

INDEPENDENT LIVING



**CROYDON'S LOCAL OFFER OF SERVICES FOR
CHILDREN & YOUNG PEOPLE AGED 0-25 WITH SEND
WINTER 2015**

INDEPENDENT LIVING

JOINT COMMUNITY LEARNING DISABILITY TEAM

Eligibility: You can use the service if you:

- are over the age of 18
- have a clear and permanent learning disability and need support to manage your life
- have health needs your own doctor cannot help you with
- live in Croydon or have always been supported by Croydon. If another council already supports you, they may continue to support you
- are the carer of a person with a learning disability who lives in Croydon.

What the service does:

- helps people with a learning disability to live independently with support
- arranges support at home or short breaks away for people who live with carers
- arranges supported housing or other accommodation, such as residential care
- supports people with a learning disability with their health needs
- supports people with a learning disability who also have a mental health problem or difficulty managing their behaviour
- helps people with a physical disability, as well as a learning disability, to keep as active as possible
- helps people with a learning disability who have eating or weight problems
- advises and supports people to keep safe
- takes action to stop abuse.

A financial assessment will be carried out to see if you must pay towards the services you receive. To apply for support please use the details below:

Contact: Social Services for Adults, Bernard Weatherill House, 8 Mint Walk, Croydon CR0 1EA

☎ **020 8726 6500**

Minicom: 020 8760 5797

✉ referral.team2@croydon.gov.uk

🌐 www.croydon.gov.uk/community/supportgroups/jcltd

Support for independent living

ASPIDEBI

Debi Brown writer of “The Aspie Girl’s Guide to Being Safe with Men”, Autism and Asperger Syndrome website

🌐 www.aspiedebi.com

AUTISM SERVICE

Eligibility: For adults with Autism who also have a learning disability.

Referrals: Referrals are made by the Joint Community Learning Disability Team. Self-referrals are also accepted.

What the service does:

- The service works closely with families, using their knowledge and experience to develop the most appropriate support for each individual attending the service. The service supports individuals to develop coping mechanism for their autism which allows them to develop in all areas of their life, this is achieved through person centred social, leisure and learning activities. The

service is co-ordinated with other organisations, care managers and particularly speech and language therapist to develop communication methods for each individual. A financial assessment will be carried out to see if you must pay towards the services you receive. To apply for support please use the details below:

Contact: Croydon Day Opportunities Ltd

☎ **020 86889305**

✉ CDOreferrals@croydon.gov.uk

CHANGE4LIFE

Provides loads of ideas, resources, recipes and games to encourage children and adults to eat healthy and be healthy. They also educate individuals about nutrition and provide details of local events to keep active including details of disability sports and classes.

To adapt or print large numbers of any of the Change4Life resources, email using the details below stating your requirements and they will get back to you

✉ c4lpartnerships@dh.gsi.gov.uk

☎ **0300 123 4567**

🌐 www.nhs.uk/change4life

CHERRY ORCHARD DAY SERVICE

Eligibility: Young people aged 16+ and adults with moderate and severe learning disabilities including autism; those with complex health needs. Referrals are usually made by a care manager. Clients can self-refer if they are able to self-fund.

What the service does: The service supports adults with severe, complex and multiple learning disabilities. Clients are enabled to be as independent as possible through their participation in sessions such as music therapy, swimming, and sensory sessions. Each client has Key Worker who supports the client and parents/carers. The service is based at 171 St James Road, Croydon, CR0 2BY

Contact: Croydon Day Opportunities Ltd

☎ 020 86889305

✉ CDOreferrals@croydon.gov.uk

🌐 www.croydon-care-solutions.com

COMMUNITY HUB

Eligibility: Young people aged 16+ and adults with mild to moderate learning disabilities.

Referrals from care managers and self-referrals.

What the services does: We offer social, leisure and learning activities from our sites in Croydon. These outcome focused activities support clients to develop life skills to support their independence. We support clients to identify and achieve their personal goals by breaking each outcome or task into manageable steps. There are 2 sites across the Borough:

- Whitehorse Community Hub, 89 Whitehorse Road, Croydon, CR0 2JJ
- Beulah base, The Joseph Centre, Beulah Crescent, Thornton Heath, CR7 8LJ

Contact: Croydon Day Opportunities Ltd

☎ 020 8688 9305

✉ CDOreferrals@croydon.gov.uk

🌐 www.croydon-care-solutions.com

CROYDON DAY OPPORTUNITIES OUTREACH SERVICE

Eligibility: Young people 16+ and adults with learning disabilities.

Referrals from care managers as well as self-referrals.

What the service does: Supports individuals to further their independence. This can include accessing a community based activity such as a leisure club or health and fitness session or learning a specific skill that furthers an individual's independent living. The service works with the client to create a support plan with specific and achievable steps that clearly sets out how each outcome will be achieved. Clients will receive 1 to 1 coaching to learn skills that will promote their independence and confidence.

