

2018



Brent Council Leisure and Short Breaks Services

For children and young
people with special
educational needs and
disabilities (SEND)
aged 0 to 25 years old



What are short break services?

Short breaks provide opportunities for children and young people with special educational needs and disabilities (SEND) to take part in fun activities, new experiences and be with friends. They can also provide positive experiences for children and young people by enabling them to develop new skills, boost confidence and encourage friendships and give parents a well-deserved break from caring and some quality time with their other children.

Short breaks allow children and young people with disabilities to access mainstream and specialist activities. This could include an after school club, a few hours at a leisure or sports activity group, or an overnight stay at the child or carer's home or a residential centre.

Many of our short break and leisure services can be accessed directly. Children and young people with more complex needs, who might be eligible to receive both day and overnight provision, will need to have an individual needs assessment and a referral from our Disabled Children and Young People's Service. Parents and carers can also request an assessment of their child's needs by contacting Brent Family Front Door on **020 8937 4300** or emailing family.frontdoor@brent.gov.uk

Short breaks are an integral part of the wider support we offer to children and young people with SEND. We want to provide services that are safe, interesting and rewarding and which enable them to participate fully in family and community life.

Who can use leisure and short breaks provision?

All children and young people who live in Brent can use universal (mainstream) leisure and short break activities like sports centres, play schemes and children's centres. No assessment is necessary as everyone is eligible to receive universal services, whether they have SEND or not.

There are also targeted and specialist leisure and short break services for children and young people with SEND who require additional support over and above that provided routinely as part of universal services.

To be eligible for specialist short break services, a child or young person's disability must be permanent and substantial and have a negative effect on their ability to do normal daily activities. Children and young people are considered to have complex needs if their parents or carers are unable to provide all their necessary care due to:

- Profound or multiple learning disabilities
- Life threatening conditions
- Safeguarding issues

Examples of when children/young people may be eligible for specialist short breaks include...

- Specialist equipment is required to be mobile
- Support is required to be able to carry out all basic self-care functions that are appropriate to their age
- The child/young person requires constant supervision throughout the day and for prolonged periods at night
- As a result of their disability, the child/young person's behaviour poses a serious risk to themselves and/or others
- Without support, their inability to communicate verbally severely compromises their personal safety
- Their disability means they are at significant risk of self-harm or harm to others

Our disabled children's service will carry out an assessment of your child's needs to decide what level of support they and the rest of the family need. Short break options and other services will then be discussed with you. It is very likely that our teams will already know families of children with critical needs.

We aim to ensure that a child or young person's disability or support requirements are not a barrier to them taking part in the activities they would like to. Please call us on 0208 937 3001 if you are concerned about this, or are unsure about how to access provision, so that we can support you to find services that are appropriate for your child's needs.

What leisure and short break services are offered in Brent?

There are three categories of leisure and short breaks to meet different levels of need.

UNIVERSAL

All children and young people, including those with low-level additional needs, should be able to access these services. Providers have a duty under the Equalities Act 2010 to make reasonable adjustments and not to treat disabled people less favourably.



Universal services include...

- Out of school, Saturday and holiday clubs
- Play schemes
- Sports activities
- Libraries
- Parks
- Youth centres and groups such as Cubs and Brownies
- Children's centres

TARGETED

Targeted services are aimed at children and young people with needs that require more support than universal services. It could include services that are designed to meet an individual's specific needs, as well as groups who have specially trained staff or specific equipment. Some targeted provision may be subject to a needs assessment, which you can request by contacting Brent Family Front Door on **020 8937 4300** or emailing **family.frontdoor@brent.gov.uk**

Provision includes...

- Portage
- Brent Play Association
- SEND support groups at children's centres
- Specialist nursery places for children with SEND
- Specifically tailored sports provision



SPECIALIST

These are services for children and young people with the most complex and substantial needs, who require the highest level of support and intervention. These services are subject to an assessment and eligibility criteria, although most of these children/young people will already be known to our disabled children's service.

