



Slough Children's Services Trust Short Breaks Statement 2018-19

Introduction

Welcome to Slough Children's Services Trust Short Break Statement. This statement applies to all children with disabilities and young people aged 0 – 19 who live in Slough, along with their parents and carers.

This document has been designed to provide information about:

- The range of short breaks currently available in Slough
- Who can access short breaks
- How short breaks meet the needs and aspirations of children with disabilities, young people and their families in Slough.

Over the next twelve months we will be reviewing our short breaks services and looking at extending the range of short break provision through speaking to service users and local disability forums, along with prospective new providers as well as our existing providers. In line with the Children and Families Act 2014 we want to see more families take up the offer of personal budgets in order that they can have more control over the care support packages they receive and will be undertaking a review of the current personal budget process.

SEN Reforms

The Children and Families Act 2014 brought about legislation that entailed significant changes taking place across all services supporting children and young people with special educational needs and/or disabilities (SEND) from birth to 25 years. From September 2014, statements of SEN were replaced by person-centred, outcome-focused Education, Health and Care (EHC) Plans.

As part of the legislation, a Local Offer was published providing information for parents and professionals of all services available locally for children and young people with SEND and how these can be accessed. As part of this more personalised approach, personal budgets will be made available to give families more choice and control. Short break services will be included in the range of services available to families.

More information on the Children and Families Act 2014 can be found on the following link:
<http://www.legislation.gov.uk/ukpga/2014/6/contents/enacted>



What is a Short Break?

A short break is a good quality, fun, positive activity that your child with disabilities or young person attends, where they can do things they enjoy, have new experiences and develop new skills. It helps to provide positive outcomes for your child and to prepare them for life as an adult, increasing their independence. Short breaks should:

- Give your child or young person a valuable and enjoyable experience away from your daily life, which contributes to their personal, social and life skills development
- Give you a valuable break to allow you to rest or take up other interests or spend time with your other children.

These breaks can take the form of:

- Leisure activities outside of the home
- Daytime care in the home or elsewhere
- Overnight care in the home or elsewhere
- Specialist activities during the evenings, weekends and school holidays.

Short breaks come in many different forms and can last anything from a couple of hours to whole days to overnights. The length and type of short break will depend on your child, young person and the family.

Definitions

The term 'child' is used as an inclusive term to refer to all 0-18 year olds with a disability. Where the context, specifically relates to older children with a disability the term 'young person' is used.

In the Equality Act 2010, a person has a disability if:

- They have a physical or mental impairment
- The impairment has a substantial and long-term adverse effect on their ability to perform normal day-to-day activities.

For the purposes of the Act, these words have the following meanings:

- 'Substantial' means more than minor or trivial
- 'Long-term' means that the effect of the impairment has lasted or is likely to last for at least twelve months
- 'Normal day-to-day activities' include everyday things like eating, washing, walking and going shopping.



Therefore, children and young people are eligible for a short break in Slough if they have a physical or mental impairment, which has a substantial and long-term effect on their ability to carry out day-to-day activities. This may include a physical or learning disability, a hearing or visual impairment. It includes children with Autism and children who may have challenging behaviour as a result of their learning disability. It also includes children who have complex health needs and who may have palliative, life limiting or life threatening condition.

Vision

Slough Children's Services Trust has a vision for our Short Break Service for children and young people with learning difficulties and disabilities and this is:

"To enable as many children with disabilities and young people as possible to remain living at home with support from community services to lead normal family lives and have access to universal settings or more specialist local services in accordance with their wishes."

We are therefore committed to:

- Ensuring that we listen to all children with a disability, act on their views and provide them with choices wherever possible
- Ensuring that all disabled children and their families are supported to take part in and enjoy local community life and wherever possible use local childcare facilities, leisure and recreational activities
- Ensuring that as parents/carers you are supported to become equal partners in making decisions about service development and priorities to enable us to work together to improve our services
- Ensuring we provide you with useful information when you need it.

In Slough we aim for all professionals to work in partnership with families, children and young people following person centred principles to provide effective short breaks that meet the needs of all disabled children and their families.

How do I find out about Short Breaks?

