

# St Catherine's Post 19 Provision

For young adults with speech,  
language and communication needs.

## Prospectus 2018/19



# Why choose St Catherine's?

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St Catherine's Post 19 Provision offers bespoke packages of residential support, therapy and educational programmes for young adults with speech, language and communication needs. This service is aimed at young adults who have the capacity to achieve a greater level of independence and who require some additional specialist support and guidance in order to achieve their aspirations. It is expected that when young adults leave our Post 19 Provision they will be ready to undertake employment (paid or voluntary), move on to higher education and live as independently as possible.

Our therapy and residential support teams work in harmony with local educational providers to ensure the best education and residential experience for each young adult.

- Our focus is on the development of each young adult as a whole person, building on the strengths that they have previously acquired.
- Intensive levels of speech and language therapy and occupational therapy are integral to each young adult's education and care programme.
- We support young adults with their

emotional development, helping them to manage relationships and developing social and emotional resilience.

- We provide a home from home experience for our young adults. Young adults live in small individual properties with their own bedrooms and are supported to pursue their own choice of leisure activities.
- Our location on the Isle of Wight supports the development of young adults in a number of ways. We offer a range of activities that are in easy reach of our site; we are actively involved in the local community; and the Island provides a 'real life' setting for practising essential life skills including independent travel around the Island on various forms of transport.
- Our medical team works very closely with the care and therapy teams. We have two dedicated nurses within St Catherine's who are accessible to Post 19 young adults. Our medical officer is a local GP.
- We support young adults and their families with transitions from the Post 19 Provision so that they can move successfully onto the next stage of their lives.

Enabling young adults to take the next steps towards achieving their aspirations in learning and living. Through bespoke packages of education, therapy and residential support, young adults improve their confidence, independence and self-esteem to become resilient, robust adults who can thrive in the world and make a valuable contribution to their community.

# Welcome

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At St Catherine's our aim is to support and enable children and young people to achieve more than they ever thought possible. With this in mind, and given the complex needs of a number of students who leave Year 3 of our sixth form aged 19, since September 2016 we have run a Post 19 Provision so that a small number of young adults continue to benefit from our tailored approach.

As well as our unique setting and close working partnership with local educational providers, our Post 19 Provision provides an important stepping-stone for young adults who are able to attain a greater level of independence and move on to employment (paid or voluntary) or higher education.

Young adults and their families can apply to enter our Post 19 Provision from aged 19 and further details of the process are set out at the back of this prospectus.

Thank you for taking the time to read more about this exciting area of our work. If you would like further information then please do not hesitate to contact us.



**Mrs Rachel Weldon**  
**Principal**

"In the Post 19 Provision he (our son) is progressing incredibly well. When he started sixth form he needed help to safely cross the road. Now he is independent around the Island, travelling alone on buses. He's even just started travelling alone on the ferries."

Parent of a Post 19 young adult [Ofsted 2017]

# General Information

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## **St Catherine's Aims**

Our aim is to support and enable our children and young people to achieve more than they ever thought possible.

## **St Catherine's Vision**

St Catherine's is a safe, welcoming and nurturing school where children and young people, families and staff are included and valued equally. Together we provide opportunities for all students to grow in confidence and develop a love of learning within school and in the wider community. All are encouraged and challenged to become as independent as they can to prepare for life beyond St Catherine's.

<b>Principal</b>	Mrs R Weldon NPQH, BA (Hons), PGCE, PGCert in Dyslexia, ELKLAN
<b>Chair of Trustees/Governors</b>	Mrs E Bowen
<b>Classification</b>	Registered name: St Catherine's - Speech & Language  Charity Number: 288148  Company Limited by Guarantee (Number 1757474)

## Contact us

<b>Address</b>	St Catherine's School Grove Road Ventnor Isle of Wight PO38 1TT
<b>Tel</b>	01983 852722
<b>Fax</b>	01983 857219
<b>Email</b>	<a href="mailto:general@stcatherines.org.uk">general@stcatherines.org.uk</a>
<b>Website</b>	<a href="http://www.stcatherines.org.uk">www.stcatherines.org.uk</a>

