Transition Age Handbook

Information for families of young people who are in transition to adult services

The cover has been designed by Cerys Hudson and Aaron Plemming

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Introduction

Growing up is an exciting time for a young person, a time for new experiences, making new friends and gaining new skills. But amongst all the excitement it can also be a time of uncertainty. What are the options? Where can I go for help? What do I want to do? We hope this handbook will answer some of these questions and offer young people and their families guidance to make decisions regarding their future.

This handbook will provide you with and outline of what is available when a young person leaves the Specialist Children's Services and moves on to the adult world. You will receive this handbook as the young person turns 14 to enable you to start thinking about what you want to do and what is available locally.

Every effort has been made to try and present comprehensive information – don't forget there will be additional services available locally. The Service Directory (the large file) will continue to be useful and most of the information will still be relevant during this period.

What is transition?

Transition means moving from one thing to the next. In this context it is used to describe the period of leaving school and moving from children's services to adult services. This is the time when decisions regarding the future have to be made.

- After school College, Training, Day Care or the World of Work?
- After Specialist Children's Services what services will be available from Social Services or Health?
- A place to live with a family, independently and other options
- Money Matters

Don't worry; although these are major decisions, help is available to make them. It is possible that the young person is being seen by more than one member of the Specialist Children's Services team at present. These professionals will explain to you and the young person how each discipline (social workers, nurses and different therapists) will introduce the young person to the adult services if this is appropriate. This will take place between the ages of 16 and 18 depending on the discipline.

It is important to remember that not every young person getting a service from Specialist Children's Services will be eligible for service as an adult. Each service has different access criteria.

Transition Age Review

What is the Transition Age Review?

If the young person has a statement of Special Educational Needs, there will be a meeting at the school during Year 9 to start talking about the future and what could happen to him/her after leaving school. This meeting is known as the Transition Age Review.

Who attends the Transition Age Review?

The following are invited to the review

- The young person
- The parent or carer of the young person
- School staff
- Specialist Children's Services staff
- Staff from adult services
- Career Wales
- Anyone else who can help

It's important that the young person remembers this is their transition meeting, and is an opportunity for them to make decision. Making decision can be easier for them when people they trust are there to help. They can invite an advocate or friend to help at the meeting.

What happens at the Transition Age Review?

The young person will be asked to share their ideas about what to do after leaving school and what help is needed to achieve this. Ideally help should be offered in advance to prepare the young person for the review by their family, staff from Specialist Children's Services, the school or Careers Wales.

What will be discussed?

The next stage in education is not the only thing which will be discussed at the review. The young person might want to talk about other things which are worrying them about the future, such as making new friends, getting work, dealing with money or what support they might need. Some of these things might be a long way off in the future.

What happens after the Transition Age Review?

After the meeting a Transition Plan will be formed. It will record what has been discussed, what should happen next, who is going to o this and when. The young person and the parents will receive a copy of this plan.

Can the young person change his mind about what has been written on the Transition Plan?

Yes, there will be another meeting during Years 10 and 11 and the plans will be discussed again and any changes can be made during these reviews.

What is Person Centered Planning?

Person Centered Planning is a process of life planning which helps the person to identify what is important to them in their lives now and in the future. It also helps people find out what support they need in order to achieve their goals in life and how they can be helped to put a framework around this. This is being piloted at present.

After Specialist Children's Services

Here is an outline of the services Gwynedd Social Services and the Betsi Cadwaladr University Health Board can offer a young person. This can be discussed with any professional from the Specialist Children's Services.

Adult teams within the Social Services Department provide services and support to adults living in Gwynedd.

Social Services Adult Teams

Physical Disability Team

The Physical Disability Team works in partnership with other agencies and with the Occupational Therapy team to provide services to adults with physical disabilities to enable them to live as independently as possible.

The team is responsible for:

- Receiving referrals for service and making an assessment where appropriate
- Arranging services and care packages
- Advising on Direct Payments
- Joint working with other agencies
- Providing advice to carers

Occupational Therapy Team

The team works to help disabled people, enabling them to live full and independent lives. The team works closely with carers and other agencies in helping disabled people to be as independent as possible.

The team is responsible for:

Receiving referrals for services and making assessments
where appropriate

- An assessment of the home and appropriate adaptations
- Providing advice on simpler and safer methods of undertaking daily activities such as washing and dressing
- Advising on adaptation of living/working/leisure environment to meet needs
- Advice on re-housing where appropriate
- Advising carers

Services provided jointly by Social Services and Betsi Cadwaladr University Health Board

Mental Health Team

The team consists of people from different professions who work together for example, social workers, nurses, psychologists. The service is provided jointly by the Council and the Health Trust.

