ISLE OF WIGHT COUNCIL

SHORT BREAKS SERVICE STATEMENT 2017

Short Breaks

FUN ACTIVITIES FOR CHILDREN AND YOUNG PEOPLE WITH DISABILITIES AND/OR ADDITIONAL NEEDS

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

www.iwight.com/shortbreaks

ISLE of WIGHT COUNCIL

FOREWORD

We all need a break sometimes!

Everybody needs a break once in a while. Our Short Breaks Service makes sure that children with additional needs don't miss out on fun, exciting and educational breaks; and that those who care for them get some time off from their heavy responsibilities.

This booklet tells you about the kind of short breaks we offer, helps you find out which are suitable for you, tells you who can go on them, and explains how to make the arrangements.

We always welcome feedback on the services we provide. We want to improve them still further, so we continue to talk with parents, carers and organisations that work with them, such as Parents Voice. But there are many other ways you can share your views about our short breaks service set out in the booklet. Let us know what you think, so we can do even better in future.

And if you know somebody on the Island who needs a break and might qualify, do let them know about our Short Breaks Service.

Thank you.

Councillor Chris Whitehouse
Lead Member for Children's Services

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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 breaks 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 parents' 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 interest 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.

"It's so good there is no rush in these sessions. My son found it really hard today as it was his first session without me staying. I did stay the first few sessions which worked well. It was good to know he was in safe hands. When I came to collect him today he was keen to tell me what he had done and he seemed fine that I had left him. So nice to see him making new friends"

"This has made both of us think about how to include more sensory stuff everyday as the effects were so positive. Thanks to all your volunteers we had a wonderful day."

"Each time the activity guide comes out there seems to be more and more opportunities and different activities for the children to try."

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.
- Personal budgets.

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, while 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:

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

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 breaks 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 PLUS 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 and advice, and the provider can apply for small amounts of funding for resources to ensure the provision is accessible.

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.

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.

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

Panels are made up of short breaks management team and parents representatives from Parents Voice, panel members follow the evaluation criteria and make collective decisions on all applications.

Large grant funding up to £20,000

Small grant funding up to £500 This funding is for equipment only to support inclusion.

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 breaks 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 May 2015 we introduced the Gateway Card PLUS, which contains the child's picture and date of birth.

The Gateway Card PLUS is free and will give you access to activities available through our short breaks programme.

OVER 450 CHILDREN AND YOUNG PEOPLE NOW HAVE CARDS ON THE ISLE OF WIGHT

The Gateway card PLUS scheme will help the provider apply for future funding.

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 PLUS at the time of booking or attending. The information stored on the 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 PLUS 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?

Isle of Wight short breaks website

www.iwight.com/shortbreaks
The Isle of Wight short breaks website is packed full of places to go and things to do. The website contains information about the activities available, the Young Inspectors' programme, and booking the caravan or lodge.

Short breaks activity guides

The short breaks team publishes summer and winter guides which will be available from schools and events. They are colourful guides 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 school, Parents Voice, or look up on our website: 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

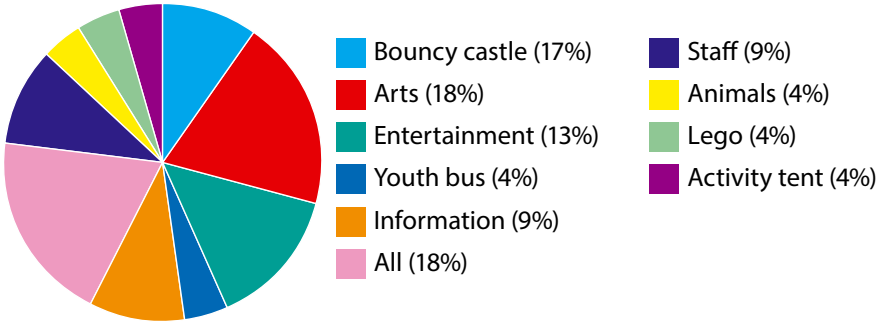
Short breaks fun and information day

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 breaks providers showcasing what they do best. The fun day for 2016 was held on Friday 22 July at Medina Leisure Centre. It was opened by The High Sheriff Robin Courage and Councillor Jonathan Bacon, 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 breaks events please see our website.

For our Young Inspectors' report on the event please visit our website.

Most enjoyable activities at the fun day



Short Breaks FUN AND INFORMATION DAY 2016

> It was a great day, I enjoyed all of it!
> **Young inspector**

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 Inspectors' 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 they 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 support 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 support 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.

You can read the inspection reports at:
www.iwight.com/Residents/Care-and-Support/Short-Breaks/Children-and-Young-People-Participation/Reports1

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

Island facilities

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

The facilities are avialable form March to November. For further information about the tariff and availablility, please visit: www.iwight.com/shortbreaks

Please note: the holiday parks will not take bookings for these short breaks; all bookings must be made through the short breaks website.

The lodge

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

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.

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.

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. The increase in need might be sudden and unexpected, or it 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 0300 300 0117. This number can be called at anytime, day or night (24 hours).