The service is provided in clients' homes and in the community.

Contact: Croydon Day Opportunities Ltd

☎ 020 8688 9305

✉ CDOreferrals@croydon.gov.uk

CROYDON DAY OPPORTUNITIES INDEPENDENT TRAVEL TRAINING

Eligibility: Adults with learning disabilities who have an assessed transport need met by the London Borough of Croydon.

What the service does: Croydon Day Opportunities travel training service supports people to learn to travel independently in the community. The training is designed to give confidence to individuals in using public transport or walking by themselves to get to and from home to a chosen destination. The skills learned during training will form part of their lifelong learning, and give greater freedom with less reliance on other people and overcoming barriers to employment.

Contact: Croydon Day Opportunities Ltd

☎ 020 8688 9305

✉ CDOreferrals@croydon.gov.uk

DISABILITY RIGHTS UK

Provides information and an Independent Living Advice Line

☎ **0300 555 1525**

Monday and Thursday 9-1pm.

🌐 www.disabilityrightsuk.org

HFT – THE LEARNING DISABILITIES CHARITY

Hft is a national charity supporting people with learning disabilities and their families. They offer a free helpline service for carers of people with learning disabilities. Our services include Supported Living, Residential Care and Short Break services. We empower people to make their own choices, including finding a job, building friendships and relationships and taking part in activities.

☎ **Helpline: 0808 801 0448**
(Monday to Friday, 8.30am - 4.30pm)

🌐 www.hft.org.uk

KEYRING

KeyRing's support is based on people living in their own homes but sharing their skills and talents with each other and with their communities. With good community connections, members become full citizens of their neighbourhood and less reliant on paid support. A volunteer sees members regularly and helps the group work together and community support workers and supported living managers make sure that members get the support they need.

Contact: National Office & HR Enquiries, 65 Dalston Lane, London, E8 2NG

☎ **020 3119 0960**

☎ **Fax: 020 7014 7445**

✉ enquiries@keyring.org

NATIONAL AUTISTIC SOCIETY

Provides a range of services including supported living for people in their own homes, residential services, support centres and outreach services for adults with autism and Asperger syndrome. There is a focus on life skills, social activities and education, helping to build confidence in becoming independent.

Contact: National Autistic Society, Croydon services, Coney Hall, 40a, Croydon Road, West Wickham, Kent BR4 9HT

☎ **020 3326 1200**

✉ se.services@nas.org.uk

🌐 www.autism.org.uk/croydon

PURSuing INDEPENDENT PATHS

Focus is on independent living skills as well as social and emotional development. Courses include literacy, numeracy, drama, arts & crafts, employment skills, nutrition and healthy eating, and personal and group relationships.

☎ **0208 960 4004**

✉ info@piponline.org.uk

🌐 www.piponline.org.uk

QUEEN ELIZABETH FOUNDATION FOR DISABLED PEOPLE

Helps people over 18 with complex disabilities – physical or learning disabilities – who need short to medium term placements. There is a focus on acquiring key life skills and greater independence and services include life coaching, skills training, day and leisure services. Therapy services are also available.

Contact: QEF, Dorincourt, Oaklawn Road, Leatherhead, Surrey KT22 0BT

☎ **01372 841300**

✉ independentlivingservices@qef.org.uk

🌐 www.qef.org.uk

TOPCARE NETWORK

Potter's House is a community support project aimed at enabling adults aged 18-64 from the BME community, who have physical disabilities and/or a sensory impairment, to live as independently as possible. Carers are welcome to attend with the person they care for.

☎ **020 8649 5677**

🌐 www.praisehouse.org.uk

TURNAROUND CENTRE

Young people aged 14 – 21 can visit the Drop-in Zone for advice and support in a safe and secure environment. Professional staff are available to deal with immediate concerns. They will also be able to identify where young people and their families need extra help. Includes housing advice and specialist support for young people not in education, employment or training.

Drop in Zone open hours:

9.30 – 5pm every weekday except Wednesday 1pm – 5pm. Closed on public holidays.

Contact: Drop in Zone, Croydon Turnaround Centre, 51/55 South End, Croydon CR0 1BF

☎ **020 8760 5530**

🌐 www.croydonyps.org.uk/advice/turnaround-centre

OTHER PROVIDERS

To find a list of day care and residential care for young adults in the Croydon area go to:

🌐 www.carehome.co.uk

You will be able to search for services for younger adults and also by location.

For other aspects of independent living - See also

🌐 www.croydon.gov.uk/sendoffer

We would like to thank Croydon Carer's Information Service for their help in preparing this information

DISCLAIMER: Whilst every effort has been made to ensure the accuracy of information provided, we cannot accept responsibility or liability for any errors which may have occurred. It is therefore, recommended that you always check details with providers to ensure their service meets your requirements.