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Description automatically generated**Post 16 Pathways for SEND learners in North Tyneside**

**Post 16**

**SEND Directory**

In this guide we have aimed to outline the opportunities for further education, training and work-based learning for young people with Special Educational Needs and Disabilities (SEND) when they leave school.

However, not all options will be relevant to all young people. Your Connexions Adviser can help you to decide which route is best for you to achieve your ambitions.

Connexions is part of North Tyneside Council’s Employment and Skills Service and Connexions Advisers (qualified careers advisers) provide independent, impartial careers information, advice and guidance for students with Special Educational Needs / Disabilities (SEND) between the ages of 13-25.

T**he Employment and Skills Service is accredited to the Matrix Standard,** a national award that recognises our high quality of careers advice and guidance provision. All Connexions advisers are fully trained in guidance skills to a Level 6 qualification and have extensive knowledge of the different Post 16 pathways and opportunities available**.**

This high-quality guidance helps to support students and their parents/carers around the Post 16 options and making choices and decisions about next steps, learning and careers.

Planning for the transition to adulthood for young people with an Education Health and Care Plan (EHCP) starts in school in Year 9, exploring aspirations for adulthood and the opportunities and support available. Over the course of Year 11, the Connexions Service will provide person centred support in planning a post 16 pathway.

Every young person must continue in some form of education or training until their 18th birthday and follow a pathway which helps prepare for adulthood.

The main Post 16 options after Year 11 are sixth forms (both mainstream and special settings), general further education colleges or through a work-based route in vocational learning with training providers and employers.

Preparing for Adulthood has four strands:

Preparing for and finding employment

Good health

Independent living

Friends, relationships and community

Further information about Preparing for Adulthood can be found in the [Local Offer - North Tyneside Council](https://my.northtyneside.gov.uk/category/1243/local-offer-special-educational-needs-and-disabilities-send) and the Department for Education’s [Preparing for Adulthood – NDTi](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.ndti.org.uk%2Fprojects%2Fpreparing-for-adulthood&data=05%7C01%7CJackWallis%40Gateshead.Gov.UK%7C034bce34f62f4292781c08da8f4c6b81%7C09fbb97943174d219cb6e58811169cd8%7C0%7C0%7C637979855627878481%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=QB3yCJr8G%2FAWqqZRdenV2K5jBlepcchDn%2F7F%2F2GYK4s%3D&reserved=0)

You can find information about Post 16 transport here:

[School transport | North Tyneside Council](https://my.northtyneside.gov.uk/category/133/school-transport)

The following guide sets out the main Post 16 pathways for students with SEND.

Please contact us at Connexions North Tyneside to discuss any of the following options in more detail:

[Connexions – Employment & Skills North Tyneside](https://www.skillsnorthtyneside.org.uk/connexions/)

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**Further Education**

**A levels**

**Vocational Courses**

**T- Levels**

**Foundation Learning**

**Online Learning**

**Specialist Colleges**

In North Tyneside learners can continue in education by:

staying on into their own school sixth form

applying to a different school sixth form

undertaking an A level pathway, or other vocational course, at a further education college

For some young people, deciding to stay on at their school’s sixth form is the preferred route.  Some schools in North Tyneside do not have a sixth form and it may be possible to attend a sixth form at a different school if the courses and support available are appropriate.  Your Connexions Adviser will discuss individual preferences.

If a learner is considering learning in a new environment, it is a good idea to visit. Details of open events can be found on the individual websites. A visit can also be arranged at a quieter time, and sometimes transition activities can also be arranged to support a successful transition. Please speak to your Connexions adviser about this

**Sixth Forms and College**

**A Levels**

Many young people decide to stay on at their school’s 6th form or continue their education at a local college.  If your school does not have a 6th form, it may be possible to attend a 6th form at a different school or college if the courses and support available are appropriate for you.  This would usually be discussed at your review meetings as you get closer to leaving school, as your EHC Plan needs to be changed to reflect the need for you to change schools.

Your Connexions Adviser can help you look at the educational options as well as other alternatives.

To follow an A level pathway, students would be expected to achieve at least 5 GCSE grades 4-9. It is important to check what you will need with the school or college you are looking to study at. Please note some A levels may specify a particular GCSE grade.

Typically, a student would opt to follow three A level subjects. Students would need to consider which subjects to study, you can think about if there a particular career path in mind, or if the preference is to look at the progression options from individual A level subjects.

An A level programme can be followed in a School Sixth Form, or within a Sixth Form College. The schools who have sixth forms in North Tyneside are listed below.

Please see their individual sixth form prospectus for further information and GCSE entry requirements:

[Burnside College](https://www.burnsidecollege.org.uk/)

[Churchill Community College](https://www.churchillcommunitycollege.org/)

[George Stephenson High School](file:///C:\Users\cbra0310\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\NN2PHNBL\George%20Stephenson%20High%20School)

[Longbenton High School](https://www.longbenton.org.uk/)

[Kings Priory School](https://www.kingsprioryschool.co.uk/)

[Monkseaton High School](https://www.monkseaton.org.uk/) currently under consultation

[North Gosforth Academy](https://www.northgosforthacademy.org.uk/)

[St Thomas More Catholic High School](https://stmacademy.org.uk/)

[Whitley Bay High School](https://www.whitleybayhighschool.org/)

For the Post 16 curriculum offer in the special schools in North Tyneside schools, please see their individual websites below:

[Woodlawn School](https://www.woodlawn.org.uk/)

[Beacon Hill School](https://beaconhill.org.uk/)

**Sixth Form College**

For the A Level Post 16 curriculum offer in Sixth Form Colleges please see their individual websites below:

[Newcastle Sixth Form College](https://www.newcastlesixthformcollege.ac.uk/)

[Gateshead College](https://www.gateshead.ac.uk/subjects/a-levels)

**Vocational Courses**

A vocational course has more emphasis on a broad industry sector and can be studied from a Level 1 course through to a Level 3.

