

Short Breaks

Fun for Children and young
people with disabilities
and additional needs



ISLE OF WIGHT COUNCIL

SHORT BREAK SERVICE STATEMENT 2014

Revised
November 2014

**WHAT'S OUT THERE FOR CHILDREN AND YOUNG
PEOPLE WITH DISABILITIES AND ADDITIONAL NEEDS?**

www.iwight.com/shortbreaks

FOREWORD

Dear parents and carers, children and young people,

I am very pleased to have the chance to write to you all to introduce the reviewed version of the Isle of Wight Council's short breaks service statement. This statement details how short breaks and support services for children and young people with disabilities and additional needs are organised, and how they can be accessed by you and your family.

I know that services for children and young people with disabilities and additional needs can be confusing and understanding what is available, who they are for and how they can be accessed, is not always easy. Parents and carers are busy juggling the demands of family life and the extra support that their children with disabilities need, so they really do need clear and accessible information. It is hoped that the publication of this statement and the local offer will support families in accessing the right services for them.

The writing of this statement has been achieved in consultation with Parent's Voice which represents parents and carers across the Isle of Wight. You are, after all, best placed to know what information you need and how we should set out this information in a way that you can use.

I believe that this statement reflects the fact that our services are continually striving to improve and are always responding to what families are telling us. We may not always get it right, but we have set out in this document many ways for families to tell us how we are doing, which will, in turn, help us to improve. Please continue to tell us and work with us to achieve the best outcomes for children and young people on the Isle of Wight.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Jonathan Bacon', with a stylized flourish at the end.

Jonathan Bacon

Isle of Wight Council

Lead member for children's services

CONTENTS

2 Foreword

4 Introduction and summary

- 4 What is a short break?
- 4 What is a short breaks service statement?
- 4 Who is a short break for?
- 5 How can short breaks help me and my family?

6 Short breaks programme

- 6 Who is this for? (eligibility criteria)
- 6 Specialist activities.
- 7 Mainstream activities
- 7 How do we decide what activities are funded by the short breaks programme?
- 8 What if I have a problem with a short break activity?
- 9 How can I access short breaks programme activities?
- 9 Where do I go to find out more information about the activities available?
- 10 Short breaks fun day
- 11 Support for mainstream activity providers
- 12 Taster sessions

- 13 Island facilities

15 Specialist services from social care

- 15 Who are specialist services from social care for?
- 15 Eligibility criteria

17 Other useful information

- 17 Parents Voice IW
- 17 Childcare
- 18 Family Information Zone
- 18 Transition (moving from children's to adult services)
- 19 Transport

20 How has the isle of wight's current short breaks programme been developed?

21 How has this short breaks service statement been prepared?

- 21 Participation in future reviews of this statement

INTRODUCTION AND SUMMARY

What is a short break?

Short breaks are fun or educational activities for children and young people with disabilities and additional needs – allowing their parents or carers to take a ‘short break’ from caring. Short break activities are offered during daytimes, evenings, weekends and school holidays. Having a short break can enable parents and carers to have the time to undertake training, leisure activities, day to day tasks, or education.

What is a short breaks service statement?

This statement is a guide to the services offered by the Isle of Wight Council. This statement tells you what short breaks are available to support your family and how to find suitable services. Every local authority has to provide a statement and listen and respond to parent and carers views.

Who is a short break for?

The Disability Discrimination Act 2005 tells us a disability is ‘a person with

‘A physical or mental impairment which has a substantial and long term adverse effect on his ability to carry out normal day to day activities’.

We refer to ‘additional needs’ in this statement as some parents and carers and young people prefer this term. Short breaks are only intended for children and young people who have an impairment. There is other support available from children’s services and other organisations for children and young people with additional needs resulting from abuse or trauma for example, but who do not have a ‘disability’.

How can short breaks help me and my family?

For the young person:

- To take part in exciting activities that interests them.
- Develop feelings of independence and gain more confidence.
- Spend time with their friends – and make new ones.
- Achieve personal goals and learn new skills.

For the parent or carer:

- Reduce feelings of stress and allow 'you' time.
- Spend time with your other children or together as a family.
- Meet and get to know other families who share similar experiences.
- Feel confident your child is having fun – with skilled carers who understand their needs.

