

Providing care, special education and community support

A Guide to Together Trust



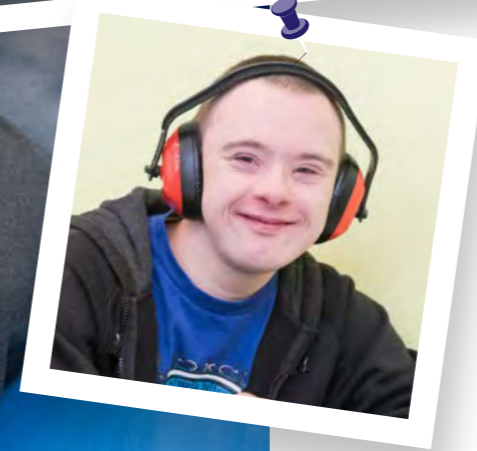


Our mission

At Together Trust we believe that everybody deserves an equal chance in life. There are no exceptions.

This includes those with behavioural challenges, learning difficulties, physical disabilities, complex health needs and autism spectrum conditions. Everyone has the ability and the right to experience joy, happiness and hope.

At Together Trust we do everything in our power to make that happen and we've been doing it since 1870. There is nothing more rewarding for us than seeing someone break through their barriers and take control of their life.



Contents

Making a difference together	4
Residential care / post-16	8
Fostering	10
Family support	12
Community services	14
Mediation and disagreement resolution	16
Jason's story	18
Positive behavioural support	20
Special education and support	26
Bridge College	28
Ashcroft services	30
Inscape House School	32
Fundraising and events	36
The difference we make	38

Making a difference, together

We understand that sometimes the most basic of daily tasks, the tasks that you and I may take for granted, are the biggest challenges in the lives of the individuals who use our services. We are here every step of the way to support you.

We are a charity that offers care, support and special education to children, adults and families. Our services are based in the North West and the surrounding areas; however, we accept referrals from all over the UK.

We focus first on the positive change we would like to see for young people and their families. Then, we tailor a wide range of support services including fostering, residential, community and family support to their needs. We also provide specialist educational support through our schools and college.

For us, nothing is more rewarding than seeing someone break through barriers and take control of their life.



“The work of Together Trust impacts widely and positively on the parents and families of the children and young people they work with in the communities they serve.”

PQASSO Level 2 Full Report, August 2016

“Staff can clearly cater for a variety of needs and I wouldn’t hesitate to recommend them.”

Parent



As a not-for-profit organisation, we are proud to say that every single penny is invested back into supporting children, adults and families. If that means developing a new service to cater for an individual need, then we will do it.

There are no exceptions. We will seek to help any child, young person, vulnerable adult or family referred to us, with a range of services specifically designed around individual or family needs.

We understand that it isn't just children and young adults that need support; families and friends do too. That's why we offer a wide range of training and consultancy.

In addition to local authority funded places, our services can be purchased by families, carers, and individuals over the age of 18 or their brokers via a direct payment, individual budget, individual service fund or personal/private funds.

The Together Trust employs over 800 talented people alongside a group of incredibly passionate volunteers.

We are committed to:

- Keeping the people we support safe - we stringently follow procedures to ensure this
- Building brighter futures for people through quality services
- Promoting and celebrating the values, cultures and beliefs of the people who use our services who come from a wide range of backgrounds
- Providing the broadest approach to planning our services around the needs of people.



It's not just what we do that's important, but why we do it

Residential care

Safe spaces and happy places

Together Trust has a wide range of residential homes and services in the North West, which empower young people to make positive changes. With our help, they can achieve outstanding outcomes.

We offer holistic support for children and adults up to the age of 30 years-old by working with our range of community, special education and support services, plus external providers. As specialists in autism, we also offer National Autistic Society (NAS) accredited shared care, short breaks and residential care.

Residential services

- Early intervention services
- Short to long term placements
- Integrated care and education
- Crisis placements
- Disability care
- Local authority partnerships
- Remand placements
- CSE placements
- Short and shared care breaks
- Post-16 independent living
- Therapeutic input
- Harmful sexual behaviour specialist care.

