

Aiming High for Children with Disabilities. Healthy Lives Brighter Futures.

Short Breaks Service

2010-2011



School Holiday periods can be challenging and difficult to find activities to keep your children entertained. The Aiming High for Disabled Children and Healthy Lives Brighter Futures agenda has prioritised Short Breaks as one of their key objectives to help improve the quality of life for children and their families by providing opportunities to lead a full life.

Last year (2009-2010) over £60,000 of Aiming High money was used to fund new 'short breaks' during the school holidays through voluntary and community groups and schools. Ealing Council has made a further investment of £200,000 in short breaks activities in 2010-2011 providing increased capacity and wider range of short breaks services for children / young people and their families. Through Healthy Lives Brighter Futures, NHS Ealing is funding additional support services to work with children and young people with life limiting/ life threatening conditions and complex health needs.

The following pages outline some of the new service available in Ealing over the school holiday periods and weekends offering parents / carers and children and young people – Fun, Active, Challenging, Exciting, Relaxing and SAFE 'short breaks' services. In addition to weekend and holiday short breaks services a BUDDYING service in Ealing is now established for 2010-2011. A comprehensive information booklet is being developed for parents/carers and this will be published over the summer.

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KEY Aiming High Funded Healthy Lives Funded

One: Special Schools - Holiday Clubs and Activities

All special schools have been funded to run activities during the holiday period. Each school provision is different and aims to meet the needs primarily of their own children and young people providing staff and resources that are familiar to the children and young people that attend. For booking and more detailed information parents and carers should contact the school directly.

Springhallow

Holiday Periods: Easter days, 3 days;
Summer 10 days; plus 7 sleep over nights during summer term.

Activities: Games, Art and Crafts, Sports, Water play, computer games, cooking.
Sleep over club – Children stay after school, take part in activities that night and breakfast the next morning before going to school

Cost: £5 per day

Contact: Cathal Owen

deputy@springhallow.ealing.sch.uk

020 8998 2700

Mandeville and Log Cabin – Play2gether

Holiday Periods – Easter- 3 Days;
Summer -10 days; Half Terms - 2 days

Activities: The programme is designed to encourage and enable children and young people to play together through a number of activities, which will include sports, group games, music and dance, sand and water, soft play, sensory games, arts and crafts and quiet games.

Cost: £5 per child per day – Free to parents on benefits

Contact: Alia Latif

alia.latif@logcabin.org.uk

020 8840 3400

John Chilton – Keep on Moving and Whizz Kids

Holiday Periods: Summer 3 days and 1 day in Easter, half terms and Christmas

***Referral:** Open to all children with an Ealing GP from any mainstream or special school for children using mobility aids

Activities: Mobility skills training offering flexible training to meet individual needs – road safety, spatial awareness and pushing/driving techniques.

Cost: £2 per day

Contact: Wheel chair skills coordinator
07887 640 173

Belvue

Holiday Periods: Easter 3 days,
Summer 10days and 1 to 3 days in half terms and Christmas.

Activities: Various trips and activities including – ice skating, football tours and museum trips

Cost: Various – £5- £10 per day

Contact: Sandra Stapleton

sandra@belvue.ealing.sch.uk

020 8845 5766

St Ann's

Holiday Periods: Easter 5 days; and Summer 5 days.

Activities: Activities including swimming, hydrotherapy, music, cricket, dance, rebound therapy and games planned to suit all ages and abilities.

Cost: £10 per day per student

Contact: Elaine Howie

ehowie@st-anns.ealing.sch.uk

020 8567 6291

Castlebar

Holiday Periods: Easter 4 days;
Summer 10 days; and Christmas 2 days

Activities: Field trips in the local community using the school mini bus
Cooking and baking, Art activities, Sports activities

Cost: £5 a day voluntary contribution

Contact: Deborah Croft

admin@castlebar.ealing.sch.uk

020 8998 3135

Two: Holiday and Weekend Clubs and Activities

CROSSROADS

Crossroads in partnership with Ealing MENCAP and Brentford football club will be running activity days and day trips during the school holidays ranging from kayaking and swimming to improvised drama sessions and adventure day trips like 'GO APE' and canal boat trips. Activities promote both learning and fun and an opportunity for young people to take part in activities they might otherwise not be able to. A team of trained staff and specialist runs all sessions.