# Residential Support

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## Aims and Purpose

- Young adults will be encouraged to be creative, to learn life skills (including budgeting, road crossing, preparation of meals/snacks, self-care, health needs etc.), to be as independent as possible and to participate in activities in order to further their own potential and move towards a sense of self-fulfillment.
- Young adults will recognise and develop safe, caring, purposeful and trusting relationships with others, in the accommodation, at college and within the community.
- Young adults will learn to make good choices in their lives and recognise when they may need support and advice.
- Young adults will have opportunities to engage in activities that are challenging and offer them a chance to experience risk safely.
- Young adults will recognise dangerous situations and take action to keep themselves safe as necessary.
- Young adults will have the freedom to make mistakes that are a vital part of living and learning within a safe and supportive environment.
- Young adults will be offered ways in which they can develop a sense of identity, self-respect, positive self-esteem and a sense of responsibility. They will learn ways in which they can contribute positively to the communities of which they are a part.
- The residential support setting will provide safe boundaries in which to grow and develop self-discipline and confidence.
- Residential accommodation will offer a secure base for daily living and the opportunity to access and become a valued member of the community.
- Residential care will be supportive of young adults in all areas of their personal and social development, health, physical and mental well-being, intellectual, spiritual, cultural and moral development. This will include access to external agencies as appropriate.



## Accommodation

Young adults are accommodated in small three to four bedroom rented accommodation within the town of Ventnor on the Isle of Wight. Residential support staff provide 24 hour care for seven days a week during term-times. The team has maintained their 'outstanding' rating following a recent Ofsted inspection.

"Post-19 students, who are not yet ready to live independently, have the opportunity to prepare for this step through living in the offsite cottage."

Residential Ofsted Report 2017



## Independence

The young adults work with experienced support staff and specialist speech and language therapists and occupational therapists to develop the life skills they need to live as independently as possible within their accommodation.

The main focus of work undertaken within the young adults' accommodation is to support them to improve and develop their independence skills through a very well-established life skills programme. Life skills work is further supported by our therapy team of highly skilled and specialist occupational therapists and speech and language therapists.

Independence looks different for each young adult and residential support staff work to enable each individual to consolidate their existing skills and develop them further. Within St Catherine's Post 19 Provision there are four distinct independence levels.

- Level 1 - Young adults are safe to be left in their accommodation unattended for short periods of time.
- Level 2 - Young adults are able to access Ventnor town safely and independently.
- Level 3 - Young adults are able to travel independently around the Isle of Wight.
- Level 4 - Young adults are able to travel independently to their homes on the mainland.



Across each of the levels, the life skills programme is broken down into the following areas:

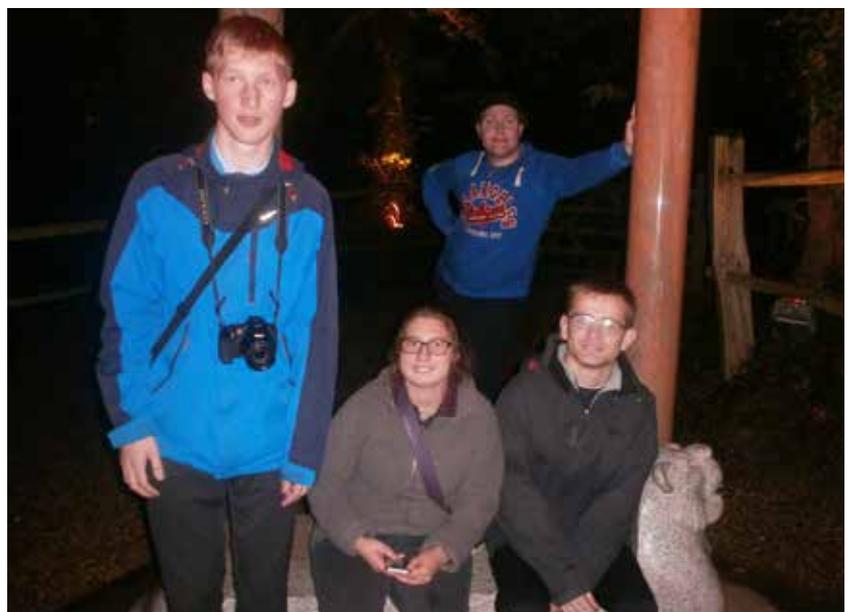
- personal hygiene;
- getting on with others;
- managing medical needs;
- personal presentation;
- housework and chores;
- money management and budgeting;
- accessing and using local shops;
- kitchen skills and cookery;
- using a mobile phone;
- staying safe online;
- time telling; and
- independent travel.