Thank you for providing Christopher with a wonderful opportunity. When we collected Chris he was a faceful of smiles, so it was immediately apparent that he had a brilliant day. Within 5 minutes of getting back into the car to go home, Chris was fast asleep, so he had obviously been on the go all day – which usually makes for a very happy and tired Chris.

A parent of a young person who uses short break activities.

SHORT BREAKS PROGRAMME

Short breaks programme

Support and assistance to access mainstream activities without dedicated support.

Inclusive mainstream activities with dedicated support.

Specialist activities.

Specialist services from social care

An individual support package based on the child or young person's needs.

This may include the following elements depending on assessment:

- Direct payments
- Support worker
- Therapeutic support
- Overnight short breaks/respite care.

Less complex needs

More complex needs

Who is this for? (eligibility criteria)

Our short breaks programme is open to **all** children and young people who:

- have a disability and additional needs and may require support to participate fully in leisure or recreation activities;
- are between 0 and their 19th birthday;
- live on the Isle of Wight and/or attend a school on the Isle of Wight.

We want to enable children and young people with disabilities and additional needs to join in with safe, entertaining and interesting activities, whilst giving their parents or full-time carers an opportunity to have a short break from caring. There is no limit to the number of short breaks activities your child can participate in, and you can mix and match activities to suit your family's needs and the things that your child or young person likes to do.

The short breaks programme funds two main types of activities:

- Specialist activities – run specifically for children and young people with moderate or complex needs.
- Support to attend mainstream activities, play schemes clubs and groups.

We are aware that financial difficulties can be an issue for many families, so we have asked all activity providers to consider this when applying for their Short Break grant.

Specialist activities.

Disabled children and young people with moderate or complex needs often require higher levels of support, staff with specialist knowledge or training (such as use of feeding pumps, administering medication or lifting techniques) or specific resources or equipment (such as hoists or changing tables) to join in certain activities. It is our aim to ensure that the child or young person's disability or support requirements are not a barrier to them accessing the activities they would like to take part in.

We work with a wide range of organisations and activity providers across the Isle of Wight to ensure that there are activities on offer that are suitable for children and young people with the most complex needs, allowing them to take part in a wide range of interesting and exciting activities.

Some of these activities are run by specialist activity providers, some are run at local special schools, and some of the activities may be run for particular disability groups. All these activities are open to all gateway card holders. Some of the activities are

also for siblings too, as we understand the difficulties of having children at two different activities at the same time. This also provides the opportunity for disabled and non-disabled children to enjoy activities together.

**PLEASE SEE OUR
SHORT BREAK
BOOKLET FOR
UP TO DATE
SPECIALIST
ACTIVITIES.**

Mainstream activities

We understand that not all children and young people need or want to attend specialist activities specifically designed for children and young people with disabilities and additional needs.

Some children and young people, would prefer to attend activities with their friends from school or local area, or with their siblings. Some providers apply for funding which allows them to allocate fully supported places to children and young people with disabilities and additional needs. The provider will work with you to cater for your child's individual requirements, they will ensure that they get to know your child and the support that they need to take part in the activity, giving you peace of mind that your child is in safe hands.

You may also wish for your child or young person to attend mainstream activities within local organisations, such as scouts or guides, or a local swimming club, where the provider feels that they need some additional support to be able to welcome your child to the activity. In this instance, the provider can contact the short breaks team for support, advice and the provider can apply for small amounts of funding for resources to ensure the provision is accessible.

You will be expected to pay for the standard cost for your child to attend the activity, and funding from the short breaks programme will pay for the additional support that they may need.

We hope that this allows many more children to be included by local providers, allowing them to attend enjoyable and exciting activities with their friends and siblings. We have seen that a little bit of extra support can make a huge difference to enable children and young people with disabilities and additional needs to be included in mainstream activities.

How do we decide what activities are funded by the short breaks programme?

We have two panels for short breaks funding:

- Our large grant panel (for funding over £1,000) includes short break staff, the community resources (disabled children's team) managers and parent/carers from Parent's Voice. This panel then makes recommendations which are presented at a decisions meeting between the community resources team leader and the operational service manager.
- Our smaller grant panel (for funding under £1,000), which is for funding to support individual children, equipment, resources and activities, which includes short break staff, the community resources (disabled children's team) managers and parent/carers from Parent's Voice.

Details of the panels and applications can be found on our website www.iwight.com/shortbreaks

What if I have a problem with a short break activity?

