

# Midlothian Futures Fair

Wednesday 25<sup>th</sup> March 2026

Information for attendees



# Welcome to the Futures Fair!

An information event for young people with ASN and their parent/carers about life after school.

This booklet contains information in relation to the services attending the fair and some useful resources to support transition.

Please take time to complete our feedback questionnaire following the event, your feedback is important to help plan for and improve the event next year.

If you have any queries following the event please email: -  
[TransitionEnquiries@midlothian.gov.uk](mailto:TransitionEnquiries@midlothian.gov.uk)

Please take check out the Transition Webpage: -  
[Transition from Children's Services to Adult Services](#)

# Transition in Midlothian

We work with ARC Scotland and the Scottish Transitions Forum to improve the transition experience of all young people with additional support needs.

We work to ARC Scotland's definition of transition that says transition is *"the period when young people develop from children to young adults. This is not a single event, such as leaving school, but a growing-up process that unfolds over several years and involves significant emotional, physical, intellectual and physiological changes. During this period, young people progressively assume greater autonomy in many different areas of their lives and are required to adjust to different experiences, expectations, processes, places and routines. Transitions also impact on the family or on those who care for the child or young person."*

## Principles of Good Transitions

We are working to the [7 Principles for Good Transitions](#) developed by the Scottish Transition's Forum.

1. Planning and decision-making should be carried out in a person-centred way
2. Support should be co-ordinated across all services
3. Planning should start early and continue up to age 25
4. All young people should get the support that they need
5. Young people, parents and carers must have access to the information they need
6. Families and carers need support
7. A continued focus on transitions across Scotland

# Midlothian Council Services, NHS Services & Service-user groups

## **Children's Services (Social Work)**

Children's Services work in partnership with Education, Adult Services, and other partner agencies in the lead up to transition. They may provide ongoing assessment and support during the transition process where the young person meets eligibility criteria for funded social work services. They work with Adult Services to manage expectations and provide a smooth transition.

## **Adults Services (Social Work)**

The Learning Disability Team support young people who have diagnosed learning/intellectual disability and assessed unmet needs.

There may be occasions where the team will work with young people who have no learning disability, and an autism diagnosis that creates a significant barrier to daily living and means they have needs that cannot be met through Communities, Lifelong Learning and Employability or third sector supports.

It may be more appropriate for the young person to be referred to another team within social work such as the Mental Health Team or Physical Disabilities and Long-term Conditions Team.

## **Welfare Rights**

Benefits will change when a young person leaves school.

It is important to get advice to ensure that you apply for the correct benefits. A benefits check will ensure that the young person and family apply for the benefits they are entitled to.

The team offer benefits checks and help with applying for benefits.

[www.midlothian.gov.uk/info/612/benefits and grants/516/benefits advice](http://www.midlothian.gov.uk/info/612/benefits_and_grants/516/benefits_advice)

## **Community Learning Disability Team (CLDT)**

The Community Learning Disability Team provides specialist health care, advice, and treatment to adults with an intellectual disability. This also includes advice and support for families /carers. They support other health and social care agencies to provide mainstream services to people with learning disabilities that will enable health improvement and reduce barriers when accessing services.

The Community Learning Disability Team nurses also provide a service to under 16s who have a diagnosis of intellectual disability.

<https://services.nhslothian.scot/learningdisabilities/>

## **Transition expert groups**

Members of our **young people's and parent/carer expert groups** attending throughout the day.

These young people and parent/carers are working in partnership with Midlothian Council, supporting developments in relation to transition.

Members are happy to share their experiences of transition with you.

# Universal Supports

The supports detailed on these pages do not require social work assessment or funding. Each service may have their own eligibility criteria.

## **Communities, Lifelong Learning and Employability (CLLE)**

CLLE offer a wide range of learning, training and employability options. They provide one to one, drop-in and group work support through a wide variety of courses and funded employability programmes.

CLLE can provide help with job coaching, CV building, job searching and interview skills.

They also deliver; No One Left Behind, Parental Employability Support, FOCUS, Young Person's Guarantee , Foundation and Modern Apprenticeships.

