

# SHORT BREAKS



Children and Young People's Centre  
for Development and Disability

## UPDATE

Short Breaks  
October 2013

Find out all the  
latest info  
about short  
breaks in  
Hackney



A short break is defined as any service that both allows a disabled child or young person to have an enjoyable break away from their main carer, and gives their carer a break from their caring responsibilities.

Short breaks Team, call **020 7014 7109** or email **shortbreaks@homerton.nhs.uk** Cover image: Visit to Dalston House art installation

# What are Short Breaks?

Short Breaks are activities for children and young people with physical, health and learning disabilities. Disabled children and young people are able to use school holiday, after-school and weekend service with the Short Breaks scheme.

## Eligibility Criteria

To be able to access the Short Breaks Core Offer a child or young person needs to meet our simple eligibility criteria -

- Age between 0 - 17 years old
- Live in Hackney on a permanent basis
- Be in receipt of Disability Living Allowance at Middle Rate or above
- Not already in receipt of a care support package from the Disabled Children's Service (DCS)

Hackney's Children's Services vision is for disabled children and young people to be able to access a range of comprehensive co-ordinated services. 124 new children have signed up since April 2013. In addition, 200 children known to the Disabled Children's Service (DCS) are also benefiting from Short Breaks.

## The range of Short breaks available

The following short breaks services are available in Hackney -

- holiday play schemes (including school)
- specialist after school clubs
- specialist weekend clubs
- after school and weekend clubs based at universal setting
- 1 to 1 outreach support in the home and in the community
- An Individual Budget to be used to buy a service of your choice
- For children and young people with additional complex health support needs the Health Trust offers a specialist service to meet their needs and enable them to access a short breaks service
- Sunday club at Kids Adventure Playground supported with nursing staff for those with additional health needs that find it difficult to access other provisions. This service can be accessed through the 'Hit Squad'.



Short breaks family fun day at Petchey Academy



# The Hit Squad working with Short Breaks

## Who are the Hit Squad?

The Hit Squad are:

- Jo Archard, Occupational Therapist
- Helen Lambourn, Physiotherapist
- Miri Sizak-Cohen, Psychologist
- Rosie Bielby, Speech and Language Therapist.

We all have strong backgrounds working with children and young people with disabilities. We are committed to enabling individuals participate in their chosen short breaks activity to their fullest potential as well as having lots of fun!

## What can the Hit Squad do for my child?

The Hit Squad can help your child attend activities by accompanying them on their first visit and easing them into activity. The Hit Squad can also help local facilities to become more disability friendly through disability awareness training and advice. Your child can be dancing, canoeing, playing and more - all with the help of the Hit Squad.



## What have the Hit Squad done lately?

### Training

We offer regular free training sessions at the Ark for staff working with children on their Short Breaks. We have recently trained staff from Young Hackney (who run activities at local youth centres including at Forest Road), Kids Adventure Playground, Hackney Shed, Morningside Children's Centre, Dalston Trinity Centre and lots of staff from the care agencies who work with those children needing 1:1 outreach support. Over the coming months we will be training up more staff from all the above organisations, and also other Mapledene and Queensbridge Children's centres, Immediate Theatre, National Autistic Society, Artburst, and the Hackney Picturehouse. Our training is open to staff at any organisation that children attend for their short break - so if your child is attending or would like to attend an activity run by any other organisation in Hackney, no matter how big or small, we would be happy to contact them and invite them on our training.

If anyone you know of would benefit from training and isn't part of any of the organisations listed above, get in touch. We will invite them to our upcoming training dates, or if there are a large number of staff who would be interested, or there are very specific issues that need to be covered we may be able to arrange bespoke training just for that setting.

### Direct Work

The Hit Squad have successfully supported around 40 young people to access a new short breaks activity over recent months. We have been involved with cycling and climbing taster sessions, and also supported young people to access a range of other activities such as swimming, dance, and activities at Laburnum Boat club.

If you would like support around your child accessing a new activity or you feel staff require additional strategies to support your child access their current short breaks activity, let us know!



Contact the Hit Squad on [Hitsquad@homerton.nhs.uk](mailto:Hitsquad@homerton.nhs.uk) or call 020 7014 7109 on Thursday and Fridays.