There are currently various ways to find out about short breaks:

- We will continue to advertise short breaks as widely as possible
- We will ensure that the Slough Local Offer holds the relevant information about short breaks and childcare. This can be accessed through www.sloughfamilyservices.org.uk/localoffer



- The Slough Family Information Service can provide information about short breaks and can be contacted on 01753 476589 or FIS@slough.gov.uk Ask another parent perhaps through contacting Special Voices or attending one of their coffee mornings. Special Voices can be contacted on 07990 693439 or info@specialvoices.co.uk
- Ask a professional who is supporting you and your child and they will be able to find out for you.
- Contact Amina Ali – Short Breaks Coordinator on ShortBreaks@scstrust.co.uk

It is very important that you book your child's activities as early as possible to avoid disappointment and to ensure any necessary specific training can be provided.

Range of Short Break provisions

As children and young people with a disability have varying needs and diverse family settings, we set out to provide a wide range of short break provision to meet those needs. We have looked at our information about the number of children with disabilities living in Slough and we have listened to what parents/carers, young people, the voluntary sector and other professionals have told us about what short break children want and families need. Short break provision can range from an occasional hour with a support worker to help to access local community provision, to attending a supported holiday activity scheme, to an assigned number of overnight breaks per year for those children and young people with the most complex needs.

For simplicity, fairness and ease of understanding, Slough has classified its short break provision into three categories:

Level 1 – Universal Services

Level 2 – Targeted Services

Level 3 – Specialist Services

The short break service diagram on page 9 gives an overview of short break provision within each of the three levels described above. It is envisaged that the majority of children and young people with a disability will access short breaks within Levels 1 and 2.

The Short Break Service

Eligibility Criteria

Level 1 Universal or mainstream services are opportunities for children and young people with disabilities to successfully access universal mainstream settings with or without additional support. These are services that any child with or without a disability can access. If support is required this help may be in the form of a support worker to provide additional care, specialist training and advice or the provision of specialist equipment. If support is



required then an assessment will be undertaken by the professionals who are supporting your child and this will be presented to Slough Children's Services Trust to consider. In 2018/2019, requests for support should be forwarded to the Slough Children's Services Trust, Short Breaks Coordinator, St Martins Place, 51 Bath Road, Slough, SL1 3UF.

Access to Universal Services such as leisure centres, libraries, playgrounds, youth clubs, children's centre's, extended school clubs, holiday clubs, childcare and uniformed clubs such as scouts and guides is very important for disabled children and their families, and as many children and young people as possible should be able to use these services. Work has been undertaken to ensure that universal services are accessible and welcoming children with disabilities and their families. Awareness training has been accessed by some providers to help their services to be more inclusive. Access is self referral but it is important that you talk to the provider about your child's needs so they can understand what additional support maybe required for your child to participate in and enjoy the activities.

You will need to find out if there is a place available for your child, or whether you will need to put his/her name down on a waiting list as generally it is a question of first come first served.

There are many types of clubs and activities available at this level so to find out what is available in Slough Local Offer at www.sloughfamilyservices.org.uk/localoffer or if you would prefer to speak to someone about services available, phone the Family Information Service on 01753 476589.

Level 2 Targeted Services are groups that have specialised in the provision of short breaks for children and young people with disabilities. Children and young people accessing these services can range from those having no formal assessment, to providers' initial assessment or an Early Help Assessment. After receiving very positive feedback about the choices and range of activities in previous years, we have allocated funding for short breaks to organisations to provide activities after school, at weekends and during the school holidays. These organisations include:

- Arbour Vale School
- The Beehive Foundation
- Breakaway – Breakout Short Breaks
- Camp Mohawk
- Thames Valley Adventure Playground
- 50:50 Sync CIC

As part of our agreement with these organisations they are required to provide quarterly feedback from both parents/carers and children and young people, as well as accounts and data to inform us about participation and the development of future services.



Level 3 Specialist services are designed for children and young people with complex levels of need and therefore require a social care and/or health assessment. The short breaks can include specialist day care and overnight stays with a trained carer but the level of support will be determined by the assessment. Specialist care packages can be provided by the:

- Breakaway respite Unit
- Direct Payments

A direct payments package may be identified in the social care assessment and the social worker will be able to discuss with you how it can be used to purchase short breaks. Overnight and day care provided by the Health Service following an assessment by a specialist nurse is provided by the Manor Green Respite Unit in Maidenhead. Children and young people with the most complex health/nursing needs may be able to access the three levels of services with an individual plan supported by suitable trained staff in conjunction with the team of professionals already working with the child.

