

Specialist further education college

Cambian Dilston College, Northumberland

- ✓ Moderate to severe learning difficulties
- ✓ Day and up to 52-week residential mixed-gender placements
- ✓ Complex needs and challenging behaviour
- ✓ Mixed gender, age 16-25





CC Welcome to Cambian Dilston College, an independent specialist college providing a high standard of education and care for learners aged 16 to 25 with moderate to severe learning disabilities. We successfully support learners with a broad range of complex needs including medical needs and challenging behaviour.

Cambian Dilston College is situated in Northumberland, close to the towns of Hexham and Corbridge, with easy access to Newcastle City Centre. We offer day and outreach placements and up to 52-week residential placements.

We pride ourselves on our commitment to providing high quality and person-centred education and care using specialist approaches and individual learning programmes, utilising our unique on-site learning, leisure and residential facilities. We support learners to gain the skills and confidence they need to move onto the next stage in their lives, whether that is gaining employment, moving towards independent living or progressing to further study.

Following the key principles of 16+ study programmes every learner has an individualised learning programme, designed to support their development and progression in line with their future aspirations. We look forward to welcoming you to the college.



Nicola Moxon

Nicola Moxon, Principal
Cambian Dilston College



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Enabling young people to lead active lives

Cambian Dilston College is an independent provider of specialist further education in North East England, offering day and outreach services, and up to 52-week residential placements for young people with a learning disability, autism spectrum conditions and complex needs.

All learner accommodation is registered under the provisions of The Health and Social Care Act 2008 (Regulated Activities) Regulations 2010 and inspected by the Care Quality Commission.

Our person-centred approach provides learners with individualised learning programmes 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 meaningful qualifications, evidencing our commitment to enabling increased choice, control and independence.



Learner profile



Mixed Gender
Age range

16-25



Placement

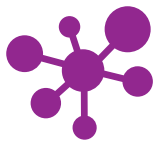
**Day and up to
52 week residential
Short break and outreach**



Learner
Presentation

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

*Learning programs are determined by individual assessment of needs.



Referral route and pathways

Preparing our learners for adult life

Learners follow either the Personal Progress route (PP) or the Skills for Independence and Work (SFIW) route depending on their needs, abilities and preferences.

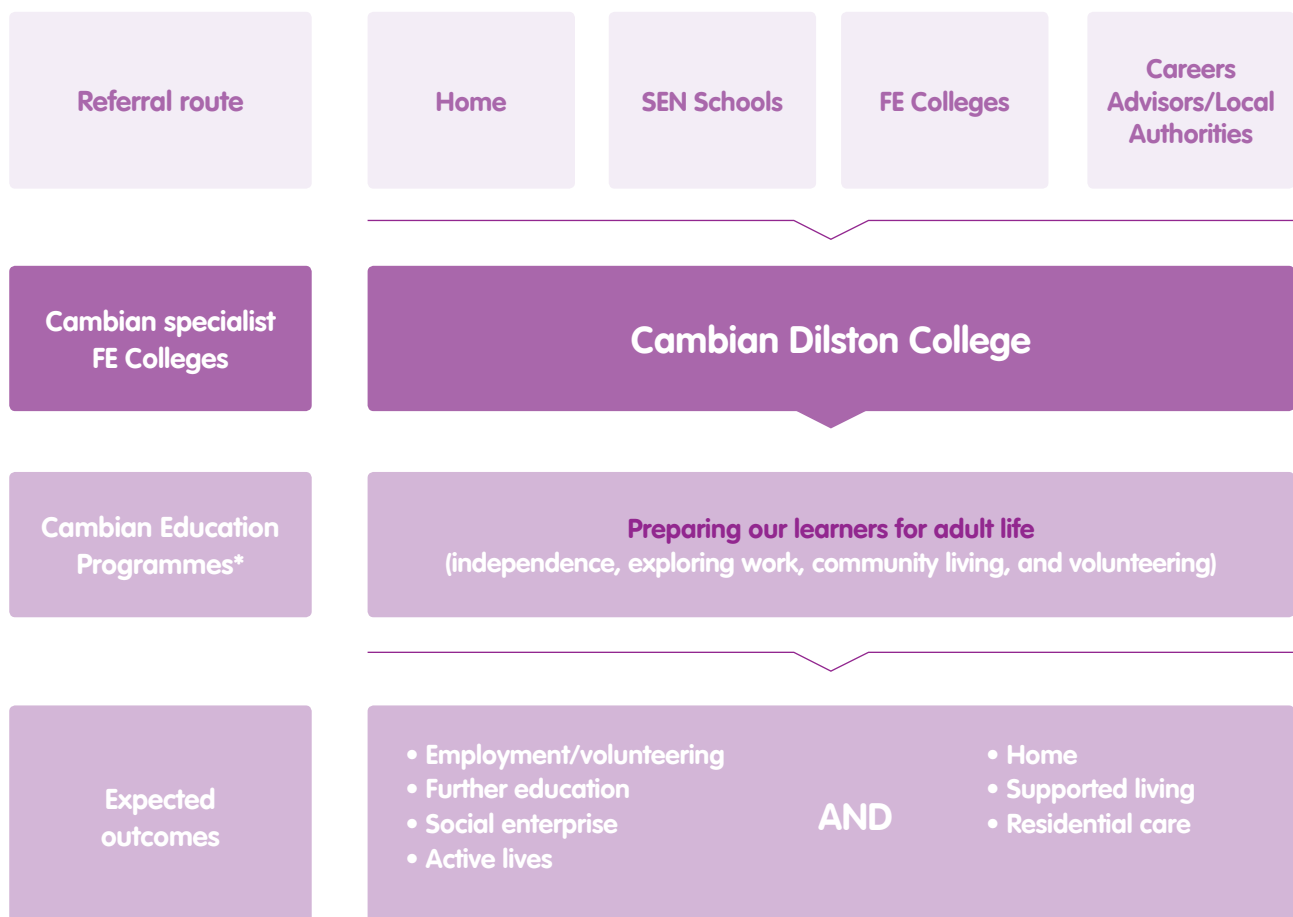
All routes* include the key features of 16+ study programmes, enabling learners to develop their functional, vocational and personal skills, and experience community living.

