

Transitions for young people with learning disabilities - Resources

PEOPLE

June 2018



Scottish Borders
Health and Social Care
PARTNERSHIP

Transitions information and resources

The information listed is for information and there is no endorsement of any service or organisation listed. Please be aware that some of these resources are Social Work funded and funding needs to be authorised by a social worker. This list is not exhaustive.

Contents

1.	National organisations	3
2.	Money and benefits information	3
3.	Education and training	5
4.	Legal information and other important documents/legislation	6
5.	Support	7
6.	Housing and support	11
7.	Respite/short breaks	14
8.	Other information	15

Images reproduced with permission from ARC Scotland (Scottish Transitions Forum)
Publication Principles of Good Transitions 3 © 2017.

1. National organisations

Enquire

The Scottish Government’s advice service for additional support for learning. Factsheets and guides.

Helpline: 0345 123 2303

Website: www.enquire.org.uk

Contact

Information on parent/carer rights. Transition project.

Helpline: 0808 800 3555 (National)

Website: www.contact.org.uk/scotland

Skills Development Scotland

Delivers face-to-face career information, advice and guidance at schools and SDS centres across Scotland. They offer support through a contact centre and My World of Work website.

Helpline: 0800 917 8000

Website: www.skillsdevelopmentscotland.co.uk

Local offices: **Waukrigg Mill, Duke Street, Galashiels, TD1 1QD** **Tel:** 01896 754784
Open Monday to Friday 9am-5pm

12 Howegate, Hawick, TD9 0AB
Open Tuesday & Thursday 9.30am-5pm

Tel: 01450 372724

2. Money and benefits information

Citizen’s Advice Scotland

Free advice on benefits, consumer and legal rights, benefits calculations and funding information.

Helpline: 03454 04 05 06

Website: www.cas.org.uk

Scottish Borders Council benefits and grants webpage: www.scotborders.gov.uk/info/20000/benefits_and_grants

Scottish Borders Council Financial Support and Inclusion Team webpage:

www.scotborders.gov.uk/info/20075/help_applying_for_benefits/301/how_can_the_financial_support_and_inclusion_team_help

Scottish Borders Council Customer Advice and Support Service

Telephone: 0300 100 1800

Encompass

Provides self-directed support information, administration and employer support, third party banking service and a comprehensive payroll service.

Tel: 01896 759700

Website: www.encompassborders.com

Email: admin@encompassborders.com

Address: Anderson’s Chambers, Market Street, Galashiels, TD1 3AF

Charging information for adult services

Please go to the website address below for details
www.scotborders.gov.uk/social-work-charging

Eligibility information for adult services

Please go to the website address below for details
www.scotborders.gov.uk/info/20069/how_do_i_get_a_service/511/eligibility_criteria

Self-directed Support (SDS)

Gives you four different ways of managing your support including direct payment, individual service fund, social work managed or a mix of the above options. More information on Self-directed support can be found on the Scottish Borders Council website. An easy read version is also available from the Learning Disability Service office.

Website: www.scotborders.gov.uk/sds

Independent Living Fund

New Scheme for 16-21 year olds. Short term award to fund activities that will support the young person to achieve a specific, clearly defined goal that will make a lasting impact on their life.

Website: www.ilf.scot

PIP-Personal Independence Payment

Personal Independence Payment (PIP) helps with some of the extra costs caused by long-term ill-health or a disability if you're aged 16 to 64.

Call the Department for Work and Pensions (DWP) to make a new Personal Independence Payment (PIP) DWP - Personal Independence Payment claims.

Telephone: 0800 917 2222

Textphone: 0800 917 7777

Monday to Friday, 8am to 6pm

Website: www.gov.uk/pip/overview

Welfare Benefits

There have been changes to the Scottish Borders Council Welfare Benefits Service. You can get information about benefits and other important information from Citizens Advice Bureaus locally or this website: www.citizensadvice.org.uk/scotland

You can also contact Scottish Borders Council Financial Support and Inclusion Team.

Website: https://www.scotborders.gov.uk/info/20075/help_applying_for_benefits/301/how_can_the_financial_support_and_inclusion_team_help

ESA-Employment and Support Allowance

If you're ill or disabled, Employment and Support Allowance (ESA) offers you: financial support if you're unable to work; personalised help so that you can work if you're able to.