# Individual Budgets

## What is an individual budget?

An individual budget is your short breaks allocated hours converted into money which the family can use on short break support and services. It gives the child or young person and their parent/ carer greater control and choice of the short break services that are best for their disabled child

## How much money will I get to use for my short breaks?

How much funding you receive will depend on when you sign up for short breaks Individual Budgets (IB) as funding is allocated on a pro rata basis.

From September 2013 we will be moving away from an hourly rate and instead introducing a lump sum that can be used flexibly over the school holidays and during the term time. If you would like support in utilising your child's Individual Budget then please contact the short breaks team.

## What is the notice Period?

- We ask families to give us up to a 4 week notice period if they would like to change from a provider or start to use IB. This is so we have time to inform your previous provider if you had one and to give us adequate time to raise your payment.
- If families want IB for next summer 2014 they will need to notify us by the 8th June 2014.

## What can/can't I use it for?

Individual budgets must be used to access a short break for your child or young person, this can be any fun social activity or service that both allows a disabled child or young person to have an enjoyable break away from their main carer, and gives their carer a break from their caring responsibilities.

It can include buying a service such as Horse riding, swimming, music sessions, trips out to the Zoo, theatre, cinema, theme parks, art

sessions, gardening club, attending a mainstream or specialist setting and adventure playground. It may cover an activity that you consider to be a short break, if you are unsure or have queries please contact the Short Breaks team on (020 7014 7109) or you can access our Recommended Provider list.

### **It can be used to buy a carer**

Yes, you can use your IB to pay for a carer. This can be a family member, family friend or an agency worker.

- You will be responsible for recruiting your child's carer. We have a list of approved agencies if you need support
- You will need to organise and manage the carer, their hours and the activities they provide for your child
- Please keep records of your payments and their hours in the receipt book provided by the short breaks team
- Someone from the short breaks team will conduct spot checks at random during the year

### **It cannot be used for...**

#### **Holidays**

(Although IB can be used whilst on holiday to buy services or activities, for example one family used their IB to pay for canoeing and sailing whilst on a family holiday in Cornwall).

If you would like a weekend away, you can use your IB to access Kench Hill (see opposite). For more info on IB please read the Individual Budget Framework.



## Statement by parent of Richard:

### How long have you been using Individual Budgets?

I have used Individual Budgets for a year now.

### What made you choose Individual Budgets?

Previously we used a provider but when I discovered Individual Budgets, I decided to go for it as it allowed me to go to more places with my son. It allowed us as a family to spend quality time together and most importantly we were able to afford it.

### Was it easy to sign up to?

Yes, there were no major problems, I had to fill in a self assessment form and provide my bank details.

### What sort of activities have you paid for with your budget? How does this help you child?

We have gone to Legoland, Peppa Pig world and other theme parks and the beach which was fantastic. The budget has been mainly used for trips, we've travelled all around because you guys have helped us with the petrol/ transport and this had been really useful.

I would have never been able to afford taking my son to these places, so this help has really been great. Richard absolutely loves going to theme parks and during the school holidays this is what we mainly did. He is now more at ease and relaxed and doesn't mind people around him because he is excited. He is very challenging so it is now so much more easier when he enjoys an activity, his eyes light up and it makes our family time and outings much more enjoyable. Our family time is more appreciated, before it was stressful as he would become easily bored. Now he is intrigued by all the new places we are taking him to and this has definitely improved his behaviour.

### How are you managing receipts, how is the process? What do you think about our new receipts book system?

I am a very organized person so it is going well for me. For every activity I have a file and a plastic wallet where I keep all my receipts, I even carry one in the car! I have just received the receipt book so I haven't begun using it as yet. However I



definitely like the idea, you can write costs down instantly and not photocopy receipts/ invoices. I still need to keep all the receipts and invoices safely at home as I know the Short Breaks team will be carrying out spot checks.

### Any other comments?

Individual Budgets definitely gives you the opportunity to do things you want to do but cannot afford. It gives us more flexibility, for me a fair amount of financial strain has been taken off me. It definitely has helped my family and brought us closer together. It is always very challenging for us when he is not interested in something. Now we are able to bring him places he enjoys, everyone is happier and definitely less stressed.

Thank you Short Breaks for your support.

### Meeting for parents

From April 2014 IB in Hackney will be changing.

