

Royal Borough of Kensington & Chelsea Short Breaks Statement

2020-2022



THE ROYAL BOROUGH OF
**KENSINGTON
AND CHELSEA**
Reviewed August 2020

Introduction

Since 1st April 2011 local authorities have had to provide appropriate breaks from caring for parents or carers of disabled children and young people. (The Breaks for Carers of Disabled Children Regulation April 2011). This is so that parents and carers feel supported to carry on caring for their child at home.

Local authorities must also write a statement about their short breaks that outline:

- 1) Who can use the service?
- 2) How short breaks are accessed?
- 3) How the service meets the child's needs?
- 4) What is available?

WHAT IS A SHORT BREAK?

Short breaks enable disabled children to spend time away from their carers, explore new opportunities, have fun and broaden their social networks. Short breaks can also provide families with an opportunity to have a break from their caring responsibilities. A short break can last from a few hours to a few days, evening, overnight, weekend, and school holiday daytime activities.

It can take place in a number of settings, for example (this list is not exhaustive):

- After school Clubs
- Holiday activities/Play schemes
- Weekend support
- Stay and play opportunities (Core Offer)
- Family days out (Core Offer)
- Subsidised holiday opportunities (Core Offer)
- Help with Transport for children who meet the Transport criteria
- Homecare
- Help to access Inclusion in Mainstream Provision
- Residential short breaks

Direct Payments/Personal Budget

You could have Direct Payments - where you find your own carer and employ them to support you or your child.



This person can be a friend but must not live in the same house as you.

Direct Payments can also be used to pay for activities that your child could attend such as swimming, music sessions or other leisure activities.

We use a Pre-payment card to give you this money.

A wide range of organisations, including private and voluntary sector organisations in RBKC will provide short breaks for disabled children. Details of all short break services in every local area must be published as part of the 'Local Offer'. The local authority has a vital role in ensuring that sufficient and appropriate short breaks are commissioned in their local area.

In our vision for Short Breaks, we aim to:

- Maximise Social, Learning and wellbeing outcomes for the disabled children/ their siblings, where relevant, and the parent/carers.
- Prepare disabled children for adulthood by developing their social and life skills



- Increase the integration, normalisation and acceptance of disabled children and young people as being equal and essential members of society.
- Increase the availability and choice of activities and services for disabled children.
- Make it easier for families to access short breaks and universal services according to their needs.
- Help families to seek advice and information in an accessible manner from information outlets such as the Local offer.
- Support universal services to ensure that disabled children have the opportunity to access their services i.e., Leisure centres, clubs etc. to include and support disabled children and young people in their services.

- Give families the information that they need about the services on offer.
- Work together with disabled children and their families, to make sure we are meeting their needs and to see how we can improve what we offer.
- Check and monitor that service providers are offering a good quality service, which helps disabled children to achieve positive results.
- Offer training and development opportunities to increase skills in meeting the needs of disabled children, young people and families.



BENEFITS OF SHORT BREAKS

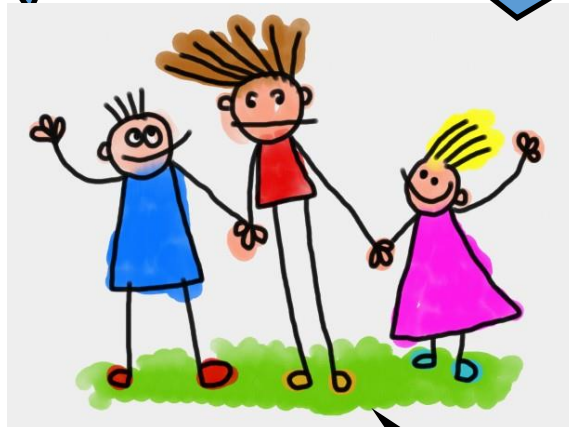
Providing short breaks to families has helped many families live a better quality of life e.g., parents having some time to rest or spend with other children in the family and disabled children and young people taking part in many new activities which they have enjoyed. In some cases, the support offered by the short break service has helped prevent family stress and breakdown. Many families have also felt it has enabled them to become stronger and better able to manage.

Children and young people who we have consulted with have said that they are now able to go out much more than before. They are able to choose what activities they want to take part in and who they want to go to activities with. There is more to do in their local area and feel much happier. They enjoy being at home more and have a better time with their families now that they do not have to spend so much time at home.