Short Break Service Diagram

Level 1	Level 2	Level 3
Universal Services	Targeted Services	Specialist Services
No assessment necessary unless additional provision is required.	Providers or Early Help Assessment	Assessment undertaken by social care and/ or health
Children's centres, sport, youth & leisure, libraries, child care, holiday activities MAX Card	Arbour Vale School (After school clubs, Saturday and holidays) Thames Valley Adventure Playground Breakout Short Breaks (holidays) Camp Mohawk Beehive Foundation (school holidays) 50:50 Sync CIC	Direct Payments Specialist Health Services Breakaway Residential Respite Unit Manor Green Health Respite Unit Short Break Providers by Commissioning Team.

How much will the services cost?

Level 1 – In Universal Services you will pay the full rate charged by the individual service providers



Level 2 - In Targeted Services the Local Authority has subsidised the services so that you will pay a reduced fee for the activities and details of the charges can be found by contacting the organisation.

Level 3 – In The Specialist Services families will have assigned budgets from their assessment to access such services, however there will be charges for short breaks in excess of those identified through your assessment.

Universal, Targeted and Specialist rates are set by the providers, the Trust works hard with the providers to use ensure the rates are reasonable and would encourage families to use disability allowances to enable their children and young people to participate in fun and interesting activities whilst simultaneously providing a break from caring for the parents and carers.

Short Break Service Reviews

The Trust is in the process of reviewing how funding is allocated, our ambition is to ensure there are a broad range of services available for all to access. At present, funding has been allocated to different providers and it is necessary to review the services offered to children and families on a regular basis. The providers are required to send us your feedback and your child's feedback every year if you have used the service. How this is achieved for our three levels is explained below:

Level 1 – we have allocated funding to provide additional support for short breaks within the Universal Services based on the needs of the child.

Level 2 – the providers for targeted services have been commissioned by Slough Children's Services Trust and these services will be monitored and evaluated on a regular basis to ensure they are still meeting the needs of children and young people and providing best value for money. Your feedback and feedback from your child about services you have used is very important to us.

Level 3 – if you receive specialist short breaks this will be reviewed at least twice a year to ensure the level of support is right for your child and family. This will be more frequent in the first year to ensure the service provision is meeting the assessed needs. Again feedback from you and your child is extremely important.



Information and Contact Details for Targeted Services

Organisation	Activities	Email	Phone Number
Arbour Vale School	After School Clubs Saturday + Holiday Clubs	deangray@arbourvale.slough.sch.uk	01753 515566
Beehive Foundation	Holiday Club	clare@thebeehivefoundation.co.uk	01753 537777
Breakaway (Breakout Short Breaks Service)	Holiday Activities	Ranbir.Sidhu@scstrust.co.uk	01753 825365
Camp Mohawk	Holiday Activities	info@campmohawk.org.uk	01189 404045
Thames Valley Adventure Playground	Saturdays + School Holidays	office@tvap.co.uk	01628 628599
50:50 Sync CIC	Holiday Activities	5050sync@gmail.com	03335 005050

Information for Parents -Your Questions Answered

How do I know my child's needs will be met?

The service provider will be expected to ensure that your child is included in all the activities on offer at the setting. This will be subject to undertaking any risk assessments and where necessary arranging for suitable additional support, equipment and/or training specific to your child's needs.

Can my child have urgent access to a short break?

Urgent access to the Short Break Service may be necessary in some instances and this will be through the child's social worker or specialist nurse or the service for children with learning difficulties and disabilities. Where necessary urgent care can be arranged making best use of current providers including in-house services in accordance with the child's needs and the presenting situation.



Is Transport available?

Transport can be difficult for some families but we have worked closely with 'Out and About' our Community Transport provider and information about access can be found in their leaflet on the Slough Local Offer website www.sloughfamilyservices.org.uk/localoffer or by telephone on 01753 536273.

We also aim to explore opportunities for travel training to aid the transition to adulthood for some young people.

Please contact the Short Break Providers for Targeted Services listed on page 8 directly to find out about cost and availability of these short breaks.

This is not an exhaustive list so for further information, contact the Slough Family Information Service on 01753 476589 and/or visit www.sloughfamilyservices.org.uk/localoffer or details of activities in targeted or universal settings.