

# Moving On

**Information for School Leavers with Additional Needs**

Produced by the 14-25 Additional Needs Team

Last Updated September 2023. The information in this booklet is correct at the time of printing.  
Please check for details, amendments, and updates before making any final decisions.

## The 14-25 Additional Needs Team

As the 14-25 Additional Needs Team, we can offer you detailed advice and guidance in relation to education, training, and employment as appropriate to your young person. We can also give you a certain amount of information about the other issues discussed in this booklet but may need to refer you to other agencies to ensure you receive the information and support required.

If you would like to speak to someone, but do not know who to talk to please contact us.

The 14-25 Additional Needs Team are:

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**The Team also has two job coaches.**

**Please note that referrals to the job coaches must go through the relevant Additional Needs Pathway Adviser.**

**Genevieve Ray – Additional Needs Job Coach**

**Megan Boddington – Additional Needs Job Coach**

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## Mission Statement

We provide specialist information, advice and guidance around education, employment, and training. This enables our children and young people, who have Special Educational Needs, to have access to preparation for adulthood opportunities which allows them to fulfil their individual potential and aspirations.

## Introduction

This booklet provides basic information about potential pathways young people may follow when they leave school. Educational options have been listed by level. Schools and Additional Needs Pathway Advisers will be able to tell you which levels to look at. Colleges will also complete assessments to confirm which level would be best for your young person.

It also shows information on some of the other key areas that will change for young people over the next few years. This includes education transport, care needs, money, benefits and preparing for adulthood.

This document does not include:

- Options above Level 1 (GCSE at D-G grades)
- Higher Education and related benefits

Please speak to your Additional Needs Pathway Adviser for further information.

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## Moving on – Choices and Options

### Preparation for Adulthood

- Preparing for adulthood is about a child's or young person's journey into adult life. Many children and young people with special educational needs and disabilities want to move into paid employment and/or university, they want to be healthy and have relationships, and belong in their local community. For more information about this and other helpful information, please visit: [SEND Information Hub \(Local Offer\) | Preparing for Adult Life - Parent or Carer Information \(cambridgeshire.gov.uk\)](#).
- The NDTi (National Development Team for Inclusion) also have some really helpful resources, found here: [Preparing for Adulthood: All Tools & Resources - NDTi](#)
- A young person can leave school on the last Friday in June if they will be 16 by the end of August. However, all young people should stay in education or training until they are 18. This is sometimes called: **Raising Participation Age**. This can be in school, college, training, or an apprenticeship. It can even include part-time learning where a young person also has a job. Here are some the examples of what young people can do when they leave school at 16 years old.
  - Stay at School, go to a college or Sixth Form and study full time courses. More information on Sixth Form College Further education (16 to 19 years) can be found on the [Further education \(16 to 19 years\) - Cambridgeshire County Council](#)

- Move into work and take a work-related course alongside it such as an OCR National, BTEC, City and Guilds or another accredited course.
- Be Self Employed but will also need to do some accredited learning or training course.
- Volunteer for 20 hours or more but will need to do some accredited learning alongside it, offered by the organisation or independent of it.
- Start on an Apprenticeship, Traineeship or Supported Internship or other accredited training course.

Post-16 Choices is available on our SEND (Special Education Needs and Disabilities) Information Hub: [SEND Information Hub \(Local Offer\) | Education and Training \(16-25 Years\) \(cambridgeshire.gov.uk\)](#).

The following pages on SEND Hub Information page provide support and where to access this: [SEND Information Hub \(Local Offer\) | Special Educational Needs Support \(cambridgeshire.gov.uk\)](#)

### **Important**

Full-time college is typically 16 hours a week, which is three days a week. Please talk to your Additional Needs Adviser and/or Social Worker on how a young person's week might look like once they have moved on to further education.

## **The Local Offer**

All Local Authorities, Schools and Further Education Colleges must publish their local offer. The Local Offer sets out the education, health and social care provision for children and young people 0-25 with special educational needs and/or disabilities. The local offer will develop over time and in consultation with parents, carers, and young people. [For more information visit the Local Offer page on the Cambridgeshire County Council website](#)

### **Qualifications and Levels explained**

Schools, colleges, and training providers use slightly different terminology when describing levels of achievement and qualifications. A young person usually needs to complete a full level before moving to the next level.

