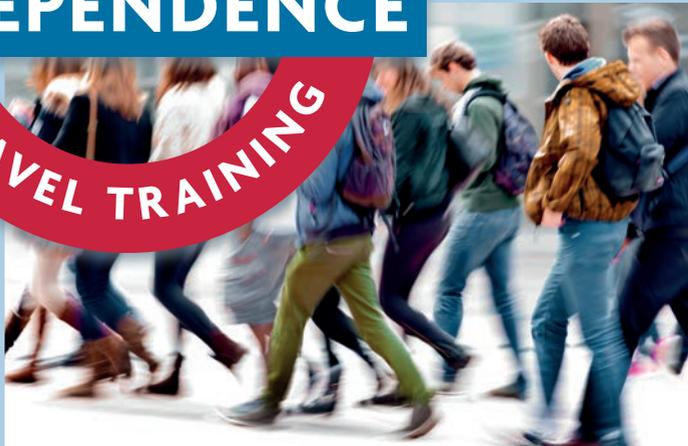


Bradford Council  
Travel Training Team

YOUR ROUTE TO

**INDEPENDENCE**

TRAVEL TRAINING



City of  
**BRADFORD**  
METROPOLITAN DISTRICT COUNCIL

## Who we are and what we do

Everyone should have the opportunity to be as independent as they can be in all areas of their lives. At the heart of independence is the ability to be able to travel independently and to be able to use public transport. Knowing how to travel safely, effectively and independently, by public transport or other means, is an essential requirement of daily life. This is often taken for granted by the majority of the travelling public.

As part of the Travel Assistance Service within the Department of Children's Services, we train individuals with disabilities, learning difficulties and mobility or sensory impairments, enabling them to travel safely and independently. The training is conducted on a one-to-one basis and follows an individual learning programme tailored to meet the needs and requirements of each trainee.

We believe that safe, responsible, independent travel helps to promote inclusion for our trainees and is a vital step towards independence in their future by helping to support their integration into education, employment and society in general.

### The benefits of travel training

- Trainees gain a lot more confidence allowing them to become more independent in other areas of their lives and realise their potential.
- Trainees gain essential and transferrable skills that will help them in future to access higher education, work opportunities and social activities.
- It is a big step towards independence for our trainees, meaning they rely less on parents or carers to transport them from A to B.
- It improves trainees social interaction and social skills.

**“I can now make my own way to college with all my friends – I am not different!”**

Former Trainee

**“I have more confidence using public transport”**

Former Trainee

**“I like travelling on the train to College – I was scared at first, but not anymore!”**

Former Trainee



## Pathway to independent travel

We have a clear, safe and tested process for our travel training which starts with a referral.

### 1. Referral

Considers personal information, experience and health

### 2. Initial assessment

Home visit and access existing skills

### 3. Taster session

Practise journey to check suitability and determine skills and competencies

### 4. Route plan

Find safest route • Risk assess route

### 5. 1-1 Training

Personal safety • Road safety • Public transport training  
Stranger awareness • 'What if...?' scenarios

### 6. Final assessment

Assess skills and safety, competence and knowledge of route

### 7. Independence

Upon completion of training, the trainee will be able to travel THIS ROUTE safely and independently

## The pathway – explained

### Referral

Potential trainees are referred to the Travel Training Team by parents or carers, schools or colleges, social workers or other agencies. The information collected is used to determine the suitability of the person being referred, and includes personal information, relevant medical history, the destination and information about any mobility, sight, hearing or behavioural issues.

### Initial assessment

The initial assessment is the first meeting of the trainer and trainee. Other interested parties can attend such as parents, carers, teachers, social workers. It allows the trainer to confirm information provided in the referral, start building rapport with the trainee, identify specific needs, and agree on the training route. This meeting also gives the opportunity to ask questions and voice concerns about independent travel and allow the trainer and potential trainee to address these issues.

### Taster session

Following the initial assessment and provided the potential trainee is suitable, a taster session will be arranged. The trainee will be taken by a trainer on the agreed route to evaluate the trainee's current skill levels and determine the starting point for the training programme.

