



14 – 25 Transitions Guide



A guide for parents of young people with Education, Health and Care Plans aged 14 to 25 years in mainstream and special education who are preparing for adulthood



Includes information about:

- Education
- Health
- Social care
- Employment
- Transport
- Finance and benefits

Written by parents, for parents!

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About us

Sheffield Parent Carer Forum is a parent-led charity which brings together over 1,300 families with children and young people (aged 0-25 years) with special educational needs and disabilities from across Sheffield to provide mutual support, share information, and influence policy and practice.



Membership is FREE and gives you access to:

- Free email bulletins and newsletters packed full of 'insider' information
- Inclusive events, such as pantos, trampolining sessions and family fun days
- A free information and signposting service
- Free information and training sessions for parents
- An influential group working to improve services for our children

Get in touch

Email: enquiries@sheffieldparentcarerforum.org.uk
 Call: 0300 321 4721
 Website: www.sheffieldparentcarerforum.org.uk
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Year 9 (age 13-14)

Being supported towards greater independence and employability can be life-transforming for children and young people with special educational needs

and disabilities (SEND). This preparation for adulthood should happen from their earliest years and no later than by Year 9 (age 13 or 14).

Education

Preparing for Adulthood Review

If your child has an Education, Health and Care (EHC) plan, the Local Authority must ensure that the EHC plan review at Year 9 - and every review thereafter - includes a focus on preparing for adulthood. Education, health and social care services should all be involved in planning and supporting this from Year 9 and into adulthood.

Preparing for adulthood planning should include support to:

- prepare for further/higher education and/or employment
- prepare for independent living
- maintain good health in adult life
- participate in society, including support in developing and maintaining friendships and relationships

Subjects

If your child attends a mainstream school, they will be asked to choose which subjects they want to study at Key Stage 4 (Years 10 and 11, ages 14-16). If appropriate, these will be the subjects they will take for GCSE exams.

Some subjects are compulsory at GCSE level: English, maths and science. Some schools have other compulsory subjects, e.g. religious education in faith schools.

Optional subjects vary from school to school, but your child must be offered at least one course in each of four groups of subjects: arts (including art and design, music, dance, drama and media arts); design and technology; humanities (history and geography); and modern foreign languages (e.g. French, German, Spanish).

If your child is not working at the levels necessary for GCSEs, ask the school about other accredited qualifications that might be available.

Entry-level qualifications are closely linked to the National Curriculum but also cover vocational and life skills. Assessment for these qualifications can be written, oral or practical.

Functional skills qualifications support the development of practical skills in English, maths and ICT. There is a strong focus on explanation and problem-solving, with a choice of assessment methods.

BTEC qualifications are vocational and work-related courses, designed to accommodate the needs of employers and allow students to progress to further and higher education or into employment.

For some students with special educational needs the National Curriculum at Key Stages 3 and 4 is not appropriate, especially in relation to qualifications and examinations. Legislation allows for pupils with EHC plans to have the National Curriculum disapplied. This means that they do not have to follow the National Curriculum. For more information, see <https://tinyurl.com/hxa3735>

Health

If your child has a learning disability, make sure that your GP records this on their notes. This will act as a prompt so that reasonable adjustments can be made to ensure that your child can access high-quality and appropriate health care at all times and in all settings. From age 14 onwards, it may also mean that your child will be invited to attend for annual health checks.

Annual health checks

An annual health check will involve a visit to the doctor's surgery to see a GP or a nurse who will:

- carry out a general physical examination (weight, heart rate, blood pressure etc.)
- assess emotional wellbeing and behaviour
- ask questions about lifestyle and diet
- review currently prescribed medication
- check whether any chronic illnesses, such as asthma or diabetes, are being well managed
- review arrangements with other health professionals, e.g. physiotherapists or speech and language therapists

The Annual Health Check is a chance for your child to get used to visiting the doctor's surgery. It may also be a good opportunity to

review any transitional arrangements for the move to adult health services. Information gathered through the annual health check can be fed into the EHCP process.