<b>School Levels</b>	<b>Equivalent Qualification Levels</b>
A Levels	Level 3
4/5 GCSEs at grade 4-9	Level 2
4/5 GCSEs at grade 1-3	Level 1
National Curriculum Level 4-7	Foundation Learning
National Curriculum Level 3	Entry Level 3
National Curriculum Level 2	Entry Level 2
National Curriculum Level 1	Entry Level 1

### **How do I know which level my young person is working at?**

At the annual review of their Education, Health, and Care Plan you will be told what level your child has achieved. This information will also be provided in their end of year school report.

**Most students from special schools will be working between the P Scales / Milestones and National Curriculum Level 3 or Entry Level 3. Most courses offered by our Area Special Schools are within these levels.**

### **Foundation Learning**

This includes all qualifications and courses between Entry Level 1 and Level 1. Young people will usually get support to learn different things at various levels. This means they get longer to work on their weaker areas but can still make progress in areas they enjoy.

#### **Level 1**

These are for young people who have good maths and English skills. They are likely to be able to achieve a full Level 1 qualification, usually within one year. Leavers from special school can gain skills from taking a supported course first.

#### **Pre-Entry and Entry level Courses**

These courses are often suitable for young people with learning difficulties and disabilities. Contact your local FE (Further Education) for further information.

### **IMPORTANT INFORMATION**

A full-time post-16 programme is usually 16 hours a week, which is three days a week. Please talk to your Additional Needs Pathway Adviser or Social Worker on how a young person's week might look once they move leave school.

All students will be required to continue to study Maths and English until they have reached the equivalent of grade 4.

## Further Education Colleges and College courses

The colleges listed below have a Foundation/SEND department. This has a dedicated area within the college site. Colleges hold their own open days/open evenings, and it is advisable to visit the year before your child/young person is going to start at a new college. Area special schools will offer transition days to local colleges. If your child attends a mainstream school, please ask the SENCO (Special Educational Needs Coordinator) what this looks like during the annual review meeting.

### Cambridge Regional College - Cambridge and Huntingdon Campuses

[For more information visit the college website](#)

### College of West Anglia – Milton, Wisbech and Kings Lynn

[For more information visit the college website](#)

### Bedford College (Cauldwell Street)

[For more information visit the college website](#)

### Bedford & Shuttleworth College

[For more information visit the college website](#)

### City College Peterborough

Courses run at the Brook Street (BS) or John Mansfield (JMC) sites

[For more information visit the college website](#)

### Peterborough College

[For more information visit the college website](#)

### Supported Internships

[For more information visit the supported internship page on the college website](#)

## Area Special Schools

The following Area Special Schools have 6<sup>th</sup> forms and students at these schools can choose to remain at the school until 19 if this is an appropriate option:

- Castle School – Cambridge
- Centre School – Cottenham
- Granta School – Linton
- Highfield Ely Academy - Ely
- Meadowgate Academy – Wisbech
- Samuel Pepys School – St Neots
- Spring Common School - Huntingdon

Local Further Education provision will meet the needs of most young people. If it is not able to meet the needs of your young person, then a Next Steps meeting will be offered.

## **Post 19**

Most of the options below will not be funded through the EHCP and will be funded by different means. If you want further information, please contact the Additional Needs Adviser or your child/young person's Social Worker or contact the providers directly.

### **Cambridgeshire Skills (Cambridgeshire County Council)**

Entry Levels – Level 2 Options

Independence, Employability & Enterprise

English, maths & digital skills for life and work

Vocational Courses

Customer Service, Retail with Food Safety, Business Administration & Horticulture.

Courses offered in various locations near you across Cambridgeshire.

[For more information visit the Adult Learning Skills website](#)

### **Other Opportunities, Social Firms**

#### **Branching Out, Littleport, Ely**

Social and work development opportunities for individuals with learning difficulties.

[For more information visit the Branching Out website](#)

#### **Burwell Print, Burwell**

We provide real work experience and training across all aspects of the organisation.

[For more information visit the Burwell Print website](#)

#### **Cambridge Community Arts**

Offers a range of short courses in the community. Courses are held in various Community settings.

