



# Preparation For Adulthood Navigators Term 3 Report

Abi Taylor  
[Abi@paccshropshire.org.uk](mailto:Abi@paccshropshire.org.uk)

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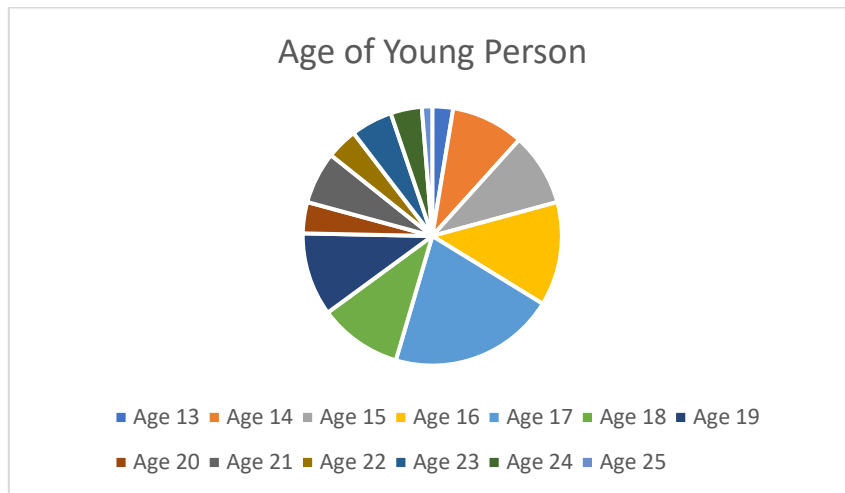
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## Enquiries

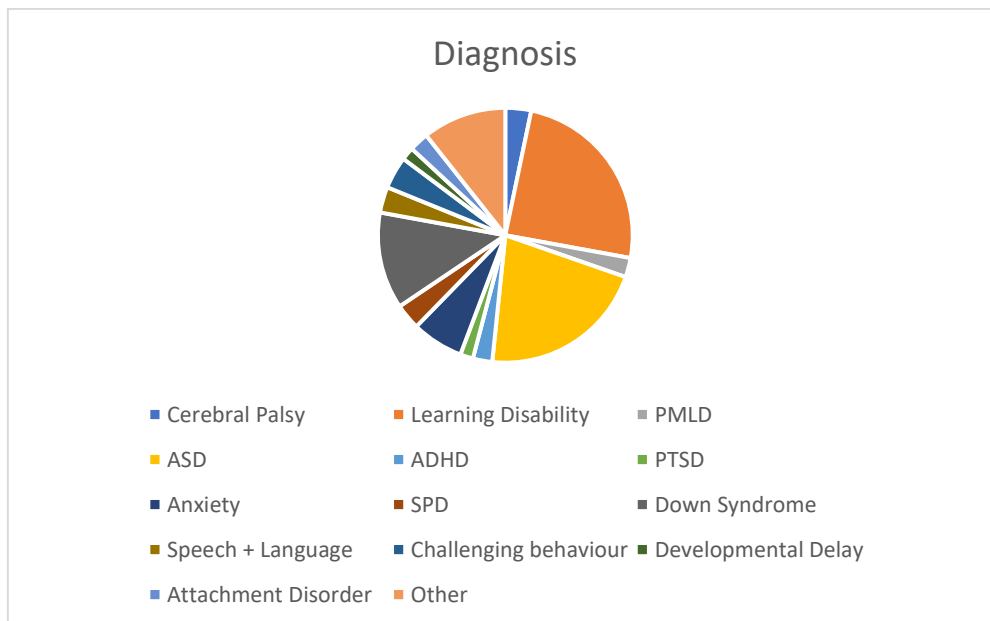
During Term Three, Parent and Carer Council Shropshire's (PACC) Preparation for Adulthood (PFA) Navigators have had contact with 84 Parent Carers.

This has included signposting on Facebook; engaging through streams on Facebook groups; responding to emails enquiring about services; Face to Face conversation at events. This quarter has also included engaging with parent carers to support their young people to access PACC's PFA Healthy Lives Programme.

