



Hull
City Council

Independent Travel Training



What is Independent Travel Training?

The Independent Travel Training course is a new programme that has been devised to support young people with SEND or additional needs to obtain the skills needed to gain full independence when travelling on public transport. The young person will be accompanied, supported and assessed on a bus or train route by the Independent Travel Trainer. Ideally, the assessed journey in question will be the young person's journey from home to their place of education or training and the return journey.

This will therefore enable the young person to have full independence over their travel 5 days a week, as well as giving them the skills to travel independently for life. The journey the trainee will undertake will be fully risk assessed prior to practical training. The trainee and trainer will then engage in a "phase out" form of support, in which the Travel Trainer supports the trainee in increasing distance and fewer verbal prompts until the trainee is ready to be shadowed from a distance with no support on the journey. The journey has to be assessed at the last stage twice before being signed off as having successfully completed the course.

How does the training work?

- Introductory meeting
- Individual risk assessment of the trainees needs and route
- Practical training to and from destination
- Regular updates on the trainee's progress
- Final assessment and sign off
- Certificate of achievement

Will my child be safe?

Whilst no travelling undertaken by anyone is ever 100% risk free, all steps will be taken to minimise risk including having the trainee being able to recognise risks and how to manage them. It is also mandatory for a trainee to carry a working mobile phone at all times when undertaking the course.

Trainees will be given the knowledge of designated Safe Places and how to use them should they need to, as well as what to do in an emergency. The trainee is also taught street, road, bus, and personal safety skills to ensure their safety. This will include information such as how to use a pedestrian crossing and behaviour expectations when travelling on public transport. Resources can also be given for the young person to access at home in their own time, during the time the travel training is being undertaken as well as once the training has been completed, so that the young person can refresh their knowledge as and when needed.

Are you sure my child can do this due to them having SEND or additional needs?

The course is specifically targeted at young people with SEND or additional needs, with their needs and abilities in mind. We have also created the course to be as accessible and flexible as possible. Your child will be closely assessed and monitored throughout the course, and will only be signed off the course as competent independent travellers when they have demonstrated the required skills outlined in the assessments. You will be kept well informed of their progress and your child will not be signed off as competent without your knowledge. Additionally, the needs of your child will always be recognised and taken into account; therefore we will not accept a trainee onto the course if we deem it unlikely to be able to complete it. Young people with SEND or additional needs are capable of so much with the right support that we intend to provide on this course.



What are the benefits of Independent Travel Training?

- The ability for the trainee to be able to travel on their own
- The use of sustainable forms of travel
- A sense of freedom and control over their own life for the trainee
- Increased independence, confidence and self esteem
- Wider access to future learning, training and employment opportunities
- Increased opportunities to participate in social and leisure activities
- Improvement in personal health, well-being and quality of life
- Less reliance on family and friends and other care support
- Integration into the wider community
- Access to more knowledge about the city they live in
- Obtaining important personal safety skills
- No contributions towards private transport
- Less reliance on possibly uncertain funding from the local authority for transport
- The ability for the trainee to have more experiences that are similar to their peers
- Receipt of free local bus travel



What will the trainee learn on the course?

- Journey planning
- Road safety
- Personal safety
- Time management skills
- Directions/orientation of the city
- Social and interaction skills
- Identifying and managing risk
- Number skills
- Problem solving
- Emergency procedures



Does the trainee have to complete the course within a certain amount of time?

There are no time restraints in which the trainee has to complete the course, they will be supported through the stages at their own pace to maximise their safety and confidence. It is expected that some trainees will need to repeat stages multiple times, and all trainees will differ as to how long it will take them to complete the course. As long as the trainee is committed to the course then it does not matter how long it takes them to become a successful independent traveller.

What if I want my child to become an independent traveller but they are unsure?

Enrolment on the course can take place as fast or slow as is comfortable for the young person. We recognise that the nature of some young people's needs may make them uncomfortable spending time with adults they do not know. In this situation a rapport can be built by meeting the young person in places they feel safe, such as school or home, as many times as needed for your child to feel safe before they undertake the course. If they would like, the young person can also be put in contact with other young people who are now successful independent travellers to hear from their peers about the benefits the course has provided.



How can I access more information or make a referral?

Referrals are currently received from schools, if you would like your child to undertake the Independent Travel Training course then please speak to your child's designated school worker (e.g. keyworker, class teacher etc.) who will be able to submit a referral form for your child.

If you would like more information about the course, please contact Athina Kouris on 07562434766.

A blank copy of the paperwork required to complete the course can be seen by you prior to forwarding your child for referral if requested, i.e risk assessments and travel assessments. Additionally, if you would like to speak to parents of young people who have successfully completed the Independent Travel Training course then this can be arranged.





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