Learners must be 19+.

[For more information visit the Cambridge Community Arts website](#)

#### **Camtrust, Impington**

Specialising in life skills for adults with physical and/or learning difficulties.

[For more information visit the Camtrust website.](#)

#### **Darwin Nurseries, Cambridge**

For adults with learning difficulties. Offers opportunities to experience working in a supportive therapeutic environment. There are a wide range of activities on offer.

[For more information visit the Darwin Nurseries page on the CPFT \(Cambridgeshire and Peterborough NHS Foundation Trust\) website](#)

**Eddie's**

Supports children, young people, and adults with learning disabilities in many ways. Including St Johns Catering College, catering and hospitality course with related work experience. Arts activities. Gardening projects. Theatre arts workshops.

[For more information visit the Eddie's website](#)

**FACET (Fenland Area Community Enterprise), based in March**

Offers accredited courses in employability, retail, ILS, enterprise, and catering. There is also a vast range of non-accredited courses on offer

[For more information visit the FACET website](#)

**Harry Specters, (based in Ely)**

Harry Specters makes luxury chocolates. It is a social enterprise that provides free work experience & training opportunities.

[For more information visit the Harry Specters website](#)

**K9, (based in Ely)**

Work is alongside ex shelter dogs. K9 provides educational and personal development programmes for all ages and abilities.

[For more information visit the K9 website](#)

**Papworth trust - Huntingdon, Cambridge and Sawston.**

Offer a range of activities designed to support adults with a learning disability.

[For more information visit the Papworth Trust website](#)

**Papworth Trust – OWL bikes, Cambridge**

We support adults with a learning disability who want to access work or volunteering opportunities. to develop their confidence in our shop environment, or workshop.

[For more information visit the Papworth Trust website](#)

**People & Animals, Wisbech 5-25**

For those unable to thrive full-time, in mainstream settings. The teamwork with 5–25-year-olds, providing structured goal-orientated sessions. Delivered in an outdoor environment. Offer courses at Entry Level 3 to Level 1.

[For more information visit the People and Animals website](#)

**Phoenix Trust, Milton**

Provides meaningful experience of work and the development of social and life skills.

[For more information visit the Phoenix Trust website](#)

**Prospects Trust – Snakehall Farm, Reach**

Provides specialist group and 1:1 supported placements in farming and horticulture.

[For more information visit the Prospects Trust website](#)

**Prospects Trust – Unwrapped, Ely**

Unwrapped provides a tailored supportive work package. Accredited training in Retail and Food Safety. Aimed at young people looking to get catering and retail work opportunities.

[For more information visit the Prospects Trust website](#)

**Red2Green, Swaffham Bulbeck**

Programmes for over 16's with learning disabilities or on the autistic spectrum. To help them achieve their goals in training, education, work, friendship or fun.

[For more information visit the Red 2 Green website](#)

**ROWAN Arts, Cambridge**

Rowan is a Cambridge based arts centre and charity. People with learning disabilities work alongside artists.

[For more information visit the Rowan Humberstone website](#)

**Special Choices (Social care budget only), Huntingdon**

Run a varied range of sessions from cooking, drama, music, art, and craft.

[For more information visit the Special Choices website](#)

**Supporting into Work Programme**

The Support into Work Programme (SITW) aims to help people with learning disabilities to gain the skills they need to become independent.

By placing learners in an employment environment, the projects aim to build their confidence and skills, preparing them for the world of work, here are some of the opportunities:

**TAG Bikes (based in Huntingdon)**

Project providing training opportunities for people with disabilities to learn employability skills. Aimed at enabling them to go on to either work experience, or voluntary or paid employment.

**Garden Project**

We teach horticultural skills in a working garden environment to adults with disabilities.

**Lazy Days**

Needlework sessions to encourage and promote skills.

[For more information visit the Supporting into Work Programme on the County Council's website](#)

**The Helping Hands Group, Peterborough and Wisbech**

They specialise in supporting young people with learning and associated disabilities. Also including a variety of medical conditions. Provide bespoke programmes that focus on education and social elements.

[For more information visit the Helping Hands website](#)

**Turtle Doves, Cambridge**

Supports young women between the ages of 15 and 23 who are not, or at risk of not bring, in education, employment or training.