Services include...

- The Ade Adepitan Short Break Centre
- Summer play scheme
- Care at home
- Direct payments
- Continuing care support
- Specialist community nursing service
- Short break fostering
- Specialist equipment



How much do short breaks cost and does the local authority provide transport?

Some short break services are free and others charge a fee. Parents and carers should not expect to pay more than a non-disabled child using a similar type of service.

Parents and carers are responsible for transporting their children to and from most leisure and short break activities. However, we will pay for transport for children and young people who have been assessed and meet the eligibility criteria. Some services may also be able to offer discounts for families on a low income or in receipt of certain benefits.

If you have difficulty accessing these services because of the cost, please speak to the service provider or your social worker if you have one. You can also get advice and information from Brent Family Front Door on **020 8937 4300** or email **familyfrontdoor@brent.gov.uk**

How do short breaks support transition for young people moving from children's to adult services?

Transition is the time between 14 and 25 years old, when young people are moving from childhood to adulthood. They may be preparing to leave school, take up further training, start an apprenticeship or find a job.

For young people with SEND, additional support may be needed at this time to help them move on to the next stage of their lives. Our disabled children's service will work closely with them, their parents, their school and other professionals to help make this period of transition a positive experience. This will include identifying age appropriate short break activities and other provision.

Consultation

Short breaks provision in Brent has been developed following consultation with parents and carers, children, young people and partners within the statutory, community and voluntary sector.

We have received feedback from SEND parent conferences, parent/carer forums and 'meet the professionals' events. This has been fundamental in shaping the development of our leisure and short breaks provision and best use of limited budgets.

Commissioned services are routinely monitored, evaluated and reviewed. Ofsted and the Care Quality Commission (CQC) also inspect providers of overnight short breaks and services that involve personal care.

We know that parents and carers would like to see more play schemes, after school, holiday and respite provision and we have an ongoing commitment to increase the range and choice of short breaks. We will continue to talk to parents, children and young people about the types of short break services they would like us to offer.



Feedback

Let us know what you think about our short break services by visiting www.brent.gov.uk/services-for-residents/children-and-family-support/children-with-disabilities/short-breaks/short-breaks-service-feedback/

Your feedback is very important and will help us to plan future services.

The Local Offer

Our leisure and short breaks provision is part of Brent's Local Offer, which is a single point of information and advice for children and young people from 0 to 25 with SEND and their families. For information about a wide range of social care, health, early years and education services visit www.brent.gov.uk/localoffer

Appendix of leisure and short break services

UNIVERSAL SHORT BREAK SERVICES

Breakfast, after school clubs, playschemes and holiday activities

Our Children and Families Information Service (CFIS) has a list of breakfast and after school clubs, play schemes and things to do at the weekend and during holidays. This information is updated by providers on a regular basis. The CFIS can also give you details about provision that caters specifically for children with SEND.

Contact number: **020 8937 3010**

Email: cfis@brent.gov.uk

Website: www.brent.gov.uk/services-for-residents/children-and-family-support/childcare/after-school-and-holiday-care/

Children's centres

Brent's network of children's centres run services for families with little ones under five. There are fun activities, stay and play groups, family learning, Citizen's Advice sessions and a wide range of health, education, employment and parenting support.

Contact number: **020 8937 3010**

Email: **cfis@brent.gov.uk**

Website: **www.brent.gov.uk/services-for-residents/children-and-family-support/childcare/childrens-centres/**

Community centres, youth groups and voluntary organisations

Brent's Community Directory holds information about over 800 local groups and voluntary organisations including Brownies, Cubs, community centres, youth clubs, arts, music and sports activities.

Website: **www.brent.gov.uk/your-community/community-directory**

Libraries

Our libraries stock a huge variety of books, CD books and DVDs and welcome children and young people of all ages. They also run free Bookstart sessions for little ones, homework and Chatterbooks reading clubs, family learning and activity-based games and play.