Our highly experienced, committed and specialist team includes clinical psychology and behavioural support. Their expertise helps to produce individual assessments and plans centred around the needs of each person, whilst their compassion helps to provide a safe, secure and stable environment where young people can thrive.



"It's an understatement to say that (he) has been a challenging young person at times. However, through the support of your team he has been able to have some positive life experiences that I hope will improve his outcomes in later life."

Social worker, commissioning local authority

Fostering

It's not always possible for children and young people to live with their birth families - that's where foster carers come in.

Foster carers provide safe, caring homes for children and young people who need them. This could be for a matter of days, weeks, months or years. They help children and young people experience new things, build their self-esteem and grow and develop into young adults.

Together Trust's fostering service specialises in providing safe, nurturing homes for children and young people, in particular those aged 10 years or over, sibling groups and young people with special educational needs and disabilities (SEND).

We're looking for foster carers across the North West, and we want people from all walks of life to consider becoming foster carers. Finding the right match for every child or young person and foster carer is a priority for us, and we are dedicated to providing our carers with the training and support they need throughout their fostering journey.

Our foster carers can reach a member of our dedicated fostering team any time of day or night, every day of the week. We have a small team who are familiar with all of our foster carers, meaning they can always speak to someone who knows them and the child or young person they're caring for.

Could you foster? Please contact us on **0800 05 222 50** to find out more.

"Fostering is one of the most rewarding things you could ever do. It's challenging, don't get me wrong, but the rewards far outweigh the challenges."

Together Trust foster carer



The path to a more stable future





Family support

Support for me and my family

“The Sleep Programme was brilliant. Everything about it was excellent. It was individual to our son and not rushed; everything was explained and Chris answered our questions straight away. It has been a god-send. We are very grateful; it has made a massive difference to our lives.”

Parent

At Together Trust, we know that you understand your family best. You know the life you and your children want to enjoy and we will provide you with family centred support to make that life possible.

Our strength comes from working alongside, and in full partnership, with families so that we understand your aspirations for the future. Through looking at the bigger picture, together we ensure that all support is tailored to enhance positive life opportunities and choices.

Our specialist therapy services can support you and your child to focus on ordinary life and independence skills such as self care, toileting, sleeping and eating programmes that can transform the need for ongoing carer support and help. Our family support services deliver not just huge positive change to families but help build your child's independence skills, self esteem and confidence to support them now and into adulthood. Help with toilet training, eating and becoming independent makes a huge difference to family life and the possibilities for each child. With the right support, we believe you can achieve everything you want.





A whole world of opportunity

Community services

Each person using our services has an individual, often complex, set of needs. That's why we have an individual set of services to offer personalised support in the North West and surrounding areas.

Designed to provide independence and confidence alongside keeping active and being part of the community, our community services promote a better way of life for those that need it most; seven days a week, at home or in the community.

We offer creative, fun and professional CQC registered support services to families, children and adults with complex needs including those on the Autism Spectrum, those with a physical and/or learning disability and those with behavioural, emotional and social difficulties.

Together Trust services can be purchased by families, carers and people over the age of 18 or their brokers via a range of funding options. Many local authorities also commission our services.

"The staff really seem to understand my son and really care about how he is doing. The group has made a massive difference to my family's lives as my son needs routine and having a holiday club is invaluable."

Parent

Community services

- Outreach and home services
- Adult community activities
- WaTT - Working and Training Together
- Support to live at home
- Holidays and short breaks
- Supported living services
- Youth clubs and holiday clubs.



Mediation and disagreement resolution

Together Trust's mediation and disagreement resolution service is designed to help settle disagreements around the provisions for children and young people aged 0 – 25 years with special educational needs and disabilities (SEND).