### Route planning

Once the trainee has been cleared to take part, the trainer determines the safest route and performs a comprehensive risk assessment on the journey to minimise risk wherever possible. It is important to

note that independent travel will always have an element of risk and it is impossible to eliminate risk entirely. The training program is designed to teach the trainees to recognise the risks involved and help to develop appropriate responses to those risks.

### Independent travel training

After referral, initial assessment, taster session and route planning, the trainee is ready to start Independent Travel Training. The trainer uses 'systematic instruction' techniques on a one-to-one basis to guide the trainee through the course. New skills will first be demonstrated by the trainer, and once the trainee is ready they can start to practice the skills. Once the trainee gains confidence with a particular skill, the trainer will take a step back and allow for independent practice. As more skills develop, the trainer will begin to step back further and allow the trainee to complete more and more of the journey independently. Before you know it, the trainer will be shadowing from a distance and the trainee will be travelling the whole route safely and confidently.

### Road safety training

Road safety is an important part of what we teach our trainees as nearly all journeys require crossing roads to reach their destination. We cover road safety in great detail during travel training to ensure trainees can use roads confidently and safely. Road safety covers many areas such as:

#### Using a footpath appropriately

Where to walk on the path, awareness of other pedestrians and where to stop.

### Understanding dangers of moving vehicles

Including everything from bicycles to lorries.

#### Personal safety/security

Being safe around strangers and crowds, looking after your belongings, carrying a mobile phone for emergencies and knowing who or where to ask for help if necessary.

#### Crossing quiet roads safely (roads without pelican or zebra crossings or an island)

Finding the safest spot to cross, away from parked vehicles, making sure that they can see and be seen and ensuring that they stop at the kerb, look all around and listen carefully before crossing.

#### Using pelican/puffin crossings, zebra crossings and traffic islands safely

Recognising and identifying these crossings. Knowing how each crossing works and being able to use them safely and confidently. Knowing to use these ahead of unmarked crossings when available – even if it means walking a little further.

#### Understanding extra difficulties of crossing roads safely at night and in poor weather conditions

Being aware of limited visibility for both drivers and themselves, looking for vehicle lights and sticking to well lit areas where possible.

### Public transport training

Many people use public transport to be able to access schools, colleges and workplaces as well as get to social events. We teach our trainees how to use public transport to get to their destination. This allows them to gain more independence and gives them skills that will help them in future.

Our training covers many aspects of travelling by public transport including:

#### Where to catch the bus or train

Our trainees will be using a pre-planned, risk assessed route and will learn to recognise and identify the correct bus stops or train stations. This will also include where to wait and how to queue at the bus stop or train station to stay safe.

#### Identifying the correct bus or train and boarding safely

Our trainees learn to identify the correct bus or train to make sure they are going the right way. This can include reading the number or destination on the front of the vehicle, reading timetables and signs on stands and reading departure boards. It is important for our trainees to be prepared, know how to signal for the bus or open the train door, board safely and find an appropriate seat.

#### Buying tickets or using travel passes

We teach our trainees where to buy a ticket and what they need to ask for. This might be purchasing a train ticket in advance or paying a bus driver when boarding the bus. If our trainees are using a pass we will train them how and when to use this pass and to have it ready before boarding. Trainees that have difficulty communicating are given various flash cards and aids to help when necessary.

### Travelling safely and staying aware

It is important for our trainees to learn to stay safe on public transport, keeping their belongings safe and knowing what to do if they feel uncomfortable or anxious. We will teach them to identify and recognise landmarks on the journey so they can be confident they are going the right way and know where they are and also to identify where to get off and how to disembark safely. We also work with the 'Help me, I'm lost' scheme which gives trainees access to a range of safe places where help is available if required.

## Unexpected issues and problem solving

We will teach our trainees about many different scenarios such as missing their bus stop or delays. Our trainees will learn who and where to ask for help if necessary and how to deal with unexpected situations. Though we can't prepare for every single eventuality it will still give our trainees the confidence to deal with many scenarios and to get help if needed. Carrying a mobile phone can make a big difference as it allows the trainee to be able to keep parents/carers updated of their whereabouts or informed of any delays.