If you experience any problems in accessing a short breaks activity, or problems while your child is attending, please discuss this with the activity provider in the first instance and ask for a copy of their complaints policy if needed. If you remain unhappy, or you need some support to address the problem, please contact the Short Breaks team: call **01983 823168** or email **short.breaks@iow.gov.uk**

How can I access short breaks programme activities?

You can book places at an activity directly with the organiser of the activity (activity provider).

To help with the booking process, in October 2013 we introduced the gateway card scheme which is used to identify that you child or young person may require extra support due to their disability and/or additional need.

The gateway card is free and will give you access to activities available through our short breaks programme.

**OVER 460
CHILDREN
AND YOUNG
PEOPLE
NOW HOLD
GATEWAY
CARDS ON
THE ISLE
OF WIGHT**

You will still need to pay the standard cost for your child to attend the activity. The gateway card scheme will help the activity provider to apply for funding to cover the additional costs that may be required to allow your child to participate fully.

Your personal details will be stored centrally by the short breaks team which means that you do not need to complete funding forms for every activity provider; you simply have to present your gateway card at the time of booking. The information stored on the gateway card database is only for the short breaks team's use – your information will not be accessible by any other teams or third parties. The information we collect will help us evaluate our provision and plan for future services.

To register for a gateway card visit:
www.iwight.com/Residents/Care-and-Support/Short-Breaks/Short-Breaks-Gateway-Card/Tasks

Where do I go to find out more information about the activities available?

Family Information Zone Newsletters

The Family Information Zone (FIZ) publishes a monthly newsletter for children and young people (0 to 25) with additional needs which is packed full of the activities that are available, including the short break programme. The newsletter is available online at

www.iwight.com/wightchyps//servicePage.aspx. The newsletter is emailed to Island schools and parents on a monthly basis. For parents who prefer a printed copy, a newsletter is sent each half term holiday and school holiday. In addition FIZ prepare a general holiday activity guide three times a year.

Isle of Wight short breaks website

www.iwight.com/shortbreaks

The Isle of Wight short break website is packed full of places to go and things to do! The website contains information about the activities available, the young inspector programme, taster sessions and booking the caravan, lodge or beach hut.

Short break activity guides

The short breaks team publish a summer and winter guide which will be available from schools, events and the Family Information Zone. They are a colourful guide to all the activities that are happening on the Isle of Wight for children with disabilities and additional needs.

Also please talk to your local schools, parents voice or look us up on the internet at www.iwight.com/shortbreaks

If you have any problems accessing any of the activities listed on the website or in the publications, the short breaks team will be happy to help. Call: 01983 823168 or email: short.breaks@iow.gov.uk

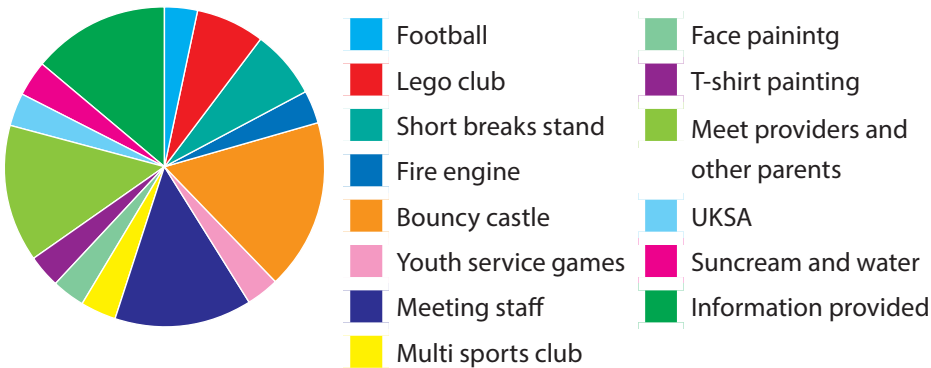
Short breaks fun and information day

The short breaks fun day is an annual event which takes place on the first Friday of the summer holidays. The fun day is a free event which has all the short break providers showcasing what they do best! The fun day for 2014 was held on the 25 July at Medina Leisure Centre. It was opened by Jamie Johnson, a finalist from 'The Voice' and there where games, activities, entertainment, food and information for parents, carers, children and young people with disabilities and additional needs and their siblings.

For future short break events please see our website.