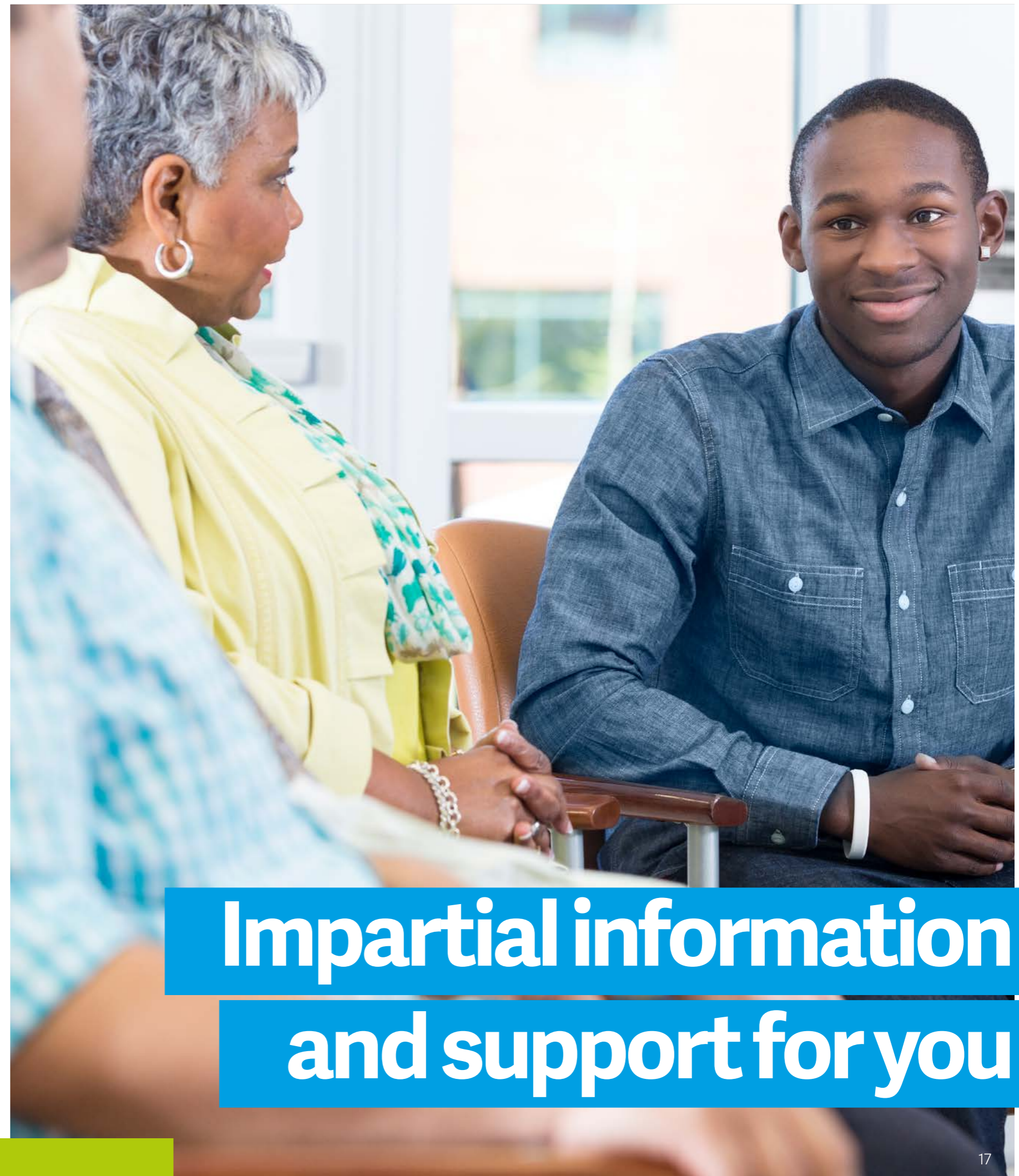
If a parent, carer or young person is dissatisfied with the provision made within the SEND legislation they have the right to request a meeting with a local authority representative to discuss the matter, either through mediation or disagreement resolution.

Mediation can take place following decisions by a local authority, including the decision not to carry out an education, health and care (EHC) needs assessment, not to issue an EHC plan following an assessment and more.

Disagreement resolution can apply to any aspect of special educational needs and disability, regardless of whether or not the child or young person has or is being assessed for an education, health and care plan.

