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Hello from **TIN**

Welcome to our latest issue of My Future Choices. We would love to hear your thoughts on the stories shared. Please let us know via Facebook and Twitter.

We start with the latest transition news and the most popular materials from our resources library.

We have stories from Ross Lannon who narrates us through his passions and optimism for life. Jason tells us about his journey to university with a disability. Corey Scott illuminates his experience of EPIC (Equality, Participation, Influence, Change), the young people’s advisory group in a poem. We hear that “The Sky is the Limit” for Ryan Smith in his passion for new challenges. Motivation and perseverance has paid off for John Dougan where he gains his first paid job and successfully passes his driving test. Our front cover girl, Kali Perkins, tells us about her band Too Hot For Candy. Ellen showcases her already impressive portfolio. Lastly, Temitope Onanuga tells us about how her involvement in advocacy groups have helped her develop skills and provide support for other disabled young people.

We hope you enjoy these stories, if you would like to write for us for the next issue, get in touch!

Best wishes,

**Jessie Ho**

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**What is the Transition Information Network?**
The Transition Information Network (TIN) aims to improve the experience of disabled young people’s transition to adulthood. TIN aims to be a source of information and good practice standards for disabled young people, their families and people who support them. TIN is based at the Council for Disabled Children, the umbrella body for the disabled children’s sector in England, a part of the National Children’s Bureau #NCBFamily.

**TIN Membership**
Membership to TIN is free. Register online for resources and information on transition here.
The Minister has said he is looking forward to his new role and wants to focus on making sure the education system in the UK does the best it can for children and young people with SEND.

He said: "It is important that all children, including those with special educational needs and disabilities, get a good start in life, have an education experience that allows them to reach their full potential, and lead a productive and fulfilling adult life."

If you want to find out more click here.

A new Minister appointed after the general election.

In June 2017, a ‘snap’ general election was held. This means the election was held earlier than expected. One of the most important things about this election was that more people aged 18-24 voted. The other big result was that no party won a majority of seats which led to a ‘hung parliament’. This means that although Conservatives remain the leading party in power, to stay in power they had to make an agreement with Northern Ireland’s Democratic Unionist Party (DUP), to make sure they have the DUP’s support.

Since the election, there have been some changes made to MPs and Ministers’ jobs. One of these changes was that we now have a new Minister of State for Children and Families, Robert Goodwill. He is responsible for a number of children’s issues including special education needs and disabilities (SEND).

Young NCB is a group of children and young people aged 7-18 (or up to 25 for those with special educational needs or disabilities) who get involved and take action on the issues that are important to them such as bullying, mental health, education and inequality.

Members have the opportunity to develop new skills such as campaigning, communication, team work, project management and public speaking!

Young NCB is free to join and are a fully inclusive group! More information can be found on the NCB website and young people can sign up for free here!
Useful resources

Here you can find some useful information and support in certain areas. You can find more useful resources on our website.

A to Z of Sex and Disability
A campaign by Scope to ‘End the Awkward’ (for over 16s only!)

Lonely Planet’s Accessible Travel Online Resources
A collection of online resources for those with disability or access issues.

Decision Making Toolkit
This toolkit is a practical guide to support anyone who works directly with young people with special educational needs and disabilities (SEND). It is designed to be used in partnership with young people to support them to make their own decisions.

Your Rights, Your Future Toolkit
Developed by the Council for Disabled Children participation team, Making Ourselves Heard and in partnership with disabled young people. This training will help you to enable children and young people understand the changes to SEND law and their right to be involved in decisions about their support.

Disability Rights UK’s Get back to where we do belong
A guide on education, training, benefits and employment options for disabled people. Providing personal stories and an employment skills guide for disabled people.

For people supporting me...

Transition Research Programme - Facilitator Guides
Three guides to work with young people with health needs. Focusing on Young People’s Approaches to Transition, Health Passports, and Developmentally Appropriate Healthcare (DAH).
Hello my name is John Duggan, I live in Dukinfield, Tameside. I am 23 years old and have a speech dyspraxia impediment. It can be frustrating for me when I want to express myself, it’s useful if people try and help me if I get stuck speaking.

“John overcame numerous obstacles last year and one point nearly left, but to his credit he stuck with the programme. He was determined at the start of the year to get a job and he did just that. He is going from strength to strength in his role at Active Tameside and in all other aspects of his life. I believe John can do anything he puts his mind to.”

Andy Winterbottom - Tameside College Tutor

In 2015 I enrolled with Tameside College on the Tameside Supported Internship programme doing an employability qualification whilst being able to work at Tameside Hospital.