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

Most children's services social workers usually become involved with a child and family if 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 Island's 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 council to ensure parent voices are heard at every level.

If you would like to find out more please email: parentsvoice@peoplematteriw.org or tel: (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) 823349 or email: familyinfozone@iow.gov.uk

Family centres

Family centres aim to give every child the best possible start in life. They are places where all families with children aged 0 to 19 can easily access a range of different services to support them, including information and advice, drop-in sessions, access to early education, parenting support, information on local childcare, and more. Family 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 three Family Centre hubs, open Monday to Friday, 9am to 5pm:

Ryde (North-East Wight hub)	Tel: 01983 617617
The Bays, Sandown (South Wight hub)	Tel: 01983 408718
West Newport (West and Central Wight hub)	Tel: 01983 537390

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 we found within our short breaks activity guide on the short breaks website: iwight.com/shortbreaks and on our Family Information Zone website: iwight.com/wightchyps

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?

1989 – The Children Act 1989 provides a clear definition of a disabled child and the roles of their parents and carers. It also recognises the pressures placed upon carers and the need for regular breaks to enable them to continue caring.

2006 – Parents inform Parliamentary hearings that the biggest cause of unhappiness is the lack of short break provision.

2008 – Consultations with parents and carers reveal that children and young people with disabilities and additional needs want greater choice in their short breaks and to be able to access local leisure facilities.
Parents and carers just want a break from caring and to feel confident that services are meeting their family's needs.
Section 25 of the Children and Young Persons Act requires local authorities to offer short breaks provision – giving guidance on the type of services that should be offered.
'Aiming High for Disabled Children' is launched, focusing upon increasing and improving short breaks provision.

2011 – Aiming High Programme ends (March) and The Breaks for Carers of Disabled Children Regulations come in to effect, making it a legal duty for local authorities to provide short breaks (April). On 1 October 2011 a short breaks service statement must be published which includes the range of services available, any eligibility criteria and how these services have been developed to meet the needs of parents and carers. It is recognised that these statements will need to be reviewed regularly in order to ensure that services are meeting the needs of the people these are being provided to and for. This should be done through consultation and collaboration with local parents.

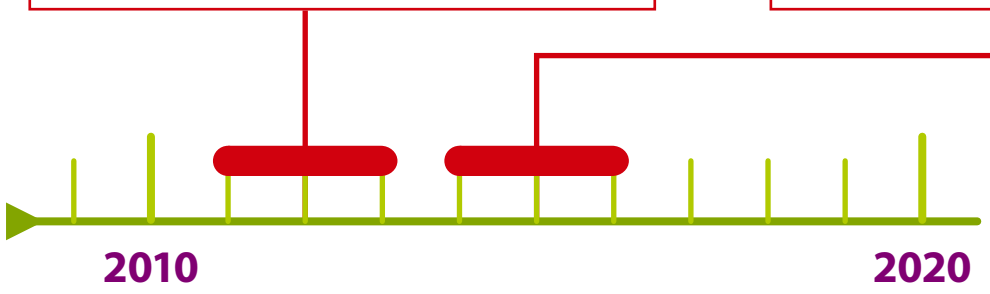
HOW HAS THE ISLE OF WIGHT'S CURRENT SHORT BREAKS PROGRAMME BEEN DEVELOPED?

2011 to 2013 – The short breaks service has evolved on the Isle of Wight:

- The service began offering taster sessions supported by keyworkers. The number and variety of providers involved increased.
- The service bought a lodge, caravan and beach hut which can be rented out by families and carers.
- The short break programme ran a successful pilot of Young Inspectors in 2013 which evaluated short break activities.
- Short breaks has increased its presence in the community through marketing.
- The annual fun day was started in 2012 and has grown in size, becoming a must-go event for families of children with disabilities and additional needs.
- The service has bought Landeez wheelchairs and hoists which are available across the island in different locations, making more activities accessible for children with disabilities.
- The Gateway Card scheme was launched in October 2013 with more than 600 children having one.

2014-2016 – The number and variety of providers involved increased.

- The service maintains the use of the lodge and caravan.
- Young Inspectors has more than 20 inspectors who inspect short breaks activities. Young Inspectors is now recognised over the UK and has been commented on within the Houses of Parliament.
- Short breaks offers inclusion funding to organisations that need additional equipment to remove barriers and support inclusion.
- The annual fun day is in its fourth year and becoming bigger and better; not only is it a fun day it is now a fun and information day offering loads of information on all aspects of disabilities and additional needs.
- The Gateway Card PLUS was launched in October 2015, which contains the child's photograph, date of birth and name, with more than 450 children now having one.



HOW HAS THIS SHORT BREAKS SERVICE STATEMENT BEEN PREPARED?

The short breaks statement will be reviewed each year with consultation from members of Parents Voice and partner agencies.

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 Parents 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

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Short Breaks

FUN ACTIVITIES FOR CHILDREN AND YOUNG PEOPLE WITH DISABILITIES AND/OR ADDITIONAL NEEDS

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

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