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.

"The care students receive is person-centred. They experience positive outcomes, develop their skill, abilities and independence, and their care needs were met."

CQC Report 2016

Referral route, education, programmes and expected outcomes



*Determined by individual assessments of need.



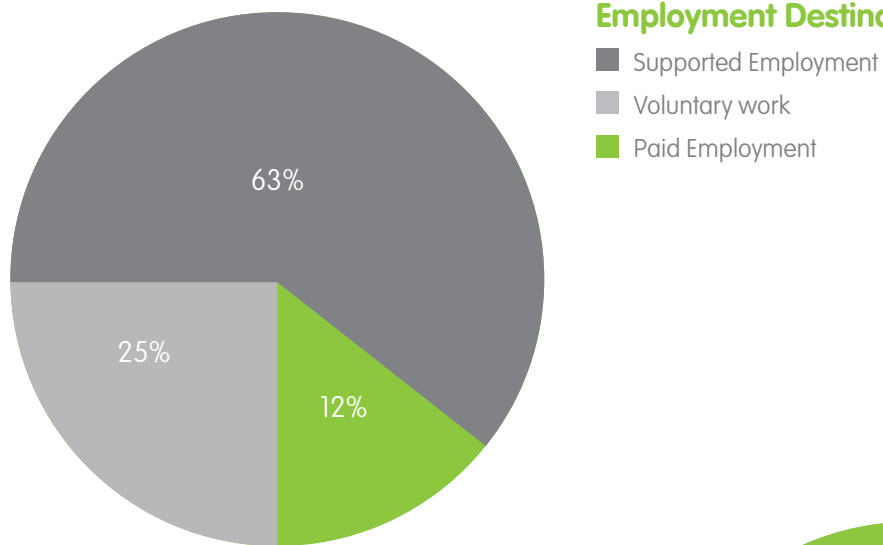
Why choose us?

