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## SOUTHEND BOROUGH COUNCIL

### Pathway Referral Map for Transition to Adults Services

October 2021

The Preparing for Adulthood Team in Southend on Sea works closely with the national Preparing for Adulthood programme (PfA) delivered by the National Development Team for inclusion (NDTi). Our partnership brings together a wide range of expertise and experience of working with young people and families at a local and national level and across government to support young people into adulthood with particular focus on the following four themes of PfA and with the aim of improving life chances for children, young people and adults.

### **The four outcomes of PfA;**

- **Education and/or training and employment after school year 11**
- **Independent living**
- **Participating in society/being part of their local community**
- **Being as healthy as possible in adult life.**



Preparing for Adulthood (PfA) is very important for all children, young people and families, however extra care and attention should be given to children and young people with special educational needs and/or disabilities (SEND) to ensure that they are supported in the most suitable ways possible to communicate their aspirations and ultimately achieve their ambitions. Preparing children and young people for adulthood should start from the earliest years. For young people with Education, Health and Care (EHC) Plans the annual review at Year 9, and every annual review thereafter, **must** include a focus on Preparing for Adulthood.

Discussions about preparing for adulthood should focus on young people's strengths, capabilities and aspirations and these discussions should be conducted in a 'person centred' way. 'Person centred' refers to a way of working which places the young person at the very centre of all processes and discussions. All person-centred activities or events should include the following five core principles:

- **The person should understand that their views are as important as everyone else's, in whatever way they are expressed**
- **The person should understand the process of the activity in which they are involved**
- **The activity should be as accessible and user friendly as it practical to achieve**
- **The person should have a realistic understanding of the process of the activity and what decisions their views can impact on**
- **The person should be given information about the outcome of any activity, in a manner that is meaningful to them.**



The PfA team can support young people and their families with preparing for adulthood in relation to all four outcomes. The team work closely with the Careers Enterprise Company, Connexions, The Department for Work and Pensions as well as schools, colleges and the wider SEND team. All year 9 and 11 annual reviews are attended by a member of the PfA team to ensure that progress of young people is recognised and celebrated.

Trained in person-centred planning, the Case Coordinators will explore the lived experience, aspirations, and welfare of young people as they move beyond Year 11.

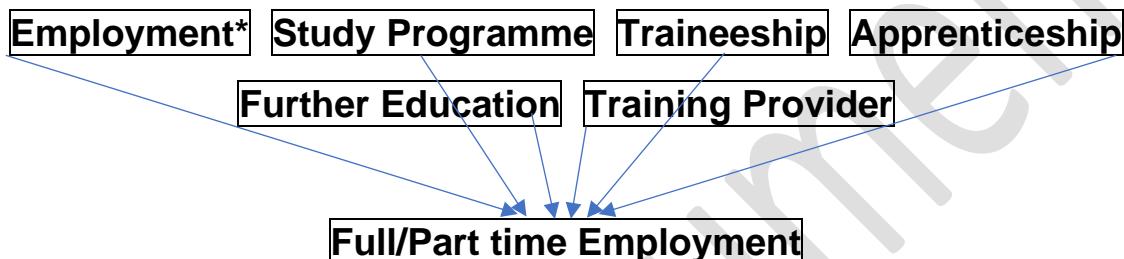
Every young person will have a named member of the PfA team who will follow a young person's journey for as long as they require support. Working in partnership with colleagues across the local area including Education, Health, Mental Health and Social Care to co-produce amended EHCPs that provide a holistic view of the child/young person/adult. The PfA team will work with families, ensuring effective communication, coproduction and managing expectations where appropriate. Adult Social Care Services will work in close partnership with the Preparing for Transition Team

working to ensure that we deliver a transition service to young people 14+ who are thought to have an appearance of need under the Care Act 2014 when they reach 18.

A designated, strategic Preparing for Adulthood subgroup oversees the strategic development, implementation and governance of the Preparing for Adulthood agenda as set out in the Children and Families Act 2014, the Care Act 2014 and Mental Capacity Act 2005. The overarching aim of the PfA subgroup is to develop and implement a shared approach across Children's and Adult's Services, Health and Education Services to ensure compliance with the Children and Families Act 2014, the Care Act 2014 and Mental Capacity Act 2005 in relation to Preparing for Adulthood.