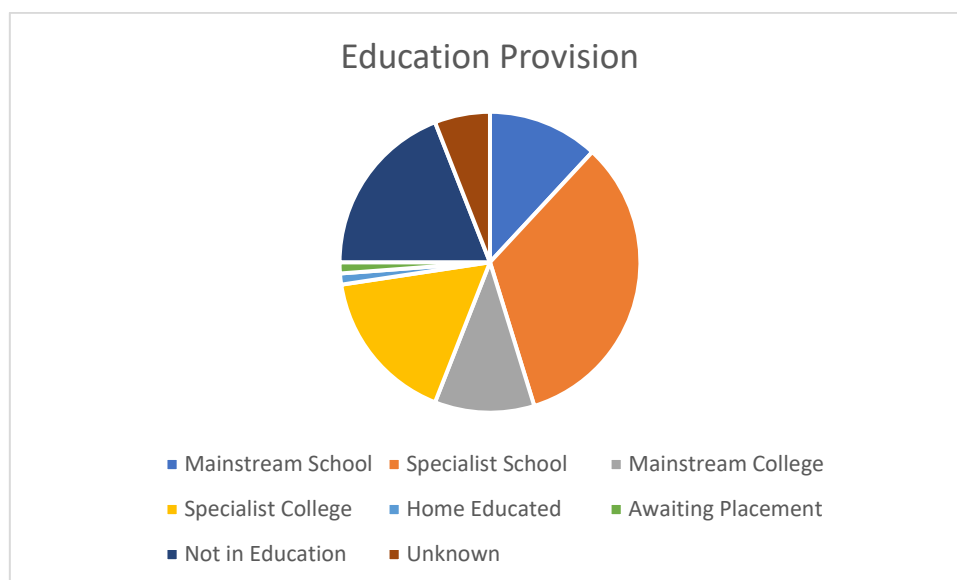
The age range of Young People that Parent Carers have contacted us regarding range from 14-25 years.



Diagnosis of Young People include Autism; Learning Disability; ADHD; Down Syndrome and Chromosome Duplication.



Education Provision of Young people include Mainstream school; Specialist school; Mainstream college; Specialist College;; Not in education.



### Topics covered in Enquiries from term 3:

- Unclear of options post college.
- Limited social opportunities for high functioning young person with anxiety issues.
- School refusal and mental health concerns.
- Waiting time on ASD pathway and no support for CYP leading to families being in crisis
- Parent Carers unclear on the supported living pathway in Shropshire
- Lack of support for Parent Carer to support young person's mental health needs.
- Unclear information around direct payments and how they can be used
- Refusal to fund day opportunities and instead told to access a summer programme
- Not being informed of PFA or outcomes at Year 9 annual review.
- Issues with direct payments to access support for young person.
- Struggling to understand finances for young person.
- Concerns with secondary schools provision and support being offered.
- Reasonable adjustments not being made in education provision
- Timelines for EHCP's not being adhered to
  - Amended versions not being sent on time
  - No letter being sent if EHCP being maintained with no changes
- Transport- a number of Parent carers have had issues paying for post-16 transport and have been given incorrect information on the process to apply

## Number of Sessions delivered

Initial emails of enquiry are followed up with an email- where appropriate and an invite to a Teams meeting/ phone call. Following this meeting, an email is sent signposting to all services/ activities discussed with the Parent Carer. Depending on the outcome of the call, Parent Carers are either made aware to contact us if they require any further assistance or follow up calls are arranged.

- 6 1:1 Teams Calls.
- 47 phone calls with parent carers.
- Approximately 80 emails in total sent to initial enquiries.
- 163 responses to online surveys/ forms.

*\*some enquiries have had multiple contact/ responded to multiple surveys*

At PACC's Buddies Social Network events, a PFA Navigator has attended 7 out of 8 events this quarter. This gives families we have signposted to the activities a chance to see a familiar face, meet other families and also talk through any updates since they last spoke to the navigator. On average 20 families attend sessions, and the navigator has engaged with roughly 27 families at these sessions, over this quarter. In addition to new enquires, contact is ongoing with 4 families from term 2.

## Healthy Lives Programme

This quarter the PACC Preparation For Adulthood Healthy Lives Programme has been delivered. A number of Parent Carers have engaged with Navigators to find suitable activities for their young person to access over summer. 78 enquiries from this quarter registered for the programme. This has included:

- Parent Carers completing a registration form (with support from navigators where required)
- Contact with parent carers to collect more information on their young person's needs (where appropriate)
- Phone calls and emails to explain the programme in detail, providing parent carers with information on accessibility, session structures etc.
- Ensuring young people who required 1:1 support were able to access the programme with suitable levels of support from parent carer/ PA
- Contact through the programme with families to collect feedback on how sessions had gone and see if there were any other suitable activities that their young person would like to attend.

## Meetings with Practitioners/ Teams

- Navigators meet with PFA Lead at Shropshire Council on a monthly basis; Designated Social Care Officer for SEND at Shropshire Council on a monthly basis; and are still working to identify key contact within the SEND Team at Shropshire Council.