Hospital services

Planning for the move from children's to adult hospital services should also begin in Year 9. It should be:

- led by a named worker, often a nurse, who will coordinate your child's transition care and support
- developmentally appropriate, taking into account your child's capabilities and needs
- not be based on a rigid age threshold
- take place at a time of relative stability, i.e. not at the same time as moving from school to college or during a health crisis
- reviewed at least annually

Clinical specialities do transition differently, although they should all follow the NICE guidelines (see www.nice.org.uk/guidance/ng43). Some use the Ready Steady Go Transition programme and plan developed by Southampton Children's Hospital (see <https://tinyurl.com/mryb2zu>), and some run teenage clinics.

Ask at your child's next hospital appointment about arrangements for transition.

Social Care

Think about your child's current and future support needs. Is the support they receive (SNIPS etc.) still relevant to them now they are a teenager? You might want to consider asking for direct payments to pay for a Personal Assistant (PA) who can help your child to access social and leisure activities.

Your child might be interested in joining a youth club. Sheffield Futures support three youth clubs for young people (14-25 years) with disabilities: Leo's Club (Norfolk Park); Herdings Central; and Hi 5's (Hackenthorpe). See the "Resources" section of the Sheffield Parent Carer Form website for more information about local clubs and leisure activities: www.sheffieldparentcarerforum.org.uk/resources/leisure/

Education

If you think that your child will need extra help to enable them to successfully take GCSE exams at the end of Y11 such as extra time, a computer or a smaller/individual room, you should talk to the SENCO and/or Examinations Officer at school as soon as possible about Access Arrangements.

Access Arrangements allow students with special educational needs, disabilities or temporary injuries to access exams without changing the demands of the assessment. They are based on evidence of need, the normal way of working in the classroom and must be appropriate to the student and the exam.

Transport & Travel

You may want to consider Independent Travel Training. This is designed to equip your child with the confidence and skills required to travel independently to and from school or college. If you think that this

For example:

- If your child does not have someone to read or scribe for them in class (normal way of working), they would not be eligible for this in exams.
- A student with dyslexia may require extra time for a written exam but not for a practical one.

At the annual review of the EHC plan, continue with planning for preparation for adulthood.



Health

Flu jab for carers

The seasonal flu vaccine is the best way to protect yourself and the person you care for from flu, and may prevent you from being too ill to care. Speak to your GP or pharmacist about having a

flu jab along with your disabled child. NB Remember to ask for a flu vaccine nasal spray for your child (2-17 years) and check that they haven't already had it in school.

Year 11 (age 15-16)



Education

Year 11 is the last year of compulsory schooling.

If your child wants to apply for a school 6th form or college place, check websites or the Options Guide (Sheffield Futures) for open evenings/days. You can use the search facility on www.ucasprogress.com to find courses and apply online. The deadline for applications for sixth form and college courses is 31 January.

Sheffield school sixth forms usually require 5 GCSEs graded A* to C (grade 9-4 in the new system), including a grade C (4) in maths and English language. **However, they have the option of being more flexible about entry requirements for students with EHC plans, if it seems likely that the student could cope with the course and it meets their needs.**

If your child is moving to college after Year 11, their course may not cover five full days. If your child has an EHC plan and it is unlikely that they will be able to undertake unsupervised learning in college and/or it is unsafe to leave them at home alone, then the local authority should consider providing a package of provision and support across education, health and social care that covers five days a week.



Transport & Travel

There is no automatic entitlement to free travel assistance and home-to-school or college transport beyond compulsory school age (16 years). You may have to contribute to the cost of your child's transport. Your child may be able to get a bursary to help with education-related costs, including transport

Five-day packages of support do not have to be at one provider and could involve amounts of time at different providers and in different settings. As well as time for independent study, a package of provision can include non-educational activities such as:

- volunteering or community participation
- work experience
- independent travel training, and/or skills for living in semi-supported or independent accommodation
- support to access facilities in the local community, develop and maintain friendships
- health-related activities such as physiotherapy and physical activity

In making decisions about packages of support, local authorities should take into account the impact on your family and on your child's progress.

REMEMBER: The school year finishes early in Year 11, whether your child is taking exams or not – either on the last Friday in June or earlier because of study leave. Check with school in good time to make alternative arrangements.

(see page 8). If your child has an EHC plan and is moving from school to college, you will have to fill in a transport application form available at the college or from Sheffield City Council. This enables a reassessment of needs and will determine whether your child is eligible for travel support.

The council does not provide travel assistance to work experience placements, medical appointments or other off-site visits;

responsibility for this remains with the parents or carers, or school or college as appropriate.