[For more information visit the Turtle Dove website](#)

**Day opportunities, City College Peterborough.**

Offer a range of supported employment services.

[For more information visit the supported employment page on the City College Day Opportunities website](#)

## **Training Programmes available from 16 plus**

These may be suitable for young people who are work ready but need a little extra support. They provide help to improve skills ready for employment. Young people may be able to progress into a job or apprenticeship.

**Please be aware, if you are a young person, professional or parent carer with a child or young person with an EHCP (Education and Health Care Plans) and interested in these options, you will need to discuss these with your case work officer, or Additional Needs Pathway Adviser first. They will explain the process that need to happen first, as part of CCC (Cambridgeshire County Council) Local Offer Policy.**

### **NACRO, Peterborough**

The programme helps young people 16-19 years, or up to 25 years (if young person has an EHCP). They offer Mathematics and English - Entry Level to GCSE, and vocational courses.

Contact details: Tel 01733 561596

[Nacro Education and Skills Centres | Vocational Training | Nacro](#)

### **Nova Training, Kings Lynn**

“HEADSTART 16 – 18”. This programme is at level 1 but can include level 2 skills and qualifications.

Contact details: Tel 07969090211. Email [info@novatraining.co.uk](mailto:info@novatraining.co.uk)

[For more information visit the Nova Training website](#)

### **First Steps to Success – Papworth Trust**

Supports individuals into work and volunteering positions. This could be employment, work experience, skills development, or volunteering. Our expert staff provide support to develop skills and gain a suitable position. Contact details: Tel 0300 4562425 or 07753 724256

[For more information visit the First Steps to Success page on the Papworth website](#)

### **Peterborough Skills Academy**

Peterborough Skills Academy is a qualifications training centre. We specialise in body repair, trim repair and painting techniques and provide training for those new to the industry and those looking for ongoing professional development. They can also offer functional skills and apprenticeships

[For more information visit the Peterborough Skills Academy website](#)

### **Switch Now, Changing Opportunities**

**Usually funded through Social Care – please speak to your Social Worker for information**

Contact details: Tel: Catherine Fairholm on 07518795370.

Email [contact@switchnow.org.uk](mailto:contact@switchnow.org.uk)

[For more information visit the Switch Now website](#)

### **GAPS Programme, TCHC, Peterborough**

A smaller provision and alternative to the larger mainstream colleges.

This setting offers young people, aged 16-18, or up to 24 with a current ECHP (Education Care and Health Plan), the opportunity to study towards NVQ's. Levels E3, L1 & L2 and L3 IT. Young people also do relevant work experience placements.

Contact details: Tel 07803248266. Email [info@tchc.net](mailto:info@tchc.net)

### **Princes Trust**

Offers various short courses for employability, self-employment and personal development

**Get into** – Mentor lead support, two day a week, training on CV and interviews

**Future Leaders** – 18-30 years personal development and confidence course through developing employability skills

**Enterprise** – Self-employment training for 18–30-year-olds.

Contact details: Tel 0800 842 842

[For more information visit the Princes Trust website](#)

### **THERA East Anglia**

**Can be funded through EHCP or social care. Please speak to your ANPA (Additional Needs Pathway Adviser) or social worker for details on funding.**

Thera can support clients with exploring career pathways. Your job coach will develop a plan to help you achieve your employment and training goals.

[For more information please follow the link to the Thera Anglia website](#)

### **Boxing Futures**

By changing lives through non-contact boxing, we empower young people to develop their physical and mental wellbeing and build the confidence they need to go after their dreams.

Contact details: Tel 07957998235 / 02030313469

[For more information on programmes available visit the Boxing Futures website](#)

### **Confidence for Change – Illuminate**

Work with people who are not in employment and 18 years or over. Focuses on building self-confidence and strengthening self-belief. Enabling people to make changes in their lives as they define them. Takes place over 4 days, one day a week, in a group setting.

Contact details: [info@illuminatecharity.org.uk](mailto:info@illuminatecharity.org.uk)

[For more information visit the Illuminate website](#)

### **Romsey Mill - Aspire Programme**

Supports young people in mainstream education up to 18 years old. Covers Cambridge City, South or Bottisham Village college catchment areas. Run a weekly youth club for those with a diagnosis of high-functioning ASC's.

