

East Lothian – Some Resources that may be suitable for Young People with Additional Support Needs that are not Ready for Employment 2014

(Please note these are only some of the resources available to choose from. There may be others not listed that are worth considering.)

Social Work Provision

East Lothian Community Care

Community Care is the Government's system to help people such as the old or those with physical or learning disabilities over the age of 16 years to receive the support they need to live in their own homes or in a community setting. It usually involves an assessment. More information about Social Work provision in East Lothian can be obtained from their website at www.eastlothian.gov.uk (see guide to adult social care services in East Lothian).

East Lothian Council now has a 'one-door' Community Care Access Service based at 6-8 Lodge Street, Haddington EH41 3DX for all new community care enquiries Tel 0845 603 1576.

A Complex Care Team manages the assessment and care management of service-users who have complex needs and is based at Randall House, Macmerry Business Park, Macmerry EH33 1RW tel 01875 824 090 or 309.

Local Area Co-ordination East Lothian run by Capability Scotland 37a Sidegate Haddington EH414BU www.capability-scotland.org.uk Tel 01620 825937 is a service for disabled people of any age in East Lothian. It acts as a one stop shop which can link disabled people, of all ages, with the support they need in any aspect of this life.

Resource Centres

Tynebank Resource Centre 16 Kirkview Haddington EH41 4AP
www.eastlothian.gov.uk Contact Catriona Houston Tel 01620 824 415 This centre runs activities from Monday to Friday both within the centre and in the community. Groups are based around the needs of centre users and can include sports, arts, crafts, music, gardening and independent living skills. It is for adults with additional support needs including those with more profound disabilities. Referral is by a Social worker following an assessment of need.

Fisherrow Base & Musselburgh Area Service South St Musselburgh EH21 6AT
Tel 665 8739
http://www.eastlothian.gov.uk/info/1432/help_for_adults/1491/adult_day_services - provides support & weekday opportunities for adults with learning disabilities at the Fisherrow Centre and community venues in the area.

Prestonpans Disability Resource Centre 1 Preston Road Prestonpans EH32 9QS
Tel 01875 812747

http://www.eastlothian.gov.uk/info/1432/help_for_adults/1491/adult_day_services -
provides a range of activities for adults with physical disabilities aged 16-65 from
Monday to Friday.

Port Seton Resource Centre www.psrc.org.uk Port Seton Community Centre South
Seton Park Port Seton EH32 0BQ Tel 01875 815220 provides opportunities for adults with
learning disabilities from Monday to Friday.

Person Centred Plans

Anyone interested in a person centred plan should speak to their care manager from
the Social Work Department. Some Social Workers are trained to facilitate person
centred plans or they can commission them from other agencies. Alternatively
someone from the Local Area Co-ordination Board (see earlier) could advise those
living within their designated areas. **EDG (Edinburgh Development Group)**
www.edg-sco.org Unit 15, John Cotton Business Centre, Sunnyside, Edinburgh. EH7
5RA. tel 0131 476 0522 can give advice, support and information about setting up
person centred plans for young disabled people in all parts of the Lothians.

ELVOS 9-11 Lodge St Haddington EH41 3DX. Tel 0131 653 5315

Website: www.eastlothian.gov.uk

Provides a service to adults with a range of disabilities who wish to access
employment. They offer pre-employment advice and support for people seeking
work, they advise employers on recruitment and selection and gives on-going
workplace support to the employee and employer for as long as required.

Welfare Rights Team is based at Brunton Hall Ladywell Way Musselburgh EH21
6AF Tel 0131 653 5230 www.eastlothian.gov.uk can give help and advice about
claiming welfare benefits for adults with a physical, sensory, learning or mental
health disability in East Lothian.

They hold drop-in surgeries throughout E Lothian.

The Pitstop Cafe www.prestonpans.com (choose Pennypit Centre) at Rope
Walk, Prestonpans EH32 9BN Tel 01875 819635 is a social enterprise offering work
based training to young people with additional support needs with the main aim of
them securing paid work in a similar environment eventually.

Pishwanton Woods

(2.5 miles south of Gifford East Lothian)

Website: www.pishwanton.org

Client Groups and eligibility criteria:

For adults and young people including those with additional support needs.

Services:

This is a centre for environmental education, research and therapy, offering opportunities for people of all ages and abilities to renew and deepen their relationship with nature. There are volunteering opportunities and therapeutic outdoor and indoor activities in a safe, health-giving environment for people with ASN with or without their carers. Also run courses in land skills.

Refer by: Can self refer or be referred by professionals.

Provision run by Voluntary Organisations Garvald Centre and Associated Ventures

Garvald Centre and Associated Ventures

Young people from Midlothian can access Garvald in Edinburgh, the Engine Shed and Tipphereth subject to provision of funding from the Social Work Department.