The level of entry will depend on the GCSE qualifications already achieved and the learning needs.

Maths and English will also be included if someone has not yet achieved GCSE at a Grade 4 in either, or both, subjects.

There are several different vocational sectors available for study.

For further information about the vocational course offer at local Further Education colleges, please see the individual college websites below:

**Local College Provision**

[Tyne Metropolitan College](https://www.tynemet.ac.uk/school-leavers/)

[Newcastle College](https://www.ncl-coll.ac.uk/subject-areas/?sa=1618college)

[Gateshead College](https://www.gateshead.ac.uk/subjects)

[Northumberland College](https://northumberland.ac.uk/courses/school-leaver/)

**T-Levels**

T Levels are a brand-new technical qualification for 16-19 year olds. They take two years to complete and are equivalent to 3 A Levels. They have been designed in collaboration with employers and include a minimum of 45-days industrial placement. T Levels offer a mixture of classroom learning and ‘on the job’ experience and the aim is to support young people to develop their skills, knowledge and to thrive in the workplace.

Over the next three years, there will be 24 different T Levels available to study, covering everything from agriculture to catering and engineering to science. Assessment is through a combination of exams, projects, and practical assignments. Individual schools and colleges set their own entry requirements.

Students that choose to study a T Level will be able to go on to further study at university or college, take on an apprenticeship, or enter the world of work. Students that enter the workplace may be supported by their employer to continue their studies too. Connexions Advisers will discuss readiness for the workplace for anyone who might be considering a T Level as a pathway.

**Foundation Learning**

Foundation Learning programmes are for young people, aged 16 to 24, with special learning needs or learning difficulties who could benefit from further support in developing their individual skills whilst preparing for adulthood. Through the Skills Builder Framework, students are supported to understand their existing skills, identify gaps and the next steps that will help improve essential skills further.

Foundation learning helps develop self-confidence, skills for independence, social skills, employability skills (including work tasters) and develop functional skills in maths, ICT and English

Typically, there will be four pathways within Foundation Learning:

**Preparation for independence**

**Preparation for employment**

**Preparation for vocational studies**

**Preparation for education**

Progression from foundation learning can be onto a Level 1 or Level 2 course.

For further information about the Foundation Learning at local Further Education colleges, please see the individual college websites:

[Tyne Coast (Tyne Met & South Shields Campus)](https://www.tynemet.ac.uk/school-leavers/send/)

[Newcastle College](https://www.ncl-coll.ac.uk/subject-areas/access-to-education/college-16-to-18/)

[Gateshead College](https://www.gateshead.ac.uk/subjects/special-educational-needs-sen)

[Northumberland College](https://northumberland.ac.uk/courses/school-leaver/sen-local-offer/)

**Ignite Your Potential**

Ignite Your Potential is delivered at the Employment and Skills base at Norham Community Wing and offers supportive pathways for 16–25-year-olds who have an Education, Health and Care Plan (EHCP) and where additional support would be beneficial.

Step On

Step In

Step Up

Move On

Learners will learn to participate constructively in the local community and take part in a real work placement which will help with preparation for the world of work and developing life skills, exploring what is meant by independence and living independently.

Ignite provides staged progression, which builds on areas of interest and aspirations, developing the knowledge and skills to get the maximum benefit from a work placement before moving onto the relevant progression route.

Successful progression from Ignite includes:

NHS Choices College Internships, Further Education, Apprenticeships, Volunteering, or full-time or part-time employment.

After an informal visit to meet the team, learners will then be invited to an assessment day to determine the most appropriate pathway based on the level of support required.

You can find more information about Ignite Your Potential here:

[Ignite Your Potential](https://www.skillsnorthtyneside.org.uk/adult-learning-courses/life-skills-aldd/)

**Release Your Potential**

Release Your Potential is a new programme from September 2024 for learners aged 19 or over without an EHCP.

The programme is delivered at the Employment and Skills base at Norham Adult Learning Centre and learners are supported to practice and build skills, develop confidence and independence and work as part of a team. Learners can choose to build skills in one of the following pathways:

Prepping and serving – catering

Making and selling – retail

Designing and building - woodwork

Release Your Potential runs two-three days a week on a 10-week skills pathway with learners accessing:

Hands-on workshops

Special projects

Skills builder activities

One-to-one coaching

There is the option to join free digital skills for success training as part of the programme.

You can find out more about Release Your Potential here:

[Release Your Potential](https://www.skillsnorthtyneside.org.uk/adult-learning-courses/)

**Online Education**

**Academy 21**

**NISAI**

Offering a distance learning approach through virtual engagement, both Academy 21 and NISAI provide an online pathway with flexible support, for as long or as little as needed.