For further information, please see <https://tinyurl.com/lfgspmg> or contact the Assessment and Training team on **0114 2053542**.



Legal Matters

Decisions about EHC plans

When a young person reaches the end of compulsory school age (defined as the last Friday in June of the school year in which they turn 16), some rights related to EHC plans transfer from the parents to the young person.

These are: the right to ask for an EHC needs assessment, the right to make representations about the content of their EHC plan, the right to ask that a particular education setting is named in their plan, the right to request a personal budget, and the right of appeal to the SEND tribunal.

If you think your young person lacks mental capacity to make these decisions, you should alert the local authority and inform them that you want to act as your child's representative. When making decisions on behalf of your young person, you must comply with the Mental Capacity Act.

The Mental Capacity Act

This Act affects decision-making for all people aged 16 and over who are unable to make some or all decisions by themselves. The issue of capacity is decision-specific; this means that capacity can only be assessed in relation to a particular decision that needs to be made at a particular time. This is an important safeguard against blanket assessments of someone's ability to make decisions based on their disability. It also recognises the fact that someone may be able to make some decisions but not others. For example, someone can lack capacity to make complex financial



Health

Whether or not your child has transitioned to adult health services for their long-term needs, if they are 16 or over and require emergency treatment, **they must attend the A&E department at the Northern General Hospital.**

Your child may be invited to attend transition clinics which are jointly run by staff from children's and adult health services.

decisions or consent to medical treatment, but have the capacity to decide what they would like to eat.

When assessing capacity to make a decision, it is important to consider whether your child is able to:

- understand the information relevant to the decision
- retain that information
- use that information to make a decision
- communicate their decision (whether by talking, using sign language or any other means)

When someone is judged not to have the capacity to make a specific decision (following a capacity assessment), that decision can be taken for them, but it must be in their best interests. The process of making a best-interest decision should be led by the person who requires the decision to be made; e.g. a doctor who requires consent before carrying out treatment. Consulting with others is a vital part of best interest decision-making, and the Mental Capacity Act requires the involvement of carers and family members.

Parents and professionals must always support a young person to be involved as much as possible in a decision made on their behalf, even if they do not have the capacity to make it themselves.

Ambitious about Autism, Mencap and the Challenging Behaviour Foundation in partnership with Irwin Mitchell have produced a leaflet to help individuals who feel that they are not being

appropriately consulted about the welfare of their loved ones:
www.irwinmitchell.com/activities/best-interest-decisions-tool

£ Finance & Benefits

On turning 16 your child:

- Can claim benefits in their own right; however, if they stay in full-time non-advanced education (e.g. GCSEs, A-levels, BTECs, NVQ levels 1-3) or some types of training, parents can choose to carry on claiming for them as part of their family. You will need to weigh up which option is likely to leave your family better off. You can get help from Contact a Family's benefits advisers (0808 808 3555) or Citizen's Advice Sheffield (03444 113 111).
- can receive Direct Payments in their own right.
- will be reassessed under PIP (Personal Independence Payment) if they have been getting DLA (Disability Living Allowance) as a child. For more information, see <https://tinyurl.com/c6ssof6>
- can apply for Employment and Support Allowance (ESA) if they are in full-time education and get DLA/PIP. For more information, see www.gov.uk/employment-support-allowance/overview

Please note: An award of ESA to the child means that any benefits parents get for their child as a dependant (e.g. child benefit, tax credits) will stop. Seek specialist advice to make sure your family won't be worse off!

16-19 Bursary Fund

If your child is in further education (school or college) or training they could apply for a 16-19 bursary. There are two types of bursary:

Vulnerable student bursary

Up to £1,200 per year if at least one of the following applies to your child:

- in or recently left local authority care
- is disabled and getting Income Support (IS) in their own name
- is disabled and getting Employment and Support Allowance (ESA) and either DLA or PIP
- is disabled and getting Universal Credit in their own name in place of IS or ESA

Discretionary bursary

You can apply for this if you need financial help but your child doesn't qualify for a vulnerable student bursary. The education or training provider decides how much your child will get based on individual circumstances (this usually includes your family income) and what it can be used for. For more information, see www.gov.uk/1619-bursary-fund

Appointeeship

A child turning 16 is usually expected to take on responsibility for any benefits they claim in their own right. If they are unable to manage their affairs, you can become their 'appointee' for benefit claims. Becoming an appointee means that you are responsible for making any claims, giving any information required, and disclosing any changes that may affect your child's entitlement to benefits. The benefits will be paid to you on their behalf. Becoming an appointee for benefit purposes does not mean you have any wider rights to deal with their affairs. For more information, see www.gov.uk/become-appointee-for-someone-claiming-benefits

Years 12 & 13 (age 17-19)

Education & Training

Young people must continue in education or training until their 18th birthday.