## Leisure Activities

The Isle of Wight is a well-known holiday destination. As such, there are a wide variety of leisure and entertainment opportunities available. Examples of the range of activities that our young adults can choose to be involved in are set out below.

- Archery
- Athletics
- Arts and craft
- Badminton
- Basketball
- Beach activities
- Bowling
- Boxing
- Cinema
- Cricket
- Cycling
- Dancing
- Drama and theatre
- Duke of Edinburgh Awards
- Football
- Golf
- Gym and fitness
- Horse riding
- Music and music festivals
- Netball
- Orienteering
- Photography
- Pool
- Rugby
- Rambling
- Sailing
- Swimming
- Table tennis
- Tennis
- Trampolining
- Volunteering
- Water activities



## Community Engagement

Ventnor and the Isle of Wight provide excellent opportunities for our young adults. Our location gives young adults the chance to practise their new skills outside of their residential accommodation without the harshness of a big town/city environment or the remoteness of a rural site.

Young adults enjoy greater confidence when they feel a connection with their community. A large part of their learning is supporting them to develop this confidence. Within St Catherine's Post 19 Provision we do this by giving our young adults opportunities to gain real life experiences in Ventnor town and the surrounding areas. This provides them with a supportive environment in which they are able to try new things, learn from their mistakes and take safe risks.

Ventnor's friendly, supportive community provides an ideal base for developing independence.

Our young adults:

- go shopping, learning at the same time how to manage money, budget and plan ahead, whilst being able to practise functional language and communication skills;
- use the local town as a platform for the development of independence, including learning how to keep safe within an outdoor public environment;
- join in community-based activities and entertainment, meet new people and try new ventures, e.g. youth clubs, local interest groups, Duke of Edinburgh Awards and sports; and
- can undertake work experience opportunities which allow young adults to learn in practical ways about the world of work with the support of our experienced staff. Examples of these opportunities include work at grocery shops, supermarkets, The Donkey Sanctuary, up-cycling schemes, local libraries, St Catherine's charity shop and the local botanical gardens.



# Therapy

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## Aims and Purpose

The aims of therapy within the Post 19 Provision are to:

- assess and develop each young adult's speech, language and communication skills and occupational therapy related skills;
- enable young adults to access the education curriculum more effectively, providing consistent support to fully maximise their capacity for learning;
- support young adults to understand themselves, their challenges and the support that they need;
- support young adults to access education in a larger mainstream college or other educational environment;
- support the development of skills within the context of the wider community;
- support young adults to maximise their skills and to teach management strategies to support young adults to manage their difficulties;
- support young adults to gain the skills they need to integrate into their community and hopefully gain employment when they leave;
- guide and support young adults in setting aims and evaluating their own progress to develop independence and occupational skills; and

- liaise with families, carers, local authorities and other stakeholders as appropriate.

The therapy department consists of speech and language therapists, occupational therapists and occupational therapy assistants. The therapy team is an integral part of St Catherine's Post 19 Provision - working with the young adults in their residential accommodation, the college and within the context of the wider community.

Therapists work collaboratively with residential support and educational staff to ensure that young adults can access learning and training opportunities and to help them develop skills which will support them into life beyond St Catherine's.