Contact details: Tel 01223 521270. Email [ruth.watt@romseymill.org](mailto:ruth.watt@romseymill.org)

[For more information visit the Aspire page on the Romsey Mill website](#)

### **National Citizen Service Programme**

NCS (National Citizen Service) is a once in a lifetime experience for all 15–17-year-olds (after Year 11) and up to 25 for those young people with SEND. NCS builds skills, independence, confidence and helps to get ahead in life and the world of work.

Contact details: Tel Kim Jeffries – 07920029496 or Natalie Taylor – 07825905841. Email

[kim.jefferies@cambridgeshire.gov.uk](mailto:kim.jefferies@cambridgeshire.gov.uk) or [Natalie.taylor@cambridgeshire.gov.uk](mailto:Natalie.taylor@cambridgeshire.gov.uk)

[For more information visit the National Citizen Service website](#)

### **Groundwork**

Groundwork run projects across Cambridgeshire for young people aged 19 and over. These help young people to learn new skills, develop confidence and improve well-being. Projects are in gardening or landscaping schemes that also benefit the local community. Projects run all year round.

[For more information visit the Groundworks website](#)

### **Apprenticeships**

An apprenticeship is a job with training whilst gaining a nationally recognised qualification. This will include on the job and off the job training. These will lead to industry recognised standards or qualifications: [SEND Information Hub \(Local Offer\) | Employment \(cambridgeshire.gov.uk\)](#)

### **Supported Internships**

Supported internships can help young people with an additional need to get a job. They are a learning programme, but the study is done at work.

[For more information visit the Supported Internship page on the Preparing for Adulthood website](#)

### **Volunteering**

Volunteering can be great fun and can help develop skills and experience. It also looks great on a CV.

[For more information visit the Cambridge Volunteer Service website](#)

## **Paid Employment / Job Centre Plus**

Job Centres have specialists who can help with finding paid employment. These are Disability Employment Advisers (DEA) and Work Coaches.

[For contact details visit the Job Centre Plus page on the Government website](#)

### **Access to Work Scheme**

Access to Work grant may be available. An assessment will need to be carried out. It may cover the cost of the extra support a young person may need for moving to work. Can also apply to supported internships or traineeships and apprenticeships.

[For more information about Access to Work please follow this link](#)

## **Finance**

Thinking about and preparing for growing up and adulthood is something that happens throughout children and young people's lives.

Independent living is a part of preparing for adulthood and includes things like:

- somewhere to live
- skills for looking after yourself and your home
- managing money
- making decisions and having support if that is needed

Please see our section on the SEND Hub about Benefits and Money: [SEND Information Hub \(Local Offer\) | Independent Living \(cambridgeshire.gov.uk\)](#)

## **Other useful links with money and finance:**

### **16-19 Bursary**

The 16-19 Bursary Fund helps 16- to 19-year-olds continue in education, where they might otherwise struggle for financial reasons. It is made up of two parts – bursaries of up to £1200 a year to the most vulnerable young people and a discretionary fund for schools, colleges, academies and training providers to distribute.

Providers can distribute the rest of the money to support any student who faces genuine financial barriers to participation such as costs of transport, food, or equipment. Providers will have the freedom to decide the scale and frequency of bursary payments. A bursary may be conditional on students meeting agreed standards, for example, behaviour and attendance.

The 16-19 Bursary Fund is administered by providers. Young people need to apply directly to their academy, school, college or training provider for support from the scheme.

[For more information visit the 16-19 Bursary page on the Cambridgeshire County Council website](#)

## **Benefits**

There is a lot of information available about benefits on the following websites.

- [For information on benefits visit the benefits page on the Government website](#)
- [For information on the Family Fund service visit the Family Fund website](#)
- [For information on free school meals visit the Schools section on the Cambridgeshire County Council website](#)
- [For information on advice and information for disabled people visit the Disability Cambridgeshire website](#)
- [For information on financial advocacy visit the Dosh website](#)

## **Transport Post-16**

Post 16 students will need to meet criteria to qualify for SEN (Special Educational Needs) transport. Students will need to reapply even if they had access to transport pre-16 to see if they meet the criteria.