FOCUS work with people aged 16-64, who live in Midlothian and are experiencing barriers getting into employment, learning and training with a disability and/or physical or mental health difficulties. CLLE can offer support to neurodivergent adults and young people through our groupwork programmes [www.midlothian.gov.uk/directory\\_record/54245978/midlothian\\_council\\_communities\\_lifelong\\_learning\\_and\\_employability\\_clle](http://www.midlothian.gov.uk/directory_record/54245978/midlothian_council_communities_lifelong_learning_and_employability_clle)

## **Skills Development Scotland (Midlothian)**

Skills Development Scotland (SDS) is the national skills agency of Scotland who provide career, information, advice, and guidance services to people of all ages. No matter what stage you are at in your career, support is available from the team of advisers in Midlothian. SDS have qualified Career Advisers in every secondary school in Midlothian and also offer career services to individuals of all ages from different community venues across Midlothian 5 days a week. Our advisers are able to support you with:

- Exploring the routes and pathways into different careers
- One to one ongoing support to look at your options if you have recently left school
- Support with CV's, application forms and preparing for interviews
- Support for Parents and Carers

- Access to My World of Work, Scotland's career website
- Redundancy support

Call **0131 663 7287** to book an appointment with the team in one of the community venues in Midlothian or if you are a school pupil or parent/ carer you can contact your schools' office or Guidance Teacher for details of how to get in touch.

### **VOCAL Midlothian**

VOCAL (Voice of Carers Across Lothian) supports and empowers unpaid carers in Midlothian through individual support, information, training and access to services. VOCAL offer support with understanding the Welfare Guardianship process.

[www.vocal.org.uk/contact/vocal-midlothian/](http://www.vocal.org.uk/contact/vocal-midlothian/)

### **Midlothian Young Carers Project**

Supporting young people aged 5-25 years, who cares for a family member or relative experiencing a disability, ill health, a mental health condition or alcohol and/or drug misuse.

You could be considered as a Young Carer, and entitled to support from Midlothian Young Carers Project (MYCP).

[www.midlothian.gov.uk/info/1352/carers/84/support\\_for\\_young\\_carers](http://www.midlothian.gov.uk/info/1352/carers/84/support_for_young_carers)

### **Local Area Coordinators (LACs)**

In Midlothian, Local Area Coordination work alongside children and adults (up to 64 years) with a learning disability; physical disability; sensory impairment; and their families.

LACs work alongside people to enable them to become more confident, supporting them to achieve their dreams and to build good lives. They also work with communities, groups and organisations, supporting to become more welcoming and inclusive.

[www.enable.org.uk/enable-communities/what-we-do/local-area-coordination](http://www.enable.org.uk/enable-communities/what-we-do/local-area-coordination)

## Team United

Team United is a programme of The Autism FA , a charitable organisation registered in Scotland.

Team United believe in the power of community and collaboration. The organisation is dedicated to supporting those in need through various charitable initiatives. They work tirelessly to provide resources and assistance to individuals and families. By joining hands with local businesses and volunteers, they aim to create a positive impact in our society.

They promote an environment where young people with Autism can play football and be part of a team.

Team United are affiliated to The Scottish Football Association through Scottish Para Football and recognised as the 'Go To' programme for young people with autism and neurodiversity to participate in football.

Contact Ben for more details - [ben@teamunited.org.uk](mailto:ben@teamunited.org.uk)

## Mindroom

Supporting neurodivergent children and young people up to the age of 25 years and their families. Mindroom support individuals with Autism, ADHD, Dyslexia or other neurodevelopmental conditions, and no diagnosis is required to access the services.

Parent and Carers Service - Mindroom's Parent and Carer Service provides individualised coaching support, information and advocacy.

Children and Young People's Service - Mindroom offers one-to-one coaching support and advocacy services, helping young people to build confidence, improve wellbeing and be heard. Young people accessing our services will be supported to identify what they would like support with, and together with their worker, will create a plan which is tailored to their individual needs. Mindroom's 'Future Me' resource is also available to young people who would like support in identifying goals, wishes, and needs for the future. Mindroom also run a number of groups for young people, these are mainly based in Edinburgh.

Further information about Mindroom's services can be found on the website, [www.mindroom.org](http://www.mindroom.org) or social media channels, [Facebook](#) or [Instagram](#).