You can apply for ESA if you're employed, self-employed or unemployed.
You might be transferred to ESA if you have been claiming other benefits like Income Support or Incapacity Benefit.

The quickest way to apply for Employment and Support Allowance is by phone.

Call the contact centre Telephone: 0800 055 6688 **Textphone:** 0800 023 4888

Monday to Friday, 8am to 6pm

Website: www.gov.uk/employment-support-allowance/overview

3. Education and training

Borders College

Various mainstream and supported courses.

Telephone: 08700 505152

Email: enquiries@borderscollege.ac.uk **Website:** www.borderscollege.ac.uk/

Address: Borders Campus, Nether Road, Galashiels, TD1 3HE

Social enterprises:

- **Borders Green Team Enterprises** - provides employment and training for adults with learning disabilities in the Scottish Borders in a range of garden services as well as garden furniture.

Telephone: 01450 363699

Website: www.bordersgreenteam.com

Address: Unit 4, Weensland Mill, Hawick, TD9 9PS

- **Border Links** is a Community Enterprise that runs different enterprise activities in North Northumberland and Scottish Borders along with social events which are open to all.

Telephone: 01289 305423 **Website:** www.borderlinks.co.uk

Address: 4A Grove Gardens, Prior Park, Berwick upon Tweed, TD15 2EN

- **Brothers of Charity Services (Scotland) - Working Together Social Enterprises**

Green Works-gardening and woodwork

Bread Works- organic bakery

Telephone: 01896 661200

Website: www.bocscot.org/what-we-do/social-enterprise/

Address: Administration & Reception, Triest House, Bridge Street, Galashiels, TD1 1SW

- **The Food Foundation** - Kingsmeadows social Enterprise. Flow training E learning program where people can gain up to 6 certificates and then go on to gain experience working in a professional kitchen.

Telephone: 01721 722421 **Website:** www.thefoodfoundation.scot/index.html

Email: enquires@thefoodfoundation.scot

Address: Victoria Park Centre, Kingsmeadows Road, Peebles EH45 9BH

Employment Support Service

- **Support into Employment** -The Employment Support Service is an outcome focussed service which supports people who need additional help to find and sustain paid work.
- **Young People Project** - Partnership project with Scottish Borders Council and NHS Borders designed to provide young care leavers with employability skills with the opportunity of securing a Modern Apprenticeship.
- **Project SEARCH** is an opportunity for 17 to 24 year olds who have a learning disability or are on the autistic spectrum to gain employability skills. Delivered in partnership with Scottish Borders Council, NHS Borders and Borders College.
Telephone: 01835 824000 **Address:** 1st Floor, Paton Street, Galashiels, TD1 3AS
Website: www.scotborders.gov.uk/info/20028/help_finding_a_job/648/support_into_employment

4. Legal information and other important documents/legislation

Adults with Incapacity (Scotland) ACT 2000 provides a framework for safeguarding the welfare and managing the finances of adults who lack capacity due to mental disorder or inability to communicate.

The revised and original act can be found on the **website:** www.legislation.gov.uk/asp/2000/4/contents

A short guide to the act can be found on the

website: www.gov.scot/Publications/2008/03/25120154/1

Adult Support and Protection (Scotland) Act 2007

The revised and original act can be found on the **website:** www.legislation.gov.uk/asp/2007/10/contents

Another site discussing the act more generally can be found on the

Website: www.gov.scot/Topics/Health/Support-Social-Care/Adult-Support-Protection

Appointeeship You can apply for the legal right to manage your young person's affairs if they cannot manage their own due to being mentally incapable or severely disabled.

Website: <https://www.gov.uk/become-appointee-for-someone-claiming-benefits>

Education (Additional Support for Learning) (Scotland) Act 2004

Website: www.legislation.gov.uk/asp/2004/4/contents

For a simple explanation of the act for parents and further support about Additional Support for Learning, Enquire have information on their website which can be found at www.enquire.org.uk.

For legal information and advice on education matters the Govan Law Centre website is another good resource and can be found at www.edlaw.org.uk.

Guardianship

This is a court appointment which authorises a person to act and make decisions on behalf of an adult with incapacity.