## Stranger awareness

Throughout independent travel, it is likely the trainee will have to interact with a variety of people such as bus drivers and ticket officers most of whom will be strangers. A large focus for many of our trainees is how to identify 'safer strangers', people who can be safely approached for help or assistance. We also look at methods of dealing with being approached by strangers who may make you feel uncomfortable and what personal information you should and shouldn't share with them. Before the final assessment, we will conduct various 'stranger awareness' exercises, including having another member of our team approach the trainee pretending to be a stranger in an attempt to find out any personal information. This allows us to see that the trainee can use the strategies in a live scenario and put their training into practice.

## 'What if..?'

Sometimes, no matter how well you have planned and prepared for a journey, something will go wrong. To help develop safe decision making, the trainee will also look at a variety of 'What if..?' scenarios, including:

- What if you forget your bus pass?
- What if you get on the wrong bus?
- What if the bus is diverted?
- What if you miss your stop?
- What if you get lost?
- What if you lose your mobile phone?

The list of possible 'What if's?' is endless and it would be impossible to train for every eventuality, though we strive to equip our trainees with the necessary skills to make consistently safe decisions and seek help from an appropriate source when required.

## Final assessment

In order to pass their 'Independent Travel Training' on the specified route, the trainee must be assessed by another trainer – one that has not been involved in the training process. The final assessment examines all aspects of the training program – from road safety to using the bus or train, and most importantly what to do if something goes wrong.

A spot check will also be performed some time after the trainee has passed. This is to make sure that the trainee is continuing to travel the route safely after completion of the course.

# Travel Training – a step towards independence



## Harris' story...

**Hi! My name is Harris. I am 16 years old and live with my Mum, Dad and brother in Denholme. I am disabled, but I won't let it stop me becoming independent like my able bodied friends.**

I go to Beechcliffe School in Keighley and have been travelling with PTS since starting school. Now I'm older I want to start doing more for myself – I want to catch the bus to school like all my friends, visit my Grandma, join after school clubs and get to my holiday job on my own.

I met my travel trainer, Steve, in October 2015. He came to meet me, my Mum and Dad and tell us all about the Travel Training Team and how he could help me learn how to travel independently. Steve was great. He asked me lots of questions about what I wanted and how I felt about travelling on a bus on my own. I was a bit scared, not only about going on the bus but also about bullying because of my disability. Steve said he would be with me all the time and we would go slowly at first so I was comfortable. My Mum was worried but because I wanted to do it, she let me have a go.

Steve showed me lots of things – how to cross roads safely, how to stop the bus, show the driver my pass, and where to sit so I can see where I am going. He pointed out landmarks on my route so I knew where to get off the bus, and showed me some of the safe places I can go if I feel frightened or get lost.

I trained with Steve every day to school and back. The more confident I got, the more Steve trusted me to do some of the journey by myself but he was always there at the bus stop or school to meet me and make sure I was making safe decisions. I learnt lots of things about not talking to strangers and what to do if I miss the bus or if I need help from an adult.

In December 2015 I was ready to try it alone. Another trainer watched me do the whole journey to and from school on my own. I did really well – I passed and got a certificate, my family were really proud of me.

## Harris' Mum said...

*Harris has cerebral palsy, no peripheral vision on his right side and severe learning and attachment difficulties.*

*Like all children of his age he wants his independence, especially being able to travel on his own. With the help of the Bradford Travel Training Team, Harris was assessed and quickly started the process. His trainer Steve was a perfect match for Harris. Steve soon became very skilled in assessing any worries or anxieties Harris had and put all our minds at rest. Steve worked at Harris's pace and helped by making visual reminder fobs, and advising on passes and connections etc.*

*There are days when it is cold and raining when I am sure Harris and I wish for the convenience and warmth of PTS transport, but these are the steps to adulthood. Harris has managed in all sorts of weather and even got to school on a snow day when most schools were closed.*

*We are so very proud of him, and what's more Harris is proud of his own achievements, with his smile saying it all.*

**“ We are so very proud of him, and what's more Harris is proud of his own achievements, with his smile saying it all ”**

## More information

If you'd like more information about travel training...

