**Travel Training Programme – A pathway to Independence**

Out of 40 students referred for independent travel training programme in the past two academic years, 36 students (90%) no longer rely on Havering Council for home to school travel assistance.

This is an impressive number of students who are now independent travellers from their homes to their schools, and making use of community based resources.

The travel training programme supports students to learn how to use public transport, including buses, trains, tubes or a combination of different types of transport, and can support young people with finding and walking to their destinations.

It will also teach young people how to make all kinds of journeys outside the school day.

Being able to travel on public transport is a key life skill. It enables young people to make choices about how they live, go about their daily life and fulfil their potential as well as creating long-term positive effects so people can continue travelling safely and independently in the future.

The feedback obtained from students who have undertaken this training and their families has really been encouraging.

*“****They explained everything I was going to do in a way I can understand.”****-* Havering student with special educational needs and disabilities who undertook travel training.

***“This is a fantastic course that Havering should use more. Independence for our son has and always will be a big ask. This course allowed him to be confident, empowered him and assisted parents at a time when health is not good.”* -** Parent of a student with special educational needs and disabilities in Havering.

The training normally covers the following:

* Confidence using public transport
* Coping strategies and what to do when things go wrong, for example, when the bus is late or a train changes destination
* Managing fears and anxieties
* How to use timetables and buy tickets
* Personal safety
* Time management
* Road safety awareness
* Stranger danger

To get started, the service will meet with the student and their family to develop a personalised travel plan which takes the student’s needs into account. The student will then have their own travel trainer allocated to them who will accompany them on their journey and support them to develop the skills and coping strategies they need.

Watch the video of Jamie’s story, and how travel training has helped him become more independent at: <http://bit.ly/DABDJamiesStory>

Travel training programme is provided by accredited organisations in partnership with Havering Council. More information can be accessed here - <https://familyserviceshub.havering.gov.uk/kb5/havering/directory/advice.page?id=9iMGmVKfR40&localofferchannel=0>

Should you have any questions about the travel training programme, please contact CAD Transport on 01708 434785or email [CADTransport@Havering.gov.uk](mailto:CADTransport@Havering.gov.uk).