

# SHORT BREAKS UPDATE



Children and Young People's Centre  
for Development and Disability



**“SHORT BREAKS”** ARE SERVICES WHICH GIVE A DISABLED CHILD OR YOUNG PERSON AN ENJOYABLE EXPERIENCE OUTSIDE SCHOOL HOURS AWAY FROM THEIR FAMILY, AND WHICH GIVES THEIR FAMILY A BREAK FROM THEIR CARING RESPONSIBILITIES.

HACKNEY IS **INTRODUCING A NEW CORE OFFER OF SHORT BREAKS FOR 2010/11**, AVAILABLE TO FAMILIES WITH DISABLED CHILDREN OR YOUNG PEOPLE AGED UNDER 18. THIS NEWSLETTER HAS EVERYTHING YOU NEED TO START RECEIVING SHORT BREAKS – **SO DON'T THROW IT AWAY!**



APRIL 2010

Short Breaks Team, call **020 7014 7109**, or email [shortbreaks@hackneyark.chpct.nhs.uk](mailto:shortbreaks@hackneyark.chpct.nhs.uk)

Cover image: Laburnum Boat Club





## WHAT ARE SHORT BREAKS?

SHORT BREAKS ACTIVITIES INCLUDE AFTER SCHOOL CLUBS, WEEKEND CLUBS, YOUTH CLUBS AND HOLIDAY PLAY SCHEMES, AS WELL AS INDIVIDUAL HOME AND COMMUNITY-BASED SUPPORT. SEE PAGES 8-10 FOR DETAILS OF HACKNEY'S CORE OFFER SERVICES FOR 2010/11.

# THE SHORT BREAKS CORE OFFER

## WHAT DOES THIS MEAN FOR MY FAMILY?

From 1st April 2010, eligible families will be able to access **100 hours** of short breaks throughout the short breaks year (1 April 2010 until 31 March 2011). During this time, disabled children and young people can choose from a range of fun, stimulating activities at a range of venues in Hackney. Activities include after school, weekend and youth clubs, holiday play schemes and individual home and community based support.

To start accessing short breaks services for your disabled child or young person, **you will need to fill in a short application form** that comes with this newsletter and send it to the short breaks team based at the Hackney Ark Centre. If your disabled child or young person already has a social worker at Hackney Ark you do not need to fill in the application form; the team will contact your family directly. See page 5 for more details on how to claim the short breaks core offer.

## If you already get "short breaks"...

The core offer of 100 hours will include any short breaks services you may already get which are funded by the London Borough of Hackney's Children and Young People's Service, The Learning Trust and NHS City and Hackney.

### For example:

- If you are not getting short break services at all at the moment, you can get 100 hours of new short break services in 2010/11.
- If you already get 50 hours of short breaks per year and this is continuing, with the new core offer you can receive an extra 50 hours of short breaks in 2010/11, to make a total of 100 hours in 2010/11.
- If you already receive 100 hours or more of short breaks per year and this is continuing, unfortunately you will not be able to access any extra short breaks in 2010/11 with the core offer.

Short breaks funded from other sources (not by Hackney's statutory

children's agencies) are not counted towards the 100 hours in this way.

## Will my child be eligible?

Hackney's new short breaks core offer is available to any disabled child or young person aged 5 to 17 living in Hackney, who because of his/her disability either:

- needs outside school activities at targeted or specialist disability services because mainstream and universal activities are not suitable for when his/her family isn't there, or
- needs more support or supervision than other young people of the same age to successfully access a universal or mainstream out-of-school activity when his/her family isn't there.

If your child is aged 2 to 4, childcare for the under 5s is available at children's centres and at selected nurseries in the borough which have extra care workers to support disabled children at nursery. You can contact the Resource Centre at Hackney Ark for details.

**OUR SHORT BREAKS KEY WORKER, BASED AT HACKNEY ARK, IS ON HAND TO HELP WITH THE APPLICATION PROCESS.**



**"FOR A LOT OF FAMILIES, IT IS THE DIFFERENCE BETWEEN COPING AND NOT COPING"**

Chippy Flohr, Step by Step project coordinator





## WHAT'S AVAILABLE?

### WHAT TYPES OF SHORT BREAKS ARE AVAILABLE WITH THE CORE OFFER?

Any mixture of these group-based services are available:

- after school/evening clubs and activities
- weekend clubs and activities
- holiday playschemes and activities.