My first work placement in Tameside Hospital was in MESD (Medical Equipment Supply Department). When I started my placement at MESD I began by watching how the equipment was unpacked and put together. I then moved on to learn the routines of working in MESD. With encouragement from my job coach and employment officer, I quickly picked up jobs required on the day such as assembling and labelling equipment ready to be delivered. Before long I was able to carry out multiple tasks in the department like reconstructing old equipment, putting the pieces into different sections, electrical, plastic and metal for recycling and also making sure correct paperwork was completed (de-commissioning equipment). I built new equipment then delivered and collected equipment from various places around the hospital site and moreover, the most important job, making brews for my work colleagues.

At times I experienced difficulties in getting across my feelings to my colleagues and letting them know what worries me. I wanted to do the job properly as I need people to take the time to listen to me. I’m a friendly person and get on with everyone.

In spite of my difficulties, I have managed to overcome them with support from my tutor at Tameside College, Job Coach, Employment Officer from Pure, my mum and also the people I work with.

Towards the end of my work placement an opportunity came up in the Maintenance department at Active Tameside Medlock (Leisure facility). Using the skills I learnt in MESD Tameside Hospital, I was offered a trial shift to show that I could do the job. After a few weeks, I was offered a paid role in Active Tameside working 4 days a week.

“Never underestimate the potential of our young people – what they are able to achieve given the right opportunity I am really proud of what John has achieved himself.”

Neil Willows

I am not depressed anymore because people used to think I couldn’t do it – it used to wind me up. Now I’m so proud of myself, I can show everyone I can do it! I can pass my driving test and I’ve got myself a paid job.

John now works on bike repairs, fire door checks, fire alarm tests and much more. More recently he has started working at another Active Tameside site in Copley 1 day a week.

Since starting his paid work John was able to apply and pay for a provisional licence and put in an application to take his driving test. He went on to pass both his theory and practical driving test.

“John has come so far in a short space of time and his confidence has hit an all time high helping him to achieve passing his driving test and getting his driving licence.”

Jon King - Senior Employment Officer

Your Story

Cheshire Employment
Hey I'm Ross, I'm 22 years old and I'm from Cornwall! And before you all think it, no this is not a dating application! I'm just a regular guy, here to share my story...

I have a neuromuscular condition called spinal muscular atrophy, which in technical terms, caused me to become an absolute legend! As you can tell, I don't take life too seriously and things would be pretty grim if I didn't have a sense of humour. Due to my muscle weakness, I have to use an electric wheelchair 24/7, but I have never let this hold me back.

People say that I'm like a "social butterfly" - I'm always out and about doing something. As well as having a full time job, I recently moved out to live independently with the support of care staff.

If I'm not working, I'm either seeing my friends or most probably at a music concert. Watching live music is one of my biggest passions in life. As hard as I've tried, no I can't sing - I mean it would just be cruel if I was this handsome AND talented - right?

I can play the EastEnders theme tune on the keyboard, but that's about as far as it goes I'm afraid. You won't be seeing me auditioning in front of Simon Cowell anytime soon!

I drive using hand controls in a specially adapted vehicle - so you could say I live life in the fast lane - literally!

I recently travelled to London to see Adele perform at The O2. I have been to a lot of concerts, but this was honestly the best gig I have ever seen. It has been number one on my bucket list for years, and to see her live was so surreal. I am also going to V Festival this summer for the second year running!

I think it's important to keep busy and have a healthy social life. I'm very lucky that I have great friends and family around me. I would love to travel more. The day airlines become more accessible will be a miracle!

Anyway, the point I'm trying to make is: why should your disability hold you back? Sometimes it's hard to stay positive, but you have to remember that there's always someone worse off than yourself. Being in a wheelchair hasn't stopped me from achieving any social/leisure activities. If anything it's spurred me on to achieve more and make the best out of a bad situation.

Who knows what the future holds for me? As long as I'm still happy - that's all that matters!

Check out Ross’ blog here: www.alifeonwheels.co.uk.
The young people participating in the Rickshaw Challenge have various disabilities and difficulties, and are supported by various charities helping to overcome their emotional barriers through a range of activities, counselling, and therapy.

This year, I showed a keen interest in taking part in the challenge in memory of my Uncle who recently passed away. James (I called him James rather than Uncle) lived in India, and had severe disabilities and difficulties. What made James special was he had an undiagnosed genetic condition called Fragile X Syndrome (FXS).

FXS is the most common inherited cause of learning disabilities, caused by the absence of a particular protein (FMRP) that gives rise to the difficulties associated with FXS. These manifest in a child’s or young person’s ability to tackle key areas such as literacy, numeracy, and causes behaviour problems and social anxiety. Despite affecting approximately 1.5 million people worldwide, the condition is often misunderstood and overlooked.