[For more information visit the Post 16 SEN Transport Page on the Cambridgeshire County Council website](#)

## **Social Care Options for Young People**

Young people with the most complex needs may be eligible for support based on assessment of need.

- [For more information visit the local offer page on the Cambridgeshire County Council website](#)
- [For more information visit the disability social care page on the Cambridgeshire County Council website](#)

## Useful Information and Contacts

**SEND Information Hub (Local Offer):** [SEND Information Hub \(Local Offer\) \(cambridgeshire.gov.uk\)](https://www.cambridgeshire.gov.uk/SEND-Information-Hub-Local-Offer)

All local authorities working with their partners must publish information about how children and young people 0 - 25 who have special educational needs and/or disabilities (SEND) are supported in their area. This is known as the Local Offer. In Cambridgeshire we call it the SEND Information Hub. The SEND Information Hub includes information on:

- services that are available to everyone, such as schools and GPs
- targeted support and services for children and young people who may need some additional, short-term support
- specialist services for children and young people who have complex needs and need longer term specialised support

### Housing / Accommodation Options

To find out what housing options you may have in the future please discuss this with your social worker. We have a housing page on our SEND Hub site: [SEND Information Hub \(Local Offer\) | Housing \(cambridgeshire.gov.uk\)](https://www.cambridgeshire.gov.uk/SEND-Information-Hub-Local-Offer/Housing)

### Blue Badge Parking and Applications.

Cambridgeshire County Council operates a Blue Badge Scheme which allows people with disabilities to park in designated parking zones. For more information or to apply, please visit the council's [Blue Badge Parking webpage](#). You can also get a Blue Badge if you have a hidden disability.

You can find out more about getting a Blue Badge on this [Easy Read guide](#)

### SEND Information, Advice and Support Service

Offers impartial and confidential information, advice and support to parents and carers who have a child or young person with special educational needs (SEN) or a disability or have concerns that their child has special educational needs. They also offer impartial and confidential information, advice and support to young people and children with special educational needs (SEN) or a disability or who have concerns they may have special educational needs.

[For more information visit the SENDIASS page on the Cambridgeshire County Council website](#)

### Pinpoint Cambridgeshire

We give help and information to parent carers of children and young people aged 0-25 with additional needs and disabilities and give parent carers opportunities to have a say and get involved in improving local services.

[For more information visit the Pinpoint website](#)

### Special Needs Community Information Point (SCIP)

Information and advice service for families with children/young people from birth to 25-year-olds with a disability or additional needs

[For more information visit the SCIP page on the Cambridgeshire County Council website](#)

### **Disability Sport in the Cambridgeshire Area**

Aim is to improve health, happiness, and wellbeing by supporting people to be active.

[For more information visit the Living Sport website](#)

### **Citizens Advice Bureau**

Provides free advice to meet the needs of the community.

[For more information visit the Citizens Advice website](#)

### **Young Carers Group**

Offers young carers fun activities and community activities.

[For more information visit the Young Carers page on the Caring Together website](#)

### **Centre 33 (working across Cambridgeshire & Peterborough)**

Housing & accommodation: for young people aged 13-25.

Contact details: Tel 0333 414 1809. Email [help@centre33.org.uk](mailto:help@centre33.org.uk)

Caring responsibilities: for young people 5-18.

Contact details: Tel 0333 414 1809. Email [youngcarers@centre33.org.uk](mailto:youngcarers@centre33.org.uk)

Money, work, training: the New Horizons project for young people aged 15+ and NEET or at risk of NEET.

Contact details: Text 07931 837696. Email [sam@centre33.org.uk](mailto:sam@centre33.org.uk)

[For more information visit the Centre 33 website](#)

### **Voice Ability**

Support people to speak up and have their rights and choices respected. They provide free and independent advocacy and user involvement services

[For more information visit the Voice Ability website](#)

### **Speak Out Council**

Acts as a voice for anyone aged 14+ who has a learning disability and/or is on the autistic spectrum. For anyone who lives or uses services in Cambridgeshire. Gives people a say on any aspect of their life. Talks to professionals and organisations who can influence decisions and make a difference.

