

# Short Breaks Statement 2014-2015

Welcome to [North East Lincolnshire's Short Breaks Service Statement](#). It is on the Council website at [www.nelincs.gov.uk](http://www.nelincs.gov.uk)

## What is the Short Breaks Statement?

### **The Short Breaks Statement**

The breaks for [Carers of Disabled Children Regulations](#) took effect from April 2011, making it a legal duty for local authorities to provide a range of short breaks and a 'Short Breaks Services Statement'. For further information about the Short Breaks Statement please contact the [Children's Disability Team](#) on 01472 325607 or email [chs-childrensdisabilityservice2@nelincs.gov.uk](mailto:chs-childrensdisabilityservice2@nelincs.gov.uk)

The statement gives you information about:

- Who can access a short break
- The range of short breaks available in North East Lincolnshire
- How a short break meets the needs and aspirations of disabled children and young people in our area

This information is for all children and young people with a disability or additional need age 0-18 and their parents and carers who live within North East Lincolnshire.

This document has been developed in partnership with the local authority, health services, the

voluntary sector, parents and carers and disabled children and young people.

It will be reviewed annually to provide up-to-date information.

## How do I find out about Short Breaks?

There are different ways to find out about short breaks:

- Click on the hyperlinks (highlighted in blue, like this [Support for parents](#)), they will provide a direct link to further information, or a contact you can speak to or take you to a web page.
- Contact the Children's Disability Service to speak to the Duty Officer on 01472 325607
- Ask a professional working with your child, this may be a social worker, community nurse, family support worker, transition worker, youth worker or someone else you trust will be able to find out information for you
- Talk to another parent! Parents tell us this is often the best way to find out [what's available locally](#). If you would like to be put in touch with another parent call Carol Bachelor to link up with the [North East Lincolnshire Parent Participation Forum](#) on 07583474892 or email [nelpf@virginmedia.com](mailto:nelpf@virginmedia.com)

## **What is a Short Break?**

Short breaks are defined as providing children and young people with disabilities with an opportunity to spend time away from their parents, to relax and have fun with friends or experience a new activity.

In addition, they provide families with a break from their caring responsibilities; giving them a chance to unwind, relax or spend time with other siblings.

A short break can be in your own home or out in the community, at an approved carer's home or in a residential setting.

It can be a range of activities including going to the cinema, youth club, play schemes, after school clubs or sports and music session and can last anything from a couple of hours to days. The length and type of short breaks will depend on the needs and desires of your child, their age and the impact their disability has on the whole family.

- All children and young people grow up living in a safe environment
- Outcomes for looked after children will be at least as good as those of all other children and young people
- Lives and life chances for children with a disability and additional needs will be improved

## **Disabled Children and Young People in North East Lincolnshire**

There are approximately **????** disabled children and young people in our area.

Total number of children and young people in receipt of Disability Living Allowance (DLA) = **?**

Aged 0-5 = **?**

Aged 5-11 = **?**

Aged 11-16 = **?**

Aged 16 plus = **?**

Open Cases for the Children's Disability Team = **?**

Young people supported by the Transition Service = 134

During 2013 - 2014

- A total of **????** children and young people received a short break
- Approximately **????** hours of short breaks were provided
- Approximately **????** hours of overnight short breaks were provided

## **Carers**

Looking after the Carer is also important (The Breaks for Carers of

## **The vision for Children and Young People in North East Lincolnshire**

- All children and young people achieve their best in education, are ready for work and have skills for life
- All children and young people are involved in developments that affect them
- All children and young people grow up healthy, emotionally secure and confident

Disabled Children Regulations 2011) so that they can undertake their responsibilities as a carer.

Under the Carers and Disabled Children Act 2000, carers aged 16 or over who provide a regular and substantial amount of care for someone aged 18 or over have a right to an assessment of their need as a carer. If there is more than one carer providing regular care in your household, you are both entitled to an assessment.

The Local Authority also has responsibility to make sure the well-being of Young Carers is looked after and that they receive the necessary support.

There is a special [\*\*Young Carers Project\*\*](#) in North East Lincolnshire and you can contact the team on 01472 323231. Alternatively you can speak to the Young People's Support Service on 01472 323231 or email [youngpeoples.service@nelincs.gov.uk](mailto:youngpeoples.service@nelincs.gov.uk)

### **North East Lincolnshire Carers Centre**

This service is available to all carers; the centre offers a wide range of local, confidential support such as:

- Specialist advice and information; including benefits and financial advice and support with employment issues.
- Support groups or one to one emotional support, including befriending and counselling.
- Relaxation therapies

- Support to access other services
- Carer training
- A dedicated worker to support parents of children with disabilities and help navigate the Local Offer to find the information needed.