Website: www.publicguardian-scotland.gov.uk

POA-Power of Attorney

Having a POA lets you plan what you want another person to do for you in the future, should you become incapable of making decisions about your own affairs. POA is a written document which includes a certificate signed either by a solicitor who is registered to practice law in Scotland or by a UK medical doctor.

Website: www.publicguardian-scotland.gov.uk

Mental Health (Care and Treatment) (Scotland) Act 2003

The act can be found on the **website:** www.gov.scot/Publications/2005/08/29100428/04289

A brief summary can be found at the **website:** www.mwscot.org.uk/the-law/mental-health-act/

Mental Welfare Commission for Scotland protects and promotes the human rights of people with mental health problems, learning disabilities, dementia and related conditions.

Telephone: 0131 313 8777 (professionals)

Telephone: 0131 313 8777 (service users & carers only)

Mon-Thur 9am-5pm and Fri 9am-4:30pm

Email: enquiries@mwscot.org.uk

Website: www.mwscot.org.uk

5. Support /advice

ARC Scotland –“Our mission is to champion the development of high quality person – centred services for people with a learning disability across Scotland.”

Tel: 0131 663 4444

Website: www.arcscotland.org.uk

Borders additional needs group (BANG) - A group set up by parents of children with special needs to support families who have children with additional, complex or rare conditions

Contact: Pauline Charles T 07825 812 468, Nicola Corbett T 01896 756893

Email: info@bordersadditionalneeds.org

Website: www.bordersadditionalneeds.org/

Beach Wheelchairs - is a Scottish Charity which believes that everyone has the right to enjoy our beautiful beaches. "We provide beach wheelchairs for children and adults and a beach walker for loan free of charge from our Beach Hut at North Berwick Harbour, East Lothian.

Call our volunteers in advance on 0300 111 2112 to discuss available equipment and book a session which suits you. Sessions can be booked for morning, afternoon or evening 7 days a week.

On the day of your booking, we will meet you at our Beach Hut in North Berwick Harbour. You will be shown how to use the wheelchair, we'll ask you to sign some paperwork and then off you go!"

Website: www.beachwheelchairs.org

BIAS - Borders Independent Advocacy Service - free confidential Advocacy Service in the Borders

Low Buckholmside, Galashiels, TD1 1RT

Tel: 01896 752200

Email: info@bordersadvocacy.org.uk **Website:** www.bordersadvocacy.org.uk

Office hours are: Monday – Friday 9am-4.30pm (by appointment only).

Borderline Helpline - A Freephone helpline for adults in the Scottish Borders who are experiencing emotional distress.

Borderline offers a skilled listening and support service which is free, confidential and anonymous.

Freephone 7-10pm every evening 0800 027 4466

Borders Carers Centre - supports those caring for relatives, friends or neighbours who otherwise may be unable to manage at home without help due to illness, disability, frailty or addiction. Providers' carer packs and carer support plans available upon request.

Brewerybrig, Low Buckholmside, Galashiels TD1 1RT

Tel: 01896 752431

Email: info@borderscarers.co.uk **Website:** www.borderscarerscentre.co.uk

Borders Care Voice helps service users and carers to have a voice in the planning and delivery of health and social care services. Their Learning Network offers free training to people who work or volunteer in health and social care and to unpaid carers. Triest House, Bridge Street, Galashiels TD1 1SW

Tel: 01896 757290

Email: admin@borderscarevoice.org.uk **Website:** www.borderscarevoice.org.uk/

BCLN-Borders Care Learning Network - Free training for care workers, volunteers and unpaid carers. BCLN is the training arm of Borders Care Voice.

Triest House, Bridge St, Galashiels TD1 1SW

Tel: 01896 757290 **Email:** training@borderscarevoice.org.uk

Website: <http://www.borderscarevoice.org.uk/http-www-borderscarevoice-org-uk-wp-content-uploads-2019-01-bln-training-bklt-spring-19-pdf/>

Community Children's Nursing Team

Borders General Hospital, Melrose, TD6 9BS

Telephone: 01896 826081

Interest Link Borders is a volunteer befriending service creating 1:1 friendships and friendship groups for children, young people and adults with learning disabilities across the whole of the Scottish Borders. They have local branches and staff in Duns, Galashiels, Hawick and Peebles: see website for full contact details.

