

SHORT BREAKS



Children and Young People's Centre
for Development and Disability

UPDATE

Short Breaks
January-March 2012

Find out all the latest info
about short breaks
in Hackney



A short break is defined as any service that both allows a disabled child or young person to have an enjoyable break away from their main carer, and gives their carer a break from their caring responsibilities.

Short breaks Team, call **020 7014 7109** or email shortbreaks@hackneyark.chpct.nhs.uk

Cover image: Laburnam Boat Club

What are Short Breaks?

Short Breaks are activities for children and young people with physical, health and learning disabilities. Disabled children and young people are able to use school holiday, after-school and weekend service with the Short Breaks scheme.

Eligibility Criteria

To be able to access the Short Breaks Core Offer a child or young person needs to meet our simple eligibility criteria -

- Age between 2 - 17 years old
- Live in Hackney on a permanent basis
- Be in receipt of Disability Living Allowance at Middle Rate or above
- Not already in receipt of a care support package from the Disabled Children's Service (DCS)

Hackney's Children's Services vision is for disabled children and young people to be able to access a range of comprehensive co-ordinated services. 453 new children and young people have signed up for the Short Breaks Core Offer. In addition, 200 children known to the Disabled Children's Service (DCS) are also benefiting from Short Breaks.



The range of Short breaks available

The following short breaks services are available in Hackney -

- holiday play schemes (including school)
- specialist after school clubs
- specialist weekend clubs
- after school and weekend clubs based at universal setting
- 1 to 1 outreach support in the home and in the community

- For children and young people with additional complex health support needs the Health Trust offers a specialist service to meet their needs and enable them to access a short breaks service -
- Sunday club at Kids Adventure Playground supported with nursing staff for those with additional health needs that find it difficult to access other provisions. This service can be accessed through the 'Hit Squad'.

The Hit Squad working with Short Breaks

Would you like your child to access a 'mainstream' leisure activity? But cannot, due to communication, physical difficulties or behavioural difficulties?

Then the 'Hit Squad' can help; we are a multidisciplinary team consisting of a Physiotherapist, Occupational Therapist, Speech and Language Therapist and a Clinical Psychologist. We work along side Short Breaks and help provide support to families for their child/young person to access an activity.

We are able to tailor packages to suit YOU and YOUR CHILD'S needs. This may range from needing assistance finding the right type of activity for your child to a Hit Squad member attending an activity with your child to model strategies to staff to increase their skills and confidence to support your child.

The following are comments made by parents after being involved with the hit squad:

"Such amenities like the sensory room with the lights and the special ramp that were provided – my child wouldn't normally experience"

"Enabled us to spend quality time together while knowing our child is at Sunday club having a good time"

"Just a bit of a rest knowing he is under the capable hands of experienced people"

Carer of Blessing Anosike

Quote from Blessing: "I have loads of fun, it's amazing."

1. How did she hear about Short Breaks?

I attended a HIP (Hackney Independent Forum for Parent & Carers of Disabled Children) meeting and I found out what Short Breaks was about and how it worked. This was about two years ago.

2. How easy it was to sign up?

I filled the forms myself and yes it is easy to sign up when you have all the documentation necessary. After doing this someone from the team got in touch with me fairly quickly.

3. Which provider she picked? / What activities Blessing does with her carer?

I am using Individualised budgets. After having a meeting with Blessing's physio it was recommended that she start attending dance classes. She is now attending Journey to Greatness (J2G) at the Energie Fitness club in Mare street. This is a mainstream dance class which includes disabled and non disabled kids. Here she has one to one support during the class and she really enjoys it!

4. How does it help her?

Blessing absolutely loves these classes. Every week she is looking forward to the next! These have helped improve her social skills, before she was very shy and now she has come out of her shell and enjoys dancing in public. She is confident in herself now and this shines through. Blessing has met friends and these sessions have definitely helped to develop confidence in herself.

Physically the dancing has improved her motor skills and she can now stretch more than ever before. When she finishes her classes she is joyful and her happiness radiates on me and the other children. Blessing is a well behaved child however she is even more so when attending these sessions.

I take her to the classes on public transport but once there she is taken by her carer which means I have a little break for an hour. I normally stay and watch her because it really is a delight.