Destination outcome

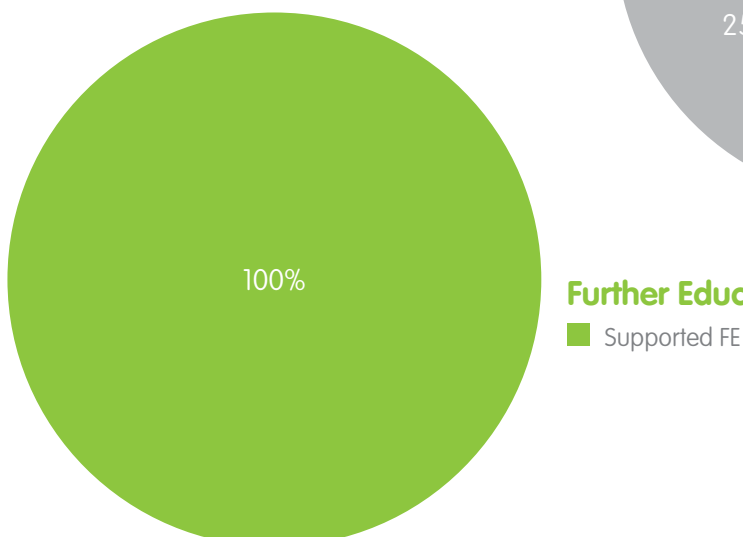
All learners leave Cambian Dilston College with new skills that are important to them as they progress towards the next stage in their lives. Over the years the college has built an outstanding reputation for supporting young people to learn and achieve and is valued by learners, their families and local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

The college is particularly good at working with each young person to identify their aspirations and deliver an effective transition. In the last academic year 86% of learners accessed real work experience placements.

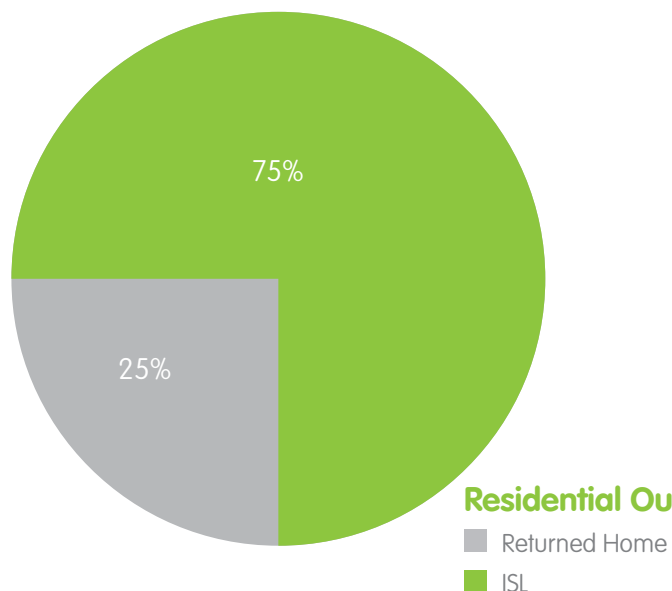
Employment Destination



Further Education



Residential Outcomes*



When leaving us:

92%

achieved FE
placements*

75%

moved on to
Independent
Supported Living*

100%

of parents feel the college is safe

83%

of students improved
their independence
skills

95%

achieved higher
qualifications in
Functional Skills

85%

of students improved their
communication skills

18%

increase in
Functional Skills
achievement
compared to last
academic year

8%

increase in ISL
achievement
compared to last
academic year



* Of those who have this as their goal.



Helping achieve a personal best

Cambian Dilston College offers a wide variety of 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 level 2, 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. By offering learners the opportunity to undertake nationally recognised vocational qualifications, we help young people to gain confidence and lead socially active and engaged lives.

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

- ✓ Edexcel
- ✓ English Speaking Board
- ✓ Duke of Edinburgh Award

Vocational and practical learning opportunities at Cambian Dilston College:

- ✓ Hospitality and catering
- ✓ Horticulture
- ✓ Conservation
- ✓ Music
- ✓ Arts and pottery
- ✓ Information technology
- ✓ Community sports
- ✓ Community access
- ✓ Forest School





Volunteering and work placements

As part of their course, learners are offered the opportunity to access work experience, supported by one of our dedicated job coaches.

Such opportunities offer learners an insight into the world of work which may be one of their long-term goals, or may inspire them to think about seeking a work-related or ongoing learning placement once their college course is complete.






Our staff support learners to access work experience in a variety of areas such as catering, administration and land-based work.

Work experience placements continue throughout the year, as opposed to the block placements traditionally run by schools. This allows learners time to prepare and settle into their placement and apply learning from their college course to the work environment.