All students aged 16 to 19 should follow a study programme that stretches them, prepares them for adulthood, and supports their progression into work or further study. For students who have an EHC plan, a study programme can apply up to the age of 25.

Study programmes should always include English and maths, but at an appropriate level. Some students with SEND will be able to work towards achieving GCSE grade C (4) or above, whereas others may qualify for an exemption from the requirement to attain a grade C (4).

While some students with SEND should be on study programmes which help them achieve academic qualifications, others will benefit more from programmes which concentrate on high-quality work experience and other non-qualification activities to help them prepare for employment and adult life.

Young people with an EHC plan can undertake **Supported Internships** or **Traineeships** which aim to prepare them for employment or apprenticeships.

Supported Internships

Supported internships are structured study programmes based primarily at an employer. They are designed to enable young people with SEND to achieve sustainable, paid employment by equipping them with the skills they need for work through learning in the workplace. Internships normally last for

a year and include unpaid work placements of at least six months. Wherever possible, they support the young person to move into paid employment at the end of the programme. For more information, see <https://tinyurl.com/mjkkzzq>

Traineeships

A traineeship is an education and training programme with work experience that prepares a young person for their future career by helping them to become 'work ready'. Designed to help young people aged 16 to 24 who don't yet have the appropriate skills or experience, traineeships provide the essential work preparation training, English, maths and work experience needed to secure an apprenticeship or employment. For more information, see www.gov.uk/government/collections/traineeships-programme

TIP

Having the right education and training outcomes for your child specified in their EHC plan is very important at this stage. This is because the decision whether a young person aged 19-25 still needs an EHC plan with depend on whether they have achieved their education and training outcomes – and if they haven't, whether remaining in education/training will help them to achieve them.

Health

If your child's main need is related to their health, they should be referred for an Adult Continuing Health Care Assessment. This should be done well before their 18th birthday, to allow enough time for the assessment to be completed and for any discussions about the care they are entitled to.

Adult health services use **Hospital Passports** for people with learning disabilities as a way of sharing important information about the patient and how best to care for them. To download a Hospital Passport that you can complete on your computer, go to <https://tinyurl.com/zblsyux>

If there is no equivalent adult health service for your child to transition to, their health needs will be managed by their GP.

Community Health Services

If your child has learning disabilities, they should be referred to the **Community Learning Disability Team** at Love Street. This service offers specialist health care assessment and interventions including: psychiatry, psychology, occupational therapy, physiotherapy, speech and language therapy and community nurses. For more information, call **0114 2262900** or search the Sheffield Directory (www.sheffielddirectory.org.uk).

If your child has autism or ADHD and no associated learning disabilities, they can be referred to the **Sheffield Adult Autism and Neurodevelopmental Service (SAANS)** for assessment, support and counselling.

For more information, see <https://tinyurl.com/k24wqxr> or call **0114 271 6968** or **0114 271 8133**.

Social Care

The Care Act 2014 includes important legal duties on local authorities about what must happen when a child makes the transition from children's to adult services.

If your child is likely to need support from adult social care, the local authority must complete a transition assessment before they reach the age of 18. This duty also applies if your child is not currently receiving children's social services but may need services as an adult, e.g. if they have a degenerative condition or a mental health problem.

You or your child can ask for an assessment. The Care Act does not say that the child has to be a certain age to be able to ask for an assessment. It says that local authorities must consider, in all cases, whether there would be a 'significant

benefit' to the individual in doing an assessment. Guidance also suggests that assessments should take place when it is easier to understand what the needs of your child will be beyond the age of 18.

Ensuring there is no gap in services

When a local authority assesses a child who is already receiving support from children's social care, the Care Act requires them to continue providing support through the assessment process until adult services are in place to take over – or until it is clear after the assessment that adult care and support will not be provided. There should be no gap in services.