For group-based services, **the level of supervision from staff will be what your individual child or young person needs to have an enjoyable and safe experience.**

If your child needs individual supervision, you can also choose to take some or all of your extra hours of short break services as individual home or community-based support for your child, instead of group-based services.

### How far does 100 hours go?

It's roughly either:

- two hours per week (or four hours per fortnight) throughout the year at an after-school, evening or weekend club or activity, or
- three weeks at holiday playschemes (although this depends on the exact running hours of the service you access).

Please note that you will not be able to have both of these in full. You can choose one or the other, or you can 'pick and mix' some term-time and some holiday short breaks if you wish, up to the maximum 100 hours for the year. Some providers may have minimum requirements for how many of their sessions your child or young person attends.

### Is transport provided?

Transport will be available for your child or young person to and from all group-based services. If you choose to use this transport, the journey time will be counted in your 100 hours of short breaks for the year. If you provide your own transport, this time will not be counted.

### Is my child "too disabled" for short breaks?

Short breaks are offered by a range of providers. They all have years of experience in dealing with all levels of needs that different disabled children and young people may have. We will make sure that every child or young person gets the level of staff support they need to have a safe and enjoyable experience. There are also specialist services on offer for children with Autistic Spectrum Disorder, and for children with complex health needs, as well as specialist culturally-appropriate services for the Orthodox Jewish community. In other words, we're confident that there's something suitable on offer for every disabled child and young person. Our short breaks key worker can help – keep reading to find out how.



## HOW DO WE CLAIM THE SHORT BREAKS CORE OFFER?

### IT DEPENDS ON YOUR CIRCUMSTANCES...

#### a) If you have a social worker at Hackney Ark...

...you will not need to send us an application for the short breaks core offer. The Disabled Children's Service has written individual letters to its families confirming whether or not you are entitled to extra hours of short breaks in 2010/11, depending on what you already get. If you are entitled to more, you will be registered automatically.

#### b) If you do not have a social worker at Hackney Ark...

...and your child or young person is aged between 5 and 17, you will need to send us an application. You will only need to do this once, and we only need three easy things from you:

1. The completed application form found with this newsletter, giving very basic details about your disabled child or young person. (It should only take a few minutes to fill in.)
2. **One** of the following:
  - An original document proving that your

child receives the care component of Disability Living Allowance (DLA) at the middle rate or above; **or**

- A signed statement from a health or education professional working with your child that s/he needs support to access short breaks; this should be filled in at the end of your application form.

3. Original proof that your family currently lives in the London Borough of Hackney (e.g. a current driving license, council tax or utility bill) – but only if you're not sending us proof of receiving DLA which has your address on it.

You can send in your application right now. You do not need to be registered with any current services at Hackney Ark to claim the short breaks core offer.

#### c) If your disabled child is aged 2, 3 or 4...

All children aged 3 and 4, plus some 2-year-olds, are entitled to 15 hours per week of free nursery provision

during term-time. Nursery provision is offered at:

- school nurseries
- day nurseries
- playgroups
- children's centres

Selected nurseries in the borough have extra support workers in place especially to support disabled children. (The "Childcare and play for 0-5s" section of The Learning Trust website has a list of these nurseries, or you can contact the Resource Centre at Hackney Ark.)

Please contact a nursery near you to discuss whether they can provide free childcare for your child. If they say they do not have extra staff resources available, ask them to contact The Learning Trust to request extra support for your child. If you are still having a problem getting suitable free childcare after taking these steps, then you can contact the short breaks team at Hackney Ark for further help.





## WHAT WILL HAPPEN AFTER WE'VE APPLIED?

**WE WILL NORMALLY PROCESS YOUR APPLICATION WITHIN FIVE WORKING DAYS, OR WITHIN 10 WORKING DAYS IF WE NEED EXTRA INFORMATION FROM YOU ABOUT YOUR CHILD'S OR YOUR YOUNG PERSON'S NEEDS.**

If your child or young person needs high staff support/supervision, we will need to check what is needed before we can finish registering you for the short breaks core offer. Our short breaks key worker will be in touch to ask a few quick questions about your child's support needs in short break settings, without 'assessing' anything else about your child or your family.