Garvald Office, Garvald Centre Edinburgh 600 Gorgie Rd Edinburgh EH11 3AL
Tel 0131 228 3712 www.garvaldedinburgh.org.uk Activities are based on the work of Rudolf Steiner. Offers full, part time day and residential placements at a number of locations in Edinburgh. There is a chance to use creative skills in crafts such as woodwork, ceramics, weaving, stained glass work and tool refurbishment as well as food production skills in their bakery and canteen, retail in their own shop in Morningside and gardening and environmental work. There is also the chance to do music, voluntary work, college courses and work experience.

Garvald Midlothian Mayfield House McSense Business Park Dalkeith EH22 5TA
Tel 0131 516 2775 opened early 2014 and includes a canteen where trainees can gain catering skills and workshops in land based skills, jewellery making, weaving/textiles, drama and puppetry which will be funded by individual's direct payments. Contact your social workers for funding advice. Look at the Garvald website for more information on the Garvald philosophy etc.

Garvald West Linton Dolphinton West Linton, Borders EH46 7HJ Tel 01968 682211 www.garvaldwestlinton.org.uk provides residential and day services, training activities and further education to adults from across Scotland. Workshops and activities include crafts, baking, woodwork, laundry, domestic tasks, cooking, weaving, outside estate work and gardening (by the biodynamic method), music and drama. There is the chance to gain qualifications through the Borders College.

Residents with more complex needs can undertake an individual programme of activities using one to one support workers.

Columcille Centre 2 Newbattle Terrace Edinburgh EH10 4RT Tel 0131 447 7404 www.columcille-centre.co.uk offers four daytime workshops including a café, crafts, woodwork and gardening. It also has links with Glenesk (see below).

Garvald Glenesk 15 & 16 Avenue Rd Dalkeith EH22 3BS Tel 0131 454 0031 www.garvaldglenesk.org This is a small residential project offering art, gardening, music and dance as well as outings into the community. Funding needs arranged through a social worker.

Engine Shed 19 St Leonard's Lane Edinburgh EH8 9SH Tel 0131 662 0040 www.theengineshed.org offer supported work training for those with learning or other disabilities. This enables young people to develop core skills such as confidence and social skills, practical work skills through working in their café, bakery or tofu production unit, access college and have work experience away from the Engine Shed to prepare for a paid job. Referral by a social worker as places need to be funded.

Tiphereth Ltd

Tiphereth is a member of the Camphill Communities in GB and is based at 49 Torphin Road Colinton Edinburgh EH8 9SH Tel 0131 441 2055 See website www.tiphereth.org.uk Activities include:-

Provides day activities such as working in the wool workshop, gardening, helping the Pentland Ranger Service to build paths etc composting and therapeutic activities e.g. art, craft, music, cooking and cultural events.

There are a few residential places. Places are funded by of the Social Work Department.

Enable- Hired www.enable.org.uk. This programme provides one to one employment support to adults with disabilities. People can self refer. Tel 0131 220 8255.

Enable also have an internet site produced for young people to give them ideas about moving on from school and college at www.makethemove.org.uk

Scottish Autism <http://www.scottishautism.org> Tel 01259 720 044 Provides services such as training, education, care, support and life opportunities for people of all ages with autism. They currently have two supported flats called Parkside in Dalkeith. Residents are given support to live as independently as possible within the community in areas such as personal care, housekeeping, using local shops, banks and leisure amenities. There is a strong emphasis on developing social skills so that trainees can fully use day services and where possible move on to college courses and work placements. Day services are provided at the Autism day centre at 17d North High Street in Musselburgh EH21 6JA Tel 0845 300 9274. Social Work funding is required for this provision.

National Autistic Society

Support people affected by autism and Aspergers syndrome to live as independently as possible. Provide information, support and pioneering services, and campaign for a better world for people with autism.

www.autism.org.uk

Inclusion Alliance unit 15 John Cotton Business Centre 10 Sunnyside Edinburgh EH7 5RA Tel 0131 477 6501 www.inclusionalliance.org.uk is an organisation based in Edinburgh that offers one to one support to people with high support needs due to learning difficulties and sometimes additional medical or physical issues.

Using direct payments support is given for 31hours per week and 50 weeks a year enabling members to access their localcommunities more fully, as an alternative to attending a traditional day centre.