The team is responsible for:

- Receiving referrals for service and undertaking and assessment where appropriate
- Providing professional support to people with serious mental health problems and their relatives or carers
- Arranging access to other services, for example, psychology, medication, support workers, day services, residential and nursing care and practical and emotional support.

Learning Disabilities Team

The Learning Disabilities Team works in partnership with Health to provide services for adults with learning disabilities to enable them to live as independently as possible.

The team is responsible for:

- Receiving referrals for services and making assessments where appropriate
- Arranging services and care packages
- Providing professional support, information and advice
- Managing Adult Placement Services including respite care
- Supported care in the community and at home
- Person Centered Planning services
- Transitional Age services

Betsi Cadwaladr University Health Board services

As well as the above teams it is the Betsi Cadwaladr University Health Board that will continue to meet the health needs of the young person. As an adult a young person will no longer see a Paediatrician and if appropriate will be referred on to the relevant specialist. Some of the health workers the young person is used to seeing will change during this period. Please ask your present health worker to discover whether or not the young person will be transferred to adult teams, and if so, when. The transition age varies from one discipline to another between 16 and 18 years old.

What next?

One of the main changes during the Transition period is leaving school. This raises several questions about what to do next. At the age of 16 compulsory education comes to an end and the young person will have to decide what opportunities he would like to take:

- Stay in education (stay at school or go to college)
- Look for a job or voluntary work
- Receive day care (if eligible)

Those who stay in education face the same choice again when they are 18+. This chapter provides an outline of the different options. However, there is a wide choice and we can only include some of them here. The aim is to give you an idea of where to go for help and the kind of things are available. Current and comprehensive information is available from Careers Wales.

Before making any decisions, the young person and their family should talk to as many people as possible

- Teachers
- Career Advisors
- Specialist Children's Services professionals

The Role of Careers Wales

Careers Wales offers an information and careers advice service to people of every age.

Careers Wales:

• Works with pupils with special educational needs from Year 9 onwards in order to help them understand the options that are available and to make realistic choices according to their interests, their ability and their wishes for the future.

- Prepares information about careers and give advice and practical help to follow appropriate options after leaving school.
- Works closely with parents/carers and in partnership with other agencies in order to support young people when it becomes time to move on from school.
- Attends Annual Reviews from Year 9 onwards.
- Takes the lead responsibility for preparing and presenting applications for placements to the Welsh Assembly Government when provision in a specialist college is identified. This is done in partnership with the young person, the family and other agencies who know the young person well.
- Prepares Learning and Skills Plan for pupils who are in their last year of education and who are in the transition planning if they are likely to go into further education, higher education or training. With permission for the young person, the plan will be passed on to the new training/education provider.
- Continues to provide a service for young people with learning difficulties and/or disabilities after they moved on from school.

Further Education

School

It's possible to stay on at Specialist Schools such as Ysgol Pendalar and Ysgol Hafod Lon as the provision continues until young people are 19 years old. Schools in the Arfon area offer education for 16-18 year olds. In Meirionnydd schools offer education up to 16 years (apart from Ysgol y Berwyn, Bala which offers 16-18 education).

College

Coleg Meirion-Dwyfor (part of Coleg Llandrillo Cymru) provides education for young people aged 16-18 throughout most of Meirionnydd and Dwyfor. It has three sites – Dolgellau, Pwllheli and Glynllifon. A wide range of courses are available here. Coleg Menai serves Arfon and Môn and it offers a wide range of courses including AS and A level, BTEC and modern apprenticeship. Qualifications are required e.g. GCSE for some of these courses but some are open to all. There are some a number of Further Education Colleges in Wales and England, some specialising in some subjects or offering specialist provision for disabled people. It would be a good idea to talk to a Careers Advisor to discuss all the opportunities or to visit these colleges.

Residential College

There are a number of residential colleges in Wales and beyond which offer courses for young people. A number of students whose requirements cannot be met by day services or local educational establishments seek placements at these colleges. A place at one of these colleges depends on funding from the Assembly or joint funding from Social Services and/or the Betsi Cadwaladr University Health Board and the Assembly. A Careers Advisor can provide more information about residential colleges and make an application to the Welsh Assembly Government for funding and placement.

Higher Education

It's possible that going to university to study is the choice for some young people. The Careers Advisor at the school or college will have information about all the suitable courses available or contact Careers Wales. Bangor University is our local university for Gwynedd. Every College and University has a Student Support Service and information about this should be available in their prospectus or on their website.