Once we know everything you need, we will confirm in a letter how many extra hours of short break services you are now entitled to access.

## GETTING SHORT BREAK SERVICES

### WHEN YOU ARE REGISTERED FOR THE SHORT BREAKS CORE OFFER:

- It is entirely up to you when and how you use your extra hours of short break services. **Please think carefully**, because once your 100 hours for 2010/11 are gone, they're gone.
- Choose services from the short breaks menu in the next section of this newsletter.
- You can contact providers directly from the menu. You do not need to go through Hackney Ark to access short breaks from the menu.
- The provider will check with Hackney Ark that you have the hours still available from your core offer of 100 hours, and will then book you in to their service as you have agreed with them.

### Is there any help available in choosing?

If you have any concerns about what's suitable, you can always ring the providers in the menu directly and discuss with them what your child needs.

You can also contact Hackney Ark's new short breaks key worker, Emma Craine (see the 'short breaks team' box on page 7), for help in finding the right service. Emma is also available to provide support if anything doesn't work out well when your child starts receiving short breaks.

## WHAT IF WE NEED MORE THAN 100 HOURS PER YEAR OF SHORT BREAKS FOR OUR CHILD, OR SERVICES NOT ON THE SHORT BREAKS MENU?

**You can always request a social work assessment for any disabled child or young person aged under 18.** An enhanced volume of short break services and/or other types of service may be provided in addition to the short breaks core offer, based on this social work assessment of the child or young person's needs.

If you wish to be assessed for additional services, please contact the Disabled Children's Service on (020) 7014 7100 between 9.00am and 5.00pm, Monday to Friday.



**THE GOVERNMENT MONEY FOR SHORT BREAKS, WHICH IS FUNDING OUR CORE OFFER, IS CURRENTLY PROVIDED UNTIL MARCH 2011. WE WILL GIVE YOU NEWS ABOUT SHORT BREAK SERVICES IN HACKNEY AFTER MARCH 2011 ONCE THE GOVERNMENT ANNOUNCES FUTURE ARRANGEMENTS.**

## THE CENTRAL SHORT BREAKS TEAM

**WE HAVE TWO NEW MEMBERS OF STAFF AT HACKNEY ARK DEDICATED TO MAKING IT SMOOTH, QUICK AND EASY FOR YOU TO ACCESS YOUR SHORT BREAKS CORE OFFER:**

### Emma Craine, short breaks key worker

Emma's role includes giving families who need support some help in accessing the most appropriate short breaks for their child, and ensuring that children and young people with high staffing supervision needs in short break settings are given the right level of support.

E-mail: [shortbreaks@hackneyark.chpct.nhs.uk](mailto:shortbreaks@hackneyark.chpct.nhs.uk)  
Telephone: 020 7014 7109

### Dionne Daley, short breaks service support officer

Dionne's role includes processing your applications for the short breaks core offer, and keeping records of how many of the 100 hours in your core offer you've used.

E-mail: [shortbreaks@hackneyark.chpct.nhs.uk](mailto:shortbreaks@hackneyark.chpct.nhs.uk)  
Telephone: 020 7014 7109





## SHORT BREAKS MENU AVAILABLE FROM APRIL 2010

FOR SERVICES WHICH WILL BE AVAILABLE DURING THE SUMMER HOLIDAYS (FROM LATE JULY), SEE THE SEPARATE BOX ON PAGE 10.

### AUTISTIC RESOURCE BASE EASTER PLAYSCHMES

The holiday playschemes at the three Autistic Resource Bases (ARBs) in Hackney primary schools – Whitmore, Tyssen and Millfields – aim to provide a range of stimulating and interactive activities for children with Autistic Spectrum Disorders, and provide a break for their carers.

**Activities:** Typically include swimming, cooking, outside play, trips, and use of the exciting specialist play facilities in the ARBs.

**Age range:** 5 to 11

**Contacts/addresses:**

- **Millfields Community School:**  
Ifeoma Udeaja, (020) 8985 7898.  
Address: Hilsea Street, Lower Clapton, E5 0SH.
- **Tyssen Primary School:**  
Verona de Medeiros, (020) 8806 4130.  
Address: Oldhill Street, Stamford Hill, London, N16 6QA.
- **Whitmore Primary School:**  
Rebecca Mawson, (020) 7739 7973.  
Address: 113 Bridport Place, Hoxton, N1 5JN.

