

How does it work?

You can apply direct or be referred by a support worker. We will need to take references from a support worker, Probation Officer, Social Worker or other key workers to help work out if Transitions is the right project for you.

The Project Co-ordinator will then meet with you (and your keyworker if you wish) to find out what your needs are and what you would like to achieve. If Transitions is suitable for you, you will then be matched with a volunteer who will meet with you regularly as agreed between you (usually from fortnightly up to twice weekly), decreasing gradually over the course of about six months.



Contact us for more information



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INVESTOR IN PEOPLE



Working with people making the transition to independent living



A project of



Charity No. 1026229 Company No. 2844870
Incorporating the work of the former Palace Gate Project

What is Transitions?

Transitions provides trained volunteers to work with you if you're moving out of supported accommodation, to settle into your new home. We can help smooth the transition to living independently by linking you in with sources of support in your community, social activities and other facilities you might need, and by helping you gain skills and knowledge to manage more independently.

Who can use Transitions?

You can apply to Transitions if:



- you are moving out of supported accommodation and are ready to live independently without a lot of regular support,
- OR
- you have been receiving 'floating support' and you are ready to make the next step towards managing on your own
- AND
- you would like to become more independent.

What kind of help is on offer?

The overall aim is for you to gain the skills and confidence you need to be able to manage living independently without regular support, and for you to have built up the skills, knowledge, friendships and contacts you need to be able to manage life's ups and downs.

Each person's needs will be different, and we will support you to decide what you want to achieve and what help you need to get there.

The kind of help volunteers can support you with:

- Helping you to look for accommodation, for example, help with making phone calls, meeting landlords and viewing properties or bidding on Home Choice.
- Looking for possible sources of support and information in your local community and how to access them
- Helping you to find what you need to be able to manage your own daily living tasks, such as budgeting, shopping, cooking, cleaning, letters and forms, managing health conditions, etc.
- Putting you in touch with specialist services if needed. This may include supporting you to make phone calls and coming with you to first appointments
- Helping you to get actively involved in your community, including taking on volunteer roles, joining clubs and groups and going to events etc.
- Supporting you to develop and maintain positive friendships and relationships, and make contact with people and groups who could support you along the way
- Regularly helping you to set your own goals, review your own progress, change your goals as needed, and decide on further action.