Other courses

A myriad of other courses are available including evening and part-time courses, a number are run by Further Education Colleges.

Specialist courses are available to help disabled people to live independently or to prepare for the world of work.

The World of Work

A small number of young people with special needs progress straight into the world of work aged 16. If this is the most appropriate option, the Careers Advisor or Jobcentre plus will try to look for a suitable opening. A number of young people with special needs will require further training or education before they are ready for employment. A number of organisations are available to help young people prepare for the world of work and to help them look for suitable work. The Jobcentre plus has a Disability Employment Officer who provides a complete service for disabled people who are looking for work, including training, assessments and preparing for work programmes where necessary.

Volunteer opportunities

Taking part in voluntary work can be a good way of gaining new experiences and building up skills. Contact Mantell Gwynedd, Gwynedd Voluntary Council, to gain more information.

Day Services

Day services can be suitable for those who are known to the Adult Physical Disability and Illness Team or the Learning Disability Team.

It is important that the young person meets the Day Services criteria and the decision will be made following a unified assessment of their needs. There will be a discussion with the young person's case manager to see what would be most appropriate for each young person and it's possible that there will be no vacancies in some settings.

Payment for services

In comparison with services for children, some adult services have to be paid for. These payments vary depending on the level of service that the person receives and the ability to pay. For more information about this please speak to the Social Worker. In the next chapter you will be given an outline of the financial support available for a young disabled person.

Money Matters

Benefits

If a young person has a disability, he could be eligible to receive the following benefits. The entitlements for some of these benefits will depend on the effect the disability has on his life, some eligibility criteria will have to be met.

Here are some of the main benefits available:

Disability Living Allowance (DLA)

The Disability Living Allowance has two components: care and mobility.

Disability Living Allowance Care – this can be paid from a young age if a child requires personal care or additional supervision. There are three rates of payment – low, medium and high.

Disability Living Allowance Mobility – this can be paid to someone who cannot walk or who has severe mobility problems. The low rate can be paid if the individual can walk but needs additional supervision outside the home. The higher rate is paid in circumstances where individuals receive the higher rate of the care component and have complex needs.

At the age of 16, most young people with disabilities are able to claim benefits themselves, although they might still be at school or college. The main benefits to consider are:

- Income Support
- Incapacity Benefit
- Disabled Person Tax Credit (if a young person works more than 16 hours)

Income Support

At the age of 16 a young person can claim Income Support himself even if he lives at home, is at school or is receiving training.

If still attending school, the young person will have to prove that he is unlikely to find work if he leaves school now or within the following year. In any case, if he has left school he will have to show that he is incapable of working.

Incapacity Benefit

A person will have to be incapable of working for 28 weeks before being able to claim.

Disabled Person Tax Credit

To qualify for this the young person will have to work for at least 16 hours a week. He will have to show that his disability places him at a disadvantage as he looks for work.

The fact that young people receive their benefits themselves can affect the amount of benefit that parents or carers receive. It would be very useful to receive specialist advice about benefits as it can be a very complicated area. The Council has a team of benefit advisors who can help disabled people and their families. Alternatively you can make an appointment to see the Citizen's Advice Bureau (CAB).

Council Tax Discount

There is a discount on council tax available which is not dependent on income or savings:

- Disability Reduction where a property has been modified or a room is used specifically for the disabled person.
- Carers Discount for carers who look after someone who is not their partner or their child and who is aged under 18 and receiving Disability Living Allowance at the highest rate.
- Severe Mental Impairment disregard for someone with mental impairment (e.g. severe learning disability) and receives specific benefits.

Other Financial Matters

Independent Living Fund (ILF)

This fund can be useful for some young people over the age of 16 who meet the criteria. This national fund was established to give financial support to disabled people to enable them to live in the community rather than residential care.

Who is eligible?

To receive help from the fund the following criteria must be met:

- Receiving at least £320 or services of equivalent value from Social Services
- Between 16 and 66 years of age
- Receiving DLA, care component at the higher rate
- Expecting to live in the community for the next 3 months
- Owning less than £18,500 capital

The Fund can pay up to £455 a week in addition to Social Services input. You should discuss this source of funding with your Social Worker.

Direct Payments

The aim of Direct Payments is to enable individuals to meet their care needs, having considered their individual circumstances in greater detail, thus ensuring more control and flexibility.