### EZER LEYOLDOS

Ezer Leyoldos is offering a range of individual, culturally-appropriate extra-curricular activities for Orthodox Jewish children and young people who require one-to-one support. Children and young people will have a designated worker with whom they will be able to build a relationship.

**Activities:** Either home or community-based, including visits to local parks, attending youth clubs, shopping trips outside the borough, visits to places of interest (e.g. museums), accompanying children to 'play and stay' sessions at Norwood or Lubavitch Children's Centre, accompanying children to aerobics and fitness classes, baking and cake decoration, and one-to-one music lessons.

**Sessions available:** To suit the family – during the evening, at weekends and during school holidays.

**Age range:** Up to 17

**Contact:** Toby Berger on (020) 8880 2488

### HUDDLESTON CENTRE

The Huddleston Centre is a specialist provider of activities for disabled young people in Hackney. It is running two clubs for disabled young people as part of Hackney's short breaks core offer:

- A **weekly Saturday evening youth club** for disabled young people. This allows young people to 'hang out' and socialise with friends, and enjoy a range of activities they have chosen. Facilities include a juice bar, table tennis/pool table, a chill out area and activity area.
- A **Thursday evening club called "Let's Work Together"** which builds links with mainstream youth groups in Hackney to enjoy activities jointly with non-disabled young people.
- **Activities:** To be chosen by the young people themselves. They typically include dance, music-making, IT, filmmaking, drama/performance, cooking, arts and crafts, out and about trips, 'how to' sessions, festival celebrations and discussions on issues of concern.

**Sessions take place:**

Saturday evenings 7pm-9pm, and Thursday evenings 6.30pm-8.30pm, during school term-time.

**Age range:** 11 to 17

**Contact:** Cassandra Delisser, (020) 8985 9089

**Address:** 30 Powell Road, Lower Clapton, E5 8DJ

### KIDS ADVENTURE PLAYGROUND

This is a specialist adventure playground for disabled children and young people, offering them the opportunity to socialise and develop their independence in a safe and welcoming environment. The play experience is centred around the child or young person, and treats them as an individual. The staff are able to fully support children with a range of complex medical and intimate care requirements. Let their imaginations roam – stretch the limits of their world and enjoy adventure play.

**Activities:** Structures, sandpit, soft play, bikes, shows, mud pies, arts, craft and much more. The playground's purpose-built outdoor and indoor equipment and resources are available for the children to access as and when they want, whatever their ability.

**Sessions take place:**

- Tuesdays to Fridays during term time, from 3.30pm-6pm
- Saturdays, 10.30am-4pm
- Sundays (targeted at children with complex health needs), 10.30am-3.30pm
- Plus every weekday 10.30am-4pm during school holidays.

**Age range:** 5 to 17

**Contact:** Clairra Scott-Gray, (020) 8806 6149

**Address:** Spring Lane, Big Hill, Upper Clapton, E5 9HQ (adjacent to Springfield Park).

### LABURNUM BOAT CLUB

Laburnum Boat Club is Hackney's community boating project. The club is supporting children and young people with disabilities to engage and participate in its mainstream programme through the employment of additional support staff.

**Activities:** Include kayaking, canoeing and narrowboat trips, plus activities such as table tennis, football, and arts and crafts. Young people can also enjoy various day trips away to fun activities like rock climbing and ice skating.

**Sessions take place:** Tuesday and Wednesday evenings (5pm-7pm) and Saturday daytimes (11am-5pm) during term time, and weekday daytimes during school holidays.

**Age range:** 9 to 17

**Contact:** Charlotte Walker, (020) 7729 2915

**Address:** Laburnum Street, Haggerston, E2 8BA.

### RESOURCES FOR AUTISM – REACH OUT

This is a home-based short breaks and befriending service for children and young people with an Autistic Spectrum Disorder diagnosis. Families are offered trained and supervised volunteers to work with the child or young person for around 2-3 hours per week. If families prefer longer hours fortnightly or monthly, this can be offered. All support is child-focused and aims to give the young person as much fun as possible while giving the family a break. The aim is to expand the social network of the young person so that when the volunteer moves on, the young person is more able to engage with a wider social life.

**Activities:** The volunteer may take the young person out to activities such as the park, swimming, climbing walls, youth clubs and cafes – wherever the young person would like to go, provided it is safe and appropriate.