Together Trust's mediation and disagreement resolution service is available in the following local authority areas: Blackburn with Darwen, Bolton, East Midlands (which includes Derby City, Derbyshire, Leicester, Leicestershire, Lincolnshire, Nottingham City, Nottinghamshire, Northamptonshire, Rutland), Manchester, Rochdale, Salford, Staffordshire, St Helens, Tameside and Telford and Wrekin. The disagreement resolution service is also available in Stockport.

You can find further information about our mediation and disagreement resolution services by contacting drs@togethertrust.org.uk or **0161 283 4848**.



**Impartial information
and support for you**

Jason's story:

Finding his voice through film

Ashcroft School is known for approaching learning differently to help tease out personalities and preferred ways of learning from students. Jason first struggled to engage, but after discovering a love of film everything is different.

When Jason joined Ashcroft School he was a very introverted individual who rarely engaged in conversation with students or teachers. The school looked for the one thing they felt could make a difference to Jason and it wasn't long before they helped him discover a love of film.

Jason worked as part of a team on a series of short films finding more and more confidence to explore his own personality. Through participation in the film projects he gained confidence, improved his self-esteem and is now able to talk about himself positively. Jason has found his voice.

His work included a drama project 'Deep Pockets and Dirty Faces' about the lives of young people at Together Trust.

Ashcroft's award winning film projects have helped many young people to build their self-esteem. Taking part helps them to explore their personalities in a safe and non-threatening way. Students, including Jason, have been able to do this through Play Therapy too. Through play students can explore their thoughts and feelings in a way that is easier than words, often reducing anxiety.

"Personal, social and health education is carefully crafted; all pupils are expertly supported and developed."

Ofsted, 2016



Positive behavioural support

Together Trust is implementing positive behavioural support (PBS) across all of our services to reduce behaviours that give cause for concern.

What is positive behavioural support?

Children, young people and adults with complex developmental conditions or complex life histories have specific needs that they often find difficult to meet independently.

When their needs are not sufficiently met they can experience sadness, anxiety and frustration, which may be expressed through becoming withdrawn, repetitive or harmful behaviours. This behaviour may be distressing both for the individual and those around them.

PBS is a broad approach to supporting people that looks beyond a surface behaviour to discover the underlying reasons.

PBS begins by creating settings and supports, which meet the unique needs of the person and minimise the chance of concerning behaviours happening in the first place.

If a behaviour of concern does occur, then staff use functional behavioural assessment to work out the purpose that behaviour serves for the person in their life.

Staff work together with the individual, their family, carers and teachers to identify a positive alternative behaviour that meets the person's needs.

Together they create a personalised PBS plan that includes teaching the person the new behaviour and new skills, so that in the future they are more able to cope with situations that they find difficult.

It will also include ways to support the person involved if they do become upset and ideas to improve their everyday life.

The PBS plan is aimed at improving the quality of the individual's life over time and is proven to be effective in changing a wide range of needs and behaviours.

This means everyone can work together to support the individual.



A positive way to overcome difficulties





Therapeutic model: integrative positive behavioural support

Young people with complex attachment and trauma histories need safe, warm and emotionally nurturing relationships.

This means having staff available 24 hours a day to provide the structure and predictability that enable and empower children to manage their feelings and behaviours appropriately. To do this effectively and efficiently, Together Trust's services use the model of integrative positive behavioural support. This combines the framework of positive behavioural support (Gore et al, 2013) with a range of evidence-based therapies, from a variety of disciplines, to deliver three increasingly individualised tiers of therapeutic support and interventions.

To assist support workers, and to provide tier three interventions, Together Trust has a multi-disciplinary clinical service including clinical and educational psychologists, speech and language and occupational therapists and sleep counsellors. Clinicians deliver specialist training and provide consultation to staff, supervise non-clinical staff to provide therapeutic support and delivering highly-specialised direct assessments and interventions.