To find out more information or to register with the centre contact 0845 3025525

or visit the website [www.georgehardwickfoundation.org](http://www.georgehardwickfoundation.org)

### **How does a short break meet the needs and aspirations of disabled children and young people in our area?**

The Council's children's and young people's services are committed to the delivery of short breaks. Our resources are used to prioritise services for the most vulnerable, but are also designed, through a commitment to early intervention, to offer services and support at the lowest possible level of need.

Not all children and families require the same level of support; some need more than others because of the nature of their child's disability. Some families may need more support because of their individual family circumstances. This is why we may need to assess your child and family circumstances to ensure we provide the right level of support and services at the right time.

The range of services on offer fall into three broad categories: universal, targeted or specialist.

## **Universal Short Break Services**

The Council and its partner organisations, will continue to focus on ensuring that as many disabled children and young people as possible should be able to access and enjoy services that are available to all children and young people.

Universal services and activities within the local community that all children and young people can access including leisure centres, youth services, community groups, uniformed services (brownies, sea cadets), day nurseries, nurseries, out of school clubs and child minders, children's centre and public spaces such as libraries, parks and playgrounds.

Wherever possible these opportunities should be used as your first point of call. These services have a duty under the Equalities Duty 2010 to make reasonable adjustments to support disabled people.

For more information for your child with additional needs around childcare, services, activities and [school holiday activities](#) contact the **Family Information Service** on 0800 18 303 17, text: 07624 802 438 or email [fis@nelincs.gov.uk](mailto:fis@nelincs.gov.uk). You will find a [FIS Outreach Worker](#) in local Children's Centres on a regular basis.

For further information advice and guidance on support services and adult social care or health care take a look at the website [www.services4.me.uk](http://www.services4.me.uk)

***“An assessment of need is not***

***required to access universal services.”***

*Wherever possible these services should be used and can provide parents with the same outcomes as a short break.*

## **Targeted Short Break Services**

These are services for children and young people who need some additional support to access an activity and get fully involved in community based opportunities. Currently there are numerous groups targeted at disabled children and those with additional needs in North East Lincolnshire. Follow this link for [further information](#).

In addition, well established providers such as **FLAG** offer a weekly Saturday group and an activity programme throughout school holidays for children with a disability – Contact 07746290424 / 07932507696

**Foresight** offer the “**Hub**” a specialist space for children with additional needs and their siblings to come together and enjoy activities including pool, movies, the latest console games, music, computers plus various social events and outings – Contact 01472 269666

## **Young People's Support Service (YPSS)**

YPSS is made up of a number of organisations working in partnership to support young people in accessing services, including information, positive activities, [advice & guidance](#) and [counselling](#).

Youth Work is delivered in a wide variety of ways to accommodate the diversity and needs of young people. There are young people's centres located across Grimsby, Cleethorpes and in Immingham. These centres are open in the evenings and during the holidays for a range of positive activities for young people. - Contact 01472 326987

Email:

[youngpeoples.service@nelincs.gov.uk](mailto:youngpeoples.service@nelincs.gov.uk)

Website: [YPSS](http://YPSS)

**Western Young People's Centre** on Cambridge Road, offers numerous activities aimed at young people between the ages of 13 and 19.

These include:

- Lots of sports, activities and arts and crafts.
- Programmes addressing current local and national issues affecting young people
- Project nights
- Dance & drama
- Holiday provision activities

Contact 01472 323293

**Clee Young People's Centre** based in the Heneage area of Grimsby is open every Tuesday and Thursday offering various activities for young people with specific needs; aged 16+ and also a range of opportunities for young people in year 7. Through activities and projects they work with young people to raise their personal and social development skills – Contact 01472 326651

**Trinity Young People's Centre** based in Cleethorpes offers an exciting programme. The centre

includes various opportunities to develop personal and social skills, which enable raising personal awareness and participate in fund raising, voluntary action and peer education. – Contact 01472 500029

**Immingham Young People's Centre** offers a range of activities and projects that are enjoyable, challenging and rewarding to young people. Immingham Young Peoples Centre has a team of skilled and qualified Youth workers who build working relationships with young people through discussion, one to one and group work activity. They also offer volunteering opportunities for young people 14+ and adult volunteer opportunities together with Student placements. – Contact 01469 516035

**Street Based and Mobile Youth Work Team** is made up of a team of trained and skilled workers delivering youth work with young people on the streets of North East Lincolnshire. They meet with young people on 6 nights per week in areas that have been identified and reconnaissance has taken place prior to any involvement with young people. – Contact 01472 326987

**Get Hooked on Positive Activities** (GHoPA), works in partnership with the Young People's Support Service (YPSS), to provide quality engagement and inclusion activities to schools, youth agencies, Youth Offending Service (YOS), Fire and Emergency Services, the Police and individuals.