The high staff-to-student ratio ensures that therapy is a positive and focused experience that is flexible in order to meet the needs of each individual. It ensures that the skills young adults develop during therapy are generalised across all aspects of activities and everyday living. The location of the Provision in the small town of Ventnor supplements these developments and supports the application of skills into the wider community.

Therapists provide in-depth assessments, individual therapy programmes, small group therapy sessions, individual therapy sessions, assistance at college and residential support. Post 19 has a Highly Specialised Speech and Language Therapist working within the provision and a Specialist Occupational Therapist.

# Speech & Language Therapy

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## Aims and Purpose

The aims of speech and language therapy within the Post 19 Provision are to:

- establish and raise communicative competence and social independence through programmes of therapy which address the linguistic, phonological and pragmatic needs of the young adults;
- enable young adults to maximise their capacity for learning through direct work with each young adult and by providing advice, support and guidance to educational professionals, focusing on the language skills needed to enable each young adult to access their chosen education curriculum more effectively and with greater independence;
- support young adults to improve their written language and literacy skills;
- widen each young adult's vocabulary and conceptual understanding;
- provide young adults with strategies which will enable them to manage residual disabilities particularly as they move into the wider community and adulthood, including the use of Alternative Augmentative Communication (technology) and signing as appropriate;
- provide initial assessment, on-going review and evaluation of each young adult's levels of ability and disability and report as required for inclusion in their local authority's statutory documents including EHCPs;
- provide support for young adults moving towards integration in local colleges and providing advice for teaching staff working with our young adults in those settings, including liaising with the next provider to ensure needs will continue to be met;
- support young adults to develop more social confidence and independence;
- provide training and advice to staff and significant others who are working with the young adults to ensure their needs are fully understood and met; and
- provide support for sensitive interviews such as college interviews, social care assessments, mediation and any safeguarding issues.

**“ Post-19 students benefit from occupational therapy and speech and language therapists working directly with them, alongside the staff who support them and the local college they attend to enhance their independence and life skills.”**

**Residential Ofsted Report 2017**

Our speech and language therapists work to assess, develop and support young adults in the following areas:

- spoken language skills;
- expressive communication skills;
- receptive communication skills;
- social interaction skills;
- functional communication skills;
- independent learning skills;
- access to alternative and augmented communication technology, where required;
- advising educational providers on the suitability of learning materials and course delivery.

This is achieved through in-depth assessments, individual programmes, paired or group work as well as general educational and residential support.



# Occupational Therapy

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## Aims and Purpose

The aims of occupational therapy in the Post 19 Provision are to:

- establish and raise sensory, motor and visual perceptual competence and independence in the activities of daily living, through programmes of therapy which address the specific needs of each young adult;
- enable young adults to maximise their capacity for learning by providing support in the college, or in individual or small group work to enable each student to access their chosen education curriculum more effectively, with a clear focus on the acquisition of new skills;
- empower the young adults to manage their own sensory and self-regulation needs by providing them with strategies that they can apply on an as needed basis as independently as possible;
- improve and compensate for fine and gross motor difficulties so that each young adult is able to engage as independently as possible in productive occupations, leisure activities and self-care tasks;
- enable each young adult to engage in activities and occupations that are meaningful to them;
- support the young adults to be as independent as possible in engaging in the activities of daily living;
- support each young adult to identify and achieve the next steps along their learning and living journey;
- support the development of functional skills within the context of the wider community; and
- provide staff training, as required, to enable all staff to support the development of young adults' sensory, motor and functional skills.



The occupational therapy team works to assess, develop and support young adults in the following areas:

- sensory integration skills;
- gross motor skills;
- fine motor skills;
- visual perception skills; and
- the functional activities of daily living.

A holistic approach ensures that each young adult's skills are developed across the waking day and into the educational environment. The team does this through a combination of in-depth assessments, individual programmes, paired or group work as well as general educational and residential support.