5. Why should other families sign up to Short Breaks?

This respite time allows me to relax without any caring responsibilities. Short Breaks will come to your rescue in so many ways, not only by providing dance but in so many other ways with different services. For a parent/carer a break away from caring for somebody brings a lot of relief! Having an Individualised budget allows me to choose/pick the providers as I wish.

What's coming up

Individual Budgets (IB)

We have developed a pilot to increase access to short breaks through Individual budgets (IB) running from November 2011 – February 2012, giving families the opportunity to manage and purchase the service of their choice (for more info please see page 5).

Short Breaks family Fun Day

Sunday 19th February 2012, 12-4pm @ Petchy Academy
A fun, free day for disabled children and young people, their friends, family and carers with a wide range of activities available on the day including a raffle and a kosher/Halal/vegetarian light lunch. If you and your family would like to attend the fun day then please book with the short breaks team on 020 7014 7109.

Autistic youth club

Transitions and Huddleston will be running a pilot youth club on Thursday evenings specifically for Young people with Autism. There will be a variety of activities and trips out available to suit their needs.
If you would like more information then please contact the Huddleston centre on 020 8985 9089.

Young carers

Are you a Young Carer with a disability? If so we will be working with Action for Children to provide short breaks until the end of March. For more information about this please contact Vera Beining on 020 7254 9408.

Horse riding group sessions

Monday 13th- Friday 18th February-sessions at 10am & 1pm
During the February half term Short breaks children and young people will have the opportunity to attend a 30 minute session at Lee Valley horse riding centre. There will be morning and afternoon sessions which are based on a first come first serve basis. If you would like to book then please contact the short breaks team on 020 7014 7109.

Legoland trip March

A day trip to Legoland will be held at the end of March 2012, if you received a Merlin pass last year you can use it for entry on this year's trip. If you would like to attend please contact the short breaks team to book your place, transport will be provided.

Deaf group

Remark community deaf club will be running trips out for Deaf children and young people where they will get the opportunity to choose which trips they would like to go on, whether its ice skating or heading into the West End to see a show! If you would like to be part of this please call the short breaks team on 020 7014 7109.

February half term

All children and young people signed up to short breaks and those in receipt of a care package will receive 2 days of school holiday provision funded by short breaks during the February half term. Please contact your provider directly to arrange this.



'Repair a teddy bear'

Held at the Hackney Ark on Saturday 28th January 2012, 10am-4pm Age range: 6-11 years

Activities include;

- help repair the Hackney Ark Bear (paper mache & painting)
- Cup decorating
- T-shirt decorating
- Use of soft play and outdoor space within the Hackney ark.

If you would like to attend this session please call Sherrice Weekes on 020 7014 7088 to book.

Immediate theatre pilot Monday 13th- Saturday 18th February 2012

This coming February Short Breaks and Immediate Theatre are offering a series of 2 day Drama projects for young people at the newly built accessible Redmond Centre in Woodberry Downs. Young People will have the opportunity to work with professional Directors, Actors, Musicians and Designers. Over two days the group will create a piece of theatre using stories and ideas that come out of workshops, with a performance for family and friends at the end of the 2 days! To find out more about the project or to book a place call the Short Breaks team on 020 7014 7109 or Peter at Immediate Theatre on 020 7923 8180.

Post 16 club

Hackneys Transitions team and short breaks will be running a range of activities such as sports events and a Cinema club plus lots more, available for young people aged 16 and over until the end of March. If you would like to book on to one of these please get in touch with the short breaks team!

Individual Budgets

A pilot scheme was made available from November 2011- February 2012 and accessed by 14 families. Here is a summary.

What are Individual Budgets?

An individual budget is your short breaks allocated hours converted into money which the family can use on short break support and services. It gives the child or young person and their parent/ carer greater control and choice of the short break services that are best for your disabled child.

What can it be used for?

Individual budgets must be used to access a short break for your child or young person, this can be any fun social activity or service that both allows a disabled child or young person to have an enjoyable break away from their main carer, and gives their carer a break from their caring responsibilities.

It can include buying a service such as

Horse riding, swimming, music sessions, trips out to the Zoo, theatre, cinema, fashion design and art, gardening club, attending a mainstream or specialist setting and adventure playground.

It can be used to buy a carer

This is often termed as Direct Payments and information of the process is below;

What responsibilities will I have if I employ a carer?