Fully qualified CRB checked and insured coaching staff, support volunteers and young peer mentors

deliver sessions tailored to suit the individual participants/groups needs to engage, inspire, educate and develop the young person's practical, personal and social skills regardless of age, gender, ethnicity or ability. All staff are experienced in their specialist subject and highly trained to work with some of the regions more challenging and disadvantaged young people. – Contact 01472 323221

**Disability Sports Forum** meets on a weekly basis and provide a range of sports activities – Contact 01472 505230

***"An assessment of need is not required to access targeted services."***

*Wherever possible these services should be used as a first point of contact and can provide parents the same outcomes as a short break.*

### **Specialist Short Break Services**

Specialist resources are used to prioritise services and support for the most vulnerable children.

These are children with more complex needs or challenging behaviour. Children and their families are assessed (see opposite) to ensure their short breaks needs are fully understood; service or support is then personalised according to individual need.

### **Specialist Short Breaks require an assessment by social care.**

If you would like to request an assessment you can make a referral to the Children's Disability Service on 01472 325607.

Services and support options are:

- Direct Payments
- Residential Care - an overnight provision that offers home from home care.
- Short Breaks Service which can be in the home, outreach service, sitters, overnight care, access to a caravan and short break houses.
- Foster carers for both day and night care provided in a residential family home setting.
- Care4All Chalet for children with complex health needs.
- Domiciliary care and support within the family home.

### **Children's Disability Service (CDS)**

The CDS will, like the Family Information Service, provide you with information about universal and targeted services and more specialist groups that can offer support, **without** the need for an assessment.

Where the level of need cannot be met by universal or targeted services then it may be appropriate for the child or young person to be assessed by children's social care to determine whether they are a **child in need**.

North East Lincolnshire Council has an Eligibility Criteria to access specialist services for which an assessment is needed. CDS undertake assessments of need; parents/carers of children with disabilities can ask for an assessment if they feel universal

and/or targeted services are unable to meet their needs.

When assessing CDS use the [Common Assessment Framework \(CAF\)](#) or an [Initial Assessment](#). This will inform a Support Plan which will be agreed with the child and family; this may include the provision of services or a [Direct Payment](#) (more information is on page 10) to increase your choice and control.

The CDS will review the Support Plan regularly with the emphasis being on promoting inclusion, meeting identified outcomes and supporting the family as a whole.

If you wish to know more about [what support is available](#) for a child or young person with additional needs, please contact the CDS on 01472 325607

If you have [concerns or are worried about the welfare](#) of a child call 01472 325555

### **Eligibility Criteria**

‘Children with disabilities’ are defined as being 0 – 18 years of age, whose daily lives are substantially affected by a disabling condition.

Children with disabilities are also defined as ‘children in need’.

Parents or carers are [eligible](#) for an assessment of their own needs although, in practice, this will usually be carried out at the same time as the assessment of their child’s needs.

Following the completion of an assessment of the child and family’s needs, the level of service

required to meet those needs is determined by taking into account a range of factors.

Because every child and family is unique, a Resource Allocation System has been designed to measure the level of support needed so that each child and family can be assessed in a way which takes account of their individual set of circumstances. Families will be involved in completing this assessment.

Where a Direct Payment, or access to services which need to be paid for by North East Lincolnshire Council is required; the Support Plan will be presented to the Disability Resource Allocation Group; who will make a decision about the allocation of resources based upon the assessment of need, the outcome of the Resource Allocation System and the appropriateness of the Support Plan to meet identified need.

### **Common Assessment Framework (CAF) and Early Intervention.**

The Local Authority and partners are committed to supporting the delivery of a comprehensive range of early intervention services to improve the life chances and outcomes for all families in North East Lincolnshire.

The Children’s Trust and Local Strategic Partnership have supported the development of a **Think Family** plan which sets out principles and priorities for early intervention. The plan identifies an holistic, early intervention approach to enhance outcomes for families and to reduce the need for costly, specialist services. The plan

focuses on developing an integrated workforce that will support families in their local communities.