In some instances, virtual provision could be the route for students to re-engage with education, improve attendance, and even return to mainstream education in the future. For other students continuing with online learning provides the opportunity to continue in education, successfully complete recognised qualifications, and progress on to further education.

You can read more about Academy 21 and NISAI here:

[Academy 21](https://academy21.co.uk/)

[NISAI Group](https://www.nisai.com/)

**Specialist Providers**

Occasionally local further education colleges can’t meet young people’s needs, and if this is the case, specialist colleges could be considered.

The process of exploring specialist college options needs to start well in advance of leaving school. You should discuss this with your SEND Officer and Connexions Adviser, and it should be discussed at the annual review meeting for your Education Health and Care Plan (EHCP).

Placement at specialist colleges is rare and must be approved by the Local Authority.

[Natspec](https://natspec.org.uk/) provides a directory of specialist colleges nationally which can be used to see provision by region, which includes the local specialist college Percy Hedley.

**Higher Education**

After following a Level 3 qualification, some students can decide to continue in learning and progress onto Higher Education to lead to a degree.

Some Further Education colleges can offer foundation degrees, which can also be an option after a Level 3 qualification. Foundation degrees can then be used to progress onto an undergraduate course.

For any information about Higher Education, [UCAS](http://www.ucas.com) (Universities and College Admission Service) is an excellent resource for exploring further courses, entry requirements and the application process.

UCAS also has a separate section with useful information regarding both support around individual needs and financial information.

[Support](https://www.ucas.com/undergraduate/applying-university/individual-needs/disabled-students#financial-support-)

[Individual Needs](https://www.ucas.com/undergraduate/applying-university/undergraduate-individual-needs)

[Disability Rights UK](https://www.disabilityrightsuk.org/resources/funding-higher-education-disabled-students)

An EHCP will cease on entering Higher Education, but support is continued to cover study-related costs via the [Disabled Students’ Allowance](https://www.gov.uk/disabled-students-allowance-dsa) (DSA). This can be on its own, or in addition to any student finance. The type of support and amount depends on your individual needs - not household income.

For any specific queries, individual universities will have their own disability team who will be able to respond on an individual basis.

**Work-based Learning**

**Supported Internship**

Supported internships are a structured, work-based study programme for 16 to 24-year-olds with SEND, who have an education, health and care (EHCP). A Supported Internship will have a substantial work placement.

Supported interns are in full-time education so are enrolled and supported by a learning provider (for example, a school or college), but spend most of their learning time in a workplace. As an intern in education and their supported internship work placements are part of their course, a learner will not be paid for the Supported Internship.

The internships provide the opportunity for young people to achieve sustained, paid employment by equipping them with the skills they need for work, through learning in the workplace. It is important that the supported internship is matched to the long-term career goals of the young person and match their capabilities.

Alongside their time with the employer, supported interns complete a personalised study programme delivered by the school or college, which includes the chance to study for relevant qualifications, if appropriate, and English and maths at a suitable level.

Supported internships last for a minimum of 6 months, and up to a year. They are seen as the last step before employment and the measure of success of a supported internship is a successful transition to sustained and paid employment.

In North Tyneside the main providers who offer a Supported Internship are:

Choices College

Tyne Coast College

DFN Project Search (a new provider offer from 2023)

North Tyneside Council are working on a two-year project to increase the number of Supported Internships in our area.

Supported Internships can also be accessed with some providers outside of the North Tyneside area.

**Choices College (formerly known as Project Choice)**

Choices College is a supported internship programme for young people aged 16-24 years with an EHCP. The project is designed to support young people to enhance their strengths in the labour market, and with support, develop key employability skills.

The programme consists of 3 work placements (over 4 days per week), alongside a programme of study to achieve a work skills qualification (1 day per week). Each placement spans 10-12 weeks where the intern is embedded in the placement team. The Choices College team uses this time to look at any barriers and potential areas of development. Throughout, the learners are gradually assessed on how ready for employment they are with the goal of gaining employment.

Choice College are flexible in their approach, understanding that a student may change their mind or decide to try something new. Placement areas are tailored to the individual student and have included:

Retail

Office/I.T

Catering (front of house)

Catering (Kitchens)

Health and Social Care

Hospitality

Warehouse/Stockroom

Factory

Education

Sport

Manual/Gardening

Hair/Beauty

Animal Care

Cleaning

You can find more information about Choices College here:

[Choices College](https://www.hee.nhs.uk/our-work/choices-college-supported-internships)

**DFN Project Search**

A new Supported Internship offer for young people aged 17-24 with an EHCP has been created to support young people to enhance their strengths in the labour market, and with support, develop key employability skills.

The education provider, United Response are working with the host employer, Home Group, with vocational opportunities at Home Group in Office Administration, Front of House / Host and Facilities Assistant.

You can find more information about DFN Project Search here:

[DFN Project Search](https://www.dfnprojectsearch.org/)

**Tyne Coast College**

TyneCoast College have a Supported Internship programme.