- Ongoing contact with Ben Kovacs at Shrewsbury Colleges Group, to see how PFA Navigators can support any existing events and potential to create new events.
- Post 16 Network meeting- both navigators attend these meetings.
- Local Offer- Coproducing the PFA section on the local offer with PFA at local authority.
- Navigators have regular contact with local Day Services.
- Attended Transition event at Severndale

## Promotional Activity



## Are you looking at next steps in education?

### Post 16 Education

Further educational institutions offer courses which are designed to provide pathways to employment with a clear focus on preparing students with SEND for work. This includes identifying the skills that employer's value and helping young people to develop them.

- **Apprenticeships** are paid jobs that incorporate training, leading to nationally recognised qualifications. Apprentices earn as they learn and gain practical skills in the workplace. Young people with EHCP can retain their plan when on an apprenticeship.
- **Traineeships** are work based training programmes focused on giving young people real work experience. Traineeships last a maximum of six months and include core components of work preparation training, English and maths (unless GCSE 4-9 standard has already been achieved) and a high-quality work experience placement.
- **Supported Internships** are structured further educational study programmes of up to one year, delivered by FE institutions for young people with an EHCP. Learning takes place primarily at an employer workplace and help equip young people with the skills they need to transition into paid employment.

There has been a focus this quarter on Post-16 education and transition. We are currently developing a feedback survey for Parent Carers and Young People who have transitioned to college this year. Navigators will also be contacting post-16 education provisions to talk through feedback and support them with how to ensure young people experience a smooth transition to college.

## Healthy Lives Programme promotional material



# Healthy Lives Programme


Do you work with children & young people aged 14-25 with SEND? Have you made them aware of these opportunities yet?

**This year as well as our programme for 14-25 year olds, the 2023 programme will include an all-age family activity offer and an improved offer for young people with the most complex needs!**


There are limited spaces left on activities for 14-25 year olds.

We also have spaces on our family tennis and cycling sessions, suitable for 7+

For more information please email [Abi@paccshropshire.org.uk](mailto:Abi@paccshropshire.org.uk)



**Bookings close Wednesday 19th July**





# Healthy Lives Programme

**Have fun, make friends, be active...**

**Children and Young People aged 14-25 years of age are invited to join us for a summer of fun and activities.**

**This year we have introduced some activities for families and a few sessions for younger children too. Take a look at what families said about last years programme...**

## **What did families say about the programme?**

- got to meet new people, try out new activities in new environments
- Gave him the chance to catch up with old friends and meet new ones whilst doing fun, well organised activities.
- a great opportunity to try different activities with different people.
- loved the variety of activities and having clear sight of activities in the diary to break up the week. Great for him to see friends too (which we've not really done in holidays before)
- she would get upset if she did a club & I (mum) couldn't stay but doing the active lives programme seemed to help with her confidence & she didn't need me there, which was amazing!
- The HLP gave him opportunity to go out and experience new things. Often over holidays he sees less people so it was good to continue to be social.
- He has limited opportunity to go out and interact with his friends or try new activities so the programme was really welcome over the summer!
- Improved confidence in new environments and provided important structure during the holiday period







As part of The Healthy Lives Programme, you are invited to.....

# THE PACC PROM

**FRIDAY 18TH AUGUST**  
**6:30-6:45PM DROP OFF**  
**9:30 COLLECTION**

**SABRINA BOAT, VICTORIA QUAY, SHREWSBUY**

**DRESS TO IMPRESS! PHOTOS WILL BE TAKEN ON THE  
RED CARPET!**

**MUSIC WITH EVE FROM KIDDLY-DIVEY.  
DRINKS AND SNACKS AVAILABLE TO PURCHASE**

Please note, due to limited booking availability, we are prioritising young people being able to attend. Therefore, PACC staff will be volunteering and providing support at this event. Those who require 1:1 support on the programme are asked to bring a PA or Parent Carer

## Training undertaken by Navigators

No new training has been completed this quarter.