Direct Help and Support: [directhelp@mindroom.org](mailto:directhelp@mindroom.org) / 0131 370 6730

## **MYPAS**

MYPAS (Midlothian Young People's Advice Service) offer a number of different supports for young people, including: -

- Counselling
- Art Therapy
- LGBT+ Services
- Drug and alcohol services

[www.mypas.co.uk](http://www.mypas.co.uk)

## **Volunteer Midlothian**

Volunteer Midlothian support the development of all kinds of volunteering across Midlothian. They also run our own grant funded projects, where they recruit and support local people to get involved in activities such as befriending, IT, youth work and gardening.

[www.thirdsectormidlothian.org.uk](http://www.thirdsectormidlothian.org.uk)

## **RUTS – Rural & Urban Training Scheme**

RUTS are responsive to the needs of young people in our communities. They strive to help young people overcome barriers, enhance skills, gain qualifications and achieve their potential.

RUTS do this through using themes of motorbikes, bicycles and general fitness to offer accredited vocational training, as well as bespoke employability and sector-specific courses. RUTS offer tailored personal development, recognising each young person's individual needs, skills, strengths, ambitions and personalities.

[www.ruts.org.uk](http://www.ruts.org.uk)

## **Y2K**

Y2K is a youth-led project here for you (11-21) if you need a safe space, fun activities, or just someone to talk to, we're open evenings when others are closed, so drop by, register and be yourself!

[www.youth2000project.com](http://www.youth2000project.com)

## **Who Cares? Scotland**

Who Cares? Scotland is Scotland's only national independent membership organisation for Care Experienced people. Their strategic vision is to secure a lifetime of equality, respect and love for Care Experienced people in Scotland. At the heart of their work is the rights of Care Experienced people and the power their voices have to bring about change.

[www.whocaresscotland.org](http://www.whocaresscotland.org)

## **Progress through Learning Midlothian**

This is an inclusive outreach project based locally that aims to work with anyone who is interested in moving on in their learning.

- Advice and guidance
- Assistance with applications, interviews, and securing funding
- Special tours of Edinburgh Napier University and partner universities and colleges
- Links with academic and support staff
- Interactive sessions, workshops, and courses to help you explore subjects, build skills, and boost confidence
- Collaboration and partnership opportunities with your organisation.

[www.midlothian.gov.uk/directory\\_record/54245984/progress\\_through\\_learning\\_midlothian](http://www.midlothian.gov.uk/directory_record/54245984/progress_through_learning_midlothian)

## **Hub for Success**

The HUB for SUCCESS works alongside people with care experience to get in, stay in and return to College and University.

College and University is a really exciting opportunity for all. For many care-experienced people, getting in and staying in education can be tricky. That's why there is so much support and opportunity for you; there has truly never been a better time to study.

Hub for Success provide impartial, tailored advice and guidance to help you get in, stay in, or return to education at any stage of life. They support students regardless of their age or type of care experience.

There's nothing too big or small, whether that's housing, finance, accessing support, or something else in relation to your education.

If you're thinking about attending or are attending one of our partner Colleges and Universities, then get in touch.

[www.hubforsuccess.org](http://www.hubforsuccess.org)

## **Day services (Social Work Funded)**

Day Services provide structured support for people with a learning/intellectual disability. Access to these services will require social work funding following a social work assessment to ensure eligibility criteria is met and to identify the service(s) that will best meet the young person's care needs.

### **Midlothian Council Supports**

#### **Cherry Road**

Cherry Road is a centre for adults with learning disabilities to access services, facilities and activities both within and out-with the centre.

The programme offers a wide range of learning and developmental opportunities, from which you can pick and choose activities.

All activities are based on identified interests and take place within environments beneficial to the individual i.e. in quiet spaces or at key times of the day. Cherry Road are open to exploring many ways of working in order to meet the different needs and interests of people with complex learning disabilities.

The Team support people to maintain existing skills and friendships and also to have individual or shared meaningful experiences .....and of course FUN!!!

