

working together for health & well-being

## What you need to know about a Short Break.... a guide for children and young people

### Introduction

The Government has asked local councils to provide a range of short breaks for children with Special Educational Needs and Disabilities.

So council's 'commission' or 'buy in' services who work with each other to provide help to support families who have a child or children with Special Educational Needs or Disabilities.

Each council has to produce a short break statement for families so that they are clear about what is on offer in their area... this document has been put together with the help of children and young people with SEN and disabilities.

### What is a Short Break?

A Short Break gives children and young people, who live in Bath and North East Somerset, are aged 0-25 and who have a special educational need or a disability, the opportunity to do activities with their family, or on their own.

### Why have a Short Break?

It will give you the opportunity to visit places, do activities both indoors and outdoors, have FUN, develop confidence and independence

### What happens on a Short Break?

You can take a Short Break with your family or on your own. It can last a few hours, be overnight, in or outside of your home and can be in the evening, at the weekend or during the school holidays.

### If I'm on my own, who will I be with?

You will be with an \*approved carer or group of people for a few hours or sometimes longer, either in an activity centre, your own home, the home of an approved carer or in a residential setting.(Somewhere where you will sleep overnight but you will be well looked after)

Being on your own will give you and your family the opportunity to have some time away from each other. This will have benefits for all of you.

\*An approved carer is someone who is trained to look after you

### Feedback from families using short break service

*"I like that the staff know my child and help them to be independent."*

*"I am so happy that he loves coming here. This is the only place that he can come and be accepted for who he is and the staff do an amazing job and have so much patience "*

The type of short break available to you and your family will depend on how much help you and your family need.

There are three levels of support Universal, Targeted or Specialised

### **Universal**

These are services available to all children and young people and cover educational or leisure activities for disabled children and children and young people with identified special educational needs.

They include activities at youth clubs, sports and leisure centres and after school clubs.

Universal services will be the first point of contact for many families and you can find them here - [www.rainbowresource.org.uk](http://www.rainbowresource.org.uk)

### **Targeted**

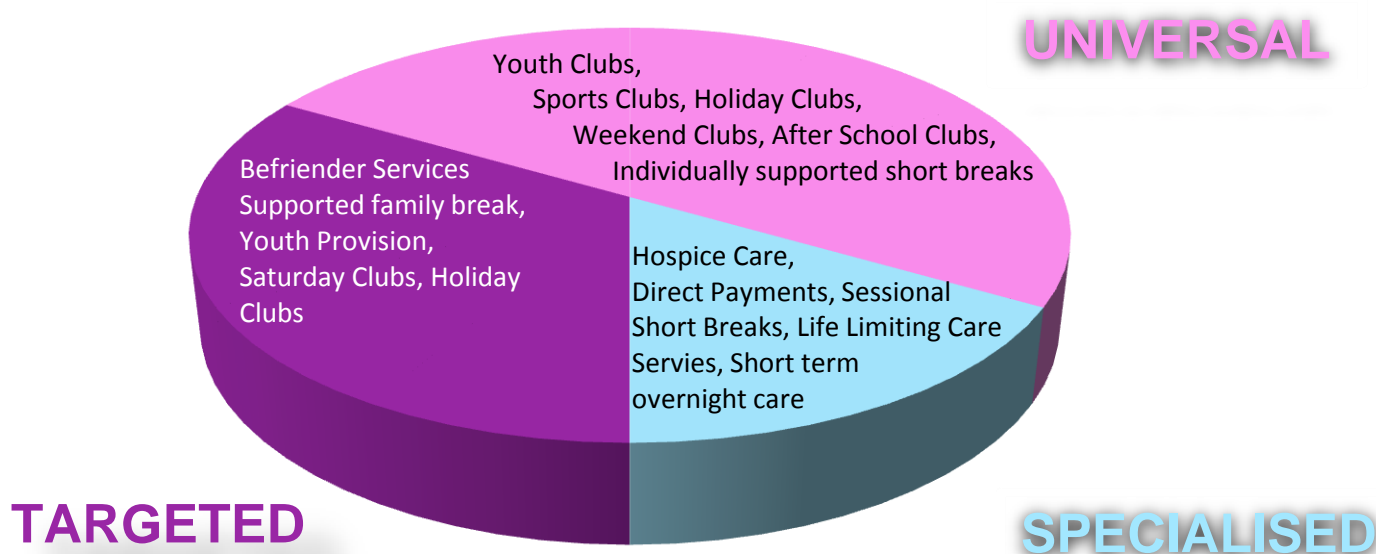
Targeted services aim to offer support to encourage children and young people to try new things. Examples of targeted services include youth clubs, Saturday clubs and holiday clubs that are specifically run to support the individual needs of disabled young people.