Quotes from families about the services we use

Always on hand to support the parents and children

Excellent staff, kind, caring and fun. You listen to my concerns about my child's wellbeing.



St Q provides a safe nurturing environment which meets my daughter's needs

Provide a great and Consistent variety of activities.

The staff have a great understanding of my sons needs and provide a variety of activities

Quotes from Children who use the service

I go swimming and like to splash in the water.

I go out with my carer to West way every Saturday. It's fun to Jump on the Trampoline

I love going to St Quintin— We do lots of messy things and play in the Garden



We all went to Thorpe Park in the summer with my friends and my brother.



I go on Holiday every summer. We went to Butlins and I slept in the Bunk beds and made new friends

HOW DO YOU GET A SHORT BREAK?

Universal Services

There are a large number of short break services that a disabled child can access without a referral or assessment. These are known as the CORE OFFER.

These services could be in a mainstream provider or could run from St Quintin Centre for Disabled Children– Please visit the Local Offer Website for current activities.

The local offer offers a guide to all the services that are available for children and young people in Kensington and Chelsea with special educational needs and/ or disabilities aged from birth to 25.

The Local Offer can also be accessed via the internet:

<https://www.rbkc.gov.uk/kb5/rbkc/fis/localoffer.page?localofferchannel=8>

Or

Search [Royal Borough of Kensington and Chelsea Local Offer](#) in google, click on the link and then tap on the Short breaks tile

Criteria for assessing a short break

The Children with Disabilities Team works in partnership with children with disabilities and their families.

A child with a disability is a child between the age of 0 and 18 who is **substantially affected in their everyday living** by one or more of the following: -

- Severe physical, learning disability or sensory impairment, which is substantial and has a negative effect on their ability to do normal daily activities.
- Profound multiple disability

- Children with complex physical health needs and those with life-limiting where these severely impact the functioning of the child.
- Children with autism who also meets one of the above criteria

Emotional or Behavioural disorders are not included unless they are associated with a specific disability such as autism.

HOW ARE WE MEETING THE NEEDS OF FAMILIES?

A key strategic outcome we are seeking to achieve from the provision of short breaks is that we meet the needs of families not only by ensuring a diversity of short breaks provision but that the services are responsive to the needs of its service users and the changing demographics in the borough. We see the variety of provision being currently offered as a strength. Taking together with the Local Offer, we are proud in Kensington & Chelsea that a good range of formal short breaks is provided. Service users, parents and providers support this positive view of our service provision.

Since the last update of the Short Breaks statement a range of formal and informal feedback has been ascertained from a range of sources. The themes that have emerged in relation to short breaks services are:

- Short breaks need to be fun and have a strong social or educational purpose to them; and enable the young person to achieve their desired outcomes.
- Disabled children and young people need a diversity of provision;
- Prevent family crisis through the provision of timely support to meet individual family need;

- Opportunities exist for all the members of the household to take part in inclusive activities with non-disabled children and young people;
- Short breaks provide an opportunity for fun time as a family together;
- Provide opportunities for disabled children and young people to develop friendships and socialise;
- Short break services that support disabled children and young people with complex needs to have opportunities to mix with peers and access community opportunities;

To be clear and transparent with regard to the decision-making process.

Transport is not routinely provided to access short break provision. However, each young person is individually assessed. If a need for transport is identified, the local authority will consider making this available if the child meets the Transport criteria.

ACCESSING A SHORT BREAK

The first pathway (Pathway 1) to parents to access a short break is via the universal pathway. This is not assessed and the route to access the service is via a self-referral. The services provided through this route are accessible to all families and adequately cater for those children and young people who have a mild or moderate disability. To access these services, your child will need to be referred to the Children with Disabilities Team and will have an assessment to establish their needs.

The 'front door' operates as part of the Bi-Borough Short Breaks Service. To make a referral, please download the [referral form](#) and send it to: biboroughhealthnotifications@rbkc.gov.uk

Alternatively, you can also contact the Front Door directly:

Name: Sophie Buckland, Short Breaks Front Door Co-ordinator

Telephone: 07925894176

Email: biboroughhealthnotifications@rbkc.gov.uk

WHAT HAPPENS AT PANEL?