Triest House, Bridge Street, Galashiels TD1 1SW

Mobile 07785 734992

Telephone: 01361 883662

Website: www.interestlink.org.uk

Local Citizens Panels meet 5 times a year and are for people who:

- aged 14+
- have a learning disability or
- care for a family member who has a learning disability

The Panels help the Learning disability service improve communication and consultation on policy and other important matters that affect the lives of people with learning disabilities. The Panels also obtain and share information about the things that are happening in their local communities.

LCP Co-ordinator, c/o The Bridge, 3 Roxburgh Street, Galashiels, TD1 1NY

Mobile: 07816 171 964

Website: https://www.scotborders.gov.uk/info/20056/disabilities/328/learning_disabilities/4

Meeting of Minds - is a parent led support group which gives parents and care givers the opportunity to connect with key professionals in a relaxed and friendly environment. They cover Kelso, Berwickshire and are open to anyone interested who they can support.

Website: <http://www.meetingofminds.net>

RNIB (Royal National Institute of Blind People)-Vision Support Service

Mobile: 07771 940 387 (Mon-Thurs)

Telephone: 01573 410 754

Website: www.rnib.org.uk/sightlosssupportscotland

Scottish Autism provides a wide range of support services across Scotland for individuals with autism, their families and professionals.

Lothian & Borders Area Services, 17D, North High Street, Musselburgh, EH21 6JA

Telephone: 0845 300 9274

Email: Lothian@scottishautism.org **Website:** www.scottishautism.org

Sense Scotland supports people who have communication support needs linked to learning disability, physical disability and / or sensory impairment, including deafblindness. It provides a wide range of services, advice, representation and events.

43 Middlesex Street, Kinning Park, Glasgow, G41 1EE

Telephone: 0300 330 9292

Website: www.sensescotland.org.uk/

Community Activities

Artbeat Studios - Local Community Arts Initiative offering range of art sessions from photography to watercolours - working to make art accessible to all.

Area Covered: Hawick area

Opening Hours: Various sessions offered

Havelock Street, Hawick, TD9 7BB

Tel: 01450 379 547

Nomad Beat - Breaking Sound Barriers offers music tuition for individuals and groups with additional needs, using new-style instruments, resources and innovative technology. They enable people of all ages and abilities to enhance their lives musically, to gain new skills and experiences and to participate on an equal basis with others.

10-11 Cherry Court, Cavalry Park, Peebles, EH45 9BU

Phone: 01721 722472

Email: info@nomadbeat.com **Website:** www.nomadbeat.com.

Peebles Players is a community music group, which offers adults with a disability the opportunity to take part in music sessions using voice and percussion. Over 40 Players attend each session, the group being made up of disabled members with carers. Members come from all over the Borders, from West Linton to Kelso. All have learning difficulties, while several have an additional physical disability, including profound hearing loss, but none of this is a bar to active participation in creative music.

Opening Hours: Monday from 1.30 to 3.00pm

Eastgate Studio, Eastgate Theatre, Peebles, EH45 8AD

Email: peeblesplayers@gmail.com

Website: www.onlineborders.org.uk/community/peeblesplayers

Volunteer Centre Borders

Website: www.vcborders.org.uk/

Day services

Cornerstone -The service offers day opportunities for adults with complex support needs in Galashiels. We offer a varied programme of activities such as cooking, art & design, IT skills, yoga, photography and music.

Core operating hours are Monday to Friday 8am to 6pm.

Cornerstone Connects, Langhaugh Lane, Melrose Road, Galashiels, TD1 2UF

Tel: 01896 750308

Website: www.cornerstone.org.uk

Lanark Lodge - Day Support Services provides adults with learning disabilities the opportunity to learn new skills and to take part in a variety of social, leisure, practical work and educational activities. More information is available from Social Work Services.

Bridgend, Duns TD11 3EX

Tel: 01361 882540

Katharine Elliot Centre - Day Support Services

Howdenbank, Hawick TD9 7JT

Tel: 01450 374230

Victoria Park - adults with a learning disability are provided with the opportunity to learn new skills and to take part in a variety of social, leisure, practical and educational activities. For more information, please contact Social Work Services.