Please contact the college direct for any queries regarding their Supported Internship offer:

[Tyne Coast](mailto:als@tynecoast.ac.uk)

[Tyne Met](mailto:enquiries@tynemet.ac.uk)

**Out of Area - Supported Internship Providers**

Please contact the provider direct for any queries regarding their Supported Internship offer**:**

[NACRO](https://www.nacro.org.uk/course/supported-internship-newcastle-24-25/)

[Newcastle College](https://www.ncl-coll.ac.uk/courses/775000804165975/supported-internship)

[Northumberland College](https://northumberland.ac.uk/courses/detail/foundations-send-specialist-provision-vocational/)

**Apprenticeships - Work Related Learning Study Programmes**

Apprenticeships combine practical training in a job with study and can take 1 to 5 years to complete depending on their level.

Apprenticeships can typically start at Level 2 (Intermediate level).

Apprentices are employed, earning a wage, and gaining job-specific skills while working alongside experienced staff. This means that an Apprenticeship route needs a learner to be ready for employment straightaway as they will be spending the majority of their time in the workplace.

Apprentices get time for training and study related to their role which is a minimum of 20% of normal working hours.

There is an [Apprenticeships standard](https://www.instituteforapprenticeships.org/occupational-maps/) for many different job areas – the Institute for Apprenticeships lists these by sector.

[Amazing Apprenticeships](https://amazingapprenticeships.com/apprenticeships/) is a good source of information for those who might be interested in an Apprenticeship now, or in the future.

To look at Apprenticeship areas available and [create an account](https://www.gov.uk/apply-apprenticeship)/ search for Apprenticeship vacancies and apply for apprenticeships.

To look at [public sector vacancies](https://www.northeastjobs.org.uk/) and create an account/make application for public sector vacancies in the North-East.

**Work Related Learning Study Programmes**

Connexions North Tyneside work with several local training providers who offer accredited programmes, combined with work experience. It is possible for some study programmes for trainees who have additional needs to have further support. What a programme entails will depend on the provision and needs identified.

A Study Programme is a stepping stone to an apprenticeship or employment to help someone become work ready, so are aimed at young people who don’t yet have the appropriate skills or experience to step into employment or an Apprenticeship. It gives real, hands-on experience with an employer to learn in-work skills. A Study Programme is not paid, but expenses can be given for travel and meals.

Many training providers offer Study Programmes. Please speak to your Connexions Adviser to discuss local training provision.

**Training Provision in North Tyneside**

**Working Roots**

Working Roots is a North Tyneside full time work-based training programme for 16- to 18-year-olds.

This is a paid training programme with a £65.00 training allowance every week, plus daily lunch money. Payments are subject to attendance. Learners are transported in small groups in their supervisor’s van.

Working Roots has also proven very successful in helping learners secure employment at the end of the programme. There are four vocational areas offered all at Level 1.

Painting & Decorating

Fencing

Cleaning

Horticulture

If Working Roots might be an option, your Connexions Adviser will advise on the application process.

**Phoenix Detached Youth Project (PYDP) - Construction**

The PYDP (Construction) programme is for young people aged for 16- to 18-year-olds interested in a career in the construction industry.

The study programme consists of learners working towards and gaining qualifications in:

City and Guilds level 1 diploma in construction focusing on joinery skills, functional skills in English and maths.

Level 1 award in health and safety in a construction environment.

Health and safety awareness.

Manual handling.

Asbestos awareness.

Safe working at heights.

Abrasive wheels.

P.A.S.M.A. tower scaffolding.

CSCS construction card.

Efforts will be made to secure a work placement with local employers in the construction industry develop employability skills.

If PYDP (Construction) might be an option, your Connexions Adviser can advise on the application process.

## PYDP also offers a wide range of youth worker led activities and support for 13–25-year-olds from Meadow Well, Percy Main, East Howdon, Royal Quays and Chirton area.

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You can find more information about Phoenix Detached Youth Project here:

[Phoenix Detached Youth Project](https://pdyp.org/)

**Barnardo’s**

Barnardo’s offer a range of Level 1 and Level 2 vocational areas. These include

Painting & Decorating

Multi Skills Construction

Hairdressing

Beauty Therapy

Retail

Customer Service

Business Administration

Warehousing & Storage

Childcare

Health & social Care

You can find more information about Barnardo’s here:

[Barnardo's ETS North](https://www.barnardos-ets.org.uk/)

**Northumbria Youth Action (NYA)**

NYA offers Motor Vehicle at Level 1, Level 2 and Level 3.

You can find more information about NYA here:

[Northumbria Youth Action](https://www.northumbriaya.co.uk/)

**Tyne North Training**

Tyne North Training offer a range of Level 2 and Level 3 vocational areas which include

Engineering

Business Administration

Engineering includes CNC Machining, Fabrication and Welding, Mechanical/Electrical Maintenance, Computer Aided Design and Engineering Technical Support.

You can find more information about Tyne North Training here:

[Tyne North Training](https://www.tynenorthtraining.co.uk/)

**TDR**

TDR offer a range of Level 2 and Level 3 vocational areas which include

Engineering & Manufacturing

Science

Business Administration

Engineering Access Programme

You can find more information about TDR here:

[TDR Training](https://www.tdrtraining.co.uk/)

**Meadow Well Connected**

Meadow Well Connected offers a variety of activities and events for young people and adults. Adult provision includes adult daycare, development of IT skills and employability services which are all delivered from the centre.

