

## Specialist further education college

### Cambian Pengwern College, North Wales

- ✓ Moderate to severe learning difficulties
- ✓ Day and up to 52 week residential mixed gender placements
- ✓ Complex needs and challenging behaviour
- ✓ PMLD





**Welcome to Cambian Pengwern College, a vibrant and welcoming learning environment for young people aged 16 to 25-years-old with a learning disability and complex needs.**

Over the past 40 years our role as an independent specialist college has been to enable young people to prepare for adult life, helping them to gain the confidence and experience they need to live more independently and achieve their personal best.

Our teams of highly skilled tutors and multidisciplinary support staff deliver an outstanding personal, social and vocational experience. We take pride in our commitment to delivering quality learning through person-centred programmes that are, in turn, supported by an extensive range of therapeutic input, fantastic on-site facilities and off-site partnerships with local providers.

Young people come to us from across Wales and England in order to benefit from our enviable track record of enabling learners to graduate with meaningful accreditations and enhanced life skills.

The college runs a wide variety of on-site events throughout the year and we always welcome visitors. I would like to take this opportunity to personally invite you to come and see our work for yourself. Please don't hesitate to get in touch and I look forward to meeting you.



*Tina Ruane*

**Tina Ruane, Principal**  
Cambian Pengwern College



At a glance  
Referral route and pathways



At a glance



Why choose us?



Helping achieve a personal best  
Developing skills, interests and specialist interventions



Our environments:  
A home away from home



Community partnerships and location



Living well: health and well-being



Inspiring stories  
Henry's journey



Transition  
Designed with the future in mind



## Enabling young people to lead active lives

Cambian Pengwern College is an independent provider of specialist further education in North Wales, offering day, and up to 52-week residential placements for young people aged 16 to 25 with a learning disability and complex needs.

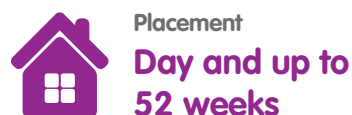
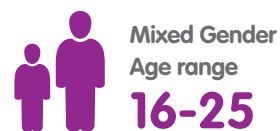
The college is registered with the Care and Social Services Inspectorate Wales, (CSSIW) and Estyn who undertake regular and rigorous inspections in addition to our own internal quality assurance processes.

Our person-centred approach ensures that learners have an individualised learning programme developed to effectively match their needs, personal decisions and aspirations, be the focus on daily living skills, vocational qualifications or independent living.\*

We are proud that all of our learners gain important life skills and achieve meaningful qualifications, evidencing our commitment to enabling increased choice and independence.



## Learner profile



- Moderate to severe learning disabilities
- Autism spectrum conditions
- PMLD
- Down's syndrome
- Developmental disorders
- Communication difficulties
- Challenging behaviour
- A broad range of complex needs including medical needs

\*Learning programmes are determined by individual assessment of needs.



# Referral route and pathways

## Preparing our learners for adult life

Learners follow either the Pathway to Exploring Work or the Pathway to Exploring Independence depending on their needs and abilities.

