

# Prepare for Adulthood

## Useful Contacts

### Introduction

Preparing for adulthood can be an exciting yet challenging time, especially for young people with Special Educational Needs and Disabilities (SEND). To ensure a smooth transition, it is essential to have access to reliable information and support from various organisations. This document contains key contact information for organisations that can help support young people with SEND as they prepare for adulthood. Whether you are looking for advice on education, employment, health care, or social support, these contacts will help you through the process.

- [Advice, Information and Support](#)
- [Employment and Training](#)
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- [Further Education Providers](#)
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# Prepare for Adulthood

## Advice, Information and Support

Provider	Description	Telephone	Website
<b>Adult Social Care</b>	If you do not already have any social work support and would like further information and advice contact, you can call the Connect and Direct Service	0161 253 5151	<a href="http://www.bury.gov.uk/social-care-and-support/adult-social-care">www.bury.gov.uk/social-care-and-support/adult-social-care</a>
<b>Bury Carers' Hub</b>	Provides those who look after someone in Bury with information, advice, support and advocacy. Services at the Carers Hub are free, and impartial with confidential information and support available through Advisors. The Bury Carers' Hub is delivered by the charity, <a href="http://n-compass.org">n-compass</a> .	0300 303 0207	<a href="http://www.burycarershub.org.uk">www.burycarershub.org.uk</a>
<b>Bury Council Carers</b>	Bury Council provide information on the support you can get and check if you can claim carers allowance	0161 253 5151	<a href="http://www.bury.gov.uk/social-care-and-support/adult-social-care/caring-for-someone">www.bury.gov.uk/social-care-and-support/adult-social-care/caring-for-someone</a>
<b>Bury People First</b>	A self advocacy group for learning disabled people in Bury.	07951 596 273	<a href="http://www.burypeoplefirst.org/">www.burypeoplefirst.org/</a>
<b>Bury Young Carers</b>	Bury Young Carers offer support to young people aged 7-18 years that have a significant caring role for a family member. This service is delivered by the Bury Young Carers team which are part of Bury Council.	0161 253 5144	<a href="http://www.bury.gov.uk/social-care-and-support/child-care-and-support/young-carers">www.bury.gov.uk/social-care-and-support/child-care-and-support/young-carers</a>
<b>Citizens Advice</b>	Offers practical, up-to-date information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems.	0808 278 7804	<a href="http://www.cabb.org.uk">www.cabb.org.uk</a>
<b>Connexions Bury</b>	Careers information, advice and guidance service in Bury for young people aged 15 to 18 years (up to 25 with an EHCP	0161 253 7733	<a href="http://www.bury.gov.uk/schools-and-learning/education-and-careers-for-15-to-18-year-olds">www.bury.gov.uk/schools-and-learning/education-and-careers-for-15-to-18-year-olds</a>
<b>Council for Disabled Children</b>	Offers a range of resources around preparing for adulthood		<a href="http://www.councilfordisabledchildren.org.uk">www.councilfordisabledchildren.org.uk</a>
<b>Local Offer</b>	The Bury Local Offer; information for children and young people with SEND and their families.		<a href="http://www.bury.gov.uk/social-care-and-support/child-care-and-support/children-with-disabilities/bury-send-local-offer">www.bury.gov.uk/social-care-and-support/child-care-and-support/children-with-disabilities/bury-send-local-offer</a>
<b>Parent Carer Forums</b>	If you are a parent or carer of a child or young person (aged 0-25) with additional needs who lives in Bury and/or whose child uses Bury Education, Health or Social Care Services and <u>would</u>		<a href="http://www.bury2gether.com">www.bury2gether.com</a>