The **CAF** is a standardised approach to conducting an holistic assessment of a family's needs and developing a Team Around the Family (TAF) to co-ordinate an action plan. Families must consent to a CAF referral being made but once this has been done agencies involved can share information to improve integrated working thus making life easier for families. A Lead Professional is appointed to take responsibility for co-ordinating the TAF and reviewing progress Contact 01472 323439

### **Early Support**

**Early Years Care Pathway** - Every child deserves the best possible start in life and support to fulfill their potential. A child's experience in the early years has a major impact on their future life chances. A secure, safe and happy childhood is important in its' own right, and it provides the foundation for children to make the most of their abilities and talents as they grow up. When parents choose to use early years services they want to know that provision will keep their children safe and help them to thrive. The **Early Years Foundation Stage** (EYFS) is the framework that provides that assurance

This includes;

- [Children's Centres](#) Daycare
- [Nurseries](#)
- [Child minders](#)
- [Playgroups/Pre-schools](#)
- ['Out of School' provision](#) and [holiday clubs](#)

All providers of childcare for children 0 - 5 years of age must meet the requirements of the Early Years Foundation Stage framework. The Disabled Children's Access to Childcare funding (**DCATCH**) is a project which supports disabled children to access preschool settings and after school clubs. Contact the **Family Information Service** on 0800 18 303 17, text: 07624 802 438 or email [fis@nelincs.gov.uk](mailto:fis@nelincs.gov.uk). You will find an FIS Outreach Worker in local Children's Centres on a regular basis.

**Early years SEN/Disability Support Service (assessment and outreach)** The Educational Assessment and Outreach Team (EAOT) are a small team of experienced Early Years practitioners who provide assessment, advice and on-going support to families of under-fives with complex needs and their Early Years settings. The aim is to assist the inclusion of children with Special Educational Needs (SEN) and/or Learning Difficulties/Disabilities. If a parent or carer has any concerns about their child they may contact the Service direct or alternatively they contact their health visitor, GP or child's setting for advice, who will complete a Common Assessment Framework (CAF) form and if appropriate a referral will be made to the Early Years SEN/Disability Team. - Contact 01472 874111 Ext 7102 or email [nlg-tr.enquiries@nhs.net](mailto:nlg-tr.enquiries@nhs.net)

### **Preparing for adulthood**

The purpose of the planning during the teenage years is ensure that your son/daughter and the family begin to prepare for the transition

into adulthood and so that you have clear expectations about the options and services available so you can make informed choices about the future.

Short breaks choices should reflect these changing needs, be age appropriate and promote greater levels independence by spending time with peers. Personal budgets in children's and adults' services are enabling more choice and control.

Young disabled people and their families told us we needed to make changes and improvements to the services and support provided at this time, so they are prepared for and move into adulthood with fulfilling independent lives, in their own homes within the local community.

In response to this the Council and Clinical Commissioning Group have created a [NEL Transition Strategy](#). To ensure people have a consistently good experience of transition from childhood to adulthood – and from children's to adults' services, where there are eligible needs.

You will begin to [receive information](#) about the transition process when your son / daughter is age 12/13 in Year 7 & 8 so you have clear expectations about the options and services available and can make informed choices about the future. Follow the above link or visit <http://www.nelincs.gov.uk> for the transition leaflets if you have not received them from school and further information.

A person - centred Transition Plan will be created at Year 9 and reviewed annually. It will focus on

key aspects of everyday life, education/work, housing, health, transport and relationships, social and leisure activities. By the final year at school, there should be a clear plan for life after school, stating who will be providing the relevant support and how this will be funded.

During transition, social care support is provided by either the CDS or the Transition Service. The [Transition Service](#) is jointly funded by the Council and CCG to focus on preparing for adulthood, it will provide information, advice and support to young people with a disability and/or a Statement of SEN age 13-25.

Contact 01472 325224 if you would like to talk to a Transition Worker or email [Chs-TransitionService@nelincs.gov.uk](mailto:Chs-TransitionService@nelincs.gov.uk)

In Year 11 (around age 16) we will make a [referral to adult social care](#) to support a decision about the support that is likely to be available to your son/daughter as they reach age 18.

Some people will not have needs that are eligible so their sources of alternative support will need planning. Support from the Transition Service may still be available.

If your son or daughter has eligible needs that will be funded by adult social care after age 18, joint working will take place from age 16 and focus on life after school or college, getting a job, moving into independent living and being a part of the community.