Having Direct Payments gives you more choice and freedom. But it also involves responsibilities. You must:

- sign an agreement that says you will spend the money on

the services you are assessed as needing

- set up a separate bank or building society account with a cheque book
- recruit and employ staff and abide by employment law and regulations
- organise and manage your staff and their day to day tasks
- keep records of your payments and spending which we will check

For information on direct payments please see the following link <http://www.hackney.gov.uk/s-cc-direct-payments.htm>

It cannot be used for...

Holidays (although IB can be used whilst on holiday to buy services or activities, for example one family used their IB to pay for canoeing and sailing whilst on a family holiday)

How will we monitor?

Families must use services within the allocated funds available. We ask families using IB to retain any receipts and invoices of costs incurred during the period they use IB, the short breaks team will then be in touch to review and monitor how you have used your IB

Meeting for parents

Individual Budgets is something we would like to introduce to all families from April 2012. If you are interested in accessing from April there will be a meeting available to parents and carers in March held at The Carers Centre. Please book with the short breaks team.

Providers

Short Breaks support services 2011 - 2012

Please see below for a list of the Short Break's schemes current providers. Feel free to contact the organisations to find out what services they can provide for your child. Once you have chosen which provider you would like your child to use, please contact the Short Breaks team on 020 7014 7109 to register for that service.

1-2-1 support

Kids Outreach service

Kids outreach aims to meet the needs of disabled children/young people and their families. The sessions can be home and community based depending on the needs of the child/young person. Through planned individual sessions they can enjoy leisure and play activities to explore new social opportunities, building up skills around independence and positive experiences.

Age: Under 18

Contact: Michael Singh on 020 8806 6149

Address: KIDS Outreach, Spring Lane, Big Hill, E5 9HQ

Ezer Leyoldos

Ezer Leyoldos offers a range of individual and culturally appropriate extra-curricular activities for Orthodox Jewish children and young people who require individual support, either in the home or community.

Age: 2-17

Contact: Kathryn Findley on 020 8880 2488



Group based services

Autistic Resource Bases

The Autistic Resource Bases (ARB) at 3 Hackney primary schools provides a range of stimulating and interactive activities for children with Autistic Spectrum Disorder.

Age: 5-11

Tyssen primary school

- runs sessions during the School holidays

Contact: Verona de Medeiros, 020 8806 4130

Whitmore Primary school

- runs after school sessions and during the school holidays

Contact: Rebecca Mawson, 020 7739 7973

Millfields primary school

- runs Saturday sessions and during the school holidays

Contact: Ifeoma Udejaja, 020 8985 7898

Step by Step

Step by Step is a specialist organisation offering group-based play and leisure activities for disabled children and young people which meet the cultural requirements of the Orthodox Jewish community.

Age: under 18

Gender: Boys and girls

Contact: Step by Step on 020 8802 2362

Huddleston Centre

The Huddleston centre has been providing activities for young disabled people for over 30 years. The young people who attend Huddleston have a wide variety of disabilities, including learning, behavioural, physical and complex needs. The centre ensures that all young people are able to take part in the activities provided.

Age: 9-17

Contact: Cassandra Delisser or Andy Fulmyk on 020 8985 9089
www.huddlestontrust.org.uk

KIDS Adventure playground

This is a specialist playground for disabled children and young people. The playgrounds purpose-built outdoor and indoor equipment and resources are available for the children to access as and when they want, whatever their ability. Staffs are able to fully support children with a range of complex medical and intimate care requirements.

Age: 5-17

Contact: Clair Scott-Gray, 020 8806 6149

Address: Spring Lane, Big Hill, Upper Clapton E5 9HQ



Laburnum Boat Club

Laburnum boat club is Hackney's exciting community boating project. The club is supporting children and young people with disabilities to engage and participate in its mainstream programme through the employment of additional support staff.

Age: 9-17

Contact: Charlotte Walker, 020 7729 2915

Address: Laburnum Street, Haggerston E2 8BA

Not signed up for Short breaks? How to apply?

To apply for Short Breaks complete the Application form on behalf of your child and provide the following eligibility documents -

- written evidence that your child is in receipt of Disability Living Allowance (DLA) at the middle rate or above; or
- written confirmation from a health or education professional who works with the child/young person which demonstrates that (s)he meets the criteria

If you have any queries or require support in filling out your application you can contact the Short Breaks team at the Hackney Ark on 020 7014 7109.