You can ring 0191 3410033 or [Email](mailto:info@meadowwellconnected.org.uk) to find more information about Meadow Well Connected.

**Training Provision outside North Tyneside**

**NACRO**

NACRO offers a range of Level 1 and Level 2 vocational areas which include

Animal Care

Construction

Motor Vehicle

Civil Engineering

Work Ready programme

You can find more information about NACRO here:

[NACRO](https://www.nacro.org.uk/nacro-services/nacro-education/nacro-newcastle-education-centre/)

**Kleek Academy**

Kleek Academy offers a range of Level 1 and Level 2 which include

Hairdressing

Barbering

You can find more information about Kleek Academy here:

[Kleek Apprenticeships](https://kleekapprenticeships.co.uk/)

**Resources NE**

Offer Apprenticeships and study programmes which include

Painting and Decorating

Joinery

Bricklaying

Warehousing and Forklift Truck

Hair & Beauty

You can find more information about Resources NE here:

[Resources NE](https://www.resourcesnortheast.co.uk/?gclid=EAIaIQobChMIivCAxKjLhAMVHJRQBh1wBwklEAAYASAAEgKZ2PD_BwE)

**Winnovation**

Winnovation offers a range of Level 2 and Level 3 vocational areas which include

Early Years Practitioner

Adult Care Worker

You can find more information about Winnovation here:

[Winnovation](https://winnovation.org.uk/)

**Military Preparation College for Training (MPCT)**

Students follow a weekly routine of activities and curriculum, including vocational and skills training, physical training, military training days, and assessments. The MPCT curriculum has been designed to develop student’s physical fitness, essential skills, and self-confidence.

You can find out more about MPCT here:

[MPCT](https://mpct.co.uk/)

**TRN Northern**

TRN Northen offers a range of Level 2 and Level 3 vocational areas which includes

Early Years Practitioner

Adult Care Worker

Painting & decorating

Carpentry & joinery

Pre-Employment training in Construction delivered at Construction Skills Academy (Bensham Trading Estate, Lobley Hill Road, Gateshead, NE8 2XN).

You can find out more about TRN Northern here:

[TRN Northern](https://trainltd.org/)

**Voluntary Opportunities**

**Personal Development**

**Re-engagement**

**Working Well North Tyneside**

Working Well is a one-stop-shop which makes it easier for people to access employment and skills services, view the latest jobs on the market and receive support around housing, finance, debt, and physical and mental health.

Specialist teams are based at the hub and partners from across the region offering their services – these include the NHS, Age UK, Citizens Advice, National Careers Service and other community and voluntary services.

The Working Well North Tyneside hub is open from 9.30am to 3.30pm Monday to Friday, no appointment is necessary.

You can find out more about the Working Well Hub here:

[Working Well North Tyneside](https://www.skillsnorthtyneside.org.uk/support/workingwell/)

**Helping Hands**

Helping Hands is a group for young people aged 12-25 to come together and support each other with their mental health and emotional wellbeing.

The group is run in partnership with Connexions North Tyneside and Phoenix Detached Youth Project.

You can find out more about Helping Hands here:

[Helping Hands](https://www.livingwellnorthtyneside.co.uk/services/605)

**Discover Me**

DiscoverME is the recovery college for young people aged 16 to 25 in North Tyneside, working in partnership with Barnardo’s The Base. It offers a safe and supportive space for young people to come and learn new skills, engage in positive experiences, and make new friends.

You can find out more about DiscoverMe here:

[DiscoverMe - VODA](https://voda.org.uk/our-projects/discoverme/)

**The Cedarwood Trust**

The Cedarwood Trust are running a new ‘Thrive’ catering project which will start in January 2025.

Thrive is aimed at those aged 17-24 years and a EHCP is not required.

For more information, please contact:

[Lindsey@cedarwoodtrust.com](mailto:Lindsey@cedarwoodtrust.com)

**Nudge**

Nudge provides a bespoke, interim intervention service for any young person that finds themselves chronically disengaged from education. Nudge explores reasons for disengagement, providing a practitioner, venue and resources that are designed to meet the individual student’s needs.

You should discuss this type of provision with your SEND Officer as it is subject to approval from the Local Authority and is very much a short-term provision to support re-engagement with education or training.

You can find out more about Nudge here:

[Nudge](file:///C:\Users\cbra0310\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\NN2PHNBL\Nudge)

**VODA**

Sometimes young people undertake voluntary work as a means of gaining useful experience and skills.

As well as gaining work experience, volunteering can help with confidence and provide an opportunity to meet people and make friends.

VODA’s accredited Volunteer Centre can help with every aspect of volunteering – from finding a role to suit you and your interests, to offering extra support to volunteers who need it.

You can find more information about voluntary opportunities with VODA here:

[VODA](http://voda.org.uk/)

**Prince’s Trust**

Prince’s Trust have a range of programmes to help young people work on confidence, gain essential skills for work or for those interested in wanting to start a business.

**Explore** programmes have a range of practical activities/ personal development.

**TEAM** is a 14-week personal development programme

**Get Started** programmes are experience based programmes linked to different vocational areas.

**Get Into’ employability** in different sectors, with a work placement.

**Enterprise** programmes to help support with self-employment.

You can find out more about the Prince’s Trust here:

[The Prince's Trust](https://www.princes-trust.org.uk/)

**Journey North East**

Journey links to employers, colleges and other charities to find the right opportunities in volunteering, finding paid work or self-employment.