For our Young Inspectors report on the event please see www.iwight.com/Residents/Care-and-Support/Short-Breaks/Children-and-Young-People-Participation/Young-Inspectors

Most enjoyable activities at the fun day



Support for mainstream activity providers

Bridging worker

The short breaks team includes a bridging worker who will work with local mainstream activity providers, parents and carers, and children and young people with disabilities and additional needs. They support and promote inclusion with a view to increasing the range and number of recreation and leisure opportunities available to children and young people with disabilities and additional needs, and to improve the quality of these provisions.

As part of their role they will look to build relationships, break down barriers and assist with developing positive solutions and outcomes for all.

Involvement officer

The short breaks programme funds an involvement officer; their role will be to evaluate the short breaks service to ensure that the service meets the needs of the children and young people on the Isle of Wight. In addition they will support the Young Inspectors programme to evaluate activities and encourage improvement in the quality of activities provided.

Young inspectors programme

The mission statement of this programme is to:

'To provide an opportunity for children and young people with disabilities and/or additional needs to contribute to the decision-making and development of services for children and young people with disabilities and/or additional needs on the Isle of Wight'.

The short breaks young inspector programme has been specifically designed to increase the involvement and voice of children and young people with disabilities and/or additional needs. The programme aims to involve and empower children and young people with disabilities and/or additional needs in the decision-making and development of particular areas and activities of the short breaks service. By including children and young people and listening to their needs it enables the short breaks team to 'tailor' the service we provide to meet the needs of the families using them.

The aims of the young inspectors programme are:

- to capture the voice of children and young people in the development of services that supports them or has an impact on them;
- to utilise the voice of children and young people to tailor and enhance services so that children and young people receive the best possible standards from services that supports them or has an impact on them.

Children and young people involved in the initiative will be able to provide their opinions and feedback to us on activities by participating, observing and recording their views through completing our child-friendly questionnaire.

If your child or young person would like to be involved with this programme please visit our website for an application from: www.iwight.com/shortbreaks

Taster sessions

The short breaks taster sessions offer one-to-one support and transport (using wheelchair accessible car) for children and young people with disabilities and/or additional needs to access an activity of their choice for up to four sessions.

Through the taster sessions the short breaks team would like to:

- build rapport with the child or young person and their family by listening and supporting to alleviate anxieties around accessing new activities;
- inform the activity provider of the child or young person's disability and/or additional needs and offer advice and resources on ways to accommodate the child's needs within the activity provision;
- support the child or young person within the activity but encourage the child to work towards becoming independent within the group;

- work with the child or young person in order to enable them to access the activity of their choice by listening to the child's voice and offering them a range of choices of activities which may appeal to them;
- support the child or young person in building friendships with staff and other children or young people within the activity group.

In order to access the taster sessions, a representative from a professional organisation must complete the short breaks taster sessions referral form to refer your child or young person to the short breaks team. Professionals who can refer are:

- general practitioners (GP's) - doctors;
- activity leaders;
- CAF lead professionals;
- Family Information Zone officers;
- teachers;
- teaching assistants;
- NHS representatives;
- short breaks providers

Island facilities

The short breaks programme on the Isle of Wight has a number of holiday facilities for families to use.

The lodge

The short breaks lodge is a specially adapted lodge based at Park Resorts, Nodes Point Holiday Park, Lower Green Rd, St Helens, Ryde, which is available all year round to families of children or young people who have a gateway card.

The lodge has two large bedrooms and can sleep up to six people. It has been adapted to include a wheelchair accessible ramp, roll-in shower and safety equipment. It also has a large TV complete with DVD player, a fully equipped kitchen and an outside decking area.

Families who book the lodge also benefit from access to Nodes Point resort entertainment facilities including indoor swimming pool with waterslides, direct beach access, adventure playground, amusements and evening entertainment.

Please note: The holiday park will not take bookings for this short break, all bookings must be made via the short break service.



The caravan

The caravan offers families a short break and the opportunity for lots of fun at a fantastic holiday park at Lower Hyde, Shanklin. It is close to the beach and town centre, transport links and local entertainment.

The caravan is large and wheelchair accessible. It can sleep up to six people, with two bedrooms and extra sleeping for two in the lounge area. There is hard standing parking available directly outside the caravan for sole use of the visitors. There are also leisure passes included in the cost (park is open from March until October).



The beach hut

Trips to the seaside now even easier for families! Children and young people who hold a gateway card and their families can use a specially adapted beach hut which is based on Hope Beach in Shanklin.