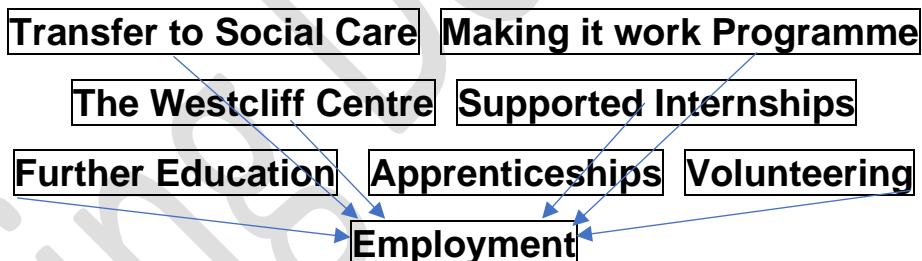
### **Preparing for Adulthood Pathways - Options Post 16**

#### **Leaving school at the end of year 11, 12, 13**



\*Between 16 & 18 you can work or volunteer for 20 hours or more if you combine it with part time study or training

#### **Leaving school at the end of Year 14 - Options**



# **ADULT SOCIAL CARE - PATHWAY TO ADULT SERVICES**

## **Do you need support post 18? Are you leaving school?**

If you have a learning disability, visual, hearing or physical disability (\*or appear to have needs for care and support), adult social care can support you to live as independently as possible and enjoy a good quality of life. We also support family carers – so that they can have a break from caring.

## **We can help with, but not restricted to:**

- Personal care, nutrition, toileting, being appropriately clothed, making use of the home safely, maintaining a habitable home, developing and maintaining family or other personal relationships, accessing and engaging in work training education or volunteering, making use of necessary facilities or services in the local community including public transport and recreational facilities or services and with carrying out any caring responsibilities the adult has for a child.
- Finding suitable housing
- Breaks for carers
- Planning for the future
- Referral to other services that can support your independence including employment and social activities.

## **What is the eligibility and assessment process?**

To determine whether you are eligible for a service we will undertake a Care Act Assessment. If you have eligible needs, together we will create a support plan which will identify your strength, support networks and community assets to see how we can support you. You may be offered a Personal Budget either under Self Directed Support which will enable you to purchase support, or you may be offered a commissioned service. This support will allow you to be able to live as independently as possible. You will be financially assessed to see how much you will contribute towards your care. We will offer a carers assessment to people that support you.

## **Who do I contact to make this happen?**

You would need to contact The Access Team to make a referral. Referrals can be made via telephone or through written correspondence. Referrals can be made by the person, their family or relevant professional

### **Contacting the Access Team:**

- By Phone: 01702 215008 - Monday to Thursday 9.00am to 5.00pm and Friday 9.00am and 4.30pm
- By Post: Access Team, Department for People, Southend-on-Sea Borough Council, Civic Centre, Victoria Avenue, Southend-on-Sea, SS2 6ER

For further information please visit the Social Care page online at:

Social Care – Southend-on-Sea Borough Council

Further advice and support can be found here:

Livewell Southend  
Carers First

\* Care Act factsheets - GOV.UK ([www.gov.uk](http://www.gov.uk))

If you have a learning disability, visual, hearing or physical impairment, adult social care can support you to live as independently as possible and enjoy a good quality of life. We also support family carers – so that they can have a break from caring.

Referrals can be made from 17 years old from the following:

- Self-referral
- Children with disabilities Team (CWD)
- School/College



## Access team

[Accesssteam@southend.gov.uk](mailto:Accesssteam@southend.gov.uk)

or

01702 215 008

Monday to Thursday 9am- 5pm, Friday 9-4.30pm

or

online self- referral on the MySouthend website

or

Department for People, Southend-on-Sea Borough Council,  
Civic Centre, Victoria Avenue, Southend-on-Sea, SS2 6ER

# Criminal Exploitation

## SOUTHEND BOROUGH COUNCIL

### ADULT SOCIAL CARE - PATHWAY TO ADULT SERVICES - Criminal Exploitation

**Are you reaching the age of 18 and leaving Children's Services (or know someone who is) and are concerned you are being criminally exploited?**

If you or someone you are working with is reaching the age of 18 and have concerns about being criminally exploited, adult social care can support you.