Journey work closely with work coaches, disability employer adviser consultants and employer advisers. Journey can help develop work skills and life skills and this can continue even when you might find work.

You can find out more about Journey Enterprises here:

[Work - Journey Enterprises](https://journeyenterprises.co.uk/work-2/)

**ProgressNE**

ProgressNE offers help and support with:

searching and applying for jobs

interview preparation

accessing and understanding benefits

social inclusion

accessing public services, such as health care

You can find out more about Progress North East here:

[Progress NE](https://www.ne-as.org.uk/progressne)

**Open Doors: Beyond Barriers**

Open Doors – Beyond Barries is a project to offer support to those age 16 and over, who are not in work and living in North Tyneside, Newcastle or Northumberland.

As the project is not a specialist SEND service, please contact Open Doors: Beyond Barriers to discuss support needs further.

You can find more information about Open Doors: Beyond Barriers here

[Open Doors: Beyond Barriers](https://www.facebook.com/opendoors.gnec/)

**Out of Area Provision**

There may be some instances where it could be appropriate to look out of the North Tyneside area for provision, and if this is a consideration, your Connexions adviser will provide further information on the possible providers.

If you are not an independent traveller, you may need to consider how you will get there. Your Connexions Adviser will discuss this with you.

**Newcastle**

**Trinity Solutions**

Trinity offers bespoke programmes with a strong focus on preparing for adulthood with the main priorities being to meet the student’s individual need and allow them to successfully make progress. Trinity Solutions have a long successful history of working with young people who have Special Educational Needs, many who have complex personal needs leading to having significant barriers to learning and employment.

You can find out more about Trinity Solutions here:

[Trinity Post 16 Solutions](https://www.solutions.tanmat.org/trinity-post-16-solutions-ltd)

**Northumberland Skills**

Pathway towards Digital Media programme.

You can find out more about Northumberland Skills here:

[Northumberland Skills](https://www.northumberlandskills.co.uk/school-leavers)

**Northumberland**

**Azure Charitable Enterprises (based in Cramlington)**

Available to learners 16 – 24 with EHCP over 5 days with programmes offered in

Horticulture

Hospitality

Retail

A pre-entry programme called stepping stones which is an individualised life skills programme with enrichment activities with possible progression to vocational courses in Hospitality, Horticulture or Retail.

You can find more information about the Azure Skills Builder here:

[Azure Skills Builder](https://www.azure-charitable.co.uk/services/education-training/azure-skills-builder/)

**Buzz Learning**

Buzz Learning have 4 post-16 education programmes for young people with special educational needs and/ or disabilities (SEND):

Transition to Adulthood: Moving on from school

Vocational (Hospitality & Catering or Adult Care). Other vocational areas may be accommodated; please contact BUZZ for more information.

Supported internships: developing practical vocational and employability skills in the workplace 

Bespoke programmes where these may be appropriate. Please contact BUZZ to discuss and for more information.

You can find more information about Buzz Learning here:

[Buzz Learning](http://www.buzzlearning.co.uk/college/buzz-learning-college/)

**Enterprise and Self Employment**

Some people have a skill or talent that they can turn into a small business and work for themselves.

**The Business Factory**

North Tyneside Council’s business support programmes provides support to those in North Tyneside looking to explore entrepreneurship or are ready to start a business. The Business Factory can also help grow an existing business or social enterprise

You can see more information about the Business Factory here:

[The Business Factory](https://businessfactorynt.co.uk/)

**The Prince’s Trust**

The Prince’s Trust can provide support with 18–30-year-olds to help support starting a business.

You can see more information on self-employment with the Prince’s Trust here

[The Prince's Trust - Self Employment](https://www.princes-trust.org.uk/how-we-can-help/support-starting-business)

**PNE**

PNE is a business support organisation aimed at helping entrepreneurs in the North East region create innovative businesses.

You can see more information about PNE here

[PNE](https://www.pne.org/)

**Getting Involved – Forums and Groups**

**Participation Forums**

**Young People SEND Forum**

North Tyneside SEND Youth Forum is a group of children and young people who are passionate about making sure those with SEND have opportunities to share their views and experiences, are listened to and heard.

The forum is open to children and young people aged between 14 – 25 years old and for children and young people with Special Educational Needs and Disabilities (SEND) themselves, or those who have an interest in promoting youth voice for those who have SEND, and who live or go to school in North Tyneside

The forum meets monthly on a Wednesday from 5pm to 6pm. You can read more about the SEND Youth Forum here:

[North Tyneside SEND Youth Forum](https://my.northtyneside.gov.uk/sites/default/files/web-page-related-files/About%20North%20Tyneside%20SEND%20Youth%20Forum.pdf)

**North Tyneside Parent Carer SEND Forum**

A Community Interest Company, led by, and for, parents/carers of children, and young people with Special Educational Needs and Disabilities (SEND) from 0-25 years to represent the collective voices of Parents/Carers.