The Fragile X Syndrom (FXS) society provides information, advice, and support to parents of children of all ages, via a remote helpline, and two face-to-face parent support groups. As a result, they have always struggled to access some funding because FXS projects don’t always accurately align with the funding criteria of different organisations.

By taking part in the Rickshaw Challenge, I wanted to raise awareness of FXS, as many people are not aware of the condition and the existence of the society, including Children in Need. They considered my wishes and invited me to ride 2km along with Ebony, Matt Baker, Matt Ellis and team Rickshaw from Middlesbrough.

I was given a warm welcome by the whole team and introduced to the team riders, while riding along with the team I was surprised to see so many people on the street, taking photographs, shaking hands, giving donations for the good cause. I was happy with all the attention that the team were given. I was willing to ride till the end however that was not to happen, I wish this year more charities will consider supporting FXS.

I would not have not been riding along with Children in Need had it not been for Fragile X Society who supported my mom when we arrived in the UK from India and had my diagnosis 10 years ago.

The Fragile X Society (the only UK charity working with those impacted by Fragile X) has provided continued support to help me develop my hidden skills and grow into a young man to be a role model to many young people like me in West Yorkshire, as well as back home in India.

Parents are the foundation teacher for FXS children and adults, they support and guide them to develop their social skills and increase their self-esteem. Fragile X Society is providing the tools of advice, strategies, training, update information, medical and educational professional help to parents/carers. Fragile X Society is like a candle which has been burning for the past 26 years by providing light to many service users.

Dennis Gale
My Journey to University with a Disability
by Jason

Ever since I started school, I wanted to go to university. I have started now, however, several years after graduating from sixth form. When I was younger I did not have the chance to go and follow students my age to university as my disability limited my chances.

Throughout my secondary school and sixth form years, I did not have a diagnosis to identify my disability which affected my learning, making new friends, the chance of getting good grades and becoming independent. I was not put on any courses that would help me to go to university as those subjects were difficult for me. Without any diagnosis, teachers and students did not know what was wrong. I ended up spending my time feeling isolated, having no new skills and no good grades.

After finishing sixth form, I went to college to develop new skills and increase my chance to go to university. The first year at my new college was a tough start as my teachers didn’t know my study level. After a few years at college I was referred to one-to-one support sessions during my free periods and that’s when my english and maths skills began to develop. My confidence taking exams increased as the college has done a lot of preparation to help me.

I was also referred to an educational psychologist who assessed me. We went through different tests, assessments and quizzes. After my diagnosis, the results indicated I had Asperger syndrome, an autism spectrum disorder. My teaching support and advisors then explained what having this disorder meant and how it would affect my life and study.

Following my diagnosis, teachers and students truly understood my disability of Asperger syndrome which made me very happy. It also made studying easier and I started to receive good grades which would help me to get in to university.

The process of applying to university and student finance was difficult, however, teachers and students who knew my disability and also the supporting advisors who helped me with my UCAS application were really helpful. Months later, I obtained the grades requirements and was accepted.

I am starting my first year of university studying Environmental Biology. It is a challenge that I am looking forward to taking on. If I wasn’t diagnosed I would not have gone to university.

I am now taking my first steps towards independence. Every week I go to my local youth club Caxton Youth Organisation to learn new skills. I am practicing my cooking skills, learning to iron and use a washing machine. By the time I finish university I’d like to be living on my own and look forward to the future.
I am Ryan Smith, 22 years old from Mansfield, Nottinghamshire and carrying out education with a difference.

I love to seek new challenges and to further develop my passion for photography. I recently transferred from Doncaster Specialist Communication Deaf College to APTCOO - A Place to Call Our Own, a local grass roots charity based in my home town.

I am one of the founding members of APTCOO’s new social enterprise: Photography and Skillsgrow Eco-Framing, which helps raise funds for the charity’s work. This takes place at APTCOO’s Learn, Work & Earn Centre (LW&EC).

The LW&EC is a specialist centre catering for young people with SEND transitioning into adulthood. It is a multi-functional space, providing opportunities, experiences and trying out a range of work experiences; for example, marketing, sales, reception, administration, operations, light manufacturing, assembly and dispatch. Photography and framing is a way to raise skills, self-esteem and confidence, a vehicle to develop vocational skills and attributes that are transferrable to formal training in employment settings. The frames are carefully crafted from beautiful reclaimed wood to professional standards. The enterprise complements the wide range of bespoke wooden products young people are involved in making throughout the year.