We will be holding a meeting towards the end of the year to update parents/ carers. If you would like more information on this meeting then please contact [shortbreaks@homerton.nhs.uk](mailto:shortbreaks@homerton.nhs.uk)

### Local offer

By September 2014 each Local Authority must set a 'Local Offer' so parents and young people can see more clearly what services are available in their area and how to access them. The offer will include provision from 0-25 years across health, education and social care. It will be developed with input from children and young people, parents and carers, and local services, including schools, colleges, health and social care agencies.

If you are interested in being involved in the Local Offer, please contact: [shortbreaks@homerton.nhs.uk](mailto:shortbreaks@homerton.nhs.uk)



# Short Breaks Capital funding

Short breaks in Hackney have recently been working on some exciting Capital build projects.

As well adaptations to local adventure playgrounds and leisure centres, we are funding the development of an accessible play area at Mably Green Park which will open in September 2014! We are working closely with our Parks department, local residents and young people and their carers to make sure we develop a fun and accessible playground that can be used by children of all ages and abilities.

In April we held a play tour with a group of 8 young people and 1 carer where we visited parks and adventure playgrounds in and around London to try out equipment. We have also consulted with parents and young people to gather their feedback and ideas. If you would like more information about Mably Green or would like to offer your ideas then

please contact the short breaks team.

## Parent bids

We are giving short breaks parents and carers the opportunity to place a bid to receive a one off grant of Capital funding for their child. This can be used to purchase a piece of equipment to enhance their child's short break. The first round of bids was held in September and parents were awarded funding for the following- Tandem bike, scooter, laptop, GPS tracker watch, Horse riding kit, kayaking, Violin and trampoline.

## What is capital funding?

Capital funding is money spent on the purchase or improvement of fixed assets such as buildings and equipment. You can buy a piece of equipment such as a trampoline, computer, bike, musical instrument etc. or to enhance something existing such as adaptations to the home, apps for a computer, etc.

The maximum amount you can bid for is up to £250 and we would expect your purchase to last for more than 12 months. Please note that once you have purchased the item you are responsible for all repairs, Insurance and maintenance. Hackney council will not cover this. One bid is allowed per child.

## How does it work?

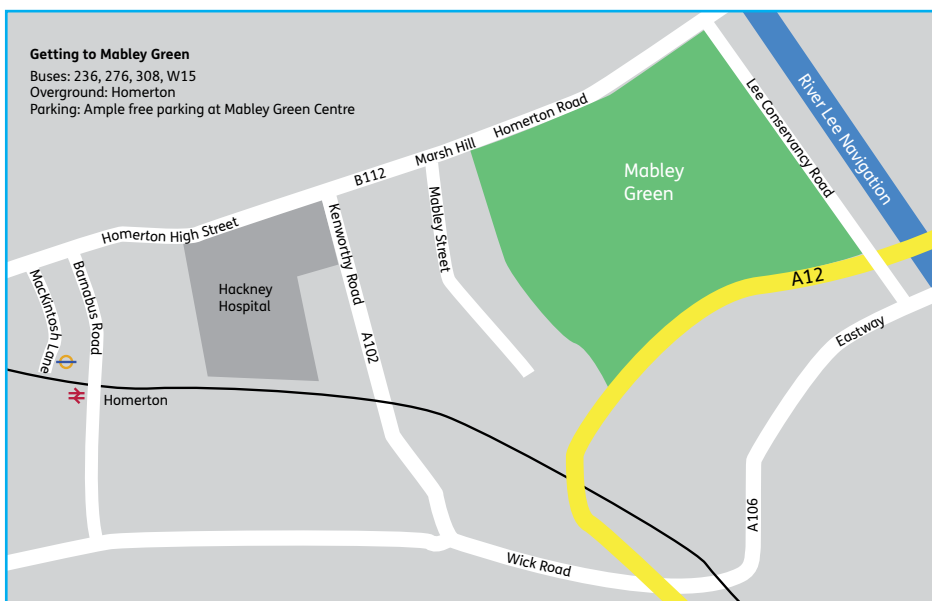
- Any parent with a disabled child known to short breaks can place a bid.
- You will need to complete the application form telling us what it is, how much you would like and how it will improve short breaks for your child.