When an assessment is carried out, information should be given about whether your child is likely to have eligible needs for care and support when they turn 18 and an indication of the sort of support they can expect. If the local authority decides not to carry out an assessment, it must explain in writing why it has reached that decision and provide information and advice about what can be done to prevent or delay the development of care and support needs.

Carer's Assessments

The Care Act gives local authorities a responsibility to assess your needs for support as a carer.

This assessment should consider:

- The impact of caring on you
- What you want from life:
 - Are you able or willing to carry on caring?
 - Do you work or want to work?
 - Do you want to study or do more socially?

When the assessment is complete, the local authority must decide whether your needs are 'eligible' for support. If they are, a support plan will be agreed, setting out how your needs will be met, e.g. help with housework, respite care etc.

Finance & Benefits

An **Access to Work** grant can cover the additional support your child may need for the in-work element of a supported internship or traineeship.

To get an Access to Work grant, your child must be 16 or over and have a disability, health condition or mental health condition that affects their ability to work. One of the following must also apply to them:

- have a paid job (you cannot get a grant for voluntary work)
- are self-employed
- have a job interview
- about to start a job or work trial
- starting work experience

NB Your child may not be eligible if they are claiming Employment and Support Allowance or Income Support.

The amount of money your child will get will depend on their circumstances. The upper limit for grants is currently £41,400. The money doesn't have to be paid back and will not affect your other benefits.

The money can pay for things like:

- adaptations to the equipment they use
- special equipment
- fares to work if they cannot use public transport
- a support worker or job coach to help them in the workplace
- a support service if they have a mental health condition and are absent from work or finding it difficult to work
- disability awareness training for colleagues
- a communicator at a job interview

For more information, see www.gov.uk/access-to-work/overview

TIP

It is much easier to open a bank account for your child before they turn 18.

Young adults age 19-25

Education & Training

College

Young people with SEND are not automatically entitled to maintain their EHC plans after they turn 19. It is expected that most young people with EHC plans will have completed their further education by the age of 19, but the Government has recognised that some need longer to complete and consolidate their education and training.

The length of time will vary according to **each individual** up to the age of 25.

When a 19-to-25-year-old continues with an EHC plan, the local authority must review it at least annually. The plan must contain outcomes which should enable the young person to complete their education and training successfully and move on to the next stage of their lives.

Ending an EHC plan

One of the reasons for not maintaining an EHC plan is that the young person no longer requires the special education or training provision specified in the plan. When making this decision about a young person aged 19 or over the local authority must take account of whether the education or training outcomes specified in the EHC plan have been

achieved. Local authorities must not cease to maintain the EHC plan simply because the young person is aged 19 or over.

When a young person is close to finishing their education and training, the local authority should use the final annual review to agree the support needed to help them engage with adult services.

Special School

Young people aged 19 cannot remain in a special school unless they are completing a secondary education course started before they were 18 years old. They will need to move to college to continue their education or training.

(DSAs). These are non-repayable grants that assist with the additional costs incurred by disabled students. DSAs fund a range of support, including assistance with the cost of:

- specialist equipment
- travel
- non-medical helpers (e.g. sign language interpreters)

For more information, see the DSA finance guide: <https://tinyurl.com/mj6sfot>

Help with daily living and personal care at university is normally funded by adult social care.

Higher Education

A young person studying for a level 4 in a further education college or at university is not entitled to an EHC plan. There are separate systems in place to support disabled young people in higher education, including Disabled Students' Allowances

Transport & Travel

Sheffield City Council does not fund Travel Assistance for 19-to-25-year-olds. If your child is aged 19-25 and has an EHC plan, arrangements will be made for the college

or education provider to support their travel where appropriate. If you require clarification, please contact the education provider they are planning to attend.

Supported Employment

Supported Employment has been successfully used as a model for supporting people with significant disabilities to secure and retain paid employment. The model uses a partnership strategy to enable people with disabilities to achieve sustainable long-

term employment and businesses to employ valuable workers. For more information contact Jobcentre Plus or visit www.base-uk.org/information-jobseekers or www.disabilitysheffield.org.uk/employment-support/

Social Care

Where young people aged 18 or over continue to have EHC plans and receive support from adult social care, this will be provided under the Care Act 2014.

The EHC plan should be the overarching plan that ensures young people receive the support they need to help them achieve agreed educational outcomes. The statutory adult care and support plan should form the 'care' element of the young person's EHC plan.