Learners are also able to establish positive relationships with their employers, enabling them to develop meaningful and person-centred employment experiences.

Learners can take the confidence gained and skills learnt from their placements and transfer them, along with accurate employer references, to increase the work, further education or training opportunities available to them after college.

We have developed strong relationships with a number of large employers in the area including:

-  Beamish Museum
-  Oxfam
-  Primark
-  Ouseburn Farm
-  Intu Metrocentre





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 and 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 | ✓ Indoor/outdoor games |
| ✓ Basketball | ✓ Keep-fit |
| ✓ Bowling | ✓ Music |
| ✓ Cycling | ✓ Photography |
| ✓ Dance | ✓ Pottery |
| ✓ Drama | ✓ Rambling |
| ✓ Duke of Edinburgh | ✓ Swimming |
| ✓ Football | ✓ Visiting places of interest |
| ✓ Gym | ✓ Woodwork |



Learner Voice

Cambian Dilston College offers all learners the opportunity to participate in a full and active extended curriculum: promoting, supporting and challenging them to make progress and achieve their fullest potential. The ethos of the college ensures that our approach is inclusive and holistic, offering everyone an equal opportunity to express their views, make choices and be included.

This policy is key to our commitment to the development and promotion of learner involvement:

- Learners are involved in a comprehensive assessment process (pre-entry, initial, baseline).
- Learners complete a thorough induction programme designed to help them settle in to their new routines.
- Learners are fully integrated into community living through an extended curriculum and extra-curricular activities.
- Learner Voice is captured in many different ways: accommodation meetings, individual tutorials, person centred plans/reviews, individual therapy sessions, student council meetings, differentiated resources and the use of communication aids within a total communication environment.
- Support structures are comprehensive and clear and designed to give learners quick access to key staff with whom they can share concerns e.g. keyworker and personal tutor.

- The Duke of Edinburgh Award supports our commitment to enhance outcomes for all learners.
- Learners are supported to make choices about their timetable by participating in an 'options' process.
- Learner choice and participation is promoted and monitored via operational meetings, tutor meetings and accommodation meetings.
- For more complex learners, Learner Voice is focussed upon enabling them to make simple choices about their daily lives both in and outside of college. Learners are supported to develop their communication skills within our total communication environment and are given opportunities to make choices and develop independence through the innovative use of technology and specialist resources.
- Learners are supported to utilise community citizenship and enterprise opportunities to maximum affect e.g. Hexham Station Kiosk, Forum Café, Lunch Club and work experience placements.

For further information about our Learner Voice action plan and processes please contact the college directly.





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 strategies and approaches that benefit the young people in our care.

By providing a wide range of specialist interventions, tailored approaches and proactive 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 the support they need to consistently achieve their personal best. Our range of multidisciplinary therapies is delivered by a highly skilled and passionate team who work together to provide a holistic care environment.

Our therapy team:

Speech and language therapy

Occupational therapy

Specialist

Additional professional support purchased as requested



This team supports the delivery of:

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

Speech and Language Therapy

Cambian Dilston College promotes Inclusive Communication, and provides all of our students with an environment which values every means of understanding and expression. We use a whole range of tools and strategies which support communication at all levels. This includes Makaton signing, visual communication strategies, and use of Voice Output Communication Aids.

The Speech and Language Therapist works in a number of different ways:

Across the whole college environment – to ensure that all staff have the knowledge, skills and tools they need to assist the students' communication

Targeted working – in taught sessions and in the evenings the SLT works directly alongside other staff to teach the students communication skills in the classroom around the College and in the community.

Individual Sessions - where students need individual work in order to learn specific skills, or to address specific communication needs, they are seen on this basis.

We help students to:

- Tell people what they want and need
- Understand what other people say
- Know what is happening in their day
- Make choices and decisions
- Tell people how they are feeling
- Improve their social skills and develop friendships



Occupational Therapy Service

Occupational Therapy at Cambian Dilston College offers a range of individual and group assessment and intervention programmes looking at how students function in self-care, learning, work and leisure.

Occupational Therapy at Dilston College aims to promote independence, health and wellbeing through participation in meaningful activity and by overcoming barriers to daily living. This may include addressing difficulties with thinking and learning, emotions and socialising, movement and sensory processing.