**We can help with, but not restricted to:**

- Support you to mitigate the risks
- Support with finding suitable housing
- Support you to apply for benefits if you are eligible, i.e. Universal Credit
- Referral to other services that can support you to keep safe
- Referral to other services that can support your independence including employment and social activities
- Planning for the future
- If it is appropriate – undertake a Care Act Assessment

**What is the eligibility and assessment process?**

If you are reaching the age of 18 and are being criminally exploited or at risk of being; a Safeguarding adult concern should be raised

**Who do I contact to make this happen?**

You would need to contact The Access Team to make a referral. Referrals can be made via telephone, online [Reporting a Concern – Southend-on-Sea Borough Council](#) or through written correspondence. Referrals can be made by the person, their family or relevant professional

**Contacting the Access Team:**

- By Phone: 01702 215008 - Monday to Thursday 9.00am to 5.00pm and Friday 9.00am and 4.30pm
- By Post: Access Team, Department for People, Southend-on-Sea Borough Council, Civic Centre, Victoria Avenue, Southend-on-Sea, SS2 6ER
- Online: [Reporting a Concern – Southend-on-Sea Borough Council](#)

For further information please visit the Social Care page online at:

[Social Care – Southend-on-Sea Borough Council](#)

Further advice and support can be found here:

[Criminal exploitation of children and vulnerable adults: county lines - GOV.UK \(www.gov.uk\)](#)  
[County Lines – Southend-on-Sea Borough Council](#)

If you are turning 18 years old and leaving Children's Services or are being criminally exploited or at risk of being, Adult Social Care can support you.

Safeguarding referrals can be made as soon as a person turns 17.5 years old from the following: (this list is not exhaustive)

- Self-referral or family and carers
- School/College
- Professionals supporting the person



#### Access team

[council@southend.gov.uk](mailto:council@southend.gov.uk) / [accessteam@southend.gov.uk](mailto:accessteam@southend.gov.uk)

or

01702 215 008

Monday to Thursday 9am- 5pm, Friday 9-4.30pm

or

online safeguarding referral on the MySouthend website  
[Reporting a Concern – Southend-on-Sea Borough Council](#)

or

Department for People, Southend-on-Sea Borough Council, Civic Centre, Victoria Avenue, Southend-on-Sea, SS2 6ER

## **Progression to Adult Mental Health Services**

Providing support to young people progressing from Children's Essex Wide Mental Health Services (EWMHS) into Adult Mental Health Services (AMHS).

### **What do we mean by progression?**

As a young person receiving mental health support from children's services there may come a point when you need to progress to adults services – usually when you turn 18. This is often referred to as your "transition", but following young people's feedback we call it your "progression".

In Essex, mental health services are provided by NELFT's Emotional Wellbeing and Mental Health Services (EWMHS) – you can read all about them on their [web page](#).

Adult services are provided by EPUTs [Adult Mental Health Service](#) (AMHS). These services are provided by teams in local areas.

### **Before your progression**

Before you progress to AMHS there should be a period of time where both services work together, with you, to ensure you are prepared for the change.

A joint meeting should be arranged, at about six months before your progression date (e.g. six months before your 18th birthday) involving;

- your current EWMHS Care Coordinator
- your future AMHS Care Coordinator
- your parent(s) and/or Carer(s) – IF you want them to be there
- and of course, you!

If there has been anyone else, maybe someone from a voluntary organisation or support group, who has been supporting you, who you would like to attend the meeting also, this is fine – make sure you tell your care coordinator what you want.

### **Meeting 1**

During this first meeting you should all discuss your progression and ensure you are prepared for the process and the likely change in services you will receive as an adult.

This should include:

- an introduction to your Adult care co-ordinator
- information about your AMHS team – including location and contact details
- information about community services available in your local area
- discussions about the possible reduction in services – as an adult you may not be deemed as needing the amount of support you required as a child. You need to be prepared for this possibility.