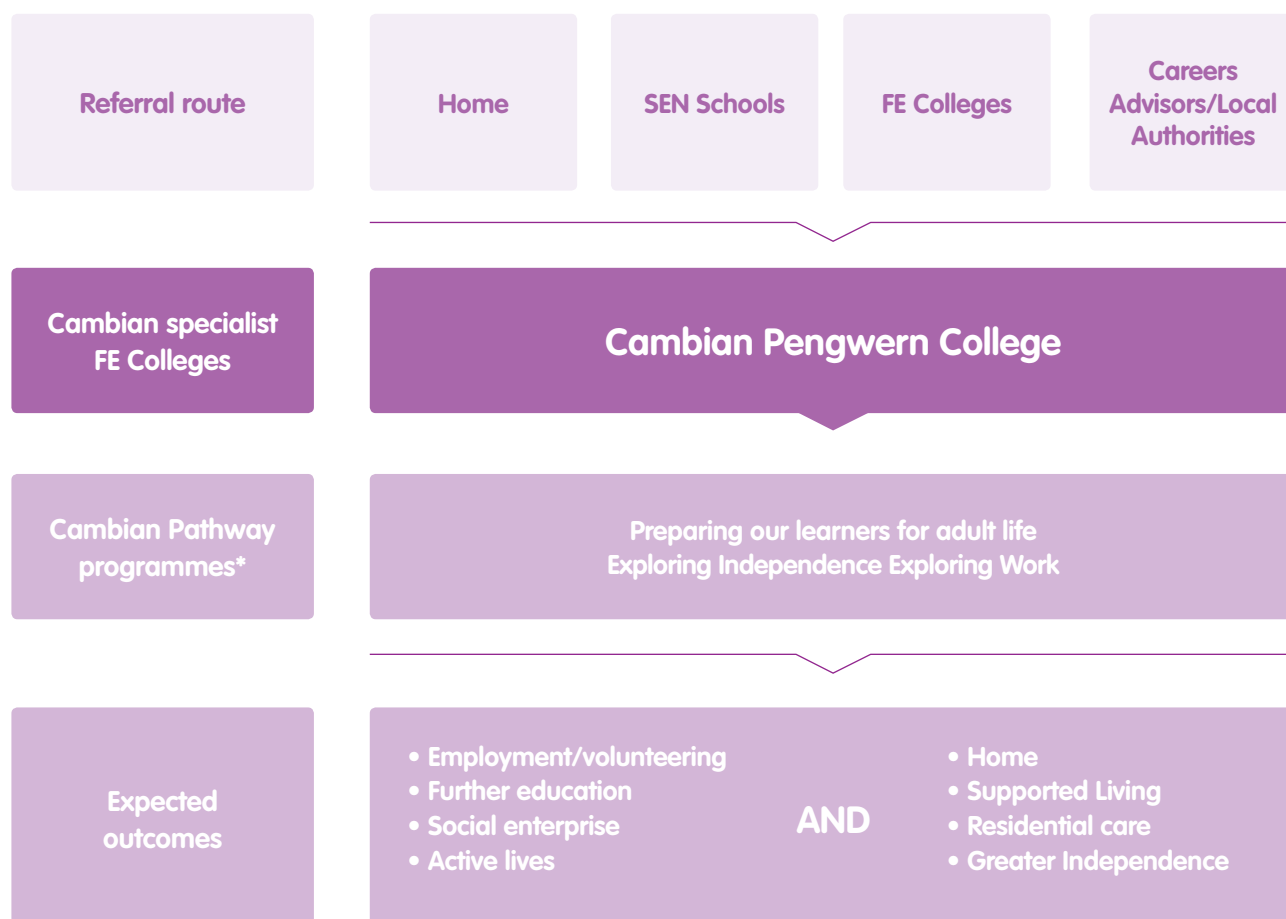
Both pathways\* provide opportunities for learners to develop essential functional, vocational and personal skills, and experience community living while following an individualised learning programme focused on their choices and aspirations.

We have established strong links with local organisations and employers that support the college by providing community based learning, leisure, volunteering, social enterprise and work experience opportunities.

"Thank you for giving Sean three happy years and helping him to become a confident and independent young man."  
Parent

"There is a strong focus on developing learners' independence and recognising their need to be valued as young adults."  
Estyn

### Referral route, Education Programmes and Expected Outcomes



\*Determined by individual assessments of need.