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## Advice, Information and Support

	like more information about the forum and or you would like to become a member of the forum see the link below.		
<b>Scope</b>	Disability equality charity that provides information and emotional support when it's most needed.	0808 800 3333	<a href="http://www.scope.org.uk">www.scope.org.uk</a>
<b>SENDIASS</b>	Offers free, confidential and impartial support to parents and carers of children and young people aged between 0 and 25 who have or may have Special Educational Needs and Disabilities in Bury. They also provide independent advice and support directly to young people aged between 16 and 25 who have or may have Special Educational Needs and Disabilities. Young people can access the service in their own right or with the support of their parents.	01706 769634	<a href="http://www.barnardos.org.uk/get-support/services/bury-sendiass">www.barnardos.org.uk/get-support/services/bury-sendiass</a>
<b>Social Care 0-18</b>	If you feel you would like some information about support services, early information and advice should be gained through Early Help Advisers in the first instance.	Early Help 0161 253 5200 Children Services 0161 253 2678	Email: <a href="mailto:earlyhelp@bury.gov.uk">earlyhelp@bury.gov.uk</a>
<b>SOS SEN</b>	Offers a free, friendly, independent and confidential telephone helpline for parents and others looking for information and advice on Special Educational Needs and Disability (SEND).	0208 538 3731	<a href="http://www.sossen.org.uk">www.sossen.org.uk</a>
<b>Contact a Family</b>	Can provide information on benefits and other sources of financial help. You can call the free Contact a Family helpline and the staff can carry out a full benefits check for you.	0808 808 3555	<a href="http://www.contact.org.uk">www.contact.org.uk</a>

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## Employment and Training

Provider	Description	Telephone	Website
<b>Bury Employment Support and Training</b>	Offers advice, support, and practical help to disadvantaged and disabled customers (eligible for funding) to find employment and engage in meaningful activities like independent living and travel.	0161 253 6588	<a href="http://www.bury.gov.uk/work-and-skills/bury-employment-support-and-training">www.bury.gov.uk/work-and-skills/bury-employment-support-and-training</a>
<b>Bury Works</b>	Bury Works provides free employment and skills support exclusively for Bury residents.		buryworksworkwell@bury.gov.uk
<b>Employment and Support and Allowance</b>	You can apply for Employment and Support Allowance (ESA) if you have a disability or health condition that affects how much you can work. ESA gives you support to get back into work if you're able to, you can apply for ESA if you're employed, self-employed or unemployed		<a href="http://www.gov.uk/employment-support-allowance">www.gov.uk/employment-support-allowance</a>
<b>Job Centre Plus</b>	A Disability Employment Adviser at your local Job Centre can help you find work or gain new skills and tell you about disability friendly employers in your area. They can also refer you to a specialist work psychologist, if appropriate, or carry out an 'employment assessment', asking you about your skills and experience and roles you're interested in.	0800 055 6688	<a href="http://www.gov.uk/looking-for-work-if-disabled">www.gov.uk/looking-for-work-if-disabled</a>
<b>Kings Trust</b>	Charitable organisation that can help young people with the skills, tools and training to develop self-confidence and move forward to employment. There are a range of courses across the Greater Manchester	0800 842 842	<a href="http://www.kingstrust.org.uk/how-we-can-help">www.kingstrust.org.uk/how-we-can-help</a>
<b>National Apprenticeship Service</b>	After the age of 16, Young people can train through an Apprenticeship to learn the skills necessary for various careers while earning at the same time. An Apprenticeship will often suit young people who do not want to go into full-time further or higher education, but still want to gain extra qualifications that are work related	0800 015 0400	<a href="http://www.gov.uk/apply-apprenticeship">www.gov.uk/apply-apprenticeship</a>
<b>National Careers Service</b>	The National Careers Service can help you with your career, learning and training choice and work, particularly if you are	0800 100 900	<a href="http://www.nationalcareers.service.gov.uk/careers-advice/career-and-job-support-for-people-with-a-disability">www.nationalcareers.service.gov.uk/careers-advice/career-and-job-support-for-people-with-a-disability</a>