This is also your chance to talk about anything that concerns you. Come prepared – write down a list of questions if you need to – to make sure you get the answers you need.

**A support plan** will be written with you during this meeting, detailing what support you need in order to ensure your progression runs smoothly.

Your needs are key – this plan must address what concerns you and what you need.

## **Meeting 2**

This meeting should be arranged for about a month before your progression date, and is your chance to review your support plan and say if it went well or if there is anything you still need.

## **Other meetings**

Though the minimum number of meetings you should have is two, there is no reason why you cannot have more. If you feel you would like to have meetings more often, say so in your first meeting and ask that the next one be arranged sooner.

## **Feedback**

At the end of your last joint meeting, you should be given the chance to complete a Feedback Form. You can complete it in the meeting and hand it back (in a sealed envelope) or take it away with you. It is also available to download from this page or complete on line – see the links on the right.

You can, if you wish, include your name and contact details so that our Patient Experience team can call you to discuss your feedback in further detail. It is entirely up to you if you want to do this.

The feedback compiled will be used to advise teams of how well their progressions are running and of any areas they need to improve upon on. With your help we can continue to improve our services until all progressions run as smoothly as possible.

## **Where service is based**

The service covers all of Essex County.

## **Hours of Operation**

Hours of operation vary throughout the service.

## **How to Contact Service**

The young person can contact the service through their Care Coordinator/Case worker. Individual team contact details can also be found on the [website](#).

## **Children's Learning Disability Service**

The Children's Learning Disability Service (CLDS) is a multi-professional healthcare team who assess and treat children with moderate to severe learning disabilities who exhibit difficult to manage behaviours. The team are comprised of registered LD Nurses and Sensory Integration trained Occupational Therapists, alongside support staff.

The aim of the service is to identify the function to a child's difficult to manage behaviour, including any sensory processing problems impacting on their behaviour, and use this to inform a Behaviour Management Plan to help modify the behaviour and improve the child's overall wellbeing and level of functioning.

The team offer individual assessments, parenting groups and workshops, direct intervention with children both individually and group-based intervention. Services offered include, functional behaviour assessments, sensory processing assessments (or a blend of both), community-based sleep assessments, health and sexuality assessments and treatment and emotional wellbeing support (including anger management, mindfulness and meditation and yoga).

### **Where service is based**

Holmer Court  
Headgate  
Colchester  
CO3 3BT

### **Hours of operation**

Monday – Friday, 9 – 5

### **How to contact service**

Telephone: 01206 334026  
E-mail: [clds@nhs.net](mailto:clds@nhs.net)

### **How to access the service**

Referrals can be made by any registered health or social care professional on the team's dedicated referral form. A request for this form can be made to [clds@nhs.net](mailto:clds@nhs.net) but most of our main referrers have a copy already.

Children referred must have a diagnosed moderate to severe learning disability, and engage in difficult to manage behaviours within the home. Children must be registered with a GP in the Southend, Essex, or Thurrock areas and must be aged between 5 – 18 years

# **Essex Learning Disability Services**

We are part of the Essex Learning Disability Partnership which is made up of:

- Hertfordshire Partnership University NHS Foundation Trust (HPFT)
- Anglian Community Enterprise (ACE)
- Essex Partnership University NHS Foundation Trust (EPUT)

Together, we want to transform Learning Disability services, using innovation to improve care, and remove barriers and duplication.

Our vision is that all people with a learning disability in Essex will be able to:

- Enjoy good health and wellbeing
- Experience the best quality of life
- Be fully included and feel valued members of the community
- Lead independent lives and do as much as they are able to
- Make their own choices

For more information on learning disability services in Essex, please click on the appropriate page of the directory below:

## **Adults**

- [\*\*Community Learning Disability Teams\*\*](#)
- [\*\*Essex Learning Disability Partnership\*\*](#)
- [\*\*Learning Disability Inpatient Service\*\*](#)
- [\*\*Speech & Language Therapy\*\*](#)

## **Contact Us**

### **EPUT Mental Health Services**

The Lodge  
The Chase  
Wickford  
Essex  
SS11 7XX

Tel: 0300 123 0808