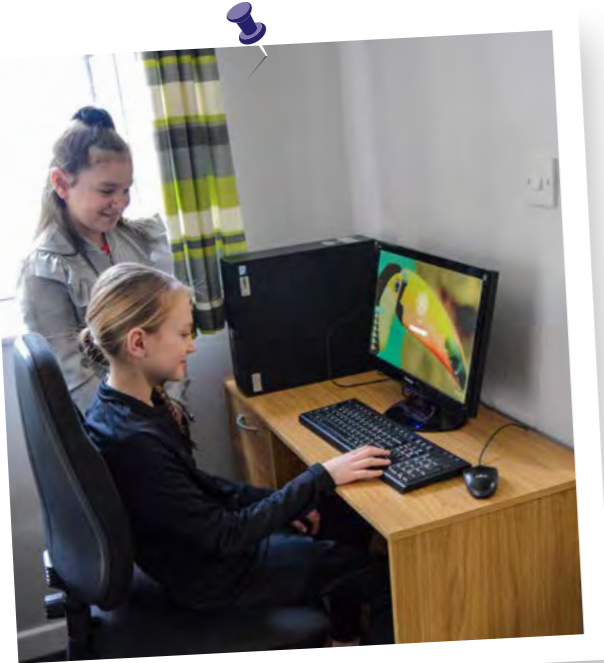
Tiers one and two are provided by a wrap-around team of support workers, trained and competent in understanding complex attachments, trauma, neglect, abuse and mental health needs.

**Empowering children to
to manage their
feelings and behaviours**

The core principle of integrative positive behavioural support

We recognise that the complex behaviours presented by vulnerable children are their best attempts, in the context of their life histories and given their current skills, understandings and emotional development, to get their needs met.

The primary aim of integrative positive behavioural support is to ensure that young people have access to relationships and settings which proactively meet their fundamental life-needs. Through integrative positive behavioural support our support workers are able to nurture young people to achieve a healthy, positive and resilient sense of self, and to develop the practical, social and emotional skills they need to develop their well-being and independence.



Our workforce

Support workers are vital to the successful delivery of integrative positive behavioural support. Together Trust invests greatly in training to provide its staff with a firm grounding in:

- Child development
- Learning disability
- Neurodevelopmental conditions
- Trauma, abuse and disrupted attachment
- Positive and proactive behaviour management
- Communication and sensory support
- Structured approaches to learning
- Dyadic developmental psychotherapy (DDP) informed support.

Tier one support and interventions are built into the daily operational processes of a service, and routinely delivered by all support workers to all children. Examples include, the PACE approach derived from Dyadic developmental psychotherapy (DDP), structured environments, routines and tasks, the use of modified language and visual supports, the use of active listening to support emotional regulation and de-escalation.

Tier two support and interventions involve more individualised, advanced forms of tier one interventions. They may also deliver pre-written, structured programmes based upon modified specialist therapies, such as cognitive and behavioural therapy (CBT) or social and communication skills training. These are delivered by support workers with training, guidance and regular supervision from clinicians.

Tier three assessments and interventions are bespoke, specialist and delivered by clinicians after agreement with placing authorities and following robust assessment. Tier three assessments may include:

- Psychological assessments of emotional functioning to inform placement decisions
- Assessments of mental health conditions
- Full profiling of intellectual skills
- Comprehensive assessments of speech, language and communication skills
- Sensory assessments
- Advanced functional behaviour assessments.

Tier 3 interventions are typically integrative, employing elements of several therapeutic modalities according to individual need, such as motivational interviewing, cognitive behavioural therapy, narrative therapy, attachment-focused therapeutic play or dialectical behaviour therapy.

Nurturing young people to achieve a healthy, positive and resilient sense of self

Special education and support

Learning in and out of the classroom

Pupils and students need a safe, creative and fun learning environment in order to reach their full potential. Young people and adults with multiple and complex learning needs can make positive steps in education via our services.

We provide education for young people from five to 25-years-old with autism, emotional difficulties and complex health needs.

We also offer speech and language and occupational therapy services for young people and their families and can provide direct therapy and training for staff within educational settings.



"The school is a safe haven for pupils; care and support is exemplary. A wide and varied range of therapy enables pupils to overcome mental and emotional barriers to learning."