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## Employment and Training

	18+. The service offers confidential and impartial advice and is supported by qualified careers advisers.		
<b>Supported Internships</b>	Supported internships are study programmes based within an employer's premises, designed for young people with SEND. They last for an academic year and include at least six months of unpaid work placements, aiming to move into paid employment at the end. Only those with an EHC plan can access these internships.		<a href="http://www.bury.gov.uk/social-care-and-support/child-care-and-support/children-with-disabilities/bury-send-local-offer/preparing-for-adulthood/education-employment-training">www.bury.gov.uk/social-care-and-support/child-care-and-support/children-with-disabilities/bury-send-local-offer/preparing-for-adulthood/education-employment-training</a>

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## Friends, Relationships and My Community

Provider	Description	Telephone	Website
<b>Bee Network (Travel passes for disabled people)</b>	If you are disabled, you could be eligible for a pass that gives you free and low-cost travel in Greater Manchester and the rest of England under the English National Concessionary Travel Scheme.		<a href="https://tfgm.com/tickets-and-passes/discounted-and-free-travel/disabled-people">tfgm.com/tickets-and-passes/discounted-and-free-travel/disabled-people</a>
<b>Bury Youth Service</b>	Bury Youth service offers a range of youth groups for young people with special educational needs & disabilities		<a href="https://theburymdirectory.co.uk/services/bury-youth-service">theburymdirectory.co.uk/services/bury-youth-service</a>
<b>Escape – Persona</b>	Escape is a group of young adults aged 18-30 with mild to moderate learning and/or physical disabilities who are all on a journey, looking for the next step in life.  It's about meeting new friends, creating memories, learning new skills and of course, having lots of fun along the way.	0161 253 5100	<a href="https://www.personasupport.org/our-services/escape/">www.personasupport.org/our-services/escape/</a>
<b>Lucardo Escape Rooms</b>	The escape rooms at Lucardo Manchester are specifically built with wheelchair users and disabled users in mind. They have built some of the only disability friendly escape rooms in the UK!	0161 425 2580	<a href="https://lucardo.com/manchester">https://lucardo.com/manchester</a>
<b>Pure Innovation (Travel Training)</b>	Pure Innovations in conjunction with the Bury School & College Transport Team (Bury Council) provide an independent travel training service for Young People with a variety of additional needs.	0161 804 4400 07712 390647	<a href="https://www.pureinnovations.co.uk/travel-training/">www.pureinnovations.co.uk/travel-training/</a>
<b>Our Pass</b>	Our Pass is a membership scheme for young people who live in Greater Manchester, and supports both school leavers and care leavers. It offers both free bus travel across Greater Manchester and offers discount for a one off fee of £10		<a href="https://ourpass.co.uk/">ourpass.co.uk/</a>
<b>Short Breaks</b>	Provide an essential opportunity for parents and carers to have a break, and allow disabled children and young people to have different experiences - places, people and activities.		<a href="https://www.bury.gov.uk/social-care-and-support/child-care-and-support/children-with-disabilities/short-breaks">www.bury.gov.uk/social-care-and-support/child-care-and-support/children-with-disabilities/short-breaks</a>
<b>The Blue Badge</b>	The Blue Badge scheme is for people with severe mobility problems. It allows Blue Badge holders to park close to where they need to go. The Blue Badge is registered to a person and not to a vehicle		<a href="https://www.bury.gov.uk/social-care-and-support/blue-badge-scheme">www.bury.gov.uk/social-care-and-support/blue-badge-scheme</a>

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## Further Education Providers