**Sessions take place:** At times agreed with the volunteer to suit the family.

**Age range:** Up to 17

**Contact:** Liza Dresner, (020) 8458 3259



## STEP BY STEP

Step By Step is a specialist organisation offering group-based play and leisure activities for disabled children and young people which meet the cultural requirements of the Orthodox Jewish community. Programmes are geared to the different levels of disabilities of participants.

### Activities:

- After-school sports and leisure activities include African drumming, swimming, ice skating, football and horseriding.
- The Sunday Fun For All club is a full day of stimulating and fun activities. Running from 10am to 4pm, activities include sports, arts and crafts, fitness sessions, cycle training, life skills, cooking and baking, cultural activities and outdoor activities in the on-site adventure playground.

**Sessions take place:** after school, on Sundays and during school holidays

**Age range:** 5 to 17

**Gender:** boys and girls

**Contact:** Step By Step at Tyssen Community School, (020) 8806 4130, extension 58 or 59

## WHITMORE PRIMARY SCHOOL AFTER-SCHOOL PLAY CENTRE

The school will be continuing to offer an increased number of places for children

with special educational needs at its after-school play centre, supported by play workers on up to a 2:1 basis.

**Sessions take place:** after school, daily during term-time

**Age range:** 5 to 11

**Contact:** Rebecca Mawson, (020) 7739 7973

**Address:** 113 Bridport Place, Hoxton, N1 5JN.

## INDIVIDUAL HOME AND COMMUNITY-BASED SUPPORT

In addition to Resources for Autism (for autistic children) and Ezer Leyoldos (for Orthodox Jewish families), other services will also be available providing individual support in their home and in the community for **any** disabled child or young person who requires individual (one-to-one) support. These will be available at times of your choice.

They will offer a break for the family and a range of fun and stimulating activities for the child or young person.

**Note that these services may not be fully available until July.**

### Sessions available:

At times to suit the family

**Age range:** 5 to 17

**Contact:** If this is the service you want your child or young person to receive, please call the short breaks team now on (020) 7014 7109 to find out when it will be available.

## SUMMER HOLIDAYS 2010

**IF YOU WANT TO SAVE UP MOST OF YOUR 100 HOURS OF SHORT BREAKS FOR THE SUMMER HOLIDAYS, THERE WILL ALSO BE SUMMER PLAYSCHMES, CLUBS AND ACTIVITIES BEING RUN BY THE FOLLOWING PROVIDERS:**

- Autistic Resource Bases (Tyssen, Whitmore and Millfields Schools)
- Huddleston Centre
- KIDS Adventure Playground
- Laburnum Boat Club
- The Learning Trust
- Step By Step (for the Orthodox Jewish community)
- Theatre Resource – art-based activities targeted at disabled children and young people

These providers will start taking bookings for the summer holidays from around June. Please contact the providers directly for details or contact the short breaks team nearer the time.



## HOW CAN I KEEP IN TOUCH WITH THE NEXT STAGES OF THE PROJECT?

The team at Hackney Ark has been working to ensure that parents and carers of disabled children and young people, and disabled children and young people themselves, continue to participate fully in the development of short breaks in Hackney.