**Call us on:**  
01274 436199

**Email:**  
traveltraining@bradford.gov.uk

**Or visit:**  
www.bradford.gov.uk/traveltraining



“I don't have to wait for my Taxi to pick me up anymore, and I can go to Sports Club after College!”

Former Trainee

“I did really well – I passed and got a certificate, my family were really proud of me!”

Former Trainee

## Travel tips

### Carry a mobile phone

It is important for the trainee to have a mobile phone to carry with them when travelling as this allows them to keep in contact and let you know of any delays or issues or simply just to give updates of whereabouts they are. A very basic mobile phone with the ability to call and text is all that is required.

### Stay alert

Being alert and aware of their surroundings ensures the trainee can keep themselves safe, catch the correct bus and get off at the right bus stop.

### Stick to the route

It is very important for the trainee to stick to the trained route as this has been specifically chosen as the safest option and has taken many factors into account to minimise risk. We choose routes that stick to well lit areas where possible and where there is good all round vision. We also train to avoid blind spots such as subways to ensure safety.

### Let someone know...

It is a good idea to always make sure someone knows where the trainee is, and what time they are expected back. The trainee will learn to keep their parent or carer updated during their journey so they know the trainee is safe.

## Useful contact information

### Bradford Travel Training Team

Tel: 01274 436199  
Email: traveltraining@bradford.gov.uk

### Bus Pass Enquiries

Tel: 0113 348 1122 / 0113 251 7277

### Bus Stands across West Yorkshire

www.wymetro.com/BusTravel/standallocations/

### First

Tel: 0113 381 5000  
www.firstgroup.com/bradford

### Help Me I'm Lost

Tel: 01274 292 127

### Metro

Tel: 0113 245 7676  
www.wymetro.com

### Northern Rail

Tel: 0800 200 6060  
www.northernrailway.co.uk

### PTS Transport

Tel: 01274 416692

### Student Safe Zone

www.bradfordunisu.co.uk/ubu/voice/campaigns/student-safe-spot

### TLC

Tel: 01274 727811  
www.tlctravelltd.co.uk

### Transdev

Tel: 01535 603 284

### Yorkshire Tiger

Tel: 0344 800 44 11  
www.yorkshiretiger.co.uk

## Your trainer

Your trainer's name is:

Your trainer's mobile phone number is:

Your trainer's email address is:

# Weekly log

- **Red** – Full, step by step instruction
- **Amber** – Shadowing with occasional prompts
- **Green** – Independent, without prompts

	Week 1	Week 2	Week 3	Week 4
<b>Date</b>				
<b>Personal safety</b> Including making safe decisions, looking after belongings and stranger awareness				
<b>Road safety</b> Including using footpaths, designated crossings, unmarked crossings, danger awareness				
<b>Route knowledge</b> Including learning and following the safest route, recognising landmarks, knowing where to find help				
<b>Transport training</b> Including identification of correct bus/train, boarding and paying, sitting appropriately, disembarking				
<b>Trainer signature</b>				

	Week 5	Week 6	Week 7	Week 8
<b>Date</b>				
<b>Personal safety</b> Including making safe decisions, looking after belongings and stranger awareness				
<b>Road safety</b> Including using footpaths, designated crossings, unmarked crossings, danger awareness				
<b>Route knowledge</b> Including learning and following the safest route, recognising landmarks, knowing where to find help				
<b>Transport training</b> Including identification of correct bus/train, boarding and paying, sitting appropriately, disembarking				
<b>Trainer signature</b>				

The wording in this publication can be made available in other formats such as large print and Braille.  
Please call 01274 436199.



**Travel Training Team**

Travel Assistance Service, 1st Floor, Margaret McMillan Towers,  
Princes Way, Bradford, BD1 1NN

Tel: 01274 436199

Email: [traveltraining@bradford.gov.uk](mailto:traveltraining@bradford.gov.uk)

[www.bradford.gov.uk/education](http://www.bradford.gov.uk/education)



City of  
**BRADFORD**  
METROPOLITAN DISTRICT COUNCIL