# Education

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Access to education within our Post 19 Provision is currently provided by the Isle of Wight College or by Platform One Music College, supported by our therapy and residential support staff. We have a strong and productive working relationship with these external institutions. Staff regularly liaise with each other as to the best ways to support our young adults and therapy staff are involved in joint planning.

The Isle of Wight College aspires for its students to be self-confident, energetic and ambitious to learn and succeed. Its ethos promotes values of respect, integrity, honesty and openness in all areas.

All young adults have access to a personal tutor who will meet with them either on an individual or group basis to discuss their progress, set targets and address any issues or support needs. The College's additional learning support team can help young adults identify any additional learning support needs and ensure these are promptly met. Individualised support and advice is gained via therapists working within St Catherine's Post 19 Provision who attend initial tutorials and lessons to ensure that learning materials are appropriate and that the method of delivery is accessible.

The College prides itself on matching the right qualification to the right student. Every student has a detailed pre-course interview to discuss the course and their future plans and all courses start with an induction programme. If, after the start of the course,

it becomes apparent that another subject or level would be more appropriate, it is possible to transfer to a different course. The College has a highly qualified Careers Advisor who helps and advises young adults on the most appropriate course for them to achieve their career aims.

The College has close working relationships with a wide range of external organisations and has developed links which benefit students by providing them with the relevant experience, skills and expertise for the ever-changing workplace.

The aspiration is that, when Isle of Wight College young adults start their careers, they have the knowledge and skills to be employed successfully in voluntary or vocational capacities.



## Courses

Below are examples of some of the courses that are available to young adults within the Post 19 Provision.

### Pathways

Pathways programmes are 'stepping stones' for school leavers and adults. Young adults not only spend time studying but will also be supported to increase their self-confidence and abilities. Young adults have opportunities to gain a recognised full-time or part-time qualification from a wide range of schemes on offer. Young adults on these courses receive one-to-one support, specialist individual teaching and access to specialist equipment and supporting agencies.

### Insights

Insights courses are specially designed to help young adults who lack formal qualifications and the confidence to get ahead. They provide a rewarding experience for students at Entry Level and Level 1. The courses include employability, English, Maths, enterprise, personal development and work experience opportunities. The courses are tailored to the needs of the individual, who will be required to set their own aims and objectives, with support.

### Moving up

Young adults with EHCPs, who have a keen interest in work, and have completed substantial work experience on either the Pathways or Insights courses, can progress to Moving Up. Moving Up is a supported internship programme focussing on employability and based in the workplace and college.

### Painting and Decorating

This course is offered at the foundation diploma level and intermediate diploma level. It involves both theory and practical lessons focussing on such areas as health and safety, scaffolding, preparation services, application of paints, brush and roller, pre-hanging to ceiling and walls, basic decoration effects, efficient working practices, protecting/masking services and storage of materials along with relevant key skills in Literacy and Numeracy. Young adults are also able to study Functional Skills qualifications in English and Maths whilst undertaking this course.

### Digital Industries (ICT)

This course is offered at the foundation diploma level and intermediate diploma level. This course is mainly classroom-based and focuses on areas such as being organised, working with others, researching a topic, using digital communicational technology, solving technical IT problems, creating a spreadsheet to solve problems, creating a website, creating a computer programme and creating a digital animated graphic. Young adults are also able to study Functional Skills qualifications in English and Maths whilst undertaking this course.



## Performing Arts

The Level 2 Diploma is for young adults who wish to work towards a general qualification in dance and drama. The course is practical and studio-based but is supported by some classroom sessions. All assignments are based on activities of people working in the performing arts sector. Young adults need to be passionate about this area and be willing to try new things and find out more about their specialist area. Young adults learn to work together. They learn dance and drama skills as well as how to devise their own plays and choreograph dance pieces. Young adults also work on basic singing, develop musical theatre skills and learn about the performing arts as a business including research into the background to this area of work.

performer. Young adults are expected to play an instrument to a good standard and are auditioned prior to entry.