The beach hut has been adapted to include a large door on its side and a ramp, allowing easy access into the hut. It is also close to facilities such as a nearby car park and an accessible toilet.



The hut also features a Landeez wheelchair, which is designed to go over difficult terrain such as sand, meaning families can experience a day out by the seaside without any barriers. The hut also includes four folding beach chairs, a parasol and base.

For more details or if you would like to make a booking please go to the short breaks website www.iwight.com/shortbreaks or contact the short breaks team – call 01983 823168 or email short.breaks@iow.gov.uk

Just like to say a big thank you we had a fabulous summer holiday this year enjoying lots of short break activities. A particular favourite was the beach hut.

Parent

SPECIALIST SERVICES FROM SOCIAL CARE

Who are specialist services from social care for?

Although we have increased our number and variety of short breaks that are on offer to children and young people with disabilities and additional needs, we know that there are families that need more support.

This might be because of a change in the family's capacity to support their child, or because the child or young person's needs have become greater. These increases in need might be sudden and unexpected, or they may happen over a period of time. However this situation arises, some families will be able to continue with their own resources and with informal support from friends, relatives and local support groups. Some families may find that they do not have this support available to them and that they need more help from the Council.

This type of service is targeted at families with the most complex needs, offering an individual support package (also called a 'child in need plan') to meet those needs. To ensure that we can provide these specialist support services to the families that need them, when they need them, we have our 'eligibility criteria' that we use to assess the needs of each child and their family.

Eligibility criteria

What is the eligibility criteria for accessing services for children and young people with complex needs?

You may be eligible for specialist services from social care if your child requires substantial additional support as a result of their disability and additional needs in order to achieve their age appropriate potential – and this support cannot be provided within your family.

Examples of when you may be eligible include when:

- specialist equipment is required to be mobile;
- support is required to be able to undertake all basic self care functions (that are age appropriate);
- your child or young person requires constant supervision throughout the day and for prolonged periods at night (when no longer age appropriate);
- as a result of their disability your child or young person's behaviour proves a serious risk to themselves and/or others. This includes self-harm;
- without support their ability to communicate severely affects their personal safety, eg, they are non-verbal;
- they have a profound and multiple learning disability, severe learning disability, or autism with challenging behaviour, which results in a significant risk of self-harm or harm to others.

How do we access specialist services from social care?

To see what help might be needed from social care, a social worker will need to talk with you in order to complete an assessment. This could be a social worker from one of the main children's teams, or they might be from the specialist disabled children's team depending on your child's needs. It is important to note that while many short breaks activities are available without any assessment, you are able to request an assessment of your disabled child's needs at any time. This assessment should take into account the whole family's needs, but you also have the right to request a separate assessment of your own needs as a carer if required.

The assessment is just a way of recording the information gathered by talking with you, your child, and other people involved with your family. You will be fully involved and you will be able to write your own comments on the assessment too. The social worker will need to discuss your family's needs with their managers to agree the plan they want to put in place to support you and any services that they hope to offer.

To request help and support or to ask for an assessment from Children's Services, please call 0845 650 0097.

Please note: Emails are dealt with during normal office hours Monday to Friday. At all other times call the above telephone number.

How are social workers in the disabled childrens team different from other children's services social workers?

Most children's services social workers get involved usually when there is a safeguarding concern about the care a child is receiving and a concern has been raised that a child may come to some harm.

Social workers in the disabled children's team on the Isle of Wight do work with children in these kinds of situations too, with the aim of working with the family to ensure all children and young people with disabilities and additional needs are safe and well looked after.

However, the social workers in the disabled children's team have a much wider role than other social workers. They frequently support families where there are no such concerns – just a need for extra support due to the impact of disability on the family.

OTHER USEFUL INFORMATION

Parents Voice IW

Parents Voice IW is the islands main forum for parents and carers of children and young people with a wide range of special educational needs (SEN) and disabilities. Their purpose is to help shape changes to existing services and to participate in the planning of new and future initiatives for children and young people with SEN and disabilities.

If you have a child with a SEN or disability they would like you to share your experiences. As part of a national initiative to promote parent participation in the planning of services, they represent the views of many more parents/carers on the Isle of Wight.

They hold regular events, local area parent-carer groups, newsletters, information sessions and training opportunities for parent-carers too. They also work with the local authority to ensure parent voices are heard at every level.