Ofsted, 2016

Education and support

- Personalised and creative programmes.
- Support for children with emotional or learning difficulties aged eight to 18-years-old at Ashcroft School, Ashcroft College (Manchester Vocational Pupil Referral Unit), Building Opportunities & The School House (Manchester Education Pupil Referral Unit)
- Further education for young people aged 16 to 25-years-old with complex needs and ASC at Bridge College
- Education and support for children and young people with autism aged five to 19-years-old at Inscape House School

Family support and community support services are closely linked with education to ensure that every person gets a truly tailored approach to their needs, across multiple service areas.



Bridge College

Developing skills for life

Learning is not just about the classroom, it's about giving young people the ability to make choices and have control. They should be supported to achieve their aspirations and develop a range of essential skills for learning, living and work.

Bridge College is a non-residential specialist FE college, meeting the needs of students up to the age of 25-years-old who may have learning disabilities, complex health needs, communication disorders and/or autism.

It takes a total approach that values all methods of communication within individual programmes, which include staying fit, healthy and safe. Assisted technology helps to give young people a voice, control their environment and operate equipment; giving them independence and the confidence to make their own way in the world.

We aim to make sure everyone has the opportunity to fulfil their potential and realise their ambitions.



"For me as the mother of a disabled son, it feels as though you've got everything spot on. You are helping us to understand behaviours in different ways."

Parent

Ashcroft School

Ashcroft School helps re-engage students in learning, raising self-esteem so that they can raise - then achieve - their goals in life. Each young person is given the opportunity to develop with the support of dedicated, specialist teachers.

Ashcroft is an independent special school based in Cheadle, Cheshire and is one of the specialist education services provided by Together Trust. We support children and young people aged eight to 18 years who have struggled to cope in other settings because of their individual barriers to learning and pupils with complex emotional needs including ADHD, ASC and brain injuries.

We pride ourselves in working with students to map out and deliver a bespoke education package that provides a broad and balanced curriculum adapted to reflect their needs.

We believe that to learn, students need to feel secure and develop a positive attachment with their environment. Our range of specialist programmes include nurture group work, play therapy, personalised programmes and vocational activities.

As often happens with the Together Trust, our services overlap to provide the best way forward for young people. We offer integrated care and education services for young people, offering stable, short to medium term placements.

“Every other school has failed my child, but from day one in this school there was no looking back.”

Parent



Breaking through barriers



Ashcroft College (Manchester Vocational Pupil Referral Unit)

Students aged 14 to 16-years-old who may have been excluded or close to being excluded from mainstream education are supported at Ashcroft College, which offers study in a range of exciting subjects while providing crucial specialist support.

The college is a partnership education provision designed to support Manchester Education Pupil Referral Services.

Studying at Ashcroft College opens the door to a range of new opportunities for our students. The college offers a varied curriculum including four key vocational subjects in hair and beauty, sports, catering and construction.



“I like that they are helping me to make a future for myself.”
 Student, Building Opportunities, 2015

“Leaders empower staff to work together and have created a caring learning community where individuals can flourish.”
 Ofsted, 2016

The School House (Manchester Vocational Pupil Referral Unit)

The School House in Droylsden is an alternative education provision run by Ashcroft School and commissioned by Manchester City Council’s Secondary Pupil Referral Unit.

We work with students aged 11 to 14 years who have struggled to cope in traditional school settings. Our young people have been, or are on the cusp of being excluded from mainstream schools.

Students receive a bespoke package of support that focuses on their emotional and social needs as well as their education. The School House team consists of experienced teaching staff and support workers coupled with the expertise and knowledge of the Manchester Secondary Pupil Referral Unit.

Building Opportunities

At Building Opportunities, we prepare students to enter one of the fastest growing industries in the UK – construction.

The centre is an excellent option for young people aged 14 to 19-years-old, who prefer to work in a practical environment. Building Opportunities provides each student with the attention, support and personalised learning package they need to achieve.

Our Stockport based facility allows students to engage with a curriculum better suited to their specific needs and to gain confidence along the way. Not only do we focus on gaining skills, we incorporate relationship building, personal growth and development in the context of a strong real world work ethic.

Building Opportunities offers industry recognised qualifications at BTEC Levels 1 and 2 in a range of specialist areas including joinery and carpentry, brickwork and painting and decorating. The centre is registered to deliver Ascentis and BTEC qualifications. We have developed a provision offering a number of construction based vocational activities along with basic numeracy and literacy and some outdoor education provision.