The payments can be used to employ a care/support worker, either directly or through and agency. The worker would provide personal care, essential domestic tasks and respite care, facilitating care packages which are more 'creative and innovative'. If it is agreed that the young person is eligible to receive Care in the Community Service, it is possible to opt for receiving monthly payments into a bank account rather than getting a service from Social Services.

Direct payments are available for those individuals who agree to receive them and who are considered to be able to manage such payments with additional support if required.

The Direct Payment option should be discussed with a Social Worker.

Where to live?

This is one of the major questions which arise during Transition for a young person. Every young person is different and all the options won't necessarily be suitable for all young people. Some young people and their families will be happy for the young person to continue to live at home. Others will enjoy living independently and there may be support available for young people who wish to live independently in the community. More information is available from Social Services or the Housing Department. In Gwynedd, Housing Associations offer accommodation to disabled people.

Examples of housing options (dependent on an assessment from the appropriate worker):

- Living at home with support
- Own tenancy with support
- Shared tenancy with other individuals
- Adult Placement Scheme

If appropriate an assessment can be done in order to carry out adaptations to homes. This should be discussed with the young person's Social Worker.

Other Matters

This chapter talks about other services that a young person might possibly need to consider in the next few years. Not every one will be relevant to every young person; bearing in mind the wide range available, this will not be a definitive list by any means. Despite this, it gives you an idea of what is available. For some services, it is important that you meet the service criteria following an assessment.

Mobility/travel

Public Transport

Gaining confidence with using public transport himself enables a young person to be more independent. If the young person meets the requirements, they can get a ticket for free bus travel which is available from Gwynedd Council. If the young person needs someone to travel with them, that person is also entitled to free travel. It is also possible to get a card which gives a discount for train travel.

Cars

Car Tax

If the young person receives the higher rate of the Mobility component of the Disability Living Allowance they can be exempt from paying car tax. If the young person doesn't drive they can nominate someone to claim car tax exemption. If the young person receives the higher rate of the Mobility component of the Disability Living Allowance they can be exempt from paying car tax. If the young person doesn't drive they can nominate someone to claim car tax exemption.

Motobility

Motobility enables disabled people or their carers to use the higher rate of the Mobility component of Disability Living Allowance to hire or buy a new car, powered wheelchair or scooter.

Blue Badge Scheme

The Blue Badge Scheme provides a national arrangement of on-street parking concession for people with severe walking difficulties who travel as drivers or passengers. The scheme also applies to registered blind people, as well as people with severe upper limb disabilities in both arms who regularly drive a vehicle but who are unable to steer with their hands. Social Services administer this scheme.

Learning to drive a car

A young person, who receives the higher rate of the Mobility component of Disability Living Allowance, can begin to learn to drive at the age of 16. At the North Wales Disabled Drivers Assessment Centre it is possible to be given an assessment to discover and individual's physical and cognitive ability to drive vehicles safely and smoothly.

Leisure

Access to opportunities is an important part of life for any individual. It's likely that the young person will want to take part in new activities. The local library is a good place for information on local activities.

Taking part in sporting activities makes a person healthier and happier; it's also a good way of meeting new people. Ask at you local Leisure Centre for activities, or speak with the Disability Sports Development Officer Gwynedd Council who has information about all sporting opportunities appropriate for disabled people.

Carers

A carer is someone who looks after a partner, parent, child, brother or sister, other relative or friend who is ill or disabled and would not be able

to live in the community without the substantial and regular support of his/her carer.

There are an estimated 14,000 Carers in Gwynedd, and via their Carers Strategy, Gwynedd Council and its partners aim to provide support services for Carers.

It is recognised that the majority of people who care for relatives or friends are happy to do so, but caring for someone can be demanding and affect other parts of your life.

Gwynedd Council, along with Statutory Agencies and other Partner Organisations, can provide support services to You the Carer to help you to look after the person you are caring for, if you wish.

Being a Carer

A Carer may provide some or all of the following:

- Personal care
- Emotional care and support
- Helping the disabled adult or child deal with the problems of illness and disability, mental illness, drug and/or alcohol misuse, or HIV/AIDS
- Supervision to keep the adult or child safe
- Advocacy
- Practical arrangements for day to day living
- Flexible and appropriate responses to changing needs

If you are a Carer, it is Gwynedd Council's duty to offer you a Carer's Assessment so that, if you are eligible, you can receive support in your caring role, or in other aspects of your life such as work, leisure, learning/training or other family responsibilities, that will enable you to continue to care.

The assessment will assist us, with your help, to look at your needs as a Carer, and decide with you how the support services could be made available if you are eligible.