# Why choose us?

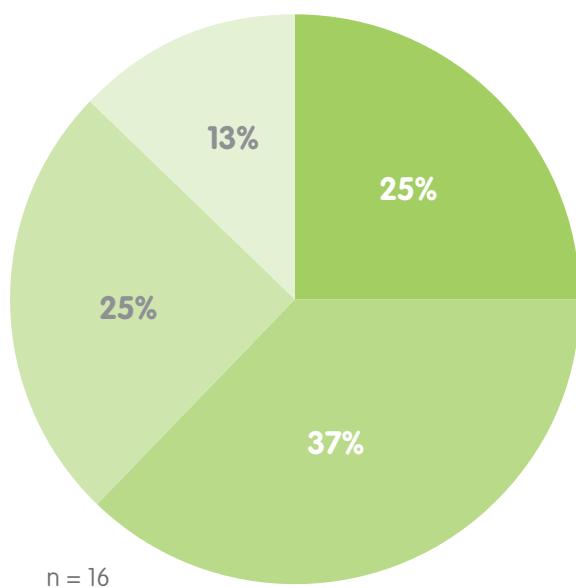
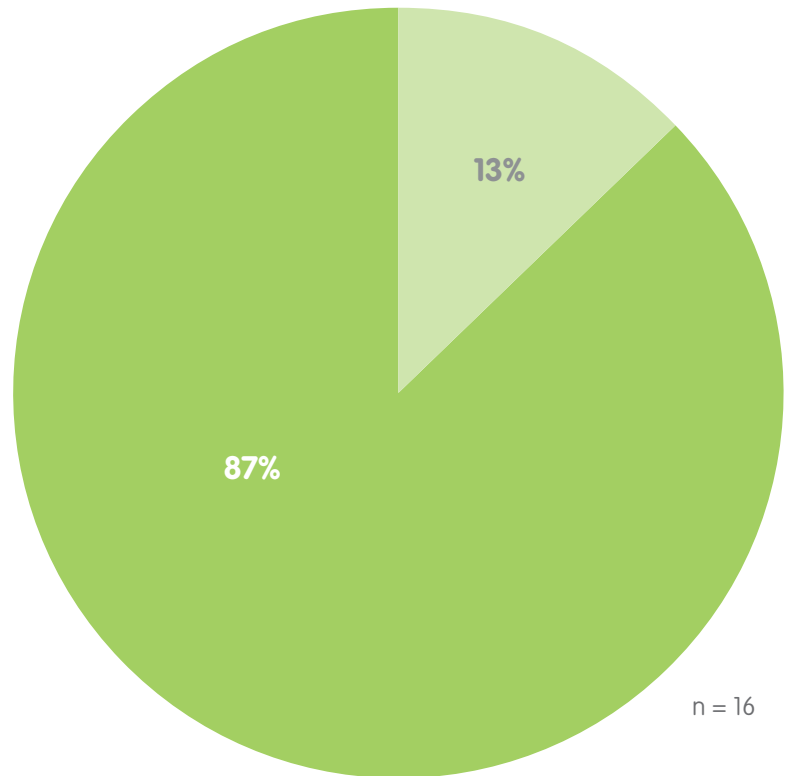
## Destination outcome

All learners leave Cambian Pengwern College with the new skills that are important to them as they progress towards the next stage in their lives. Over the years the college has built an outstanding reputation for supporting young people to learn and achieve and is valued by learners, their families and local authority commissioners alike.

## Housing Goals

87% of our residential leavers achieved their housing goals and transitioned into supported shared living.

- Shared living
- Other



## Economic Goals

87% of total leavers achieved their economic goals and transitioned into work-related, community-based, further education and/or training placements.

- Work placements
- Community activities
- Continued FE and Training
- Other



## When leaving us:



\*Data relates to 2014 leavers



## Helping achieve a personal best

Cambian Pengwern College offers various opportunities for external accreditation through the Qualifications and Credits Framework (QCF).

We provide flexible routes to full qualifications and offer units of study from pre-entry to entry level 3, leading to awards, certificates and diplomas.

The QCF is a key component in our work to help young people with a learning disability gain life skills. Self-esteem is essential to young people progressing into adulthood, encouraging a passion for learning and broadening their horizons. By offering learners the opportunity to undertake nationally recognised vocational and core skills qualifications, we help young people gain confidence and to lead socially active and engaged lives.

### **Vocational and practical learning opportunities at Cambian Pengwern College:**

- ✓ Hospitality and catering
- ✓ Retail
- ✓ Horticulture
- ✓ Conservation
- ✓ Music
- ✓ Arts and pottery
- ✓ Information and technology
- ✓ Essential skills
- ✓ Community sports
- ✓ Community access
- ✓ Animal care

"We have all loved working with the learners from Pengwern, seeing the progress they make in the time they are with us is amazing!"

Owner of Hendre Kennels and supporter of the college

"100% of our learners achieved a recognised qualification."