Autism Initiatives UK in Scotland www.autisminitiatives.org (choose 'where we are' and choose autism in Scotland based at 11 Granton Square, Edinburgh EH5 1HX Tel: 0131 551 7260 run Number 6 www.number6.org.uk located at 24 Hill St Edinburgh EH2 3JZ Tel 0131 220 1075. Number 6 operates as a one stop shop for adults with aspergers syndrome and high functioning autism. It offers a range of drop in, individual support and group activities as well as an information resource. There are opportunities for supported living in Edinburgh and East Lothian and the organisation supports individuals to access community activities and a wide range of group social activities. For traineeships in an art gallery in Northumberland St Edinburgh for people with autism ,see www.thegalleryonthecorner.org.uk Number 6 also produces a regular newsletter

Into Work 57 Albion Rd Edinburgh EH7 5QY Tel475 2600 www.intowork.org.uk provide specialist supported employment services to people with acquired brain injury or aspergers living in Edinburgh, Midlothian or East Lothian. Services include employment support services – vocational assessment, vocational and recruitment advice, assisted job search, support to employers and an aftercare service.

Teens+ (Transitional Education, Extra Needs Support)

Tel 0131 672 2555. www.teensplus.org.uk

Eligibility Criteria: Young people aged 17 to 24 with complex additional support needs such as autism and/or challenging behaviour, ADHD, severe epilepsy .

Services: The programme comprises an extension of the students' previous education, with emphasis on the transition to a more independent life in the community. Funding normally comes via the Social Work Dept.

Upward Mobility www.upwardmobilityproject.com Art's Complex (St Margaret's House) 151 London Rd Edinburgh EH7 6AE Tel 0131 661 4411. Provides help for adults who have left school or college to access leisure type activities e.g. workshops in art, music, drama, creative movement, dance, photography, digital skills and gardening. Can also help to plan individual packages with one to one support as needed. Places funded through the Social Work Department.

Skillspath Website is www.joinedupforjobs.org.uk. Make provision for adults with learning disabilities eligible to receive community care services, actively seeking employment. Those from East and Midlothian would be passed to ELVOS or STEM when ready to move on. They provide work training placements e.g. office, mail outs, reception duties, cafe as a stepping stone to move on to work related activities such as voluntary work, paid work or other training courses.

New Trinity Centre 7A Loaning Road Edinburgh EH7 6JQ www.capability-scotland.org.uk Tel 0131 661 1212 provides day care for adults with physical and /or learning disabilities. Activities are designed around the wishes and needs of the individuals and include centre based activities such as arts and crafts, advocacy, current affairs, social skills, sensory and exercise, music and IT. People are assisted to take part in community activities including volunteering. Staff are trained to work with those with the most complex needs and provide adequate 1:1 care and communication support. Referrals need to be made by Social Workers. The centre is run by Capability Scotland who also have another centre for 18 adults called **E2** at 11 Ellersly Road Edinburgh EH12 6HY Tel 0131 347 1078. It is a centre for those with complex care needs and some requiring additional 1:1 support within the centre and in the community or at local college campuses.

Capability Scotland also offers support for disabled people to find and keep employment. Tel 0131 347 1056 for more information.

FAIR 95 Causewayside Edinburgh EH9 1QG Tel 0131 662 1962 www.fairadvice.org.uk provides all kinds of information for people with learning disabilities and carers. This includes publications for school and college leavers with information to download e.g. adult day centre provision, leaving school, work and leisure opportunities in Edinburgh and expert welfare rights advice benefits. They can offer assistance to people living outside Edinburgh who call in or phone for advice.

Contact a Family Scotland Craigmillar Social Enterprise & Arts Centre 11/9 Harewood Road Edinburgh EH16 4NT tel 0131 659 2930 www.cafamily.org.uk/scotland produce useful publications e.g. 'Preparing for adult life and transition – Scotland' aimed at disabled students leaving school and college. There is useful information about a wide range of options including employment and training, housing etc as well ways of funding more individually tailored provision through Direct Payments and the Independent LivingFund. When a young disabled person becomes 16 they may be entitled to disability benefits. Contact their helpline 0808 808 3555 for advice and information.

Action Group Norton Park Centre 57 Albion Road Edinburgh EH7 5QY
Tel 0131 475 2315 www.actiongroup.org.uk They offer a number of local services to people with learning disabilities from Edinburgh but you need to check whether these can be used by people with learning disabilities from East and Midlothian:-

Children and Adult Transition Service –a wide ranging service which provides support to access school, play or leisure activities and the wider community. Also supports siblings and the family.

Housing Support provides support for people to live in their own home or their family home. They can also help someone to find a home of their own.

Care Homes support for those living in their care homes to live the lives they have chosen.

Self Directed Support so that people they work with can have real choice and control over services they use.

Welfare Rights Advice providing independent information and advice on benefits especially at transition points. They operate an income maximisation project for young people aged 16-25 from East Lothian.

Money Advice-free confidential money advice on a 1:1 basis

There is also a service for

Black and Ethnic Minorities (BEMAS)

Real Jobs provides support for people across Lothians to find and sustain paid employment.