## What happens once I have placed my bid?

A panel of parents and carers will go through the bids along with the short breaks Coordinator and decide who has been successful, please make sure you add lots of information so that we can consider your bid.

## Interested in sitting on the parent panel?

We need a group of parents to sit on the Capital Panel with the short breaks coordinator to go through and decide on bids. In return for your time you will receive, a light lunch, a certificate to say you participated in a panel and vouchers to say thank you from the team. If you are interested, please contact the team on 020 7014 7109 or [shortbreaks@homerton.nhs.uk](mailto:shortbreaks@homerton.nhs.uk)





### Young people Capital bid

In November 2013 Young people will be able to place their own bid for Capital funding to buy an item of their choice, this can be anything to help support or enhance your short breaks! We also need young people that would like to sit on the panel to go through the bids. This will be held at Forest Road youth club in December. Call the short breaks team if you are interested 020 7014 7109.

Play Tour group at the V & A playground in Victoria Park. The swing was one of their favorite things especially because everyone got the chance to go on it together!



Step by Step







# Kench Hill

Fancy a holiday in the countryside? The Hit Squad have been working with Kench Hill Education Centre in Kent



Every year hundreds of children from Hackney visit Kench Hill for a School residential with their classmates.

## Why is Kench Hill so special?

An hour on the train from London or 90 minute's drive from Hackney set in the beautiful Kent countryside, this old manor house belongs to the London Borough of Hackney. It has large gardens where they grow their own food, keep chickens and have lots of room to run around. The children going there talk excitedly of collecting chicken's eggs, going to the beach at Camber Sands, visiting an ancient castle and just having fun together.

Kench Hill is now open for families with children with disabilities and the friendly staff have been working with the Hit Squad and Short Breaks to make the centre more inclusive. Hit Squad training was well attended by the whole staff who were keen and brought their wide range of experiences of working with children into the training. The training was also greatly helped by a parent

who shared her experience and concerns about her son who has cerebral palsy accessing Kench Hill for the first time.

Short breaks families and groups are welcome to Kench Hill during holidays and weekends (Fri pm to Sun). For Short Breaks families this means that families can all go together and the staff can take children out for the day /few hours as needed and the parents can have a break. A group of 7 short breaks families went to stay at Kench Hill in June which received positive feedback from all who attended.

The Centre can accommodate groups of a minimum of 12 people, so families have the opportunity to organise breaks together. They offer self-catered or catered visits. They can provide a range of catering options to suit your requirements including any cultural requirements (with prior notice).

### **For more info please contact us.**

<http://www.kenchhill.co.uk>

Tel: 01580 762073

Email: [admin@kenchhill.co.uk](mailto:admin@kenchhill.co.uk)

# Our Providers

## Short Breaks support services 2013 - 2014

Exciting news! We now have 5 new Providers offering services to disabled children in Hackney. Whether its drama, adventure playgrounds or one to one outreach you are looking for, we have something for everyone.

### 1-2-1 support

#### Kids Outreach service

Kids outreach aims to meet the needs of disabled children/ young people and their families. The sessions can be home and community based depending on the needs of the child/young person. Through planned individual sessions they can enjoy leisure and play activities to explore new social opportunities, building up skills around independence and positive experiences.

**Age:** 0-17

**Contact:** Michael Singh on 020 8806 6149

**Address:** KIDS Outreach, Spring Lane, Big Hill E5 9HQ

#### Ezer Leyoldos

Ezer Leyoldos offers an extensive range of individual and culturally appropriate extra-curricular activities for Orthodox Jewish children and young people who require individual support, either in the home or community. We are able to provide all our services to children in receipt of Individual Budgets in addition to our ongoing clients.

**Age:** 2-17

**Contact:** Kathryn Finlay on 020 8880 2488

#### SCOPE

Scope in Hackney, gives disabled children and young people activity support. Allowing them to grow through great experiences and become more independent. We run weekend clubs and an outreach service for Hackney short breaks.

**Contact:** Hackney@scope.org.uk  
020 7619 7469

#### National Autistic Society

The National Autistic Society provides tailored support for children and young people with Autism through Home Support on 1:1 basis and through Holiday provision - group days out; including sports, archery, art and crafts, visits to ZOO, museum. All activities will be consulted with Hackney children, young people and their families.