Provider	Description	Telephone	Website
<b>16-19 Bursary Fund</b>	You could get a bursary via your college office, to help with education-related costs if you're 16-19yrs and: studying at school or college (not university) in England on a training course, including unpaid apprenticeships if you receive Personal Independence Payment, or are in Care, are a Care Leaver or receive Universal Credit/ Income Support. You can spend the money on things like: clothing, books and other equipment for your course transport and lunch on days you study		<a href="http://www.gov.uk/1619-bursary-fund">www.gov.uk/1619-bursary-fund</a>
<b>Bolton College</b>	The college's main site is in the centre of Bolton, and it operates from five other sites and approximately 100 community venues in and around the Bolton area. The college offers a wide range of vocational and technical study programmes, including work-based learning, ESOL courses, Diplomas, apprenticeships, Access courses, and Higher Education course	01204 482 000	<a href="http://www.boltoncollege.ac.uk">www.boltoncollege.ac.uk</a>
<b>Bury Adult Learning Service</b>	Have a range of courses that offer to give you new skills for work, develop your creativity, improve your confidence and wellbeing or participate in learning activities with your children.	0161 253 5772	<a href="http://www.bury.gov.uk/schools-and-learning/adult-learning">www.bury.gov.uk/schools-and-learning/adult-learning</a>
<b>Bury College</b>	Bury College offers a full range of academic and vocational courses from entry level to level 4. The College has a large 6th Form Centre providing AS, A Levels and diplomas and also provides a wide range of full and part-time university courses. Bury College also works with local employers to provide apprenticeships, supported internships, short courses, professional work-based training, university and management courses.	0161 280 8280	<a href="http://www.burycollege.ac.uk">www.burycollege.ac.uk</a>
<b>Choices College Supported Internships</b>	Promoting employment opportunities for Interns with learning difficulties/ disabilities and/ or Autism through a supported internship course		<a href="http://www.hee.nhs.uk/our-work/choices-college-supported-internships">www.hee.nhs.uk/our-work/choices-college-supported-internships</a>
<b>DISC Supported Internships</b>	Based in Central Manchester the Digital Independent Specialist College (DISC) supports young people with a flair for digital and creative technology to prepare for adulthood and employment.	0161 410 2040	<a href="http://www.digitaladvantage.org.uk/disc/">www.digitaladvantage.org.uk/disc/</a>

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## Further Education Providers

<b>Elms Bank Sixth Form</b>	SEN Specialist sixth form within Bury offering a variety of courses and supported internships	0161 766 1597	<a href="http://www.elmsbank.co.uk">www.elmsbank.co.uk</a>
<b>Holy Cross Sixth Form College and University Centre</b>	The Sixth Form College specialise in Advanced Level study, currently offering 40 Level 3 courses. The University Centre offers a range of degrees in conjunction with a number of partner organisations.	0161 762 4500	<a href="http://www.holycross.ac.uk">www.holycross.ac.uk</a>
<b>Hopwood Hall</b>	Hopwood Hall College is a further education institution located in Rochdale. It operates two campuses, in Rochdale and Middleton, offering a wide range of vocational and technical study programmes for young people aged 16–19, as well as university-level courses, Apprenticeship programmes, and adult education	01706 345 346	<a href="http://www.hopwood.ac.uk/">www.hopwood.ac.uk/</a>
<b>Salford College</b>	The college offers a wide range of courses, including 16-23 courses, adult courses, higher education, and apprenticeships. It operates from multiple campuses and community venues, providing various educational opportunities to students in the region	0161 631 5000	<a href="http://www.salfordcc.ac.uk">www.salfordcc.ac.uk</a>
<b>NLTG (North Lincs Training Group)</b>	Offers both apprenticeships and study programmes. The Study Programme offers everyone an innovative curriculum and high-quality work experience opportunity, providing you with the best possible support in order to assist you in laying the foundations for the rest of your life.	0161 264 1494	<a href="http://www.nltg.co.uk">www.nltg.co.uk</a>
<b>Growth Company</b>	Offers both apprenticeship and study programme in Bury. The Growth Company offer a variety of qualifications which can be accessed throughout the year.		<a href="http://www.gceducationandskills.ac.uk">www.gceducationandskills.ac.uk</a>
<b>The Manchester College</b>	Offers a wide range of Level 1–4 courses for 16–19-year-olds through ten Industry Excellence Academies and 19 Centres of Excellence. The college also provides adult and professional courses in 20 subject areas, from Entry Level to Level 6	03333 222 444	<a href="http://www.tmc.ac.uk">www.tmc.ac.uk</a>
<b>PINC College</b>	Pinc College offers an inspiring and impactful approach to education and pathways into employment for neurodivergent young people aged 16-24 years, supporting mental health challenges, individuality, and wellbeing		<a href="https://pinccollege.ac.uk/">https://pinccollege.ac.uk/</a>