## Outcomes/ Referrals/ Outputs

- 66 PFA enquiries resulted in Young People accessing the Healthy Lives Programme
- A Parent Carer had been given incorrect information around EHCP's and was signposted to IASS for support
- 2 Parent Carers have been provided with information about transition- providing support and managing emotions
- 1 parent carer has been provided with information on post-16 transport as they had been informed transport was not provided to college
- 2 parent carers have been signposted to IASS for information on SEND legislation
- 1 Parent carer has been signposted to Support services and suitable day provision

## Key Themes and Issues

As in previous quarters, Parent Carers that have contacted us have had no clear information given to them previously around PFA options and Pathways. Key topics that we have covered this quarter include:

- Activity Plans- suitable activity provisions that can meet the needs of their young person.
- Social interaction and opportunities for young people to socialise outside of their educational setting/ without parent carer organising
- Financial support and benefits- finding suitable bank accounts for young people
- Next steps- when young people are approaching the end of Secondary School
  - further education or training options: this includes unclear criteria for college applications and a limited option of educational provisions for high functioning young people with social and emotional needs.
- Lack of transition support of Young People
- Limited social opportunities for Young people with ASD who are physically able to participate, but struggle with confidence and social interaction
- Parent Carers have limited opportunities to learn about online safety- social media/ apps that their young people are accessing and cannot find appropriate resources to support conversations with young people.

## Feedback

- Just thank you for all you do.
- Thank you so very much for the difference you make
- Thank you so much to everyone involved
- We really value the work you do.
- Thank you for your time and dedication- it really is appreciated 😊
- We all felt very welcome and included and really enjoyed the activities and meeting new people
- He is having the best of times, and it really helps the long summer holiday along having plenty of activities he can access and enjoy
- Wow, what would we do without PACC, all round great activities for families and young people
- Activities offered have been fantastic, He has been able to join in and see his friends and meet people, he has enjoyed everything he's done
- The program was amazing. We took part in the cycling and canoeing both were run very well and we all had a great time. The helpers at both were fantastic.
- The HLP has enabled me to know what provision is available for my daughter. It has given her a sense of belonging and community. Thank you.
- Thankyou for all the hard work and preparation you have put into making the Healthy Lives programme such a positive experience.
- A massive thank you to all the staff involved this has made our summer, and it's so lovely to see him out of the house having fun
- Amazing to set all this up and for free - thank you!
- A big thank you to all involved in the organising healthy lives and clubs
- The range of activities is all encompassing, and being given the opportunity to take part has been invaluable to us as a family. We are so grateful.

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*She has absolutely loved every single activity she has done! There have been some fantastic activities on offer this year & a good mix to suit everyone's individual needs & interests. There has sometimes been a little confusion over times, places & who's attending but I wouldn't the job of sorting it, & overall everything has run quite smoothly! Thank you to everyone involved in organising & arranging everything, you've basically made her summer 😊*

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*PACC and the Healthy Lives programme have made such a difference to our daughter. She has had opportunities to take part in so many activities that she wouldn't be able to access and enjoyed herself hugely along the way. The range of activities is really well thought out and researched with something for everyone. The PACC staff and volunteers are amazing, so kind and helpful with a real understanding of our children's needs. She has had much more social*

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*opportunities as a result of the programme and been able to access activities she wouldn't normally be able to. The benefit to her confidence and self esteem is obvious. The chance to take part in the family activities this year was also a real positive. It enabled all of the family to be involved, meet other families as well as benefitting physically. It's the first time my husband has accessed any SEND activities with us and he really enjoyed it. The ability to access activities at a suitable level with excellent instructors was really good for her and she enjoyed activities we weren't sure she would like! In particular the family canoe day was a real treat with fantastic instruction as was the tennis, both of which we will now try to continue with in the future. The chance to do these activities for no charge is also so helpful and appreciated, it's not always possible to try new things when there is a cost and many of our young people wouldn't be able to access them. The programme really has made such a difference to us over the summer holidays and provided some real highlights and things to look forward to for our young person.*

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*The impact PACC's Healthy Lives programme has had on my young person's well-being has been huge. Before starting the programme, her additional needs meant she had spent her whole life trying, but failing to fit in. This resulted in mental health crisis. The support, encouragement and compassion shown to her during every single session has led my young person to finally believe she has a future, a sense of purpose and belonging. She has particularly enjoyed the gym sessions.*  
*Thank you!*

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*The healthy lives holiday programme has yet again offered a fun range of different activities for her to try. The family tennis was a big hit with us all. She particularly enjoyed the school of Rock, the Hive sessions, yoga and singalong with Eve. Disco on the boat despite the weather was awesome and she loved wearing her prom dress again and going out with her friends. Thank you thank you. It has been a great summer.*

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*Fantastic summer of activities, made a big difference to my daughters health and wellbeing. She has tried some new exercise which she can hopefully take up in the future. Also some new venues have been visited which will help with anxiety when going again in the future. Many thanks to the team.*

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### Plans for Next Quarter

1. To deliver an EHCP workshop for Parent Carers of 14–25-year-olds
2. To increase awareness of PFA Navigators through promotional material and direct mail outs.
3. To plan a PFA conference
4. To create a feedback form for all parent carers who contact Navigators