Parent groups

Parents' have always been involved in planning of Hackney's services and there are four parent representatives on the Short Breaks Project Board who are involved in decision-making at every stage as we develop the

short break core offer.

There are three parent groups within Hackney and they can be contacted at:

Hackney Families Together

020 7923 8750 or
info@hackneycarers.org.uk

Hackney Independent forum for parents (HIP)

07985 739851 or info@hiphackney.org.uk or visit their website at www.hiphackney.org.uk

In Touch

(for Orthodox Jewish parents)

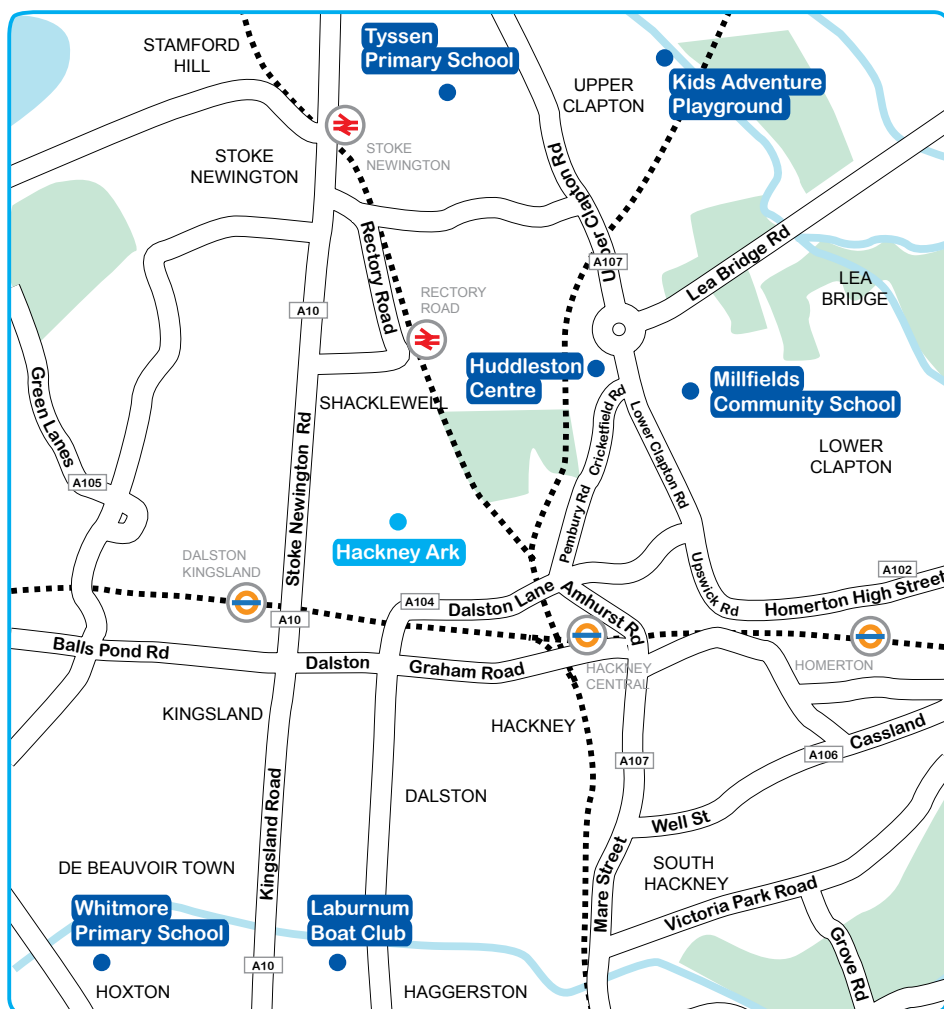
Mrs Tzirele Gluck on
020 8806 8033 or
intouchgroup@googlemail.com

Are you registered with The Key?

The Key is a membership service for children and young people 19 years and under with, difficulty, disability or special educational needs (SEN), who live in Hackney. It is part of the Hackney Ark Resource Centre and by joining you can benefit from:

- Free leisure card registration
- Key Connection Sessions
- Photo ID membership card- (included in pack)
- Newsletters and invitations to events
- Follow-up support; information and service details

For more information come into the Resource Centre based at Hackney Ark Monday to Friday or call 020 7014 7005.



Short Breaks Team Hackney Ark, Downs Park Road E8 2HY Tel: 020 7014 7109 shortbreaks@hackneyark.chpct.nhs.uk