You can find out more about the North Tyneside Parent/Carer Forum here:

[North Tyneside Parent/Carers Forum](https://ntpcf.co.uk/)

**Autism Support and Friendship Group**

In North Tyneside the Autism Support and Friendship Group provides an inclusive, welcoming environment for residents. Delivered from The Oxford Centre once a month, with those with autism and their friends and families can drop in to meet new people, socialise, support each other, and enjoy activities together. The group is expanding to run from the Wallsend Library.

Please [email](mailto:wayne.taylor@includeinautism.org.uk) for more information on upcoming dates and times.

**True Colours Theatre**

An inclusive theatre school for children and young people. The majority of members have SEND needs. True Colours want everyone to enjoy being able to express themselves in a structured, and supportive way and where differences are celebrated.

You can find more information about True Colours Theatre here:

[True Colours](https://truecolourstheatre.co.uk/)

**Liberdade**

Liberdade delivers arts and health programmes with opportunities to perform for people with learning disabilities and autism. They also provide training, volunteering and work opportunities in cafe and events at Gosforth Civic Theatre.

You can find more information about Liberdade here:

[Liberdade](https://www.liberdade.co.uk/)

**SPARCS**

SPARCS is a community group, run by volunteers which supports families living with autism and other related conditions. SPARCS run affordable and accessible meetups for families within the local community and are open to siblings and extended family and friends.

You can find more information about SPARCS here:

[SPARCS](https://www.facebook.com/p/Sparcs-Community-100057052915923/)

**Beacon Films**

Beacon Films is a production and training company for neurodivergent filmmakers, based in Newcastle upon Tyne.

You can find more information about Beacon Films here:

[Beacon Films](https://www.beaconfilms.org.uk/overview)

**Tuesday Club**

John Spence Sports Hall hosts a Multi–Sports Disability Club each Tuesday from 5.00pm-6.30pm during term time.

The Tuesday Club provides sporting opportunities for children and young people with special educational needs and disabilities (age 5-18) and parents/carers are welcome. There is a small charge per session for this activity (£3.00).

You can find more information about the Tuesday Club here:

[Tuesday Club](https://ntgoal.org.uk/john-spence-high-school-proudly-presents/)

**NE Youth Project Disability Youth Transitions**

Disabled young people experience lots of things as they move towards adulthood and changes can be in areas such as education, employment, housing, leisure, relationships and family, service changes from health or social care. The types of issues disabled young people experience will not be the same nor are the types of adulthood that disabled young people want.

A group of social researchers are examining what matters to disabled young people at this important stage in their lives. The project is taking place across the North East of England and Glasgow and its surrounding areas.

If interested in participating, or for more information visit:

[Disability and Youth Transitions](https://disabilityandyouthtransitions.co.uk/)

**Useful Services in North Tyneside**

For more information about events, activities and individual service offer, please contact the provider direct.

**North Tyneside Carers Centre**

Telephone advice line

Online sessions and support groups /live chat to one of the team

0191 6432298

[enquiries@ntcarers.co.uk](mailto:enquiries@ntcarers.co.uk)

**The Cedarwood Trust**

Hot meals – North Shields

Welfare calls

Welfare assistance, advice and signposting.

0191 2590245

[info@cedarwoodtrust.co.uk](mailto:info@cedarwoodtrust.co.uk)

**Live at Home Scheme**

Telephone befriending service

Online activities

Writing project

Carer support

07720 680347

Barbara.hartland.mha.org.uk

**First Contact Clinical**

Social prescribing service

Emotional support

Video or telephone contact

Signposting advice

Wellbeing support

Over 18, live or registered with a GP in North Tyneside, contact:

0191 4324829

[ntsps@rstcontactclinical.co.uk](mailto:ntsps@rstcontactclinical.co.uk)

**NT LIFE Recovery College**

Online courses

Resources

Activities

Promoting positive mental health

[NT Life Recovery College](https://voda.org.uk/our-projects/ntlife/)

**Dreamshine CIC**

Telephone befriending service – 7 days a week

0300 365 8554

[Dreamshine Facebook](http://www.facebook.com/DreamShineUK1)

**Peary House - Supporting people who are blind and visually impaired in North Tyneside**

Delivering meals

Shopping

Supporting people to get back into the community

Shopping buddy system

0191 2574388

[pearyhouse2@hotmail.com](mailto:pearyhouse2@hotmail.com)

**Good Neighbours**

Custom shopping

Click and collect pick ups

Prescription collections

Wellbeing packs

Garden chat volunteers

Shopping buddy

0945 2000101

[Josie.robinson@voda.org.uk](mailto:Josie.robinson@voda.org.uk)

**The Linskill Centre**

Ideas for staying well at home, virtual socialising, activities and more

[Linskill Centre](https://linskill.org/)

**Whitley Bay Round Table**

Delivery of hot food to vulnerable residents in the Whitley Bay post code

[admin@whitleybayroundtable.org](mailto:admin@whitleybayroundtable.org)

[Round Table WB Facebook](http://www.facebook.com/RTwhitleybay)

**Family Gateway**

Delivery of free meals to families in Wallsend and Howdon

Providing welfare checks

Phone / online support

0191 6437955

[Family Gateway Facebook](http://www.facebook.com/familygatewayuk)