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## Further Education Providers

<b>ADA – National College for Digital Skills</b>	Ada, the National College for Digital Skills, offers a career-catapulting, industry-focused education that is free to attend, helping students unlock opportunities in tech through valuable qualifications and digital portfolios		<a href="https://www.ada.ac.uk/">https://www.ada.ac.uk/</a>
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# Prepare for Adulthood

## Good Health

Provider	Description	Telephone	Website
<b>Annual Health Check</b>	The Annual Health Check scheme is for young people and adults (14 years plus) with learning disabilities who need more health support and who may otherwise have health conditions that go undetected	0300 311 22 33	<a href="http://www.nhs.uk/conditions/learning-disabilities/annual-health-checks/">www.nhs.uk/conditions/learning-disabilities/annual-health-checks/</a>
<b>BIG (Bury Involvement Group)</b>	BIG, also known as Bury Involvement Group, is a local charity for people aged 18 and over, who are experiencing mental health conditions. No referral is required, you can just turn up at our groups. BIG is run by volunteers with lived experience of mental health conditions. Although based in Bury, people from any area can attend BIG. We are a strong independent voice in mental health.	0161 222 4005 07758737616	<a href="http://www.buryinvolvementgroup.org.uk">www.buryinvolvementgroup.org.uk</a>
<b>CAMHS</b>	Support for emotional wellbeing and mental health of children and young people	0161 716 1100	<a href="http://www.penninecare.nhs.uk/burycamhs">www.penninecare.nhs.uk/burycamhs</a>
<b>Caring for disabled children</b>	Information for carers of children with disabilities.	0300 311 22 33	<a href="http://www.nhs.uk/conditions/social-care-and-support-guide/">www.nhs.uk/conditions/social-care-and-support-guide/</a>
<b>Early Break</b>	Offers a number of service to support the emotional health and wellbeing of children, young people and families	0161 723 3880	<a href="http://www.earlybreak.co.uk">www.earlybreak.co.uk</a>
<b>NHS</b>	Information on Health A-Z, Live well, Care and support and services near you	0300 311 22 33	<a href="http://www.nhs.uk/">www.nhs.uk/</a>
<b>NHS - Adult Mental Health</b>	Pennine Care provide adults (working age) mental health service in Bury. These can support you with conditions such as depression, anxiety or dementia, as well as mental health illnesses such as personality disorder, schizophrenia, bi-polar disorder and more.	A variety of numbers can be found on the website	<a href="http://www.penninecare.nhs.uk/services/types/adult-mental-health">www.penninecare.nhs.uk/services/types/adult-mental-health</a>
<b>NHS Cambeck Close Short Break Service</b>	Cambeck Close provides overnight short breaks and support to children and adults that have a learning disability and additional healthcare needs.	0161 716 1575	<a href="http://www.penninecare.nhs.uk/cambeck">www.penninecare.nhs.uk/cambeck</a>
<b>NHS Children's Community Learning Disability Team</b>	Our team is made up of learning disability nurses. We offer assessments for health, behaviour, and sleep. We can help with: <ul style="list-style-type: none"> <li>• Advice for families and carers</li> <li>• Individual behaviour support plans</li> </ul>	0161 716 4740	<a href="http://www.penninecare.nhs.uk/burychildrensltd">www.penninecare.nhs.uk/burychildrensltd</a>

