



Transition Information –
Greenwich

MOVING ON

My Next Steps After School
Summer 2026



WHAT IS TRANSITION

Transition means change. Leaving school to go to college or work is a big life change. It is a normal part of growing up, and there are people to help you every step of the way.



INFORMATION

This information booklet is here to show you where you can find help and support if you need it.

There are lots of services in Greenwich that can help but sometimes finding them can be tricky. This booklet will give you details of the most important ones. You can find more information and services at [Greenwich SEND Local Offer](#). A website designed to keep all important information and services for children and young adults in one place. On the website there is a special section for 14 - 25 year olds called [Preparing for Adulthood](#) this may be useful once you leave Parkview Academy. Greenwich SEND Local Offer provides information for children, young adults, parents, carers, and professionals. It covers all aspects of your life including:

- Education
- Educational Health Care Plans
- Health and Wellbeing
- Social Care and Support
- Housing
- Preparing for Adulthood
- Benefits and PIP
- Entertainment and Leisure
- SEN Travel Assistance and Transport

In addition you can find contact information for help and advice. It should be the first place you look if you feel or think you need help.

As you read this information pack, anything highlighted in blue will take you to a website with more information.

KEEPING IN TOUCH



At Parkview we understand that sometimes change is unsettling or even scary. So after you leave we will still contact you to offer support and advice. After leaving contact will look like this:

- A call 2 weeks after leaving
- A call 6 weeks after leaving
- A call 3 months after leaving

You will then be contacted once a year for 3 years. In addition to this at the end of the booklet you will find a guide for Greenwich school leavers. You can complete this with a trusted adult and it will help you to remember important information.

PREPARING FOR ADULTHOOD



Leaving school is a big life change and a sign that you are becoming an adult. Even if you still live with your parents or carers there are parts of your life

you need to be in control of. This can sometimes make people feel worried or anxious. The right information and support can help to make you less anxious and worried. The four main changes at this time are:

- Getting a job, going to college, or further training.
- Having positive relationships in your community and feeling included.
- Independent living and housing.
- Taking care of your health, both emotional and physical.

This is a lot to think about, but there is support out there. Lots of information can be found on the [Greenwich SEND Local Offer](#) website. As you turn 18 years old there are changes in legislation. Legislation is a set of rules that organisations MUST follow. Key legislation that you should know about are:

- [The Care Act 2014](#)
 - The Care Act is for adults in need of care and support, and their adult carers. It improves people's independence and wellbeing by telling the Local Authority they must provide support.
- [The Mental Capacity Act 2005](#)
 - Protects the rights of people who sometimes cannot make their own choices. So if anyone else makes choices for you they must be the best for you.
- [The Equality Act 2010](#)
 - Legally protects people from treating you unfairly based on a protected characteristic. A protected characteristic can be a disability, your age, sex, and gender identity for example.
- [The Autism Act 2009](#)
 - The Autism Act says the government must support adults (age 18+) who have autism to meet their needs in a better way.

RELATIONSHIPS



Relationships are your friends and other important people in your life, like partners, trusted adults, and people that you live with or near. This is your community. Having good relationships and understanding your community is very important. It helps you feel happy, gives you confidence and builds self-esteem, so you feel good about yourself. Positive relationships offer support, but sometimes it can be hard to make them. There are lots of groups in Greenwich that can help you to meet people and build relationships. You can learn more about it [here](#). There are other services that can help you learn

about positive relationships. [Contact](#) offers help and advice about building and keeping positive relationships.

INDEPENDENT LIVING AND HOUSING

As you become an adult, you may want to think about where and who you live with in the future. There are different types of housing options. For example:

- Renting
- Buying
- Supported living
- Shared lives schemes
- Staying with your parents or carers
- Residential Care



Understanding your choices is important. On this [page](#) you can find information about:

- What is independent and supported living?
- What are my housing options and choices?
- Where can I get help and advice about housing options?
- Financial support for housing
- Residential and Supported Living Services

[Greenwich Housing Rights](#) also offer housing advice and support.

HEALTH

As you become an adult, you are more responsible for your health. Being as healthy as possible includes having good physical and emotional health. In Greenwich [NHS Oxleas](#) provides a lot of your health services. In most cases you would visit your [GP](#) if you have health worries.

It is important when thinking about health, that you do not wait too long and have regular check ups. Check ups can include:

- [Eye tests](#)
- [Sexual Health Check Ups](#)
- [Screening](#)
- [Diabetic Care](#)
- [Dental Care](#)
- [Vaccinations](#)



[Easyhealth.org.uk](#) has lots of information where you can learn more about your health.

Emotional health, sometimes called your mental health, is just as important as your physical health. [Here](#) you will find information about services in Greenwich that can help if you feel or think your emotional health is not good.

MONEY

The thought of managing money may be scary for some people and can sometimes be complicated. If you are a student, unemployed, or unable to work there are some benefits you may be able to apply for. You can find more information [here](#). The main ones you should be aware of are

- Personal Independence Payment
 - Personal Independence Payment (PIP) is a benefit to help someone aged between 16 and 64 years, with some of the extra costs they may have because of a health condition or disability.
- Universal Credit
 - Universal Credit is a benefit for people of working age to help with your living costs. It is paid both to people who are out of work and to those in employment.
- Employment and Support Allowance
 - You can apply for Employment and Support Allowance (ESA) if you have a disability or health condition that affects how much you can work.
- Disabled Student Allowance
 - If you are attending a higher education course, you can apply for Disabled Student Allowance (DSA) to cover some of the extra costs you have because of a mental health problem, long term illness or any other disability.

LOCAL SERVICES IN GREENWICH



Employment



[Website](#)

Local London is a free, voluntary programme that helps people with health conditions, disabilities, or other barriers to find work.