Contact number: **020 8937 3400**

Email: **libraries@brent.gov.uk**

Website: **www.brent.gov.uk/services-for-residents/libraries/**

Parks and play areas

Brent has in excess of 1,000 acres of parks and public open space, including a nature reserve, a country park and many recreational grounds. You can find a wide variety of activities including sports facilities, children's play areas, allotments and cultural events.

Contact number: **020 8937 5619**

Email: **brent.parks.services@brent.gov.uk**

Website: **www.brent.gov.uk/services-for-residents/sport-leisure-and-parks/parks/park-finder/**



Tricycle Theatre and Cinema

The Tricycle Cinema in Kilburn holds subtitled screenings for deaf and hard of hearing audiences. Certain live performances are also audio described, for those who are blind and partially sighted, and captioned for the deaf and hard of hearing.

There are relaxed performances for people with an autism spectrum condition, sensory and communication disorder or learning disability. Extra lighting is used during these performances and any blackouts or strobe lighting is omitted. There is a relaxed attitude to any noise from audience members and there is freedom for them leave the auditorium as necessary.

Contact: **020 7372 6611**

Email: **info@tricycle.co.uk**

Website: **www.tricycle.co.uk**

TARGETED SHORT BREAK SERVICES

Brent Play Association

Brent Play Association provides after school, holiday and weekend provision for children and young people aged up to 20, including those with SEND. Its premises are wheelchair accessible and include music, art and sensory rooms. Emergency respite is also offered six days a week.

Contact number: **020 8998 9986**

Email address: **info@brentplay.org**

Website: **www.brentplay.org**

Portage

Portage is a free home visiting service for pre-school children with a disability, additional needs or developmental delay. Parents or professionals who work with children can make a referral to the service.

Contact number: **020 8937 4300**

Email: **family.frontdoor@brent.gov.uk**

Website: **www.brent.gov.uk/services-for-residents/children-and-family-support/the-brent-local-offer/send-local-offer-directory/portage/**

Specialist nursery places for children with SEND

Specialist nursery places for children up to the age of five with SEND are available in four council-run nurseries. To be eligible for a place your child must meet the criteria and be referred by a professional who is already working with them. Private, voluntary and independent nurseries in Brent also offer places for children with SEND.

Contact number: **020 937 3010**

Email: **cfis@brent.gov.uk**

Website: **www.brent.gov.uk/services-for-residents/children-and-family-support/childcare/nurseries-and-pre-schools**

SEND support groups at children's centres

Support groups for families of children with SEND are run at a number of our children's centres. Parents and carers can come together in a relaxed atmosphere and get help and advice from professionals such as Portage workers and speech and language therapists.

Contact number: **020 8937 3010**

Email: **cfis@brent.gov.uk**

Website: **<https://www.brent.gov.uk/media/16407665/send-support-groups-at-brent-childrens-centres-updated-12-may-2017.docx>**

Sports activities for children/young people with SEND

Provision includes:

- Wheelchair rugby and tennis
- Football
- Swimming
- Cricket
- Yoga



There are also clubs and programmes specifically for children and young people with SEND including Sports without Limits at Willesden Sports Centre, On Your Marks at Vale Farm Sports Centre, multi sports at Bridge Park and the borough-wide scheme, All Active Brent.

Details of all these activities can be found in the leisure section of our Local Offer at www.brent.gov.uk/localoffer. If you need help accessing these services please contact our Children and Families Information Service on **020 8937 3010** or email cfis@brent.gov.uk

SPECIALIST SHORT BREAK SERVICES

Ade Adepitan Short Break Centre:

For children and young people aged from five to eighteen, with profound and multiple learning difficulties, complex health needs, physical disabilities and autistic spectrum disorders, who meet the criteria for overnight short breaks. Informal enquiries about accessing the service should be made to Brent's Children with Disabilities Team.