Kingsmeadow Road, Peebles EH45 9BH **Tel:** 01721 722622

6. Housing and support

ALISS Website

ARK Housing Association Website: www.arkha.org.uk

Local offices:

Peebles, 19c Eastgate, Peebles, EH45 8AN

Telephone: 01721 721388

Hawick, 2 Towerdykeside, Hawick, TD9 9EA

Telephone: 01450 370548

Kelso, 1 The Butts, Kelso, TD5 7BA

Telephone: 01573 223982

Galashiels, 9 Bank Street, Galashiels, TD1 1EN

Telephone: 01896 759351

Autism Initiatives

Website: www.autisminitiatives.org

Providing a residential service and outreach program in the Borders.

Unit 1B, First Floor, 54 Landhope Vale, Galashiels, TD1 1BT

Tel: 01896 755820

Cornerstone - “we are part of Cornerstone Scotland and are Galashiels based but we cover the whole of the Borders giving a high standard of Community Care. We have excellent staff who are committed to helping people reach their goals and live independently in the Community.”

Cornerstone Connects, Langhaugh Lane, Melrose Road, Galashiels, TD1 2UF

Telephone: 01896 750308

Website: www.cornerstone.org.uk

Email: Andrew.Will@cornerstone.org.uk Eileen.Nichol@cornersrone.org.uk

Care at home & homecare providers in the Scottish borders

Listing of providers in the Scottish Borders can be found on the website below:

www.homecare.co.uk/homecare/listings.cfm/searchcounty/Scottish-Borders

Carr Gomm -supported accommodation Service in the Galashiels area

1D Douglas Bridge House, Channel Street, Galashiels, TD1 1DD

Telephone: 01896 668 276

Website: www.carrgomm.org/our-services/scottish-borders

CIC-Community Integrated Care is a national social care charity which provides care and support to thousands of people across England and Scotland.

The Bridge, 1, Veitch's Close, Jedburgh, TD8 6AY

Telephone: 01835 869 697

Website: www.c-i-c.co.uk

Eildon Housing Association **Website:** www.eildon.org.uk

Telephone: 0300 200 217 (Customer Services)

Telephone: 01750 725900 (Main Office)

Office Hours Monday, Tuesday, Thursday: 8:45am-5pm,

Wednesday: 10am-5pm and Friday: 8:45am-4pm

Address: The Weaving Mill, Ettrick House, Dunsdale Road, Selkirk, TD7 5EB

Garvald West Linton is a provider of residential care and creative day opportunities for adults with learning disabilities.

Dolphinton, West Linton, EH46 7HJ

Telephone: 01968 682211

Email: info@garvaldwestlinton.org.uk **Website:** www.garvaldwestlinton.org.uk

Garvald Home Farm are currently registered as a Residential Care Home for 8 adults with a Learning disability but are in the process of changing to support care at home. They provide support in 2 houses in a shared living style. They are also a working farm with opportunities to be involved on the land, with livestock or in processing our milk and meat for ourselves and to sell to others.

Garvald Home Farm, Dolphinton, West Linton, EH46 7HJ

Telephone: 01899 682238

Email: office@garvaldhomefarm.co.uk office@garvaldhomefarm.co.uk

Independent Living Services Home care and support services

Unit 12A, Galabank Business Park, Wilderhaugh, Galashiels, TD1 1PR

Telephone: 01896 751693

Mears Group - Home care service provider

64 Albion Road, Edinburgh, EH7 5QZ

Telephone: 0131 656 6130

Website: www.mearsgroup.co.uk

Real Life Options - Provide housing support and Care at home services to adults with Learning disability and Elderly.

Contact Lynn Jack, Service Manager

16 Drumlanrig Square, Hawick, TD9 0AS

Telephone: 01450 373306 Mobile: 07557868890

Email: lynn.jack@reallifeoptions.org

Website: www.reallifeoptions.org

Richmond Fellowship Scotland - a charity that provides home care support.

Unit 19 & 20 Tweed Horizons Centre, Newtown St Boswells, TD6 0SG

Telephone: 01835 824 704

Email: info@trfs.org.uk **Website:** www.trfs.org.uk

SB Cares -Provides Adult Social Care Services for the Scottish Borders.