NATSPEC survey 2014

### **City & Guilds courses**

**As well as internal enrichment courses in practical skills, externally accredited courses include:**

- ✓ City & Guilds qualification in Personal Progress  
– Entry Level 1
- ✓ City & Guilds qualification Essential Skills for Work and life, communication and application of number  
– Entry 1 to Level 1
- ✓ City & Guilds qualification in Skills for Working Life  
– Entry 2 to Entry Level 3

**City & Guilds**





## Work experience and work placements

Every learner has the opportunity to undertake internal or external work placements as part of their individualised learning programme.

Work experience opportunities and individual long-term goals are discussed with each learner and work placements arranged to meet their specific needs.

Learners attend weekly work experience throughout the academic year; with targets agreed and reviewed regularly during the placement to support progress. Learning focuses on the development of practical and vocational skills that can be implemented in the wider community. Areas of work include but are not limited to animal care, catering, hospitality, beauty and gardening. Such activities and placements have proven very effective in increasing young people's confidence in life after college.

**Cambian Pengwern College offers work experience opportunities with more than 40 local and national companies and organisations including:**

-  The National Trust
-  The Co-operative Group
-  Pizza Hut
-  Warner Hotels
-  Farms
-  Kennels
-  Beauty salons





# Developing skills and interests

An important part of helping our learners to achieve their personal best is encouraging them to develop interests and participate in a variety of activities in different environments.

All learners follow an individualised programme of practical life skills development within real-life, supported living and community environments, with the aim of developing independence skills such as personal care, cooking, shopping, cleaning, laundry, travel training and community awareness.

The core curriculum is complemented by a range of enrichment activities that enable learners to develop new friendships and interests. They can choose from a variety of activities and clubs including:

- |                        |                               |
|------------------------|-------------------------------|
| ✓ Arts and crafts      | ✓ Music                       |
| ✓ Basketball           | ✓ Photography                 |
| ✓ Bowling              | ✓ Pilates                     |
| ✓ Cycling              | ✓ Pottery                     |
| ✓ Dance                | ✓ Rambling                    |
| ✓ Drama                | ✓ Swimming                    |
| ✓ Fishing              | ✓ Visiting places of interest |
| ✓ Football             | ✓ Woodwork                    |
| ✓ Gym                  | ✓ Zumba                       |
| ✓ Indoor/outdoor games | ✓ Boccia                      |
| ✓ Keep-fit             |                               |





## Learner voice

Learners are encouraged and supported to express their views on the things that are important to them about life in college. Their input shapes the curriculum, staff recruitment, opportunities for personal development and the support they receive.

This is achieved through learner tutorials comprising of 1:1 meetings to discuss anything related to college life, on and off-site advocacy services and the Principal's Open Door policy.

## Student Council

The Council consists of elected learners who are chosen to represent the views of all learners.

The representatives meet regularly to initiate projects and develop new ideas.

They solve problems, influence and make changes while acting in the best interests of all learners. And ensure that learner views are listened to and respected at all times.

Annually they are involved in promoting and organising learner events such as the May Fayre, the Summer Ball and fund raising for local charities.

"I love being on the student Council,  
I really like helping people and getting  
things done!"

Tom, Learner and member of the student council





## Our specialist interventions

Understanding our learners' individual behaviour and how they see the world is essential to support their development. We have developed a strong ethos of using positive and creative strategies and approaches that benefit the young people in our care.

By providing a wide range of specialist interventions, tailored approaches and pro-active options for learners, we ensure that all the young people in our care have the chance to engage positively with staff and their peers.

Whilst with us, we encourage learners to develop and pursue their interests and provide them with the support they need to consistently achieve their personal best.

A range of multidisciplinary therapies are delivered by our highly skilled and passionate team, who work together to create a holistic care environment.

### Our specialist team:

Learning tutors  
Speech and language therapy  
Occupational therapy  
Key workers  
Behaviour practice lead  
Educational psychologist



### This team supports the delivery of:

- ✓ Person-centred behaviour support plans
- ✓ Coping with anxiety
- ✓ Social engagement and inclusion
- ✓ Improved personal communication and interaction
- ✓ Developing life skills
- ✓ Increased emotional well-being
- ✓ Staying safe and healthy
- ✓ Developing and maintaining personal relationships
- ✓ Preparing for adulthood



## A total communication environment

Cambian Pengwern College provides a total communication environment that enables all learners to reach their potential, both in expressing themselves and understanding others. The college creates a supportive and effective communication environment, valuing all means of communication equally.