[For more information visit the speak out council page on the VoiceAbility website](#)

### **Mind of my Own**

Helps you say what you want when you want. Telling people what you want, and need can be difficult. MOMO apps help you organise your thoughts and make it easier to tell your worker what you think. Your worker will get a better insight into what is going on, from your point of view.

[For more information visit the Mind of My Own website](#)

### **Disability Rights UK**

Information booklets about support and funding for education.

[For more information visit the Disability Rights UK website](#)

### **National Autistic Society – Cambridge Branch**

Run by volunteers to provide support to people of all ages with autism and their families

[For more information visit the NAS \(National Autistic Society\) website](#)

### **Welfare Rights Service**

Provides advice on welfare rights.

[For more information visit the Welfare Rights website](#)

### **Diverse**

Provides support for having healthy and appropriate relationships.

[For more information visit Diverse website](#)

### **Fledglings**

Provides practical help to families with disabled children. They will search for products and services to meet the individual needs.

[For more information visit the Fledglings website](#)

### **Safe and Well**

Advice and information on daily living aids and equipment

[For more information visit the Safe and Well website](#)

### **Headway Cambridgeshire**

Provide a wide range of activities and social rehabilitation for people with brain injury.

[For more information visit the Headway website](#)

## **Mental Health and Wellbeing**

We have an especially useful page on mental health on the SEND Hub: [SEND Information Hub \(Local Offer\) | Mental Health \(cambridgeshire.gov.uk\)](#)

### **Other useful links:**

#### **Keep your Head Mental Health Service**

Brings together good reliable up to date information on mental health and well-being. For children and young people, parents/carers, and professionals.

[For more information visit the Keep your Head website](#)

#### **Young Minds**

Offer free, confidential online and telephone support including information and advice. If you are a concerned parent, please call their dedicated helpline.

[For more information visit the website](#)

#### **Kooth**

Free, safe, and anonymous online support for young people.

[For more information visit the Kooth website](#)

#### **CPFT (Cambridgeshire and Peterborough NHS Foundation Trust)**

Provides mental health services, community services, learning disability services and social care services. Work across Cambridgeshire and Peterborough along with children's community services in Peterborough. People can now self-refer to the service.

[For more information on the services they offer visit the cpft website](#)

## **Cambridgeshire Expressive Arts and Counselling Centre**

Counselling and expressive arts therapies for children, young people, and adults

[For more information visit the Cambridgeshire Expressive Arts and Counselling Centre website](#)

## **YOUnited**

Supports children and young people up to the age of 25 with their emotional wellbeing and mental health.

[For more information visit the YOUnited page on the CPFT website](#)

## **Helplines**

### **Lifeline**

Lifeline is a free, confidential, and anonymous telephone helpline service that is currently available from 11am – 11pm every day. The Line provides listening support and information to someone experiencing mental distress or if you are supporting someone in distress.

Contact Details: Tel 0808 808 2121. 7pm-11pm. 365 days a year

### **C.A.L.M (Campaign Against Living Miserably)**

We do it by provoking conversation, running life-saving services, and bringing people together so they reject living miserably, get help when they need it and do not die by suicide.

Contact details: 0800 58 58 58

[For CALM'S online resources please visit the CALM website](#)

### **Childline**

Childline is a counselling service for children and young people up to their 19th birthday in the United Kingdom provided by the NSPCC.

Contact details: Tel 0800 1111

### **NSPCC**

The NSPCC is the UK's leading children's charity, preventing abuse and helping those affected to recover.

Contact details: Tel 0808 800 5000

### **Mind Info Line**

Offers a well-being service for people who have/have not been diagnosed with mental health.

[For more information visit the Mind Info Line website](#)

### **MindEd**

MindEd is a free educational resource on children, young people, adults, and older people's mental health.

[For more information visit the Minded website](#)

## **Richmond fellowship**

Provides employment support for people recovering from mental health problems.

[For more information visit the Richmond Fellowship website](#)

## **Romsey Mill**

Youth Development Team. Boosting confidence and achievement. We are a team of youth workers who love young people. We support them to overcome challenge, live fulfilling lives and inspire change in the world around them. Who we support: We work with young people aged 10-21 years who need extra support to overcome challenges in their lives.

[Our story | Romsey Mill Trust](#)