Occupational Therapy is delivered through a range of approaches including embedding sensory approaches through the college environment, environmental adaptations and providing specialist equipment.

Occupational Therapy works with individual students and the wider staff team to set goals and address needs.

Behaviour

Assessment is used for all students that come to Cambian Dilston College who have behaviour issues. Before starting college, our Therapy Team work closely with families and carers to develop a behaviour package centred on the individual student's needs.

Our Behaviour Specialist and Therapy Team regularly review behaviour packages to ensure students are provided with the right strategies to engage fully in the curriculum within college, without their behaviour becoming an obstacle to that.





Our environment

A home away from home

We understand that residential colleges can never replace home but we 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, they are able to progress through the range of residential settings available.

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

At some point during their time at college, if appropriate, learners will have the opportunity to experience community living. This enables them to optimise their potential for moving on to supported living after college and develop practical living skills.

Other on-site facilities include:

- ✓ ICT suites
- ✓ Café
- ✓ Bakery
- ✓ Workshops for art, pottery and woodwork
- ✓ Outdoor classroom and teaching space
- ✓ Horticultural and estates management
- ✓ Vocational learning kitchen

Off-site facilities:

- ✓ Sports activities at local leisure centre
- ✓ Opportunities for shopping and entertainment in nearby town of Corbridge, Hexham as well as Newcastle
- ✓ Lunch clubs





Curriculum overview

At Cambian Dilston College, we:

- ✓ Offer a broad and **individualised curriculum** for each learner, tailored to meet their developing needs.
- ✓ Facilitate the development of **independent living skills** through a practical and community based curriculum.
- ✓ Develop learners' functional **communication skills** within a total communication environment.
- ✓ Enable learners to develop **self-awareness and interpersonal skills** which underpin successful community living and working.
- ✓ Offer a wide range of vocational curriculum choices to **stimulate and challenge learners** on all levels.
- ✓ Encourage learners to become **active participants in their local communities** through a programme of enterprise and involvement.
- ✓ Equip learners with the most appropriate and **relevant accreditation** for their chosen destination.



Personal Progress route

Learners working up to Entry Level 1 will follow a Personal Progress route tailored to their individual needs. Learners work towards qualifications designed to develop their life skills in a variety of different contexts. The curriculum content is constructed around the development of communication skills, community awareness and integration, social communication and behaviour, development of independent living skills and introductory activities in vocational areas.

Core Curriculum

The core curriculum offers three distinct routes: Personal Progress, Skills for Independence and Work and Workskills; all routes encompass the key principles of 16+ study programmes. Subject areas include:

- ✓ **Independent living skills**
- ✓ **Functional skills**
- ✓ **Art**
- ✓ **Sport**
- ✓ **Land-based studies**
- ✓ **Catering**
- ✓ **Performing arts**
- ✓ **Work experience**
- ✓ **Media**
- ✓ **Duke of Edinburgh Award**



Skills for Independence and Work route

Learners working at Entry Level 2 will follow a SFIW route enabling them to develop a range of skills within chosen vocational areas and access core sessions in functional skills, Maths and English, IT, Art, Sport, Aspects of Adulthood, Media and Duke of Edinburgh Award.



Work skills

Learners working at Entry Level 3 and Level 1 follow a Workskills route designed to equip learners with the essential skills needed to progress into employment post-college.

Curriculum overview

Within all our curriculum options, we protectively teach the skills that underpin effective learning and relationship building; promoting emotional health and wellbeing.

The curriculum options we offer provide our students with the opportunity to practice new skills in an environment where they feel safe, try new things and learn more about themselves.

Independent Living Skills curriculum

The Independent Living Skills curriculum is designed to develop learners' readiness for independent or shared community living. This is achieved by focusing on the skills required to live as independently as possible and to make a successful transition out of college. For all learners, this will involve identifying long-term transitional aims to ensure that the skills they develop can be successfully transferred into their post college placement.

Sensory curriculum

For learners with more complex physical, sensory and communication needs, we offer an accessible sensory curriculum. This is mediated through the provision of a sensory room and equipment, in conjunction with timetabled access to specific sensory based activities.

There is also important embedding of sensory provision into different curriculum areas e.g. P.E., health and fitness, the arts and our Land Studies department which now boasts a sensory garden. Learners who have been identified as needing a sensory strand in their curriculum are referred in consultation with key staff.