The panel is made up of two parts-

The DAM-(DUTY Allocation panel) meets weekly to consider new referrals and also to review the packages that have already been offered to families. DAM panel Forms are discussed and then a decision is made based on the child's needs. Most packages last a year/sometimes two years if the family are happy with the proposal and arrangements are working well. It can always be reassessed and presented earlier if the individual family's circumstances change. After the DAM meeting letter will then be sent to the family advising them of the decision.

The Care Package panel meets once a month.

This is a longer meeting, where the parents feel representation by themselves supported by the SW/Short breaks Practitioner is needed. This Panel is used where there a disagreement between parties involved, about the level of short breaks allocated.

Please see links for the panels

Panel Guidelines and Information -

https://search3.openobjects.com/mediamanager/biborough/directory/files/panel_leaflet_rbkc_2020.docx



WHAT CAN I DO IF I'M NOT HAPPY WITH THE PANEL'S DECISION OR THE SHORT BREAKS PROCESS?

The first step is to talk to your Social Worker/Short breaks Practitioner to share your concerns and try to resolve the matter.

If you are still not happy with the decision, then you can request to speak with their supervisor.

Or you can call/email the

Bi- Borough Head of Service for Short Breaks

Tracy.beard@rbkc.gov.uk

07776184129

If you are still not satisfied

Then you can contact RBKC Complaints team on

<https://www.rbkc.gov.uk/council/comments-complaints-feedback/making-complaint>

WHAT SERVICES ARE AVAILABLE?

In Kensington & Chelsea we have tried to create a range of services where disabled children, young people and their families can have a short break when they need it and have a good time.

These include

- Clubs/Activities at St Quintin Centre for Disabled Children
- Core offer through St Quintin Centre
- Help/Sign posting to Inclusion
- Chelsea Playground– Based at Chelsea Barracks
- Full of Life clubs/Groups
- Adventure Play at the Venture Centre
- Holiday Project from St Quintin Centre
- A variety of Drop Ins/Family Fun Days
- Training/Parenting Workshops
- Access to Children Centres

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TRANSITION/PREPARING FOR ADULTHOOD

Kensington & Chelsea's Children with Disabilities Team work with colleagues in Adult Social Care as young people move from children's services into adulthood. Support for transition arrangements starts at an early age. Some of the short break services are specifically for the older age group and they are intended to give disabled young people the opportunity to access youth opportunities and develop independence skills. All young people who are assessed as eligible to be supported under community care legislation and meet the threshold for services from Adult Social Care, are likely to be assessed for a Personal Budget.



MEASURING THE OUTCOMES AND IMPACT OF SHORT BREAK SERVICES

We will ensure that our short break services focus on improving life opportunities and outcomes for disabled young people and their families through continuing to develop our participation strategy with disabled children, young people and their families. We know that the views of families and disabled children are essential to support positive outcomes.

Not all disabled children and their families will need the same level of support; some will need more than others because of the nature of their child's disability and their individual circumstances. We will continue to monitor and review the views of disabled children, parents and providers so that everybody contributes, and short break services continue to develop.

All commissioned short breaks providers are subject to an annual quality assurance visit. The quality assurance visit observes short breaks service delivery, checks policies and procedures and discusses and shares good practice with professionals. Each service receives a report following the visit that identifies good practice and any areas for development.

CONSULTATION AND PARTICIPATION

We will hold a number of information sharing, consultation and participation events. At these events, we will ask disabled young people and their families what they want us to consider when planning and commissioning short break services. We also link closely with our Parent/Carer Forum, who provides feedback to Kensington & Chelsea.

We hope that this statement opens up those options and sets the provision of specialist short breaks in the context of being built on access to our Local Offer and universal services. Our Short breaks should also assist our disabled children to prepare for adulthood.

We understand that giving families the independence and choice to make their own decisions is important. It is our aim in listening to a range of

stakeholders that services respond to what our service users and families tell us they want and need and in particular to help families to become stronger and more confident in finding solutions and having the same opportunities as other families in Kensington & Chelsea.

PLEASE TELL US WHAT YOU THINK

We would like to hear your views on short break services. If you have any questions or wish to discuss anything within this statement, please contact:

[Tracy Beard - 07776184129](tel:07776184129)

Tracy.beard@rbkc.gov.uk