Priority Group: Children and young people with complex additional needs aged 12 to 19 who are unable to access mainstream services during the holiday period.

Referral process: Parent/carers or staff e.g. social workers and teachers, can make referrals directly to Crossroads. All referrals are followed up by an individual assessment of need.

DATES and TIMES: 9:30am - 3:30pm

Easter: 7th – 8th April

June Half Term: 2nd and 4th June

Christmas: 21st and 22nd December

February Half Term: 17th and 18th February

Summer: 5th-6th, 12-13th, 19th-20th and 26th August

COST: £5 to £7 per day – Reduced costs or free to families on benefits.

Contact: Rosina Anderson – Care Manger

info@ealingcrossroads.org.uk

020 8728 8700

LOG CABIN – Saturday Club

Log Cabins Saturday club will be expanding it's service to offer more places for children and young people with complex disabilities. The Saturday club offers 1:1 or 1:5 ratio care depending on the child's level of need. A range of activities will run offering stimulating and creative play and adventure activities. Trips and outings will also be offered to other parks, play ground and activities. All the activities are child-led so that children choose which activities they wish to participate in encouraged and supported by Play workers. Children are encouraged to explore and experiment at their own pace, with the emphasis placed on their abilities in fun and creative ways, and the programme aims to promote fitness, mental health and well being through innovative play and sports activities.

Priority Group: Children and young people aged 4-15 with ASD, children and young people with complex health needs and children and young people with complex additional needs.

Referral Process: Referrals can be made by parents / carers or staff e.g. social workers, teachers.

Dates and Times: Starting from the 24th April – Every Saturday but Term Time only
1pm to 5pm

COST: £2 per child per session, free for families on income support.

Contact: Anita Daniels

info@logcabin.org.uk

020 8840 3400

Log Cabin – Christmas Play Days

Log Cabin will run two play days over the Christmas holiday providing play club facilities for children with additional needs requiring 1:1 and 1:5 care. Father Christmas will visit with presents and a range of activities and games will be on offer for children in safe and stimulating environment.

Priority Group: Children and young people aged 4-15 with ASD, children and young people with complex health needs and children and young people with complex disabilities.

Dates and Times: TBC

Referral Process: Referrals can be made by parents / carers or care staff – social workers, teachers etc.

COST: £2 per child per session, free for families on income support.

Contact

Anita Daniels

info@logcabin.org.uk

020 8840 3400

Royal Association for Deaf people (RAD) - Full Potential

RAD promotes the welfare and interests of deaf people whose first or preferred language is sign language. Full Potential empowers young deaf people aged 12-19, to plan and organise their own community activities, enabling them to develop skills and self-esteem through social learning whilst reducing social isolation. Full Potential activities will provide a variety of social learning activities running 10 Saturdays in the year.

Examples of possible Full Potential activities include:

+art, drama and photography workshops exploring self-expression

+health and beauty sessions, raising self-esteem

+food on a shoestring, learning to cook for a small group and keep to a budget.

Priority Group: Deaf young people aged 12-19. Due to the nature of exclusion faced by deaf young people, the project will also be open to their friends and siblings.

Referral Process: Parent / carer self referrals or referrals made by care staff – social workers and teachers

Dates and Times: 10 Saturdays in the year – dates to be arranged

COST: £10 per session 50% reduction for families on income support.