Communication and Behaviour curriculum

Our autism specific curriculum is designed to meet the needs of learners with complex communication and behavioural difficulties. This is a highly structured and experiential learning programme which develops and reinforces learners' adaptive behaviours, communication, social awareness and functional skills. The curriculum is based upon a total communication philosophy, with the utilisation of a wide range of tools and methods to develop learners' understanding and help them to be understood.

Work Experience

Learners have access to a wide variety of work experience placements through the wide range of connections Cambian Dilston College has with local employers. Job Coaches work closely with students to help them identify work related targets, reflect on their work experience placement and plan for their next step.



ROOTS

- The importance of roots in the ecosystem
- How roots help plants grow
- The role of roots in soil formation
- The impact of roots on water cycles
- The connection between roots and climate change





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.

Our Living Well approach aims to:

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

Learners take an active role in planning the weekly menu for their accommodation. 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 and well-being supporter plays 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.

Senior learning supporters and key workers focus on increasing learners' understanding and supporting the development of positive relationships with their peers, staff and circles of support.

Tutors ensure that learning is 'stimulating and is focused on improving learners' independent living and work skills. Consequently, a high proportion of learners achieve their personal goals and have a greater awareness of how to care for themselves.'

(Ofsted 2017)

Faith and Worship

At Cambian Dilston 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.

“We appreciate Luke's* interest, his politeness and his reliability. We really appreciate having him around”

- Discovery Museum

“Luke* became more confident interacting with the public as time went on in his placement”

- Discovery Museum





Luke's* Story

When we first met Luke

Luke began his college course with the long term goal of gaining employment and living independently with friends. He had completed some volunteering at a local bike recycling shop in his community and was keen to continue this but to also try some new work opportunities. Luke was referred by his personal tutor for work experience and a job coach met with Luke, who identified that he was good at following instructions and completing tasks, but he needed to work on his communication skills and confidence interacting with others. Luke identified that he was also very interested in art and history.

When Luke came to us

Luke continued to volunteer at the bike recycling shop, but also secured work experience in a local bike shop where he worked on the shop floor putting out stock and keeping the shop tidy as well as interacting with customers. This allowed Luke to confidently transfer knowledge from one placement to another giving him the confidence to offer advice to customers. A job coach also travel trained Luke to get from Hexham to his placement in Prudhoe independently.

Luke's care

As Luke's skills developed, he became confident enough to secure a 3rd work placement at the Discovery Museum in Newcastle where he kept the display areas tidy and helped changing exhibitions. Due to Luke's interest in Art, he presented his own photography exhibition in the museum which he spent the weekend curating to members of public.

Today

Luke continued his work experience into his second year, having developed his independence further by being travel trained to Newcastle to access his placement at the bike recycling shop and the discovery museum independently. With additional placements at Metro Centre, a local book shop and a town centre café, Luke's curriculum was adapted to focus more prominently on his desired outcome of securing employment.

What's the future like for Luke?

Upon leaving college, Luke successfully gained an apprenticeship with the NHS through Project Choice where he would work in a variety of placements within NHS services.

*individual's name has been changed to protect his identity

Transitional support

Transition is central to our college offer; we take pride in supporting learners to achieve their goals and aspirations. At Cambian Dilston College we have a dedicated team that, alongside the learners' circles of support, develop person-centred plans focusing on life after college.

"My son had a very positive experience at Cambian Dilston College. His self-confidence, personal skills and abilities that developed during this time have helped him to become a happy, competent young man. The staff were wonderful at supporting him to ensure he achieved his full potential. He also made many new friends. The transitions team gave lots of good advice, guidance and assistance to ensure that his wishes were accomplished. They organised work experience, appointments, and helped him to view potential placements before he finished his course and were always quick to respond to questions from me, ensuring I was fully informed."