Bristol Building, Council HQ, Newton St Boswells, TD6 0SA

Telephone: 01835 826700

Email: info@sbcare.co.uk **Website:** www.sbcare.co.uk/site/index.php

Streets Ahead -provides housing support, care at home services and personalised support to adults with learning disabilities.

Lyle and Scott Building, 8 Liddesdale Road, Hawick, TD9 0ER

Telephone: 01450 377924

Email: info@streets-ahead.org.uk **Website:** www.streets-ahead.org.uk/

Together Borders Services

We are a registered charity which provides Housing Support and Care at Home Services to people in Galashiels, Melrose, Selkirk, Kelso, and Hawick.

Head Office: Triest House, Bridge Street, Galashiels TD1 1SW

Telephone: 01896 661200

Email: <mailto:info@bocscot.org> info@bocscot.org

Website: www.bocscot.org/what-we-do/together-borders

7. Respite /Short Breaks

Aberlour Options - Borders provides a range of short breaks respite care and support services for parents and carers with children affected by learning disabilities in the Borders.

SBC, Paton Street, Galashiels

Telephone: 01896 754003.

Email: options@aberlour.org.uk

Website: www.aberlour.org.uk

ARK Kelso Support Service - Home Care Agency

1 The Butts, Kelso, TD5 7BA

Tel: 01573 223982

Website: www.arkha.org.uk

Brothers of Charity Services (Scotland)

Garden Villa is a registered Care Home (with nursing support) located in Gattonside, which provides a respite/short break service to people with a learning disability and other support needs.

Telephone: 01896 823616

Email: <mailto:info@bocscot.org> info@bocscot.org

Website: www.bocscot.org/what-we-do/garden-villa-care-home

Care @ Kielder-respite holidays for disabled adults

Tel: 01434 250232

Website: <http://www.calvert-trust.org.uk/>

Hilda House Care Home Adults LD - one to one respite on East Coast

Geraldine and Brian Cowan

18 Main Street, Spittal, Berwick Upon Tweed, Northumberland, TD15 1 QY

Tel: 01289302315

8. Other Information

'A Healthier Me' Pathway

Website: www.scotborders.gov.uk/info/20056/disabilities/328/learning_disabilities/8

Health Transitions Leaflets available to families can be found on these two links:
www.kingdomtech.co.uk/nhs/default.aspx?PageID=706 and
www.kingdomtech.co.uk/nhs/default.aspx?PageID=707.

The keys to life, improving quality of life for people with learning disability - Scottish Government Document

Website: www.gov.scot/resource/0042/00424389.pdf

The Principles of Good Transitions 3 - what a good transitions should look like.

The introduction gives a summary of the each professional's different legal responsibilities and recommendations for the transitions process.

This document can be found on the Scottish Transitions forum website at www.scottishtransitions.org.uk.

Learning disabilities services

Scottish Borders Learning Disability Service provides a range of specialist health and social care services for adults with learning disabilities.

Monday to Friday 8:30am-5pm

Tel: 01896 840200

Address: Scottish Borders Learning Disability Service, Church Street, Earlston, TD4 6HR

Website: www.scotborders.gov.uk/info/20056/disabilities/328/learning_disabilities

The Local Area Co-ordination Team (LAC) is part of the Learning Disability Service.

This service works alongside individuals and their families/carers, using a person-centred approach to help people access opportunities in their local communities.

Learning Disability Liaison Nurse - Supports people with a learning disability while they are in hospital

There is learning disability liaison nurse for the Learning Disability Service and is based at the Borders General Hospital.

Monday to Friday 9am-5pm

Borders General Hospital Tel: 01896 826000

Learning Disability Liaison Nurse

Tel: 01896 827259 **Mob:** 07825112281

You can get this document on audio CD, in large print and various other formats by contacting us at the address below. In addition, contact the address below for information on language translations, additional copies, or to arrange for an officer to meet with you to explain any areas of the publication that you would like clarified.

LEARNING DISABILITY SERVICE

Scottish Borders Council | Council Headquarters | Newtown St Boswells
MELROSE | TD6 0SA

tel: 01896 840200 | email: LDS.AdminTasks@borders.scot.nhs.uk

www.scotborders.gov.uk