## Music

Platform One is an organisation that works in partnership with the Isle of Wight College and the University of Chichester to provide high quality music and music technology provision at all levels. All music courses are based in Platform One's own dedicated premises which is a five minute walk from the Isle of Wight College. Platform One facilities include two professional recording studios, specialist music technology facilities, fully equipped rehearsal rooms, lecture rooms, and specialist instrumental rooms.

Courses are offered at both Level 2 and Level 3 and are structured and delivered in units which include planning and creating a music project, exploring the music profession, exploring musical composition, rehearsal techniques for musicians, understanding music and developing as a musical



# Meet the Team

## Senior Leadership Team

### Principal

Mrs R Weldon *NPQH, BA (Hons), PGCE, PGCert in Dyslexia, ELKLAN*

### Head of Business & Charity

Ms R Thomson *BA (Hons) (Oxon), FRSA*

### Head of Care

Mrs J Marriott *NVQ 4, Cert HE*

### Head of Occupational Therapy

Mr T Evans *BSc, PgDipOT, ELKLAN*

### Head of School

Miss V Fradgley *BA (Hons), PGCE, MEd (Sp.Ed), ELKLAN*

### Head of Sixth Form Centre

Mrs S Thompson *BSc (Hons) Ed, PGCert (Mathematics Education), TEACCH, ELKLAN (Speech & Language Impairment)*

### Head of Speech & Language Therapy

Mrs R Revert *BSc (Hons)*

### Vice Principal

Mrs A Ellison *BA (Hons), PGCE*

## Middle Leadership

### Post 19 Strategic Lead

Mr T Evans *BSc, PgDipOT, ELKAN*

## Post-19 Provision Therapy Team

### Speech & Language Therapist

Miss N Masterson *SRSLT, MRCSLT*

### Occupational Therapist

Mrs A Richards *BSc, PgDipOT*

## Post-19 Provision Care Team

### Head of Post 19 Care

Mrs S Dobson *NVQ5*

### Care Staff

Mrs G Barrass *NVQ3*  
Mr M Dodge *BA (Hons), Cert HE*  
Mr T Forrest *NVQ 3*  
Mrs T Merryweather *NVQ3*  
Mr J Thorpe *BTEC L3*

# Criteria & Admissions

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## Post 19 Provision Criteria

In order to be considered for a placement within St Catherine's Post 19 Provision it is essential that the following has been achieved.

- 1) Young adults must have secured an appropriate place with an educational provider (e.g. Isle of Wight College / Platform One / Supported internship / Apprenticeship etc).
- 2) Young adults should have achieved independence level 2, or be very close to achieving this (for the purpose of this criteria, independence level 2 means that the young adult is able to go on the 10 minute walk into the small town of Ventnor to complete a variety of specific tasks, unaccompanied by staff).
- 3) Young adults should be able to complete all daily personal care activities independently with minimal prompting or by following a visual prompt. (For the purposes of this criteria, minimal prompting refers to a single verbal reminder to complete the task e.g. "remember you need to go and brush your teeth").
- 4) Young adults should be able to catch a bus independently to Newport (or to the educational provider) with standby supervision only.

## Admission Process

1. Contact the Post 19 Strategic Lead, Tom Evans at St Catherine's for an informal discussion.
2. Informal visit to St Catherine's Post 19 Provision to view accommodation and discuss the potential placement with members of the Post 19 team to ensure that the young adult's needs could be met.
3. Visit the Isle of Wight College and look into course options.
4. Apply for a course at the Isle of Wight College.
5. Be accepted onto a College Course.
6. Attend a two-day interview assessment at St Catherine's to ensure suitability.
7. Discuss the application with the placing local authority.
8. St Catherine's will consider the application and if successful we will produce a proposed package of support.
9. Apply to the Local Authority for funding and request that St Catherine's be named on the young adult's Education and Health Care Plan.
10. Written agreement for funding must be obtained from the local authority and passed to St Catherine's.
11. St Catherine's will then apply to the Department for Education for individualised exceptional approval of the proposed support package, supported by a detailed risk assessment.