**Contact:** 020 7833 2299

#### Dimensions

Dimensions short break service 'Buddies' and our transition service 'Discover' provide quality outcomes focused support for children and young people with learning disabilities and autism. We offer a 'pick and mix' menu of support options so that families can choose the right support, specific to the needs of their child. We also work with families who are in receipt of an Individual Budget.

If you are interested in finding out more or to discuss what we can do for you, please get in touch

**Age:** Buddie Tots 3-8

Buddies @ home 8-17

Teenage service 13-17

**Email:** buddies@dimensions-uk.org

**Phone:** 0300 303 9076

Visit our website:

[www.dimensions-uk.org/buddies](http://www.dimensions-uk.org/buddies)







## Group based services

### Kids

This is a specialist playground for disabled children and young people. The playgrounds purpose-built outdoor and indoor equipment and resources are available for the children to access as and when they want, whatever their ability. Staffs are able to fully support children with a range of complex medical and intimate care requirements.

**Age:** 5-17

**Contact:** Clairra Scott-Gray  
020 8806 6149

**Address:** Spring Lane, Big Hill,  
Upper Clapton, E5 9HQ

### Huddleston

The Huddleston Centre is a charity not for profit organisation which provides youth and play provision for disabled young people aged 9-25 living in Hackney.

Activities are young people lead as in the young people often give their ideas as to what they would like to do for the term. Past activity suggestions have been football, visiting parks, restaurant trips, visiting other youth clubs, cooking and arts and crafts. For more information, please contact the Youth Project Manager Cassandra Delisser on 020 8985 9089 or [cdelisser@huddlestontrust.org.uk](mailto:cdelisser@huddlestontrust.org.uk)

The Huddleston Centre is happy to accept Individual Budgets pending availability.

**Contact** the Director: Andy Fulmyk on 020 8985 9089 or [afulmyc@huddlestontrust.org.uk](mailto:afulmyc@huddlestontrust.org.uk)

### Laburnum

Laburnum boat club is Hackney's exciting 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.

**Age:** 9-17

**Contact:** Amanda Gavin  
020 7729 2915

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

### 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.

**Age:** 0-17

**Gender:** Boys and girls

**Contact:** Step by Step  
020 8802 2362

### Immediate Theatre

Immediate Theatre work with young people in Hackney to ensure access for all to arts activities that break down barriers and engage people in debate. Offering a series of 2 day Drama projects for young people aged 2-17 during the school holidays. Young People will have the opportunity to work with professional Directors, Actors, Musicians and Designers.

Over two days the group will create a piece of theatre using stories and ideas that come out of workshops, to be performed for family and friends.

To find out more about the project or book a place:

**Contact** 020 7923 8180 or **email** [info@immediate-theatre.com](mailto:info@immediate-theatre.com)

### Hackney Play Association

Hackney Play Association offers Short Breaks for children at local adventure playgrounds.

Adventure playgrounds offer a range of indoor and outdoor play opportunities for children aged 6

upwards. We currently provide the opportunity for stimulating, inclusive and child-led play in

a mainstream play setting for children who need a staffed support level of 1:4. We are a new Short Breaks service and we

welcome enquiries and visits from families, including families using Individual Budgets. The direct

payment rate for Short Breaks is £11.30 per hour or £50 per holiday play scheme session.

**Contact:** Bridget Handscomb on 020 8525 7932 to arrange a visit.

# Not signed up for Short breaks? How to apply?

To apply for Short Breaks complete the Application form on behalf of your child and provide the following eligibility documents -

- written evidence that your child is in receipt of Disability Living Allowance (DLA) at the middle rate or above; or
- written confirmation from a health or education professional who works with the child/young person which demonstrates that (s)he meets the criteria

If you have any queries or require support in filling out your application you can contact the Short Breaks team at the Hackney Ark on 020 7014 7109.

## Parent groups

Parents' have always been involved in planning of Hackney's services and there are four parent representatives on the Short Breaks Project Board who are involved in decision-making at every stage as we develop the short break core offer.