Telephone: 020 8305 2245

[Website](#)

Greenwich Mencap assists individuals with physical/learning disabilities and long-term health issues via 1-to-1 advice. Offering support relating to training or employment.



Telephone: 020 3328 0365|

[Website](#)

SE London provides an Individual Placement and Support (IPS) service with rapid job searches and recruitment guidance.



Email: studenthub@lse.ac.uk | **Telephone:** 020 3954 4000

[Website](#)

The Supported Internship is a one year programme designed to develop both practical and theoretical employment skills of learners with SEND.

Wellbeing



The Mental Health Hub provides access to a range of specialists who together help people manage their mental health.

[|Website](#)



Lewisham and Greenwich
NHS Trust

The Greenwich Children's Public Health Service provides a wide range of community healthcare services to young adults in Greenwich. Providing a wide range of nursing, medical, and therapy services.

[Website](#)



Live Well Greenwich is a free, local support service that connects residents to health, wellbeing, and cost-of-living support. Staffed by advisors and coaches.

Telephone: 0800 470 4831

[Website](#)



Greenwich offers a service for young people in the borough who are struggling with additions such as drugs, smoking, gambling, or alcohol.

Telephone: 0208 921 6907

[Website](#)

Leisure



Advocacy in Greenwich's mission is to empower people with a learning disability to bring about change for individuals, and in society. Running a number of programmes including art courses and coffee mornings.

Email: admin@advocacyingreenwich.org.uk | **Telephone:** 0208 293 3720

[Website](#)



Each week local residents can attend a local centre to try a range of gardening activities from seed sowing to planting, maintaining and managing herbs, shrubs, flowers soft fruit bushes, vegetables, and fruit trees throughout the seasons.

Email: claire@gcda.org.uk | **Telephone:** 020 8269 4880

[Website](#)



With over 400 sessions a week, activities are free and take place in four main youth hubs, through partners, open spaces, parks and recognised programmes such as the Duke of Edinburgh's award.

[Website](#)



CACT empowers communities and changes lives by improving health, education and employment and reducing crime.

[Website](#)

Travel



The Blue Badge scheme provides a range of parking benefits for disabled people who travel either as drivers or as passengers.

[Website](#)



If you're 18 or over, a student, and living in a London borough, you can get discounted travel with an Oyster photocard.

[Website](#)



Children and young people may be entitled to transport assistance. This includes people attending post 16 education. The service can also assist with independent travel training if needed.

[Website](#)



This course is completely FREE, and open to anyone over the age of 18 and neurodiverse. We encourage anyone that has had difficulty with public transport in the past to take advantage of this valuable opportunity.

Email: contactus@caspaGreenwich.org.uk | **Telephone:** 020 8050 9056

[Website](#)

Advice



Citizens Advice Greenwich is an independent charity dedicated to helping individuals navigate the challenges they face. Providing free, high-quality advice services.

Telephone: 080 8278 7965

[Website](#)



Greenwich Community Directory provides links to a range of different support and services offered in the borough.

[Website](#)



Greenwich SENDIASS is an impartial & confidential service offering information, advice and support to parents and carers of children with Special Educational Needs and/or Disabilities (SEND) and young people with SEND up to 25 years.

[Website](#)



Some of the things that we can help you with are reading letters, managing your money and paying bills, choosing and booking social activities, learning new skills and being healthy.

Telephone: 020 8305 2245 | **Email:** enquiries@Greenwichmencap.org.

[Website](#)

Moving On: My Next Step After School

A Guide for Greenwich School Leavers

Growing up means taking on new adventures. Leaving Parkview Academy is a big step, but you are ready. This leaflet will help you understand what is changing, what stays the same, and how to get help when you need it.

Important Dates for My Calendar

- My Last Day of School: ____ / ____ / ____
- My Summer Holidays: ____ / ____ / ____ to ____ / ____ / ____
- My First Day at My New Destination: ____ / ____ / ____

My New Destination

After the summer, I am moving on to: _____

How I Will Get There

I will travel to my new place by _____ (Bus / Taxi / Walking / Car)

(If taking the bus, I will look for the Number/s _____ bus (eg. 99, 180))

My New Weekly Routine

I will go to my new place on these days:

- [] Monday Start ____ : ____ - End ____ : ____
- [] Tuesday Start ____ : ____ - End ____ : ____
- [] Wednesday Start ____ : ____ - End ____ : ____
- [] Thursday Start ____ : ____ - End ____ : ____
- [] Friday Start ____ : ____ - End ____ : ____

People Who Are Here to Help Me

At my new place, there are people whose job it is to make sure I am safe, happy, and learning well.

My Key Contact <i>For example Mr Davies</i>	Their Role <i>My Tutor - for general support and questions</i>	Where to Find Them <i>In room 408 on the first floor</i>

What If Something Goes Wrong?

It is completely normal to feel nervous or make mistakes when you start somewhere new. Here is what I can do if I need help:

- If I feel overwhelmed or anxious: I can tell a staff member, "I need a 5-minute break.". I can go to the quiet space in _____
- If I get lost in the building: I will walk to the main reception desk and say, "I am lost, can you help me find my room?" or show them my ID badge.
- If I miss my bus or transport: I will stay in a safe place and call my emergency contact immediately at _____ (Add number)

Things to Remember

1. **Everyone is new at the beginning.** The other students are likely feeling nervous too.
2. **I have a voice.** If something is too loud, too fast, or confusing, it is always okay to ask someone to slow down or explain it differently.
3. **I can do this.** I learned so many amazing skills at my old school, and I am going to use them to do great things in my new home.

My Emergency Contact Info:

If I need my family right away, I can call:

Name _____

Number _____

Please print and complete this document (with a trusted adult if needed). You can then keep it with you. It will help you to remember things when you start at your new college or job.