



# Lift Training

Learning independence for travel



## Lift Travel Training

A personalised travel training programme for young people and adults, enabling independent access to public transport services.



**National Star**

Realising the aspirations of people with disabilities

Through our multi-award-winning **LiftTraining** program, National Star works in partnership with East Sussex County Council to empower children and young people with the skills and confidence they need to independently travel to their place of education.

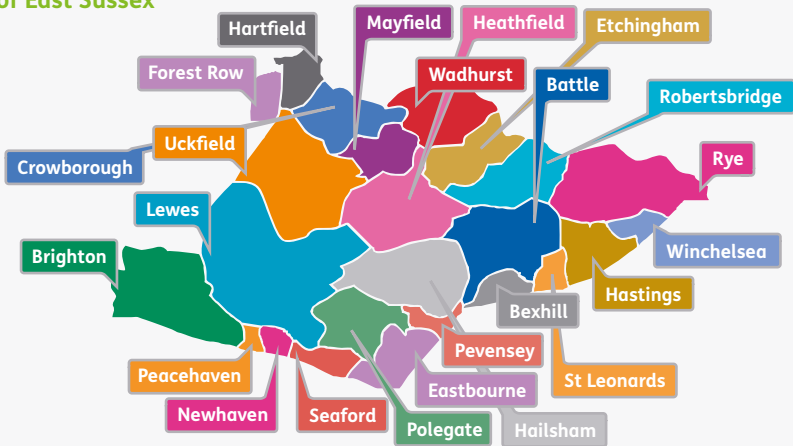
### LiftTraining East Sussex:

- Is FREE Independent Travel Training (ITT)
- Is for people aged 10 to 21 who meet the eligibility criteria (see [www.eastsussex.gov.uk](http://www.eastsussex.gov.uk) for more information)
- Works with schools, colleges and social services staff

### All LiftTraining programmes offer:

- 1:1 personalised Travel Trainer support
- Increased self-confidence and esteem
- Journey planning
- Road and personal safety skills
- Time and money management skills
- Emergency strategies
- The opportunity to work towards an Edexcel / Pearson qualification

### Map of East Sussex



For more information, contact the **LiftTraining** East Sussex team:

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