There is strong emphasis on the use of visual information to promote learner choice, control and autonomy. The provision of accessible information throughout the college, such as pictorial timetables and visual time lines facilitates learners' independence across the curriculum.









# Our environment

## A home away from home

We understand that residential colleges can never replace home but make every effort to create a welcoming, family environment where learners feel safe and comfortable.

Our accommodation provides the necessary step between leaving home and community living that most young adults take during their transition to adulthood.

Learners can live on the college campus and as their confidence and independence grows progress to our off-site community accommodation.

We encourage learners to personalise their bedrooms with posters and photos and take responsibility for keeping their rooms tidy.

### Sensory room

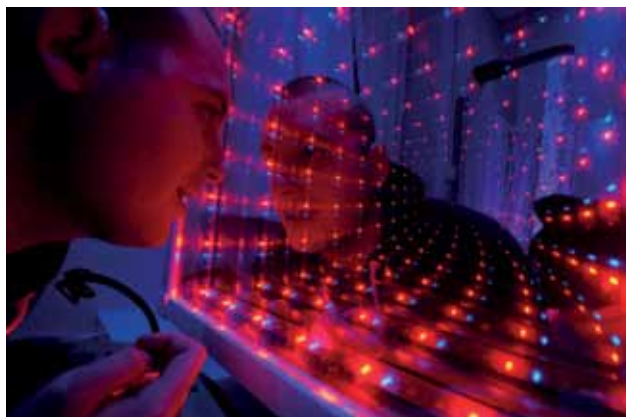
**Our sensory room is a therapeutic environment that offers learners a controlled and quiet space away from the bustle of college life: a place where they can fully relax and increase or decrease their sensory experience as they require.**

It is a calming environment which utilises interactive lighting, bubble tubes, soft seating, mirrors, weighted blankets, rollers and balls to develop body awareness and balance.

Our multi-disciplinary team use the sensory room to teach learners calming techniques and how to use them in different environments.

### Other on-site facilities include:

- ✓ ICT Suites
- ✓ Catering
- ✓ Farm Park, Animal care centre
- ✓ Campus shop
- ✓ Classrooms for communication, literacy and numeracy
- ✓ Greenhouses and poly-tunnels
- ✓ Conservation woodlands
- ✓ Workshops for art, pottery and woodwork
- ✓ Outdoor classroom and teaching space







## Community partnerships

We have established excellent links with local organisations for leisure and recreation activities including:

- £ Cineworld
- £ Theatre Clwyd
- £ Venue Cymru
- £ Penrhyn Castle
- £ Bodnant Gardens
- £ Welsh Mountain Zoo
- £ North Wales Golf course and driving range
- £ Kinmel Manor Hotel
- £ Faenol Fawr
- £ RSPB Conwy
- £ Local leisure centres
- £ Outdoor pursuits





## Our location



Community  
partnerships

- Cambian Pengwern College is set in 23 acres of beautiful North Wales countryside near the historic village of Rhuddlan, close to the popular resort towns of Prestatyn and Llandudno. The college benefits from good rail / bus links and road networks.









# Living well

## Health and well-being



Learners are encouraged and supported to develop and maintain healthy lifestyles, with a focus on positive social and emotional well-being.

Learners take an active role in planning the weekly menu for their accommodations. Strong emphasis is placed on giving learners the knowledge and support to make food choices which contribute to a healthy diet. Shopping for food is an integral part of the practical life skills curriculum that gives learners the opportunity to learn about food labelling and to select healthy options when out in the community.

Our catering team also provides balanced healthy meals and snacks, served from the college canteen. Our health care team play a key role in making sure learners' health needs are supported appropriately and that learners, through specific programmes, are increasingly encouraged to manage their own medical needs.

Learners are supported to take part in a choice of physical and sporting activities; these include a wide range of personal interests such as swimming, Pilates classes and football.

### Our Living well approach aims to:

-  **Promote healthy eating and lifestyles**
-  **Increase health and well-being awareness**

"Staff give learners exemplary support and guidance that is very well tailored to meet their individual needs."