Advocacy

The use of an advocate can help a young person to be more independent. The aim of advocacy is to ensure that the voice and wishes of the young person are heard. Advocates offer advice, support, representation and advice to young people to enable them to play a prominent part in decisions about their future. Tros Gynnal and NYAS (National Youth Advocacy Service) offer advocacy to the young people of Gwynedd.

Contacts

Specialist Children's Services

Arfon Bron Hendre Ffordd y De Caernarfon LL55 2HP Phone: 01286 674 686

Meirionnydd Canolfan Blant Y Lawnt Dolgellau LL40 1DR Tel: 01341 423121

Dwyfor Canolfan lechyd yr Ala Pwllheli LL53 5BL Tel: 01758 701000

Gwynedd Council Social Services

Arfon Area Office Penrallt Caernarfon LL55 1BN Tel: 01286 682646 Minicom: 01286 682743

Dwyfor Area Office Canolfan Frondeg Pwllheli Gwynedd LL53 5RE

Specialist Children's Services

Tel: 01758 613131 Minicom: 01758 704418

Meironnydd Area Office Y Lawnt Dolgellau Gwynedd LL40 1DS Tel: 01341 424539 Minicom: 01341 423063

Emergency Telephone Numbers

If you need to contact Social Services out of office hours, contact:

Out of Hours Team: 01286 675502

Monday - Friday 17:00-09:00 Weekend from 17:00 Gwener to 09:00 Llun, also Bank Holiday

Health

Betsi Cadwaladr University Health Board

Ysbyty Gwynedd Penrhosgarnedd Bangor LL57 2PW

Tel: 01248 384384 Fax: 01248 370629

NHS Direct Wales

0845 4647 www.nhsdirect.wales.nhs.uk

Education

Schools Services, Development Directorate Council Offices Caernarfon Gwynedd LL55 1SH Tel: 01286 672255 Fax: 01286 677347

Arfon Arfon Area Education Office Council Offices Caernarfon Gwynedd LL55 1SH Tel: 01286 672255 Fax: 01286 672635

Dwyfor Dwyfor Area Education Office Council Offices Ffordd y Cob Pwllheli Gwynedd LL53 5AA Tel: 01758 704114 Fax: 01758 701178

Meirionnydd Meirionnydd Area Education Office Cae Penarlâg Dolgellau Gwynedd Tel: 01341 422341 Fax: 01341 423723

Special Educational Needs Joint Committee

Plas Llanwnda Stryd y Castell Caernarfon Gwynedd LL55 1SH Tel: 01286 679697

Careers Wales

Head Office Careers Wales North West 5 Llys Castan Parc Menai Bangor Gwynedd LL57 4FH Tel: 01248 672800

Local careers centres:

Bangor Llys Gwynedd Ffordd Gwynedd Bangor Gwynedd LL57 1DT Tel: 01248 364682

Caernarfon Stryd Llyn Caernarfon Gwynedd LL55 2AE Tel: 01286 662930 Porthmadog 10 Heol yr Wyddfa Porthmadog Gwynedd LL49 9BT Tel: 01766 514501

SNAP Cymru

12a Llys Onnen Ffordd y Llyn Parc Menai Bangor LL57 4DF Tel: 01248 674999

Local Colleges

Coleg Meirion Dwyfor (rhan o Goleg Llandrillo Cymru)

Dolgellau Site Ffordd Ty'n Coed Dolgellau Gwynedd LL40 2SW Tel: 01341 422827

Pwllheli Site Penrallt Pwllheli Gwynedd LL53 5UB Tel: 01758 701385 Glynllifon Site Glynllifon Ffordd Clynnog Caernarfon LL54 5DU Tel: 01286 830261

Blaenau Ffestiniog Centre Life Long Learning Centre Maenofferen Library Blaenau Ffestiniog Tel: 01766 832392

Coleg Menai

Coleg Menai Ffordd Ffriddoedd Bangor Gwynedd LL57 1TP Tel: 01248 370125

Coleg Menai Ffordd Penmynydd Llangefni Ynys Môn LL77 7HY Tel: 01248 370125

www.menai.ac.uk

Welsh College of Horticulture

Ffordd Llaneurgain Northop Mold Sir Y Fflint CH7 6AA Tel: 01352 841000

Coleg Llandrillo Cymru Ffordd Llandudno Llandrillo yn Rhos Colwyn Bay Conwy LL28 4HZ Tel: 01492 546666

Specialist Colleges

Pengwern College of Further Education

A college for young people between 16 and 25 with learning disabilities.