If you would like to find out more please contact parentsvoice@peoplesmatteriw.org or telephone 01983 241494.

Childcare

Where can I find out about suitable childcare?

The short breaks programme is not designed to provide all the childcare working parents might need, as it is designed to give parents and carers a short break rather than childcare. However, we appreciate that finding suitable childcare is important to working parents.

The Family Information Zone (FIZ) provides comprehensive information on childcare and early years services. This includes Ofsted registered childcare and non-registered childcare. Please contact (FIZ) for more information on childcare available to meet your child's needs. Tel 01983 821999 or Email: familyinfozone@iow.gov.uk

Children's centres

Children's centres aim to give every child the best possible start in life. They are places where all families with children under the age of five can easily access a range of different services to support them, including information and advice, drop-in sessions, access to early education and childcare services and more. Children's centres also offer services specifically suited to children with disabilities and additional needs. These services vary by area, so please contact your local centre to see what would be available to you.

There are nine Children's Centres on the Isle of Wight. These are:

Ryde	Tel: 01983 617617
The Bays, Sandown	Tel: 01983 408718
The Bays, Shanklin	Tel: 01983 867310
Ventnor	Tel: 01983 857372
West Wight	Tel: 01983 756935
West Newport	Tel: 01983 537390
East Newport	Tel: 01983 529208
Cowes	Tel: 01983 291719
East Cowes	Tel: 01983 294701

Family Information Zone

FIZ provides free impartial information and signposting services to families, children and young people under the age of 20 years or up to 25 years for young people who have learning difficulties or disabilities. FIZ can provide information on Ofsted registered childcare, local and national support groups, sports and leisure activities. As well as a monthly newsletter for children and young people with additional needs they produce holiday activity guides for Christmas, Easter and Summer holidays. They also hold leaflets and publications on many subjects relevant to families, children and young people.

Wightchyps is a web-based service directory for children and young people. The directory contains hundreds of entries with contact information and details of activities, services and events on the Island. www.wightchyps.org.uk

Family Information Zone, 11 Orchard Street, Newport, Isle of Wight
PO30 1JZ

Tel: 01983 821999 Email: familyinfozone@iow.gov.uk
www.facebook.com/iwfiz www.wightchyps.org.uk

Transition (moving from children's to adult services)

How do short breaks support transition?

Transition is the time when young people are moving from childhood into adulthood, between 14 and 25 years old. This is the time when young people are preparing to leave school and take the next steps in their adult life. For young people with disabilities and additional needs more support may be needed during this time to enable them to reach their full potential.

The transition from children's to adult services should be a positive experience and a time of opportunity for young people, and we want to support them as they become young adults.

We aim to provide a range of age appropriate short break activities for teenagers, and are continually working with activity providers to develop new and exciting initiatives for this age group. Information about these activities can be found in the Family Information Zone newsletter, short break activity guide and on the short break website: www.iwight.com/shortbreaks

