial-help-disabled/vehicles-and-transport">www.gov.uk/financial-help-disabled/vehicles-and-transport</a>
<b>Inspire Community Trust</b>	<b>Bexley Individual Budget and Direct Payment Support Service</b> – Brokerage for Care: Inspire provides support to individuals with Direct Payments (DP) and Individual Budgets (IB) who have chosen a self-managed support plan through an assessment by their local authority to receive a self-managed support plan. This enables and empowers an individual to have greater control in the way that you receive your support.	<a href="http://www.inspirecommunitytrust.org/services/direct-payment-support.html">www.inspirecommunitytrust.org/services/direct-payment-support.html</a>
<b>NHS Choices UK</b>	<b>Direct payments and personal budgets</b> – information and application guidance. Direct payments and personal budgets are offered by your local authority to give you more flexibility over how your care and support is arranged and provided. They are given to both people with care and support needs, and also to carers.	<a href="http://www.nhs.uk/Conditions/social-care-and-support-guide/Pages/direct-payments-personal-budgets.aspx">www.nhs.uk/Conditions/social-care-and-support-guide/Pages/direct-payments-personal-budgets.aspx</a>

## Transition – Being Healthy

<b>British Academy of Childhood Disability</b>	Health Information including policy research documents for professionals and parents. Including information on <b>transition for complex health disabilities</b> .	<a href="http://www.bacdis.org.uk">www.bacdis.org.uk</a>
<b>Bexley Care Hub</b> Bexley LA Website	Website for Bexley Care Services for Adults: Information on adult social care, health and community services, and safety concerns. Complete a self-assessment as a carer or for someone else, find services specific to your needs, make a referral to Social Services and find useful services.	<a href="https://carehub.bexley.gov.uk/web/portal/pages/home">https://carehub.bexley.gov.uk/web/portal/pages/home</a>
<b>Continuing Health Care</b>	NHS continuing health care for people with enduring care needs at home due to disability or illness	<a href="https://selondonccg.nhs.uk/in-your-area/bexley/nhs-continuing-healthcare/">https://selondonccg.nhs.uk/in-your-area/bexley/nhs-continuing-healthcare/</a>
<b>Council For Disabled Children (CDC)</b>	<b>Improving Transition in Health Services.</b> The Transition Information Network at CDC are working with the NHS Foundation Trust on a research project looking at the relationship between health services and transition for complex needs.	<a href="http://www.councilfordisabledchildren.org.uk">www.councilfordisabledchildren.org.uk</a> <a href="http://www.councilfordisabledchildren.org.uk/our-work/adulthood">www.councilfordisabledchildren.org.uk/our-work/adulthood</a>
<b>Department of Health</b>	The Department of Health (DH) helps people to live better for longer. They lead, shape and fund health and care in England, making sure people have the support, care and treatment they need, with the compassion, respect and dignity they deserve.	<a href="https://www.gov.uk/government/organisations/department-of-health-and-social-care">https://www.gov.uk/government/organisations/department-of-health-and-social-care</a> <a href="http://www.gov.uk/government/policies/health-and-social-care-integration">www.gov.uk/government/policies/health-and-social-care-integration</a>
<b>Health Checks</b>	The NHS provides free health checks for people with learning disabilities. Ask your GP practice to join the register, for a health check appointment and other health care.	<a href="https://www.nhs.uk/conditions/learning-disabilities/annual-health-checks/">https://www.nhs.uk/conditions/learning-disabilities/annual-health-checks/</a>
<b>Mental Capacity Act</b>	The Mental Capacity Act is the law in England and Wales that protects and supports these people, and outlines who can and should make decisions on their behalf. The Mental Capacity Act covers important decision-making relating to an individual's property, financial affairs, and health and social care. The full Mental Capacity Act Code of Practice is available to download from the public government documents website.	<a href="http://www.gov.uk/government/collections/mental-capacity-act-making-decisions">www.gov.uk/government/collections/mental-capacity-act-making-decisions</a>

Transition – Being Healthy

		<a href="https://www.gov.uk/government/publications/mental-capacity-act-code-of-practice">https://www.gov.uk/government/publications/mental-capacity-act-code-of-practice</a>
<b>Bexley MIND</b>	Self-refer for help with emotional and mental health. Therapies, Advocacy, Carer Support, Crisis Café, Community Connect and more	<a href="https://mindinbexley.org.uk/">https://mindinbexley.org.uk/</a>
<b>Kooth</b>	Online NHS counselling and emotional and mental health support for people up to age 25 years	<a href="https://www.kooth.com/">https://www.kooth.com/</a>
<b>Oxleas NHS Foundation Trust</b>	<b>Health Action Planning</b> - Understanding Personal Health Profiles and Health Action Plans. The Personal Health Profile book (PHPs) was produced to enable health needs to be identified, either in health checks, at the opticians, dentists or by any other health professionals for people with learning disabilities. Often referred to as ' <b>My Black Book</b> '. They are made available by the Transition Team for those in Transition and from the Adult Learning Disability Team.	<a href="http://www.oxleas.nhs.uk/">www.oxleas.nhs.uk/</a>
<b>National Development Team for Inclusion (NDTI)</b>  Preparing For Adulthood	They have developed a lot of support materials on preparing for adulthood from the earliest years. A lot of useful information is available on their site.	<a href="https://www.ndti.org.uk/resources/preparing-for-adulthood-all-tools-resources">https://www.ndti.org.uk/resources/preparing-for-adulthood-all-tools-resources</a>
<b>Royal Mencap National Service</b>	Healthcare advice including leaflets on healthcare checks, changes in the NHS, supporting in PMLD, the mental capacity act and top tips for supporting and meeting the needs of people with profound and multiple learning disabilities (PMLD).	<a href="https://www.mencap.org.uk/advice-and-support/health">https://www.mencap.org.uk/advice-and-support/health</a>
<b>Young Minds</b>	Young Minds is committed to improving the emotional wellbeing, behaviour and mental health of children and young people age 0-25. Services include training courses, CAMHS transition guide and parent helpline, confidential online and telephone support, including information and advice, to any adult worried about the emotional problems, behaviour or mental health of a child or young person up to the age of 25.	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>

The information provided was correct at the time of review and is subject to change without notice. For up to date information, please visit Bexley's Local Offer. Bexley Voice and the London Borough of Bexley are not held responsible for the content of external websites or documents.