[Cherry Road Centre | Midlothian Council](#)

#### **Young Community Access Team (YCATS)**

YCATS is a community based day service at various community venues. YCATs use person-centred, community-based and human rights approaches to work with young adults with learning disabilities. The service specialises in supporting the transition of young adults between the ages of 18 and 24 from school to adult services.

YCATs offers a range of activities that are tailored to the individual interests and needs of each participant, including dance, ball sports, boccia, work experience at the Penicuik Storehouse, bike rides, supported travel training, education through the Skills Accreditation Programme offered by Borders College, and cooking healthy meals. YCATs programme enables young adults to reach their full potential, with good quality support built around their individual needs and outcomes. The service uses community resources such as libraries, leisure centres, and local businesses to provide a program of activities. Special activities such as outings to places of interest, bowling, and cinema are also arranged to promote social interaction and community participation.

[Community Access Team](#)

## **Other day service supports operating in Midlothian**

### **Garvald Midlothian**

Garvald, believe everyone is unique, has value and the potential to grow. Garvald aim to create a supportive community, built around individual value, mutual respect, and fun. Garvald deliver first-class care and a level of support that provides members the confidence to learn new things, develop life skills and independence, and push themselves further.

Garvald working environments provide meaning, structure and stability. They are calm spaces where staff encourage care for the world around us. This nourishes the senses and develops a feeling of community that may otherwise be difficult for their members to experience. Garvald have pioneered approaches to support our members as they set their own goals and gain more control over their lives.

Mayfield House service has six specific activity groups: Kitchen Group, Garden and Outdoor Craft Groups, Art and Printmaking Studio, Textiles Studio, Jewellery Studio, and Pottery Studio. Additional to these groups we offer a further range of opt-in opportunities and activities including walking groups, swimming, boccia, drama group, music and signing groups, sign-along group, exercise movement groups, dance, meditation and relaxation, field trips, storytelling, Eurythmy, festivals...

[www.garvaldedinburgh.org.uk](http://www.garvaldedinburgh.org.uk)

## **Teens+ (Transitional Educational Extra Needs Support)**

Teens+ is a transitional education day service designed for young adults who are not quite ready to take the step into post school education, work or to a new home. Their person-centred programme works with the needs and aspirations of the students to help them thrive.

Teens+ provide a range of education and therapeutic disciplines to support the students and their families to learn new skills and approaches.

The team of speech and language therapists, education tutors and occupational therapists work alongside the highly experienced project workers to build an extensive individual learning plan, tailored for each student. Teens+ work with students across four centres in four communities to create opportunities for learning and development in a range of settings.

<https://teensplus.org.uk>

## **Teens+ - Next Steps Programme**

Next Steps is a guided extension of Teens+ that enables young people with additional complex needs to develop skills & explore new experiences and discover what independence can look like for them.

This is achieved by providing opportunities tailored to their interests and life goals. Whether it's getting a job, doing their own shopping, or learning new skills that enhance their everyday lives, the possibilities with Next Steps are endless.

Next Steps has created opportunities for social inclusion and building a network to provide young people with access to new skills and training opportunities that align with their interests and goals in life.

<https://teensplus.org.uk>

## **Thera (Brightsparks)**

Thera(Scotland) support a group of young people who meet at Bright Sparks in Bonnyrigg every Monday to Thursday from 10-4pm, times can be flexible within those hours.

The young people benefit from shared support and one-to-one support where there is an assessed need and can choose to take part in group activities or go out and about in the community to visit places of interest.

Each of the young people are encouraged to plan their chosen activities weekly, some of which include life skills, cooking, budgeting, travelling around their local areas by bus, they enjoy playing pool, gaming ,football, artwork, sports events. The young people achieve positive outcomes and enjoy the supportive environment; they have developed positive relationships with each other and the dedicated staff team.

[www.thera.co.uk](http://www.thera.co.uk)

## **UpMo Midlothian**

UpMo is a charity providing day support and opportunities for adults with disabilities across the Lothians. UpMo help adults to develop their potential with a diverse range of creative and educational workshops – including art and design, IT and digital skills, Outdoor Learning, Health and Wellbeing, Employability and Performance Arts. UpMo have a small nurturing service in Gorebridge, based in The Hive community project. There, the students learn skills through a range of activities including visual art, outdoor learning / gardening, sport & leisure, cooking and life skills. They work in partnership with a range of other providers including Duke of Edinburgh and Into the Music.