Scottish Association for Mental Health (SAMH) run the **Redhall Walled Garden Project** at 97 Lanark Road Edinburgh EH14 2LZ Tel 0131 443 0946. This offers vocational training in amenity and commercial horticulture, training in ICT and administration, advice on mental health issues and employment and FE support. .
More information at www.samh.org.uk

Lothian Centre for Integrated Living (LCIL) Norton Park 57 Albion Road Edinburgh EH7 5QY Tel 0131 475 2350 www.lothiancil.org.uk have a range of services including:-

Support for Independent Living which provides information and support for people to live independently.

Payroll Service to support those wishing to employ personal assistants to help them live independently.

Grapevine offering information on any disability matter e.g. welfare benefits, accessible transport, equipment, employment, leisure and holidays

Training Opportunities -free training for disabled people on a range of topics for organisations about disability issues.

Telephone Counselling

Free counselling service for disabled adults in Scotland and their immediate family members

Bridges Project unit 1 Bogpark Road Musselburgh EH21 6RT Tel 0131 665 1621
www.bridgesproject.org.uk provides a number of services to help vulnerable young people from East and Midlothian manage transitions into adulthood and life beyond school.

Services include:-

Independent living skills certified to manage their own tenancy..

Personal Development –for 14-18 yrs to help improve self esteem, confidence, manage relationships and deal with life's stresses.

Group activities –arts ,crafts, , cooking, music, yoga, outdoor activities, fitness, football, bike maintenance.

Literacy and Numeracy tuition.

Way2Work -support to learn skills for work and work placements.

Options –help to plan how to move forward in adult life.

Refer by: Can self refer

Orcadia 3 Windsor Place Edinburgh EH15 2AJ Tel 0131 669 1075

www.orcadiacentre.org.uk has an inclusive creative arts programme and youth club. It provides a high staff ratio and aims to improve the lives and social skills of adults and children with special needs through music, dance, drama, movement, mime, puppetry and creative arts either done individually or in groups. There is also a cafe, trampoline centre and youth club and a creative construction programme for adults 16-24 yrs for 2 days per week with a day in class activities and a day work experience in the centre certified by Borders College.

Artlink 13a Spittal St Edinburgh EH3 9DY tel 0131 229 3555

www.artlinkedinburgh.co.uk works hard to increase opportunities for individuals who experience disadvantage or disability to take part in the arts. They support a range of opportunities for individuals to get involved in the arts: as an audience member, through arts programmes in local communities and hospitals. Can self refer.

Redwoods Caring Foundation Kirk Farm House 6 Lasswade Rd Edinburgh EH16 6RZ Tel 0131 672 2999 www.redwoods.org.uk is a charity that provides residential care, housing support, a care at home service, day services and respite to adults with learning disabilities. They have a gardening project in Midlothian.

Thistle Foundation Niddrie Mains Rd Edinburgh EH16 4EA Tel 0131 661 3366

www.thistle.org.uk provides supported living and a range of activities to promote health and well being for those with disabilities. There is a gym and they run programmes in lifestyle management and stress control (mindfulness).

The Child Poverty Action Group in Scotland <http://www.cpag.org.uk> have useful fact sheets with information and advice about applying for benefits once a student with a learning or other disability turns 16 yrs whether or not they are remaining in non advanced education. Look under services for people in Scotland.

Volunteering

STRiVE strive.me.uk 98 North High Street Musselburgh East Lothian EH21 6AS 0131 665 3300 Helps adults and young people in East Lothian to find volunteering opportunities within the county. It has information on the Saltire awards for young volunteers 12-25 including forest schools, gardening projects etc.

Brite Centre website

A useful website with information on a range of disabilities including some about young people with profound and complex needs moving on from school, called TRiP (The Transition Planning and Information Resource) <http://www.brite.ac.uk> There are case studies where parents describe their experience of helping their young people to move on from school or college into adulthood.

Work Coach Support

Skills Development Scotland at Adam Ferguson House Station Road Musselburgh Tel 665 3120 have several work coaches who cover East and Midlothian. They can provide extra support to young people aged 16-19 years to help them find and sustain employment, training and educational opportunities.

Referrals should be made to the address above.

East Lothian Council has a programme of Activity Agreements to help young people leaving school aged 16-18 who need extra support to get ready for employment, college or work training.

Skills Development Scotland has purchased a video for lending out about how some local people have used Direct Payments to enhance the quality of their lives.

Please contact Sandra Brown at Skills Development Scotland, Adam Ferguson House, Musselburgh EH 21 7PQ Tel 0131 665 3120 to borrow a copy.

Compiled by Sandra Brown Skills Development Scotland Musselburgh.