[Focus \(Adult Social Care\)](#) within North East Lincolnshire is

commissioned by the [Clinical Commissioning Group](#) and the [Council](#).

Focus includes the A3 service which is the 'gateway' to adult social work/care.

Telephone 01472 256256 or e-mail to [A3TeamPublic@nhs.net](mailto:A3TeamPublic@nhs.net)

In response to young people and families saying they wanted to live independently, the CCG has enabled more than 20 young people to move into [supported living](#) locally. They have assured tenancies and the support they need which ranges from one hour a week to 24 hours a day. Provision could be an apartment, a shared house or a bungalow of their own. See [Christina's story](#) to find out how well it is working.

For further information and guidance on support services and adult social care or health care take a look at the website [www.services4.me.uk](http://www.services4.me.uk)

[Sayingitall](#) is an accessible website that has lots of information for people with learning disabilities and their carers.

The Children and Families Bill will introduce major SEN change in Spring 2014 keep up with developments at <http://www.preparingforadulthood.org.uk>

## **Transport**

Transport can be a barrier to accessing short breaks. A range of transport is available for families where a need is assessed and this will be discussed when a short break is allocated. We will continue

to work with our short break providers to support independent travel however there are alternatives for everyday activities.

A **Concessionary Travel Pass** is available for children under 18 years (3 years old and under 18 years) in receipt of Higher Rate mobility living allowance with an award letter from Department of work and pensions. Contact Stagecoach 01472 358646

**Phone 'N' Ride and Dial a Ride** are the public transport alternatives if you do not have access to conventional public transport routes to meet your unique transport needs. Both services are free for concessionary bus pass holders  
**Phone 'n' ride** - Contact 01472 324440  
**Dial a ride** - Contact 01472 269199

<b>Education</b>	<b>Transport</b>
Parents/carers are legally responsible for ensuring that a child attends school. However, in some cases the local authority has a duty to support parents/carers with transport to school. Contact 01472 323085 or email <a href="mailto:schooltransport@nelincs.gov.uk">schooltransport@nelincs.gov.uk</a>	

## **Direct Payments**

Following an assessment of need undertaken by a social worker or Children's Disability Service a number of families and children choose to take direct payments for their own short break. This is an alternative to have control over purchasing a package of support rather than having the local authority organising support.

The purpose of direct payments is to empower disabled children and their carers to make active choices about the provision of the care they

receive; the family is allocated a budget instead of a short break service and becomes an employer.

Some aspects of becoming an employer can seem quite daunting to most people, this means that you have the responsibilities associated with being an employer such as paying wages and any national insurance contributions due for your employee. You are also responsible for managing your employee. You may have to advertise for your personal assistant, write out a job description and draw up and agree a contract of employment with them.

The local authority provides a Direct Payments Officer to help you to understand and run your direct payment. They help to sort out some of the hard things with you and make the process as simple and easy as possible.

Who are Direct Payments paid to?

- Parents of disabled children (ages 0-17 years)
- Carers with parental responsibility of a disabled child
- Young people or adults (aged 16 or over)

What things can't Direct Payments be used for?

- To purchase services which are run by the local authority
- To purchase services provided by the NHS
- To purchase services from a close family member who resides at the same address as you, other than in exceptional circumstances

How to access Direct Payments?

Contact your social worker and they will carry out an assessment with you and your child to find out what support you need. If you don't have a social worker you would need to contact Children's Disability Service. The social worker would then consider how your needs can be best met and this may be through the direct payments scheme.

Once your assessment has been completed, your case will be taken to the Disability Panel for approval. The panel is made up of a group of senior staff from different services including Local Authority, Health and Education. They meet to ensure that children and families receive services based on the needs identified in their Child in Need Plan and that this is done in a fair and open way.

Once approval has been given for the identified need to be met through direct payments, the Direct Payments Officer will contact you to begin setting you up ready for receiving Direct Payments. At this point the process can take in excess of 6 weeks to complete. This is because all personal assistants/care workers for families and children in receipt of direct payment in North East Lincolnshire Council must have a satisfactory Disclosure and Barring Service check in place. This is North East Lincolnshire Council policy and is there to ensure that your child is properly safeguarded.

The Direct Payments Officer will help you to get everything completed and in place ready for

your payments to begin as quickly as possible. Contact 01472 325607

**Our priorities for the future are to:**

Work in partnership with families to understand their information needs

Provide enough support so families can access local opportunities

Continue to explore options to increase flexibility through direct payments and personal budgets

Develop a 'Local Offer' so families know what they can reasonably expect