There are three parent groups within Hackney and they can be contacted at:

### Hackney Independent forum for parents (HIP)

07985 739851 or  
info@hiphackney.org.uk or visit their website at [www.hiphackney.org.uk](http://www.hiphackney.org.uk)

### Minik Kardes Carers Action Group (CAG)

(for Turkish speaking carers)  
020 7923 7226 or Duygu.  
Borazanci@learningtrust.co.uk

### In Touch

#### (for Orthodox Jewish parents)

Mrs Tzirele Gluck on 020 8806 8033  
or [intouchgroup@googlemail.com](mailto:intouchgroup@googlemail.com)

### Hackney Families Together

020 7923 8750 or  
[info@hackneycarers.org.uk](mailto:info@hackneycarers.org.uk)

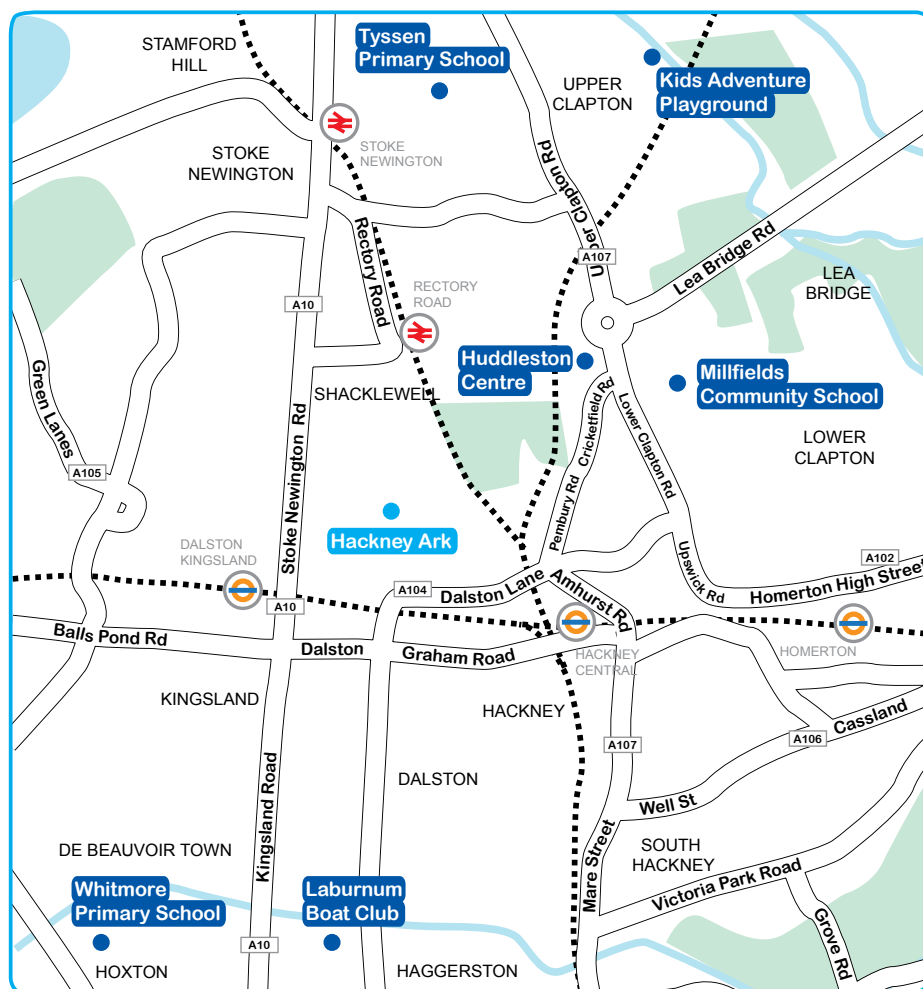
## Are you registered with The Key?

The Key is a membership service for children and young people 19 years and under with, difficulty, disability or special educational needs (SEN), who live in Hackney.

It is part of the Hackney Ark Resource Centre and by joining you can benefit from:

- Free leisure card registration
- Key Connection Sessions
- Photo ID membership card- (included in pack)
- Newsletters and invitations to events
- Follow-up support; information and service details

For more information come into the Resource Centre based at Hackney Ark Monday to Friday or call 020 7014 7005.



**Short Breaks Team** Hackney Ark, Downs Park Road E8 2HY Tel: 020 7014 7109 [shortbreaks@hackneyark.chpct.nhs.uk](mailto:shortbreaks@hackneyark.chpct.nhs.uk)