Pengwern College of Further Education Lon Sarn Rhuddlan Denbighshire LL18 5UH Tel: 01745 590281

Hereward College of Further Education

Residential College for young people over 16+

Hereward College of Further Education Bramston Crescent Tile Hill Coventry CV4 9SW Tel: 024-7646-1231

www.hereward.ac.uk

National Star College

College of further education for young people over 16 with physical disabilities.

National Star College Ullenwood Cheltenham Gloucestershire GL53 9QU Tel: 01242 527631

www.natstar.ac.uk

Skill (National Bureaux for students with disabilities) Tel: 0800 328 50 50 www.Skill.org.uk

Learn Direct

Tel: 0800 100900

Job Centre Plus

www.jobcentreplus.gov.uk

Tel: 0845 6067 890 (Welsh line) Tel: 0845 6060 234 (English line)

Cil De Gwynedd

Unit B1-B3 Parc Busnes Penamser Ffordd Penamser

Specialist Children's Services

Porthmadog LL49 9GB Tel: 01766 514249

Agoriad Cyf

Porth Penrhyn Bangor Gwynedd LL57 4HN Tel: 01248 361 392

Agoriad Cyf 42, Stryd Fawr Pwllheli Gwynedd LL53 5RT Tel: 01758 701 354

Agoriad Cyf Swyddfa'r Llawr Isaf Swyddfeydd NFU Dolgellau Gwynedd LL40 2NJ Tel: 01341 421 440

Mantell Gwynedd

23-25 y Bont Bridd Caernarfon

LL55 1RH

Tel: 01286 672626

Yr Hen Orsaf Heddlu Y Lawnt Dolgellau LL40 1SB Tel: 01341 422575 Fax: 01341 422147

Benefits Advice Line

0800 882200 www.dwp.gov.uk

Citizens Advice Bureaux (CAB)

Advice Line 0845 4503064 www.cabgwyneddandynysmon.co.uk

Bangor Advice Centre 4 Mount Street Bangor Gwynedd LL57 1BF

Pwllheli Advice Centre 12 Stryd Penlan Pwllheli Gwynedd LL53 5DH

Caernarfon Advice Centre 12/14 Pen-y-Craig Caernarfon Gwynedd LL55 2AL Dolgellau Advice Centre Adeilad Yr Orsaf Dan Doldir Dolgellau LL40 1HA

Disablement Welfare Rights

Canolfan Lafan 2 Glanrafon Bangor Gwynedd LL57 1LH Tel: 01248352227

Independent Living Fund

ILF Equinox House Island Business Quarter City Link Nottingham NG2 4LA Tel: 0845 6018815 www.ilf.org.uk

Housing Department

Tel: 01286 672255

Arfon Housing Services Penrallt Caernarfon Gwynedd LL40 2YB Dwyfor Housing Services Ffordd Y Cob Pwllheli Gwynedd LL53 5AA

Meirionnydd Housing Services Cae Penarlâg Dolgellau Gwynedd LL40 2YB

Bangor Housing Services Neuadd y Dref Bangor Gwynedd LL57 2RE

Housing Associations

Examples of some local Housing Associations

Cymdeithas Tai Eryri

Tŷ Silyn Penygroes Gwynedd LL54 6LY Tel: 01286 881588

North Wales Housing Association

Plas Blodwel Broad Street Llandudno Junction Conwy LL31 9HL Tel: 01492 572727 30 Heol y Deon Bangor Gwynedd LL57 1UR Tel: 01248 370227

Motability

Tel: 0845 456 4566 Minicom: 0845 675 0009

North Wales Drivers Assessment Centre

Disability Resources Centre Ysbyty Glan Clwyd Bodelwyddan Denbighshire LL18 5UJ Tel: 01745 584858

Disabled Sports Wales Development Officer

County Offices Ffordd y Cob Pwllheli Tel: 01758 704109

Tros Gynnal

21 c Stryd Fawr Bethesda LL57 3AF Tel: 01248 600622

NYAS

Tel: 0800 616101

Specialist Children's Services

Carers Outreach

Uned 6 Mentec Bangor Gwynedd LL57 2UP

Tel: 01248 370 797

Crossroads North Wales

Llys Eirias Heritage Gate Ffordd Abergele BAE COLWYN LL29 8BW Tel: 0845 6650115 neu 01492 517375

Contact a Family

4 Tai'r Felin Y Felinheli Gwynedd LL56 4JF Tel: 01248 670965