Estyn, 2014

### **Faith and Worship**

At Cambian Pengwern College we understand how important it is that learners are supported to participate in worship according to their beliefs. There are a variety of places of worship in the local communities near to the college.

# David's journey



## *When we first met David*

David\* is a young man with a mixed diagnosis including attention deficit hyperactivity disorder, obsessional compulsion disorder, dyslexia, development coordination disorder and moderate to severe learning difficulties. After an initial assessment period including visits and overnight stays, it was agreed that Cambian Pengwern College would be able to meet David's unique care and educational needs. His parents were thrilled and the person-centred transition work began!

## *When David came to us*

David joined Cambian Pengwern College as a residential learner and at first exhibited challenging behaviours such as verbal and physical aggression. His language difficulties impacted on his social and communication skills as well as his comprehension and expression levels, which left him frustrated and anxious. He would mask these difficulties by echoing and copying speech without understanding the full meaning of what he had said.

David had little understanding of travel safety and this had an impact on his level of independence. He required supervision most of the time, particularly during transitions. Staff observed his behaviour and developed a clear personalised management and individual learning plan to assist David in achieving his own goals and greater independence.

## *David's care*

Staff developed very clear routines and boundaries for David and any changes were discussed with him first to give him the necessary time to adjust. His timetable was split into theoretical and practical activities and included numerous sporting activities and regular work experience placements. David was encouraged to choose activities in advance to minimise anxiety.

Within the safe environment of the college David was able to develop his confidence on routine tasks and develop an understanding of risks so that he could start to function with greater independence.

The college supported David to increase his communication skills using tools such as pictures and social stories. As his ability to communicate increased, his challenging behaviours decreased. Staff utilised positive behavioural support and consistent best practice approaches and drew from PHP guidance and therapeutic reports to increase David's community access and experiential learning. This in turn reduced his anxieties and enabled positive participation in college life.

## *David today*

David has developed into a confident, happy, engaged and polite young man who has truly excelled and defied initial expectations. He worked eagerly and with enthusiasm in his final year of college and achieved academically and socially. David also enjoyed participating in a local theatre dance group and performing on stage.

David no longer requires continual 1:1 support. He developed effective coping mechanisms to self-regulate his anxieties and developed positive relationships with the staff and his peers.

David also became an active member of the college's Student Council and attended and contributed to meetings on a regular basis, positively and passionately representing the voice of other learners.

## *What's the future like for David?*

David was supported through the transition process to move back to his local area and now lives in a semi supported house with 3 other people.

David sees his family on a regular basis but has his own busy social life too. He attends a work placement in his local community and further education course at a local college. David loves being active and regularly meets with friends to play pool and for his local learning disability football team.

\* Name has been changed to protect his identity.



## Transition

# Designed with the future in mind

At Cambian Pengwern College, transition is central to the programme of study and planned from the moment learners' start with us. The Transition Coordinator works very closely with learners in their final year to ensure that their needs are met and that they are ready and prepared for their next step. This includes taking part in real life interviews and establishing meaningful work/further education placements.

The transition process is supported by a 'circle of support' that includes the learner, their family and friends and professionals. Working together with all parties we:

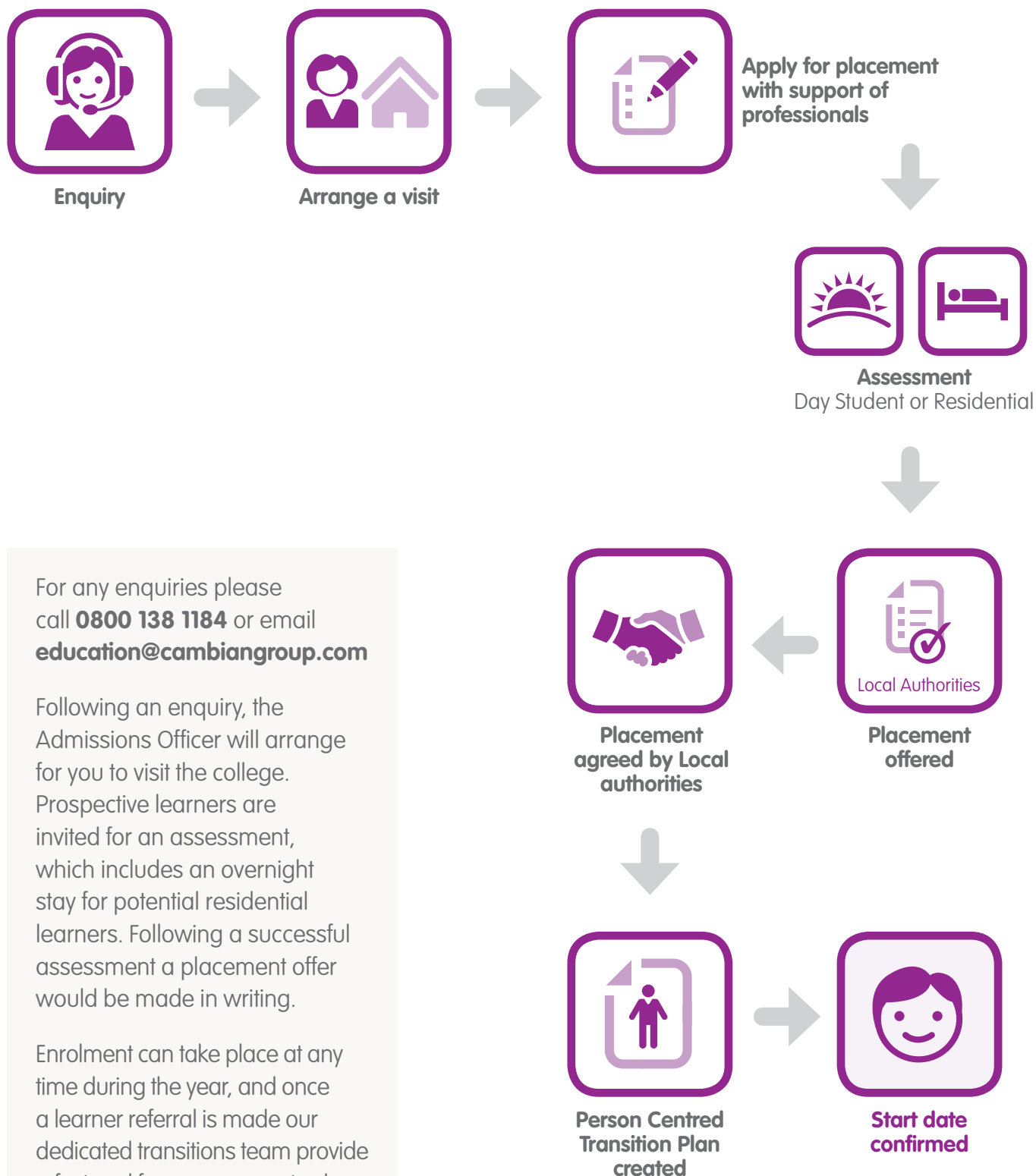
- ✓ Facilitate visits to the proposed 'home' area to acquire local knowledge
- ✓ Replicate future support levels and expectations for community living
- ✓ Develop a range of opportunities for "faster" activities, including voluntary and/or work placements that mirror those available in their new community
- ✓ Work with families, external stakeholders and new providers towards an effective and seamless transition

### Transition process:

- ✓ Become familiar with their home counties and future placements
- ✓ Become active citizens by supporting the development of future care plans
- ✓ Start seamlessly with new providers by providing detailed information for assessment and planning



# Enrolment process



For any enquiries please call **0800 138 1184** or email **[education@cambiangroup.com](mailto:education@cambiangroup.com)**