During my time at APTCOO I have developed an increasing range of skills and new-found interests including cooking and baking, photography and crafting tailored wooden products to sell.

I am really happy with my new placement, despite finding the numeracy and literacy challenging at first, I am especially enjoying the framing. Combining and developing my photography skills, I have learnt more about the natural wood, designing and making the frame to suit the picture. I have now realised my own talent, potential and aspirations. I am looking forward to new challenges and developing myself further.

I believe that my transfer into a placement at the LW&EC is an example of APTCOO’s trailblazing innovation of education for young people with SEND.

For myself and APTCOO, the sky is the limit!
I’m Kali Perkins, a member of the band Too Hot For Candy. For years I have been a participant at Heart n Soul, a creative arts charity in London for people with learning disabilities. When I first attended a Heart n Soul event I didn’t really know what to expect – I definitely didn’t imagine I would end up playing gigs around the UK as one of their music artists!

Heart n Soul runs creative sessions for young people and adults with learning disabilities, developing their talents and often supporting them as artists. They work with lots of artists including the singer Lizzie Emeh. She was the first solo music artist with a learning disability to release an album in the UK. I really look up to her – she’s very inspiring.

Almost four years ago Heart n Soul asked me whether I would be interested in forming a band with Isaac, another Heart n Soul participant, and Arthur, a musician who played guitar in Lizzie Emeh’s band. After we first got together I knew straight away it was a perfect combination! We became ‘Too Hot For Candy’.

Writing the songs was entertaining at first – we would write lyrics about absolutely anything and had lots of ideas. We started drawing inspiration from Prince and Sly and the Family Stone and our sound developed to be something between funk, RnB and Hip Hop. We now have 13 songs and are writing more.

One of our first gigs was in Plymouth at the Funky Llama Club Night, an event for people of mixed abilities. Since then we’ve performed over 20 gigs, in UK venues like the Southbank Centre in London and the Corn Exchange in Brighton, as well as one in Germany at the Broicher Schlossnacht festival last year.

This year we are making history with Heart n Soul’s project The Big 30. For their 30th birthday Heart n Soul are recording interviews with 30 participants, volunteers, staff and artists, including Too Hot For Candy. This will be the first record of people with learning disabilities to tell their story in their own words. I’m really excited to be part of it.

Our stories were also made into an art installation for The Big 30 Festival in July 2017. We performed along with other music artists, performers and DJs with and without learning disabilities. It was great and I’m looking forward to more people discovering Too Hot For Candy.

Our dream is for Too Hot For Candy to keep getting bigger and bigger and go beyond London and the UK to reach the rest of the world. So watch this space!
EPIC
by Corey Scott

EPIC (Equality, Participation, Influence, Change) was the first young disabled people’s advisory group to the Department of Education (DfE), focussing on the special educational needs and disability reforms that formed Part 3 of the Children and Families Act 2014. Between 2012 – 2015 EPIC advised DfE on a wide range of issues, including Education, Health and Care plans; the Code of Practice; the Local Offer; joint commissioning and post-16 support.

The remit of EPIC was to:
- Give feedback and advice on the development of the special educational needs reform programme
- Highlight and help to tackle the challenges involved in implementing many of the reforms contained within the Children and Families Act 2014
- Work directly with officials to ensure that these reforms reflect the experience and expertise of disabled young people
- Meet with organisations and young people’s groups to tell people about our work and encourage them to get involved

EPIC has illuminated my heart
Right from the very start.
Changing perceptions of disability
Reaching new heights in my own capability.

A three year political venture,
With hopefully more in store.
A versatile and diverse group
With equality at its core.

The Children and Families Act has our support,
The creation of the appeals tribunal is just like a court.
Giving young people the final say,
To create broad agreement at the end of the day.

EHC plans are deserving of praise,
They help professionals effectively liaise.
Simplifying the legalities of Joint Commissioning
To ensure that we are all listening.

The Local Offer focuses on stronger community,
Providing better services promoting common unity.
Independent supporters offer mutual understanding
And cut through the jargon of government branding.

Lobbying officials really is a thrill,
With passion it can be crafted into quite a skill.
Preparing for adulthood is an uncertain time,
But if you get it right you can really shine.

EPIC has been a privilege for me,
Championing greater choice.
Giving society’s most vulnerable,
An equal and lasting voice.
On a Mission
By Ellen Goodey

When I was a child, I taught myself to write poetry, which led into song writing. My Dad is a pianist, my brother Michael is a pianist and guitarist and he is in two different bands, one of which is called Flux. I have an album called Four O’Clock in the Morning. I wrote seven of the songs on the album, including the favourite track “Onion Breath”. When I was six, I was in a show called Oliver Twist. I was a part of the choir, singing the Oliver Twist songs – the only time I was nervous in my life. I also did puppetry. I got into secondary school, I got into drama and theatre properly. I did a GCSE in Drama, Music and Dance. I didn’t get A star.