Other targeted services include daytime care in the homes or in the local community of disabled children as well as services available to assist carers in the evening, at weekends and during school holidays and you can find them here - [www.rainbowresource.org.uk](http://www.rainbowresource.org.uk)

### **Specialised**

Specialist services are available to children and families who have carried out an assessment through the **Disabled Children's Team**. To access specialised services eligibility criteria are used to determine the level of service required for each family.

## **Range of short breaks**



Transport can be an issue for some children, young people and their families. The Rainbow Resource lists information about transport [www.rainbowresource.org.uk](http://www.rainbowresource.org.uk)

The **Diamond Travel card** offers free off-peak bus travel for people disabilities who live in Bath & North East Somerset.



For more information about the **Diamond Travel Card** and eligibility click here.  
<http://www.bathnes.gov.uk/services/parking-and-travel/public-transport/bus-passes>

The Community Transport scheme in Bath & North East Somerset can also offer help with transport.

To find out more about the community transport scheme, please follow the link here:  
<http://www.bathnes.gov.uk/services/parking-and-travel/community-transport>

(Organisations that offer short breaks to disabled children may be able to offer a solution to particular issues around transport)

### **And finally....**

Most children and young people who have a Short Break find the experience really valuable, and find that it helps them to gain confidence, meet new people and learn new skills.

"I like it better here as I can go outside whenever I want"

"See you next time, I can't wait!"

Children and young people attending playscheme provision

*"It has built my confidence in saying what I think and speaking in front of people. I have had my say on commissions and made films about issues that are important to me"*

*Dani- Young Inclusion Advocate- Off the Record*

## Useful Contacts

### **SEND and additional needs**

The SEND Partnership Service (SPS) provides impartial, confidential information, advice and support for children and young people with SEND aged 0-25 and their families in Bath and North East Somerset in matters relating to education, health and social care. SPS can signpost families to activities and other relevant organisations in the area.

To talk to one of the SEND Partnership Service Information and Advice Officers please call the SEND Partnership Service on 01225 394382 or email [send\\_partnershipservice@bathnes.gov.uk](mailto:send_partnershipservice@bathnes.gov.uk)

**Local Offer website** [www.rainbowresource.org.uk](http://www.rainbowresource.org.uk) which sets out arrangements for supporting disabled young people and those with SEND aged 0-25, detailing the services available and linking to information about education settings, early years settings, schools and further education

The **Rainbow Resource Scheme** is available for children and young people aged between 0-25 years with additional needs, a special educational need or disability (SEND) and who are resident in Bath & North East Somerset. By registering your child or young person's details you will receive a small card which may entitle you to reduced or free admission to some leisure venues and attractions. The Rainbow Resource Scheme database holds basic information about your child or young person including name, contact details, age and diagnosis. This information is held securely by Bath & North East Somerset Council and can only be accessed by authorised staff and complies with data protection. Inclusion on the list is voluntary.

### **Disabled Children's Team (DCT) 01225 39 6967**

The Disabled Children's Team work with children and their families where a child has learning difficulties/disabilities and/or a physical and/or sensory impairment. They also work with children who have long-term, or life threatening illness.

### **Family Support Service**

The family support services are delivered through the Southside Project. They work directly with families to support them with many complex issues including issues around disability. The link to their website is <http://south-side.org.uk/family-support/>

### **Off the Record**

The Shout Out advocacy service at Off the Record currently provides an advocacy service for disabled children and young people and they also provide an independent advocacy service for young people with SEND as part of their year 11 reviews. Off the Record also offer other advocacy services to disabled children and young people and you can contact them directly to find out more.

Off the Record – 01225312481, Text 07753891745, email [office@offtherecord-banes.co.uk](mailto:office@offtherecord-banes.co.uk)