Telephone: **020 8937 4300**

Email: family.frontdoor@brent.gov.uk

Website: www.brent.gov.uk/services-for-residents/children-and-family-support/children-with-disabilities/short-breaks/short-break-centre/

Care at home services:

Home-based support for 0 to 25 year olds with substantial and complex needs who require specialist intervention and have been assessed as meeting the criteria for support.

Telephone: **020 8937 4700**

Email: family.frontdoor@brent.gov.uk

Website: www.brent.gov.uk/services-for-residents/children-and-family-support/the-brent-local-offer/send-local-offer-directory/care-at-home-services/

Children's Specialist Community Nursing Service:

Provides support in the home and other community settings for children and young people with complex needs aged 0 to 18 (19 if the young person attends a special school) who have been referred to the service.

Telephone: **020 8453 2125**

Email: **inwh-tr.brentccnteam@nhs.net**

Website: **www.brent.gov.uk/services-for-residents/children-and-family-support/the-brent-local-offer/send-local-offer-directory/brent-children-s-specialist-community-nursing-service/**

Continuing care support:

Specialist nursing care for children and young people aged 0-18 who are registered with a Brent GP and have complex health needs arising from disability, accident or illness. A professional will make a referral to the service before an assessment is carried out.

Telephone: **020 8900 5450**

Email: **Bh.chc@nhs.net**

Website: **www.nhs.uk/Conditions/social-care-and-support-guide/Pages/nhs-continuing-care.aspx**

Direct payments

Direct payments allow families to organise and buy their own social care services. Children and young people up to the age of 25 can receive them if they have been assessed and meet the criteria for support.

Contact number: **020 9937 4300**

Email: **family.frontdoor@brent.gov.uk**

Website: **www.brent.gov.uk/services-for-residents/adult-social-care/direct-payments/**

Home adaptations/specialist equipment

A Disabled Facilities Grant (DFG) is available to help meet the cost of providing adaptations and facilities in your home if you have a disabled child or young person, aged up to 25, who has been assessed as needing support. These adaptations must be to make caring for your child easier or to increase their level of independence at home. They must also be reasonable and practical depending on the age and condition of the property.

Contact number: **020 8937 4300**

Email: **family.frontdoor@brent.gov.uk**

Website: **www.brent.gov.uk/services-for-residents/children-and-family-support/the-brent-local-offer/send-local-offer-directory/home-adaptations/**

Short break fostering

Specialist foster placements are available for children and young people aged up to 25 who need specialist care or respite but whose needs cannot be met at Brent's short breaks unit or by mainstream foster carers. Our Children with Disabilities or Transitions Teams work with Brent's fostering service to arrange the placements.

Contact number: **020 8937 4300**

Email: **family.frontdoor@brent.gov.uk**

Website: **www.brent.gov.uk/fostering**

Summer play scheme

A summer holiday play scheme is provided for children and young people aged up to 25 who have high level needs and are known to Brent's Children with Disabilities or Transitions Teams. Your social worker will be able to give you more information about this provision, which is subject to an assessment.

Contact number: **020 8937 4700** (for children aged 0-13) or **020 8937 4076** (for young people aged 14+)

Email: **disabledchildrensteam@brent.gov.uk**

Website: **www.brent.gov.uk/services-for-residents/children-and-family-support/the-brent-local-offer/send-local-offer-directory/summer-playscheme-for-disabled-children/**

Useful SEND contacts

Brent Family Front Door

Telephone: **020 8937 4300**

Email: **family.frontdoor@brent.gov.uk**

Brent SEND Information, Advice and Support Service (SENDIASS)

Telephone: **020 8937 3434**

Email: **sendias@brent.gov.uk**

Brent Children and Families Information Service (CFIS)



Telephone: **020 8937 3010**

Email: **cfis@brent.gov.uk**

Brent Carers Centre

Telephone: **020 3802 7070**

Email: **email@brentcarerscentre.org.uk**

Brent Parent Carer Forum

Telephone: **0114 213 4912**

Email: **bpcfadmin@wspld.org**

Website: **www.brentpcf.org**