When I was sixteen I went to the Newham Sixth Form College and did a BTec First in Performing Arts, which involved everything – drama, stagecraft, dance, and music. I passed my BTec first, and then I did BTec National which I passed the performance components but not the written stuff. Then I studied one year on the HND diploma at the University of East London, and I passed the performance side of the course. Later I did a performance making diploma at Central School of Speech and Drama for a year.

My Year 11 drama teacher pointed me into Stratford Circus, which is where I have ended up. I write songs for our drama group, Blue Sky Actors, in which I am the Lead Artist. My English teacher at school pointed me into poetry and song writing. I have carried on writing songs since I became an adult. I’m involved with a choir called Sing for Joy, which is an inclusive group including some people with Parkinson’s and MS or without disabilities.

While I was at college I got introduced to other theatre companies, like Theatre Venture. I have done some hosting, at East London Dance, and some training on inclusion for dance teachers. I do dance with Corali Dance Company, and I was in a dance film for them called Little Bird.

Every year I do training for Dutch visitors on how to do inclusive education. They are teachers and they have a man called Alphonse.

I get expenses for Blue Sky Actors, but I joined Equity so I get paid for my other performances with Face Front Inclusive Theatre. I’ve been with Face Front for four years. I have been on tour around the nation with them, places like Manchester, Birmingham, Bradford, and Oxford. I was the female lead as Zoe in Laundry Boy, and as Melody in It’s My Move. I also had a part in No Barriers with Barriers and wrote a song for it. I co-wrote and co-directed my own play for Face Front, The Princess of the Graveyard Palace, which was performed three times at Stratford Circus.

I have been on TV in adverts for Mencap and the Co-op, and I was in Truly, Madly, Deeply which was a Channel 4 programme about people with disabilities having relationships with boys.

Having all these jobs means other things like learning how to get about on public transport and the tube on my own, and being on time. I’ve got a friend that I’ve been friends with since Theatre Venture who became my PA. My brother and I will carry on in the industry.

Find out more
Website:
http://www.ellengoodey.co.uk/
My name is Temitope Onanuga. I am 20 years old, and a university student. Below I share my experience of being in two groups which are Access Aspirations and The Advocacy Academy.

Being part of the Access Aspirations Alumni committee, for the charity Access Aspirations, I help 16-18 years old in non-selective schools through employability training and work placements. This has been a great platform to assist students, through different ways for example explaining the benefits of using the social media site LinkedIn, also sharing the importance and benefits of working experience placements for young people's careers.

I am also an advocate on The Advocacy Academy, Social Justice Fellowship for young people who are passionate about making a difference in the world. The fellowship supports young leaders from marginalised communities to develop the knowledge, skills and confidence to tackle some of the biggest challenges of the 21st century.

This experience has allowed me to develop my passion further on disability rights activism. I have also developed speech writing and team building skills on the program. I have used this as a platform in advocating for awareness and support for people like myself and with other disabilities.

In addition to this I also took away the importance of young people being involved in politics, as young people we may be overlooked within politics, however that does not mean that we should stay silent, we should speak up and share our opinions as whether small or big as the future generation we can make an impact.

KIDS and the Council for Disabled Children are using the Making Participation Work programme to find out what is important to young people. Here are some of your views about work experience:

**Temitope Onanuga**

"My dream work experience would be something to do with beauty and computers."
## Useful Organisations

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<td><a href="http://www.nnpcf.org.uk">www.nnpcf.org.uk</a></td>
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<td>National Sensory Impairment Partnership</td>
<td><a href="http://www.natsip.org.uk">www.natsip.org.uk</a></td>
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<td>Information, Advice and Support Network</td>
<td><a href="http://www.iassnetwork.org.uk">www.iassnetwork.org.uk</a></td>
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<td>Paradigm</td>
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<td>Preparing for Adulthood</td>
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<td>RNIB</td>
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<td><a href="http://www.togetherforshortlives.org.uk">www.togetherforshortlives.org.uk</a></td>
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<tr>
<td>Whizz-Kidz</td>
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<tr>
<td>Young Minds</td>
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**Statement of Association**
The Transition Information Network is based at the Council for Disabled Children. The Council for Disabled Children is hosted by the National Children’s Bureau. Registered Charity number 258825.