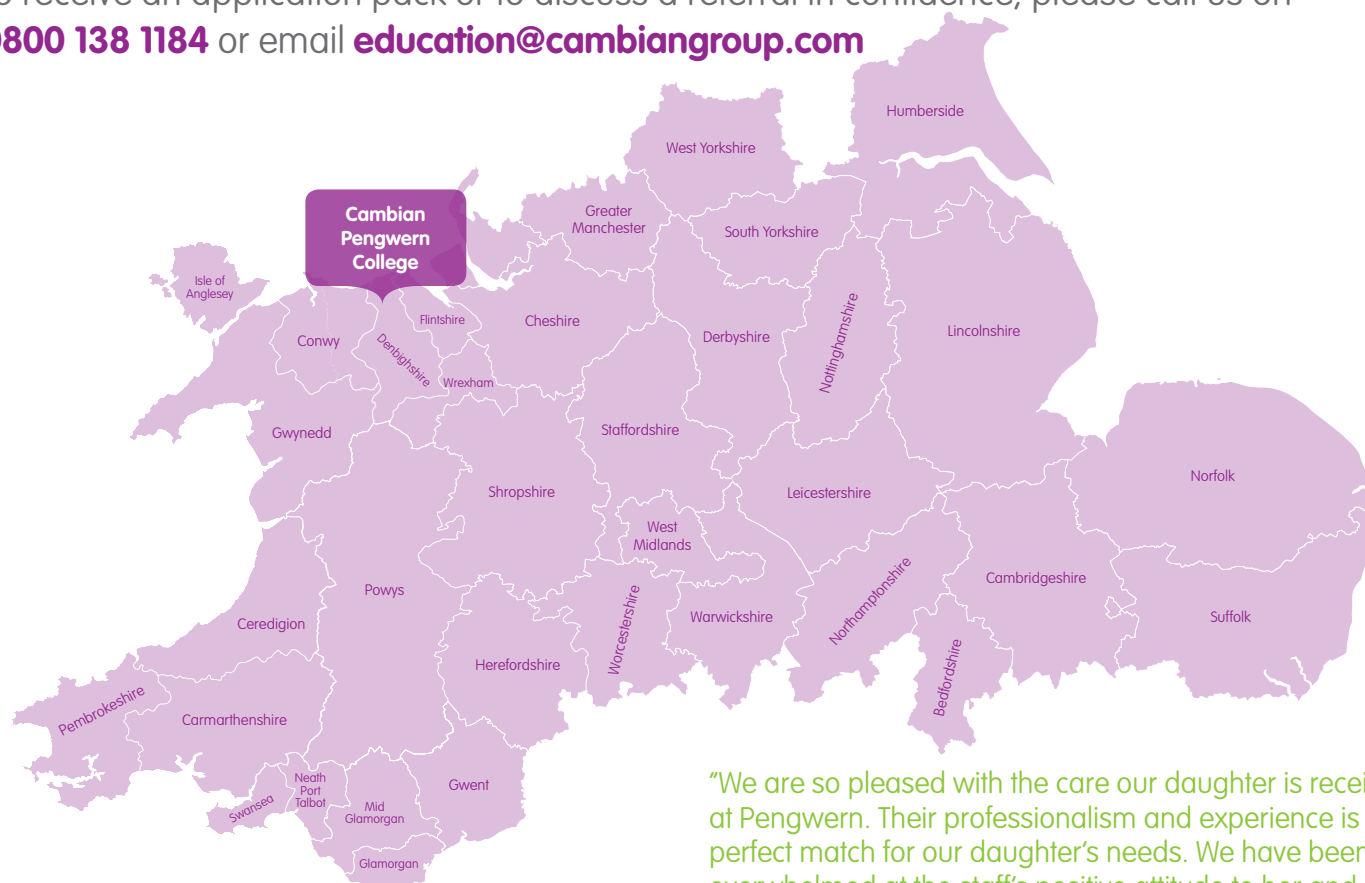
Following an enquiry, the Admissions Officer will arrange for you to visit the college. Prospective learners are invited for an assessment, which includes an overnight stay for potential residential learners. Following a successful assessment a placement offer would be made in writing.

Enrolment can take place at any time during the year, and once a learner referral is made our dedicated transitions team provide a fast and free person-centred Transition Plan.



# Cambian Pengwern College

To receive an application pack or to discuss a referral in confidence, please call us on **0800 138 1184** or email **[education@cambianguroup.com](mailto:education@cambianguroup.com)**



"We are so pleased with the care our daughter is receiving at Pengwern. Their professionalism and experience is a perfect match for our daughter's needs. We have been overwhelmed at the staff's positive attitude to her and have seen the difference that that has made."

Parent

