



Travel Training

Information for parents and
carers about Independent
Travel Training to education.



Contact us if you have further queries:
SEN@redcar-cleveland.gov.uk

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What is Travel Training?

Travel training is a service available to young people with special educational needs and disabilities, to help them make a trip safely and independently from their home to school, college or employment. Students are usually aged 11+. The trip might be on foot, by bus or by train and can be as simple as someone finding their own way to the corner shop or changing buses multiple times to get to college.

The aim of travel training is to improve an individual's confidence and help them develop the skills needed to travel independently. This should broaden their travel horizons and enable them to access new life opportunities.



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Is Travel Training right for my child?

We understand the importance of parents and carers feeling empowered to be able to support their children with a range of independence related skills, including independent travel. The most precious thing in anyone's life is their child or children. Our Travel Trainers fully appreciate this. Travel Trainers always work with parents, schools, colleges and Social Care, to gain consent and ensure that our travel-training programme meets the young person's individual needs.

We keep our programmes as flexible as possible, to allow for changes due to illness or variations in support requirements. By allowing your child to enter the Independent Travel Training programme, you are making a positive lifestyle choice for them. Letting your child develop the ability to travel alone will make it easier for them to make friends, meet up with friends, find a job, go to college and become more independent in other areas of their life.

During the programme, students are allocated a travel trainer who will provide practical support. We have delivered travel training in Redcar Cleveland for many years; therefore, we have developed a wide range of tools and strategies to enable young people with special educational needs to travel independently and overcome various challenges.



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What is included in the Travel Training programme?

Students will learn the skills needed to travel independently, including:

- Road safety
- Travelling on public transport
- Personal safety/coping strategies
- Local travel information
- Journey planning
- Travelling accompanied & travelling unaccompanied
- Problem solving and what to do when things don't go to plan



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Safety whilst Travel Training

Before travelling together, the student, their parent/carer and travel trainer will identify a route that the student would like to travel independently. This route, along with information specific to the student and their needs, will be risk assessed to ensure that travel training is provided in the safest and most appropriate way.

All Travel Trainers have enhanced DBS checks and are trained and experienced in providing support to young people with special educational needs and disabilities.

Usually, the travel trainer will accompany the student for the whole journey at first, unless the student and their parents request more remote support such as shadowing. For some students doing the journey once with support is all they want or need, but other students might need to repeat this many times.



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Moving to independence

Once the travel trainer and the student feel that the student is confident in independent travel, and parental consent has been given, the student will move on to the next stage - where the travel trainer shadows them doing the journey.

With more complex journeys the travel trainer might accompany for part of the journey and shadow for the rest of the journey, for example the travel trainer might shadow the young person walking to the bus stop but travel with them on the bus.

Shadowing travel is when the student travels alone with the trainer following behind in case any problems arise which the student cannot resolve. This also allows the student to gain confidence in travelling alone.



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Cost of the programme

The Independent Travel Training programme is free. However, students will be responsible for the cost of travel during their training. Also, if students choose to buy anything during their journey such as food and drink it is their responsibility to pay for that.

More information

Your child may be eligible for a concessionary travel pass. The travel trainer will discuss this with you during the initial stages of the training.



(You can apply at <https://www.redcar-cleveland.gov.uk/roads-and-parking/bus-passes> or by scanning the QR code).

Many colleges also offer discounted travel for students, please contact the college directly for more information. Furthermore, your child might be entitled to other support such as Personal Independence Payments or, when they progress to employment, an Access to Work Grant.



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How has travel training helped you?

It helped with my confidence and for me to feel more independent and for me to know how to use the bus and train by myself.

I use the bus to go to do my volunteer work and to go shopping.

What support did the travel trainer give you?

She asked me what I need help with.

She showed me how to use the bus and train timetable and how to buy my own tickets at the station or on the app.

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Case study

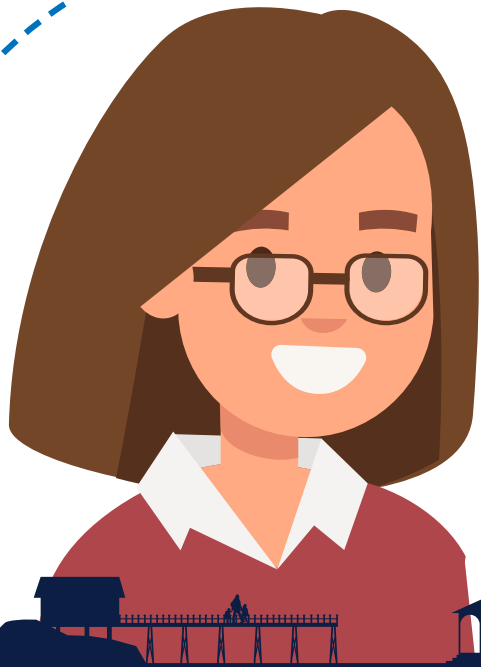
Emily's Story

When a young person is referred for Travel Training a full assessment is carried out, their Travel Plan is then designed to suit their individual needs.

Emily has a diagnosis of ASD and is very anxious in new situations, she can become overwhelmed when presented with too much information at once, so Emily's Travel Training Plan was set up for her to learn at her own pace. Emily lives in Saltburn and wanted to learn the route to the Arriva Bus Stop in Skelton, so she could catch the Askham Bryan Bus to college instead of applying for transport from the Local Authority. Emily wanted to be independent and not rely on other people to help her. The route involved a short walk and a ten minute journey on the Arriva Bus. It took Emily six sessions to learn how to do this independently. Emily

learnt new skills and overcame challenges at each stage of the training and was visibly pleased with herself, this included important steps like asking for a ticket by herself.

Emily's Foster Mum, Cath, sent several text messages during the period of Travel Training to say that Emily was really enjoying the experience and feeling more confident after each session. Emily stated that she 'wouldn't have dared to travel on public transport by herself before Travel Training' and that 'it was much easier than I thought it was going to be'. Thanks to Independent Travel Training Emily is now travelling from her home address in Saltburn to Askham Bryan College in Middlesbrough. Emily is now able to catch the Arriva Bus from her home to the Askham Bryan bus stop and transfer to the college bus which takes her to Middlesbrough.



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