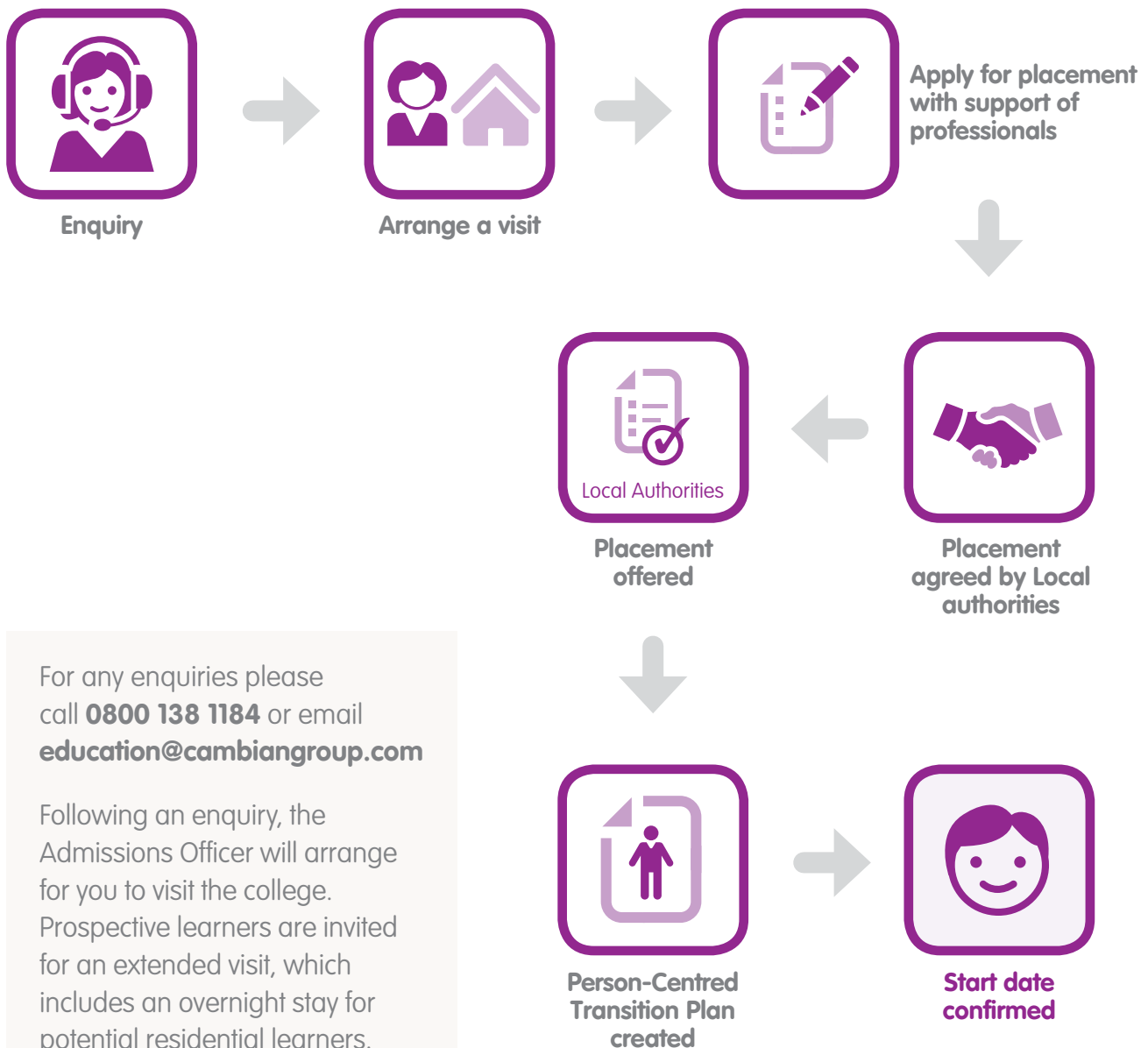
Parent



The transition team:

- ✓ Arranges work experience placements and liaises with employers within the students' local community.
- ✓ Liaises with students' future service providers to facilitate smooth transitions.
- ✓ Identifies opportunities in the community with students.
- ✓ Supports students to visit their new homes and communities.

Enrolment process



For any enquiries please call **0800 138 1184** or email **education@cambianguroup.com**

Following an enquiry, the Admissions Officer will arrange for you to visit the college. Prospective learners are invited for an extended visit, which includes an overnight stay for potential residential learners. Following a successful extended visit 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 Dilston College

To receive an application pack or to discuss a referral in confidence, please call us on **0800 138 1184** or email **education@cambiangroup.com**



"We were very impressed both by the facilities and atmosphere, and by the approach to learning and development."

Prospective parent