[www.upmo.org](http://www.upmo.org)

## **YAS (Young Adult Service)**

Young Adults Services (YAS) is provided by the LASC Childcare Services Ltd. The YAS service is for young adults with additional support needs from the ages of 16 until 25 years old. They operate Monday to Saturday and are registered to care for 12 young adults per day between the hours of 9am-3pm.

The mission at YAS is to empower service users to thrive in a vibrant, supportive community where every day is an opportunity for growth, joy, and self-discovery on their individual transition path. Their vision is enhancing the quality of life of service users by offering person centred approach in all aspects of care provided. To champion the unique needs of young adults envisioning a future where they flourish in both safety and excitement whilst gaining a strong sense of belonging, embracing their individuality, and unlocking their full potential whilst fostering lifelong skills and confidence.

They encourage and support the young adult's interests and hobbies and build up a relationship with the parents/ carers to include them in planning for the services as well as getting feedback on what they would like to achieve.

[www.lasc.org.uk/young-adult-service/](http://www.lasc.org.uk/young-adult-service/)

# Other supports that require social work assessment and funding

## Neighbourhood Networks

Neighbourhood Networks support adults with learning disabilities to live an independent life, safely, and be fully involved within their local communities.

Neighbourhood Networks employ Community Living Workers to support each Network. They live in the same communities as the members which mean they have localised knowledge of the area and the facilities available.

Midlothian has two transition networks, one in Dalkeith and one in Penicuik, supporting young people to form positive friendships and achieve personal outcomes.

[www.neighbourhoodnetworks.org](http://www.neighbourhoodnetworks.org)

## Artlink

Artlink is an arts organisation working in partnership within education, health and social care. They work throughout Midlothian with young people with additional support needs, young people with intellectual disability transition, adults with intellectual disabilities with unmet need, and adults with complex needs.

Their working approach is simple; they take their lead from the individual and with the support of a skilled group of freelance experts create imaginative opportunities for social involvement and individual creative progression in locations that are familiar and supportive to the individual's expectations.

Artlink offer a developmental multi-sensory programme tailored to the needs and interests of adults with complex disabilities in partnership with [Cherry Road Learning Centre](#). The work exchanges knowledge between artists, people and their care teams to produce a meaningful individualised programme of projects, workshops and performances.

[The Social Programme](#) provides social and creative meetups bringing adults with learning disabilities together and meaningful community involvement and

personalised activity for young adults with complex support needs in transition in Midlothian in partnership with care providers.

[www.artlinkedinburgh.co.uk](http://www.artlinkedinburgh.co.uk)

### **Midlothian House Project**

This is a Local House Project (LHP). All LHP's are members of the National House Project. House Projects support young people leaving care to create their own homes and live connected and fulfilling lives. Please note that there is strict eligibility criteria for this service, please discuss with the team to confirm you meet the criteria for support.

House Projects are co-designed with young people. They work together to develop relationships and learn skills that enable them to live successful adult lives. They have a choice in where they live and are involved in getting their property ready to become their home.

<https://midlothian.thehouseproject.org>

## Useful resources

**ARC Scotland – Scottish Transitions Forum** is national network committed to improving the experience of children and young adults (14 to 25 years) with additional support needs as they make the transition to young adult life.

[www.arcscotland.org.uk](http://www.arcscotland.org.uk)

**Compass** helps young people, parents and carers, and professionals understand the transitions process and plan and prepare for it. It is free of charge. There are three versions, each with tailored information for young people, parents and carers, and professionals.

[www.compasslaunch.scot](http://www.compasslaunch.scot)

**Talking About Tomorrow** is a useful website for all things transition.

[www.talkingabouttomorrow.org.uk](http://www.talkingabouttomorrow.org.uk)

**ILF Transition Fund** helps young disabled people, between the ages of 16 and 25, with the transition after leaving school or children's services. They offer one year of funding to support young people to be more independent, more active and engaged in their community, and to build and maintain relationships with other people.

[What is it? | ILF Scotland](#)

## Thank you for attending the Futures Fair.