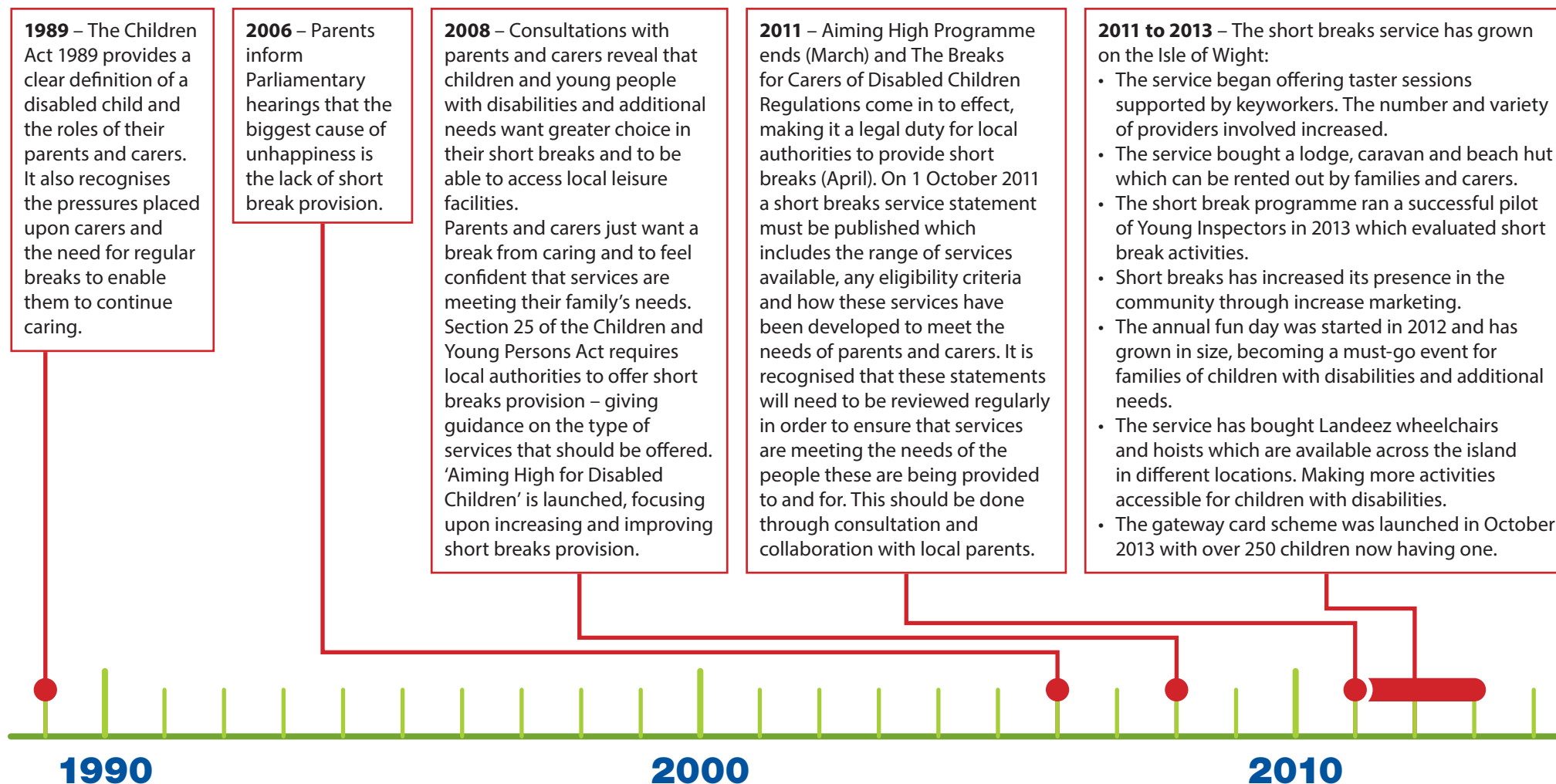
Transport

Do you provide transport for short breaks?

Parents and carers are encouraged and expected to transport their children to and from short breaks activities. We do understand, however, that transport can be a real difficulty on the Isle of Wight. Unfortunately we had to make the decision that generally we cannot fund transport for short breaks activities, as otherwise the funding for the activities would be very quickly used up by a very small number of children and young people, and we would have far fewer activities available.

To try to minimise transport issues, during the coming year we will be working with local providers to encourage more local activities in all areas across the Island to reduce the need for transport as much as possible. We do have to consider transport and ensure it is not a barrier to short breaks as far as is possible.

HOW HAS THE ISLE OF WIGHT'S CURRENT SHORT BREAKS PROGRAMME BEEN DEVELOPED?



HOW HAS THIS SHORT BREAKS SERVICE STATEMENT BEEN PREPARED?

The short breaks statement was first written in 2011 and has been reviewed this year with consultation from members of Parent's Voice, colleagues in health and education and other partner agencies.

The initial draft was circulated to partner agencies and the team leader from community resources met with members of Parent's Voice for their input.

Participation in future reviews of this statement

This statement will be checked annually to ensure it remains a good reflection of current services. We are likely to make changes to the statement as our services develop, and will notify parents and carers of opportunities to get involved and timescales via Parent's Voice and short break publications.

We will be reviewing how we involve children and young people and making a plan to improve on this. The short breaks team would like to hear more from children and young people about their short break experiences to include in future statements. If you have anything that you would like to include please contact the short breaks team: short.breaks@iow.gov.uk

Arrangements to review the Statement in 2015 will be made with Parent's Voice and partner agencies in early 2015.

SHORT BREAKS

Short Breaks
Isle of Wight Council
County Hall
Newport
Isle of Wight
PO30 1UD

Tel: 01983 821000
short.breaks@iow.gov.uk

If you have difficulty understanding this document, please contact us on 01983 821000 and we will do our best to help you.