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## Good Health

	<ul style="list-style-type: none"> <li>• Sleep assessments and plans</li> <li>• Health assessments</li> <li>• Identifying reasonable adjustments you need to access wider health care</li> <li>• Hospital passports</li> </ul>		
<b>NHS Community Learning Disability Team</b>	<p>Our team is made up of learning disability nurses, occupational therapists, speech and language therapists and psychologists.</p> <p>We provide specialist assessments and intervention plans. These focus on health inequalities, behaviour, risk, sensory, communication and psychological needs.</p>	0161 716 4740	<a href="http://www.penninecare.nhs.uk/buryadultldteam">www.penninecare.nhs.uk/buryadultldteam</a>
<b>NHS Learning Disability Team</b>	<p>Help children with learning disabilities who have a GP registered in Bury.</p>	0161 716 4740	<a href="http://www.penninecare.nhs.uk/burychildrenslid">www.penninecare.nhs.uk/burychildrenslid</a>
<b>NHS Radcliffe Place</b>	<p>Radcliffe Place provides short-term accommodation and therapy for people with a learning disability, aged 16 to 25 years, from across Greater Manchester. Some people we support may also have autism.</p> <p>We can help you stay out of hospital when you're experiencing a crisis, if your needs cannot be safely managed where you live.</p>	0161 716 1212	<a href="http://www.penninecare.nhs.uk/radcliffe-place">www.penninecare.nhs.uk/radcliffe-place</a>
<b>School Nursing – Bury Community</b>	<p>Work with school-age children and young people, aged 5 to 19 years, with the aim of ensuring they experience the very best health and wellbeing and can reach their full potential.</p>	<p>Radcliffe: 0161 206 7740</p> <p>Whitefield and Unsworth: 0161 206 6287</p> <p>Prestwich: 0161 206 6272</p> <p>North: 0161 206 6287</p>	<a href="#">School Nursing: Northern Care Alliance</a>

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Good Health

		Central: 0161 206 0692 Immunisations 0161 206 0995	
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# Prepare for Adulthood

## Independence and Housing Options

Provider	Description	Telephone	Website
<b>Calico</b>	Offers services to help young people stay in their own homes, find new accommodations, and set up those new accommodations. They provide signposting for legal advice regarding tenancy and landlords, basic money management, and assistance with addressing arrears and debts. Additionally, they help individuals get involved in the community, access services to improve health and wellbeing, seek education, training, or employment opportunities, develop skills and confidence for independent living, and source furniture.	0161 447 8821	<a href="http://www.calicogateway.org.uk/floating-support/">www.calicogateway.org.uk/floating-support/</a>
<b>Central Access Point (CAP)</b>	The Central Access Point (CAP) is a single point of access for those needing housing related support. CAP referrals are made by professionals, which aims to help people to sustain their current tenancy or if someone is at risk of being homeless or are already homeless		<a href="http://www.bury.gov.uk/housing/homelessness/central-access-point">www.bury.gov.uk/housing/homelessness/central-access-point</a>
<b>Great Places</b>	Offers supported accommodation and floating support to young people, aged 18-25, in Bury. They offer support packages for young people moving from statutory services directly into the community, who may have a range of different support needs.	Accessed through CAP	<a href="http://www.greatplaces.org.uk">www.greatplaces.org.uk</a>
<b>Housing Advice</b>	Bury's housing advice and assistance on a wide range of housing problems for	0161 686 8000	<a href="http://www.bury.gov.uk/housing">www.bury.gov.uk/housing</a>
<b>Persona</b>	Persona Care and Support provides a range of flexible and tailored services designed to improve the quality of life for adults aged 18 and over. Their three main areas are: Days, Stays, and Lives. These include options such as the Learning Disability Day Services, Supported Living, Woodbury Short Stay, and Bury Shared Lives. Persona's services are designed to be adaptable to individual needs, ensuring that each person receives the support that matters most to them	0161 253 6000	<a href="http://www.personasupport.org/our-services/">www.personasupport.org/our-services/</a>

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## Independence and Housing Options

<p><b>NHS Shared Lives Scheme</b></p>	<p>Shared lives schemes support adults with learning disabilities, mental health problems or other needs that make it harder for them to live on their own.</p> <p>The schemes match someone who needs care with an approved carer. The carer shares their family and community life, and gives care and support to the person with care needs.</p>	<p>0161 253 7211</p>	<p><a href="http://www.nhs.uk/services/care-provider/bury-shared-lives">www.nhs.uk/services/care-provider/bury-shared-lives</a></p>
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## Suggestions

If you have suggestions for providers that do not appear on our current list, please use the QR code or **this link** to submit your suggestions

Preparing for Adulthood - Contact Sheet Suggestions

