
One Minute Guide to Tower Hamlets specialist short breaks

A Short Break enables children and young people with disabilities to access activities that are often open to non-disabled children, so that they can enjoy an ordinary life. It also offers parents and carers a much needed break from their caring responsibilities.

Eligibility criteria

Your child:

- Must live in the borough of Tower Hamlets
- Must be aged 5 years to 18 years old
- Has had a diagnosis of Autism Spectrum Disorder (ASD) and severe learning difficulties and /or is
- A child or young person with complex health needs (including those of physical and or severe learning difficulties).
- Short Breaks are also available for children who require palliative care (continuing care) and those with sensory impairments

Listed below are the different specialist Short Breaks on offer in Tower Hamlets

Specialist Holiday Schemes

Tower Project holiday scheme combines a range of indoor and outdoor activities during the holidays. The scheme is held during the February, Easter, Summer and October half terms. The schemes offers children and young people the opportunity to access actives in the local area as well as take part in some indoor actives. **For children and young people aged 5-18**

Befriending

Allows the child/young person to spend up to 3 hours a week with a professional befriender who is matched to them because of shared interests such as swimming, going to the museum and much more. The local authority has three befriending services SENSE befriending, QALB Befriending and Family Link. **For children and young people aged 5-18**

After school club

Discovery House, Discovery Home and Tower Project offer an after school club with engaging actives such as tramlining, arts and crafts and many other services. This club provides positive activities for children and young people with complex needs. The service is available for two age groups: 11-19 year olds /senior group) and 8-13 year olds (junior group) and runs from 3pm-6pm. Children and young people are given the opportunity to engage in a range of activities such as glass painting, photography, bike-riding, music and dance, pottery, sporting activities and cooking. Each child or young person has access to one session per week **For children and young people aged 7-18**

Saturday ASD (Autism) and Complex Needs Club

Our Saturday clubs are run by the Tower Project. The schemes give our children and young people the opportunity to access activities in the local area as well as take part in some in door activities. The Saturday clubs offer a good opportunity for the children and young people to socialise and develop friendships **For children and young people aged 8-18**

Inclusion Services

Supports children and young people with high level ASD to participate in activities in the community as well as matches them to suitable activities within the local area. Its main aims are to build friendship groups, develop confidence, promote independence and ensure children get to have fun. **For children and young people aged 5-18**

Overnight respite

This is an overnight service is offered by Discovery House and Discovery Home for children and young people with autism or severe challenging behavior. The frequency of support on the overnight break depends on the needs of the child or young person and these are identified through an assessment completed by a Social Worker. **Aged 7-18**

Direct payments

Direct payments give parents, the opportunity to receive directly fund and manage their child's short break services. With direct payments you can receive money for services such as personal care, short breaks and so on. This allows you to arrange and pay for your disabled child's care package on your own. If you are interested in direct payments, you will need to be assessed by the children with disabilities (CWD) social care team to determine whether your child is eligible for direct payments. **For children and young people aged 5-18**

For further information please contact the Short Break Coordinator on **0207 364 1450** or via email at **short.breaks@towerhamlets.gov.uk**. In turn is you wish to apply for a short break please visit our website **www.towerhamlets.gov.uk/localoffer** where you can download the short break self-referral form