This is a resource that schools and colleges can commission for individuals or groups of students as a weekly or block placement. Children’s homes wanting to prepare young people for independent living can also commission sessions during school holidays.



They see the world differently - so do we



Inscape House School

There is not just one way in which autism affects people and their families, so there's not just one way in which Together Trust supports them.

Inscape House School helps children and young people to make the best possible progress academically, whilst continuing to develop their social understanding, communication and relationship skills for the future.

As a non-maintained day special school in Cheadle, Cheshire, Inscape House School meets the needs of children and young people aged five to 19-years-old with Autism Spectrum Conditions (ASC) and related social communication difficulties.

All our learners are offered a broad, balanced and differentiated curriculum and follow a personalised approach. This approach is delivered by specialist people who are highly skilled, highly qualified and are equipped in every sense to help pupils achieve the best possible outcomes, whatever the extent of their autism or learning difficulties.

Admissions do not depend upon a diagnosis of an Autism Spectrum Condition but upon a common pattern of special educational need.



"The right balance has been struck between life skills, aspirations, self-worth and academic achievement. Autism is no barrier for pupils at this school."

Ofsted Inspection Report May 2017

Fundraising and events

Giving the freedom to do more

Our fundraisers and supporters have never been more important to us.

Our fundraising team and supporters work together tirelessly to help vulnerable people with huge challenges in their daily lives. We provide the means to give them exciting new experiences, opportunities and provide specialist equipment to help them achieve their full potential.

Your support helps level the playing field for some of the most disadvantaged children, vulnerable adults and families in the North West.

We are keen to hear from individuals, organisations and businesses that want to help us make a difference. If you think you could be part of this exciting journey, please contact us to discuss how you can get involved. Opportunities range from making a one-off donation to team building opportunities or developing a Charity of the Year partnership.



With your help, we can provide specialist equipment, extra activities and additional therapeutic support to help disadvantaged young people, adults and families overcome the challenges they face on a daily basis and achieve their full potential.

Whether it's support to resolve sleep problems for a young person with autism, providing a confidence building outdoor activity experience for a young person who has experienced trauma, abuse and neglect, or providing a new sensory room for young people with disabilities to relax and explore their sensory abilities, we couldn't provide these things without your help.



The difference we make

Steven's story

"Five years ago I was in a car accident that changed my life.

I woke up in hospital to find I couldn't move the right side of my body and had lost all speech. I felt frustrated, angry and depressed.

After my initial stay in hospital, I began to rebuild my life. Before I started at Bridge College, I had never been to a specialist school or college so I didn't know what to expect.

As my confidence improved, I started doing more things in college to push myself. For example, I frequently use the hydro pool, which helps me to walk by strengthening my muscles.

Being at Bridge College has helped me to feel much more positive – it's helped me to rebuild my life."

Rachel Stevens, a specialist speech and language therapist at Bridge College, encouraged Steven to develop his non-verbal communication by making better use of gestures and also suggested he tried out a hi-tech communication aid as another way to share his thoughts, feelings and opinions.

Steven is now able to interact with others in ways he couldn't otherwise have done - an important step towards achieving his goals.



"It's helped me rebuild my life!"

Steven, Bridge College Student, 2015

Key Contacts

Foster carer enquiries	0800 05222 50
Foster referrals/placements	0161 283 4800
Fostering (Preston sub-office)	01772 705 455
Together for Families (sleep clinic, therapy and support)	0161 283 4766
Inscape House School	0161 283 4750
Bridge College	0161 487 4293
Ashcroft School	0161 283 4832
Building Opportunities	0161 283 4832
Residential care enquiries	0161 283 4871
Residential care (out of hours)	0800 013 0014
Mediation and disagreement resolution	0161 283 4848
Newbridge day centre	0161 477 0742
Community services	0161 283 4871
Fundraising	0161 283 4822

Together Trust Centre
Schools Hill, Cheadle, Cheshire SK8 1JE
call **0161 283 4848**
email **enquiries@togethertrust.org.uk**



together trust
real differences for real lives

togethertrust.org.uk