Care and support your child may have to pay towards includes:

- home care (day and night)
- day activities and respite care
- supported living
- support provided by a Personal Assistant (PA)

See Sheffield City Council fact sheet for information on how contributions are worked out. <http://tinyurl.com/k7oba7x>

Care and support costs

People over the age of 18 who have eligible care and support needs may have to contribute towards the cost of their care and support. The local authority will carry out a financial assessment to check how much your child can afford to contribute towards their care and support.

£ Finance & Benefits

19-to-25-year-olds who make a benefit claim should be invited to meet a work coach at the Jobcentre. For those claiming Job Seekers' Allowance (JSA), this will be as soon as possible. For those claiming Employment and Support Allowance (ESA) this will be within 4 to 6 weeks of their claim. At the Jobcentre, the work coach will discuss the young person's needs and any barriers to work. If your young person has a long-term disability or health condition they will have a Work Capability Assessment to determine how their ability to work is affected. For more information, see www.gov.uk/employment-support-allowance/overview

The Department for Work and Pensions (DWP) offers specialist employment

programmes to support people into work. These include:

- **Work Choice** - help to get and keep a job if your young person is disabled and may find it hard to work. The type of support offered depends on needs and is different for everyone, but can include: training and developing skills; building confidence; interview coaching. www.gov.uk/work-choice
- **Specialist Employability Support** - provides mentoring and training to help people with disabilities into work if they can't use other employment programmes www.gov.uk/specialist-employability-support/overview

Work coaches will also signpost claimants to other local options. An Access to Work grant (see page 11) provides support to those with a disability or health condition who need help to work.



Useful Information

Preparing for Adulthood has a wide variety of downloadable resources available for parents, professionals and young people: www.preparingforadulthood.org.uk

Sheffield City Council

SEN Transport

Travel Assessment and Training

Tel 0114 205 3542

Email indetravel@sheffield.gov.uk

Children with Disabilities Social Care

Transitions Team

Tel 0114 273 5368

Adult Social Care

Tel 0114 2734908 or 0114 273 4567 option 5

Community Learning Disability Team

Tel 0114 226 2900

Email CLDTbusinesssupport@sheffield.gcsx.gov.uk

Sheffield Directory

A council-run website with information about support and services for adults, children and families, and the "local offer" for children and young people aged 0-25 years with SEND. The local offer has a section on transition. www.sheffielddirectory.org.uk

SENDIAS (formerly Parent Partnership)

Provides information, advice and support to children and young people with SEND and their families, in relation to education, health, social care, disability benefits and leisure.

Tel 0114 2736009

Email disabilityinformationservices@sheffield.gov.uk

Sheffield Futures

Provides information for young people about education, training and employment.

Tel 0114 201 2800

Email enquiries@sheffieldfutures.org.uk

Sheffield Children's Hospital

Information about transition is available at: www.sheffieldchildrens.nhs.uk/patients-and-parents/transition/

Patient Advice and Liaison Service (PALS)

Mon-Fri 8am-4pm:

Tel 0114 2717594

Email julie.mather@sch.nhs.uk

Sheffield Teaching Hospitals (Adults)

Information about transition is available at: www.sth.nhs.uk/patients/transition

Patient Services Team (Mon-Fri 8am-5pm):

Tel 0114 271 2400

Email PST@sth.nhs.uk

Benefits advice

Citizens Advice Sheffield

Tel 03444 113 111

Web www.citizensadvice.org.uk

Contact a Family

Helpline 0808 808 3555

Web www.cafamily.org.uk

The Sheffield Advocacy Hub

Single point of contact for all statutory advocacy including: social care, mental health, NHS complaints and learning disabilities.

Tel 0800 035 0396

Email info@sheffieldadvocacyhub.org.uk

Sheffield Carers Centre

Offers a range of support and information services to all carers in the city looking after someone who is unable to manage alone due to disability, severe illness or frailty.

Tel 0114 2788362

Email support@sheffieldcarers.org.uk



Get in touch

Email: enquiries@sheffieldparentcarerforum.org.uk

Call: 0300 321 4721

Website: www.sheffieldparentcarerforum.org.uk

Facebook: www.facebook.com/SheffieldParentCarerForum

Twitter: @ShefParentForum