**YMCA**

Online youth work

Mental health support

Online fitness classes

Detached outreach and youth work

Care packages, food supplies and activity packages for vulnerable families

0191 2575434

[www.ymcanorthtyneside.org](http://www.ymcanorthtyneside.org)

**Mums Space**

Thursday online social for mums with preschool children

[Mum Space Facebook](https://www.facebook.com/p/MumSpace-North-Tyneside-100064859493254/)

**Anxious Minds**

Safe online space for sharing tips on keeping mentally well

Counselling service

[Anxious Minds Facebook](http://www.facebook.com/groups/873677429381470/)

**LD Norh East**

Support and advice to people with learning difficulties and families

0191 2622261

[info@ldne.org.uk](mailto:info@ldne.org.uk)

**Welfare Benefits**

**Job Centre Plus – North Tyneside Cluster**

Disability Employment Advisers (DEAs) help with:

Work and training advice for people with disabilities and carers

Help with understanding DWP benefits

Help from disability and carer organisations

If you have a Work Coach you can ask them to speak to a DEA.

If you don’t have a Work Coach you can still ask anyone at your local Jobcentre to speak to DEA and you may be offered an appointment.

Where to find Job Centre Plus:

Killingworth

North Shields

Wallsend

Killingworth Jobcentre is in Killingworth Shopping Centre (opposite Poundland). Many buses can take you there stopping at the bus station next to the shops.

North Shields Jobcentre is in the town centre. It is near ASDA and next to Citizens Advice. It is a short walk from North Shields Metro station and the bus stops on Bedford Street.

Wallsend Jobcentre is in the town centre. It is next to ASDA and Wallsend Interchange. It is a very short walk from Wallsend Metro station. You can also take a bus here. Some stop at the high street and some stop at the interchange.

For employment support through the [Job Centre](https://www.gov.uk/looking-for-work-if-disabled), there is useful advice for looking for work using the link below.

**Citizen’s Advice**

Citizen’s Advice has lots of information about the different kind of reasonable adjustments that can be requested:

[Duty to make reasonable adjustments](https://www.citizensadvice.org.uk/law-and-courts/discrimination/what-are-the-different-types-of-discrimination/duty-to-make-reasonable-adjustments-for-disabled-people/)

You can visit the Citizen’s Advice website for further information:

[North Tyneside Citizen's Advice](https://www.ntcab.org.uk/)

If you would like to speak to someone, the North Tyneside Citizen’s adviceline is open between 9am & 5pm, Monday to Friday**:**

**0808 278 7822**

Some other useful information can be found here:

[Disability Rights UK](https://www.disabilityrightsuk.org/access-work)

[Diversity and Ability](https://diversityandability.com/access-to-work/)

[Scope](https://www.scope.org.uk/advice-and-support/reasonable-adjustments-at-work/)

**Disability North**

**Disability North is a registered charity promoting inclusion, independence and choice for disabled people and their families by providing information, advice and support on any aspect of disability.**

**You can find further information on Disability North here:**

[Disability North](https://www.disabilitynorth.org.uk/)

**Turn2Us**

[Turn2us](https://www.turn2us.org.uk/) is a national charity, providing practical information of the various benefits and grants that might be able to be claimed, based on your situation.

**Thinking about Careers and Next steps**

To help in deciding what Post 16 options might be suitable, it is a good idea to have a think about what interests you and what is important to you.

When you meet with a career adviser from Year 9 onwards, they’ll typically discuss your thoughts around some of the questions below:

What have you particularly liked doing at school? Is there anything you aren’t quite so keen on?

Do you have any preference about learning – do you prefer exams or coursework? Do you like practical hands-on subjects or studying subjects?

What kinds of topics have you covered in you careers lessons in school? – maybe you’ve already done some careers exploration into areas you were interested in or used careers tools like a quiz?

Have you any ideas about what kind of career areas you might like to work in over the next few years?

**Doing some individual research**

Don’t worry if this is the first time that you’ve started to think about careers. Lots of useful careers information can be found online - some of these websites might to help begin, or further develop career exploration:

[BBC Bitesize](https://www.bbc.co.uk/bitesize/careers)

[National Careers Service](https://nationalcareers.service.gov.uk/explore-careers)

[icould](https://icould.com/)

[Skills Health Check](https://nationalcareers.service.gov.uk/skills-health-check/home)

**Provider Feedback**

‘‘We really made the right choice when choosing Bethany to join our team. She is amazing! She is definitely part of the team, fits in perfectly and is perfect for us. We support her when needed – but she puts the hard work in and works well with all the team. We are going to put her forward for an award with the hotel for her performance.”

**The Hilton Hotel**

‘’As a manager in the NHS I have supported the students and worked with Choices College formally Project Choice for a number of years now. The professionalism and caring attitude displayed by staff in ensuring they find suitable work placements for their students is first class. They are so supportive. My department continues to offer placements both short and longer term to the students and all of them appear to learn so much and thoroughly enjoy working with us. We have also progressed one former student into a permanent full-time role! The students not only spend time learning, but they learn valuable life skills, independent travel etc’’

**NHS Ward Manager**

‘I have had a student placement in my shop for a few months now and it has been a pleasure to see how much she has delivered in not only her work responsibility but also in her personal confidence. Choices College have been a huge support, and she would not be where she is now without them’

**Scope Charity Shop**