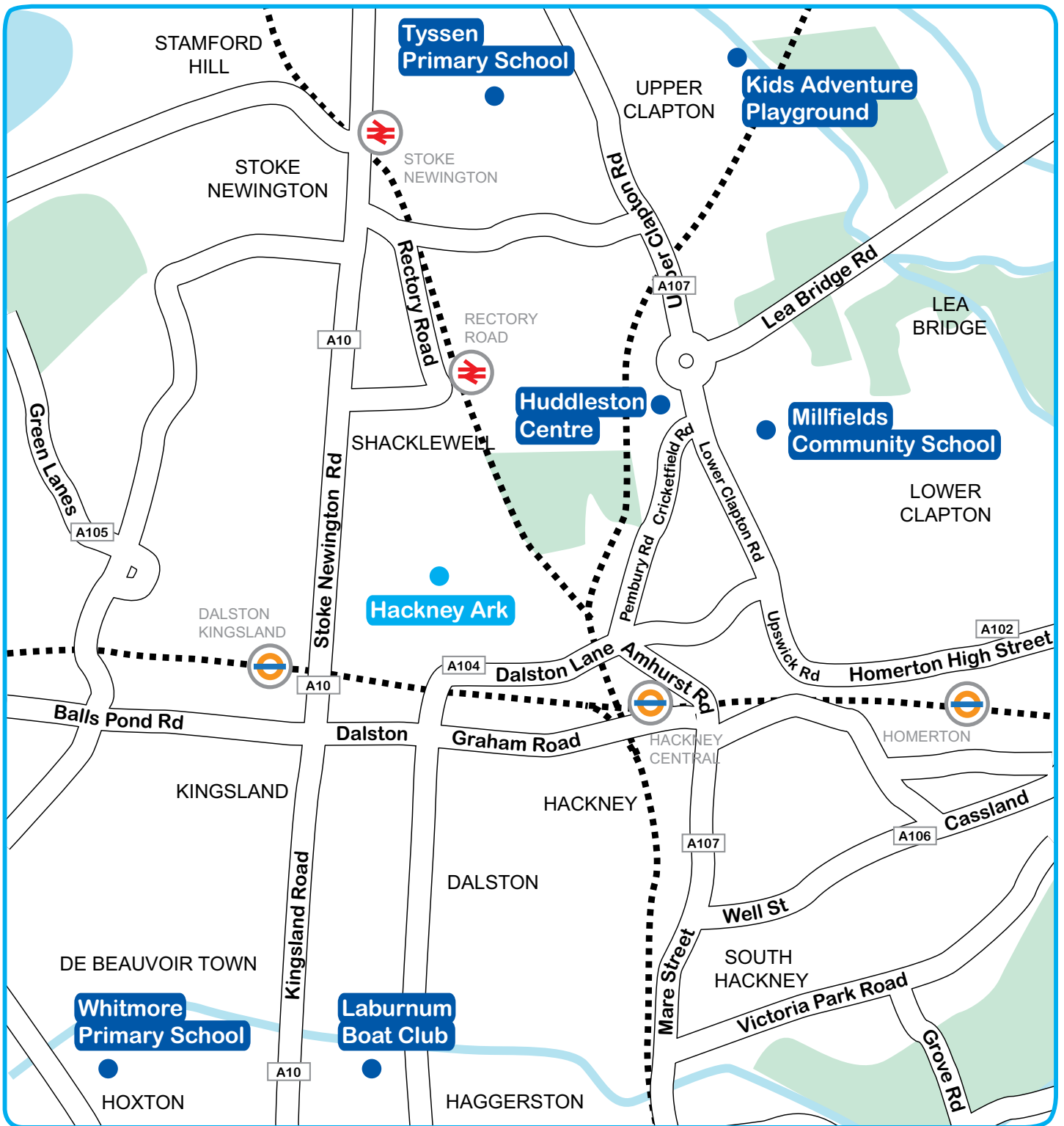
The Short Breaks Steering Group, which makes decisions about how Hackney's short breaks money is spent, includes parent representatives.

To find out more about being a parent representative, or to tell the current parent representatives about something you'd like them to raise, you can contact one of the parent groups below which meet regularly:

- **Hackney Families Together** – telephone 020 7275 0088, email [admin@hfbu.org.uk](mailto:admin@hfbu.org.uk)
- **In Touch** (for Orthodox Jewish parents) – telephone Toby Waltzer on 020 8211 7872 or Tzirele Gluck on 020 8806 8033, email [intouchgroup@googlemail.com](mailto:intouchgroup@googlemail.com)
- **Hackney Independent forum for Parents (HIP)** – telephone 07985 739851, email [info@hiphackney.org.uk](mailto:info@hiphackney.org.uk) website [www.hiphackney.org.uk](http://www.hiphackney.org.uk)

## ANY QUESTIONS?

If you would like to discuss anything you have read in this update, or would like further information, or just want extra copies of the newsletter and/or application form, please contact the short breaks team on **020 7014 7109** or email us at [shortbreaks@hackneyark.chpct.nhs.uk](mailto:shortbreaks@hackneyark.chpct.nhs.uk)



The providers of our short breaks are located all over Hackney. Please see the above map, or contact the short breaks team at [shortbreaks@hackneyark.chpct.nhs.uk](mailto:shortbreaks@hackneyark.chpct.nhs.uk) for further details.



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