Contact

Andy Taylor

youth@royaldeaf.org.uk

Voice Phone: 0845 688 2525

Text Phone/ Fax: 0845 688 2527

Mobile/SMS: 07872 840 418

Three: Family Fun Days and Trips

Contact a Family Ealing and Southall

Ealing Contact a Family and Southall Contact a Family will be running a series of day trips in addition to their annual summer trips for all the family to enjoy with additional support from volunteers and carers.

Priority Group: Families with children and young people with additional needs.

Contact a Family Ealing

2nd August Thames Boat Trip
12th August Moors Valley Country Park
and Go Ape
Woburn Safari Park – TBC
Brighton - TBC

Cost: Adults: £6; **Children:** £4

Contact Details

Heather Matthews
ealing.office@cafamily.org.uk
020 8810 8151

Contact a Family Southall

1st June: Bowling Trip
29th July: Imax cinema
3rd August: Duck Tours
8th August: 25th Anniversary
Celebration
12th August; Snakes and Ladders

Cost: Adults £5-£8; **Children** £3-£6

Contact Details

Asha Yadav / Raj Kataria
Asha.yadav@cafamily.org.uk
Southall.office@cafamily.org.uk
020 8571 6381

PESTS

PESTS will be running three family day trips/ fun sessions in addition to their 4 family fun sessions for children aged 0-11 with a disability and their families. Trips offer families the opportunity to have an exciting and harmonious family outing to facilities with lots of support and understanding at a place where it can be quite stressful to take children with additional needs to. Trips are supported by volunteers and staff to support parents and ensure they can have a break in the day as well.

Dates:

17th April: Swimming: Dormers Wells leisure centre. The swimming pool will be for the sole use of PESTS – **must be booked in advance by 1st April**. Cost £1 per child and £1.50 per sibling

13th August: 12-4pm Chelsea Adventure Play Ground* – **Must be booked by 23rd July**. Cost £1 per child and £2.50 per sibling

26th August: PEST Family Fun day* – Walled Garden, Boston Manor Park. Cost £1 per child and £2.50 per sibling

Transport for trips can be provided. charge £2.50 per sibling

Referral Process: Parent/Carers self referrals

Priority Group: Families with children under 0-11 with additional needs and (*complex medical needs trips marked with an*)

Contact: Sue Meacham / Brigitte Bistrick-Bryan

pests-ealing@hotmail.co.uk

020 8571 9954 (please leave clear message with name and phone number and we will get back to you)

Four: Buddying

Buddying services provide opportunities for disabled children and young people and those with complex medical health needs to spend time away from their carers with their buddy. These include day, evening or weekends for an average of three hours a week, to a maximum of 12 hours per month. The Buddy can work with your child in your own home and do some baking, making clothes or playing computer games or take them out in a community setting to a local park, cinema, or play scheme and clubs such as scouts, brownies and youth clubs etc. Activities are decided by you and your child to meet their needs and interests.

BUDDYING REFERRAL PROCESS

1) For those with complex additional needs

Short Breaks Panel following an assessment of need from relevant professionals e.g. social workers, teachers, educational psychologist or health professional if in doubt contact the Short Breaks Manager:

Sabiha Kumar,

kumarsa@ealing.gov.uk

020 8825 8754

*Additional hours can be purchased by the family directly from the relevant organisation

2) For those with complex medical health needs

Healthy Lives Panel following an assessment of need from relevant professionals e.g. social workers, teachers, educational psychologist or health professional if in doubt contact the Healthy Lives Panel Co-ordinator:

Jo Barker,

bakerj@ealing.gov.uk

020 8825 8987

SCOPE - Scope never sets limits on a disabled person's potential. So whether your child wants to join the local Scouts group or you want an evening out with a Buddy – you can rely on Scope Inclusion Buddy team. Scope Buddy's have specialist training to support children and young people with complex needs.

Priority Group: Children with complex health needs and disabilities aged 5-18

Referral Process: Via Short Breaks Panel or Healthy lives panel see below
Additional hours can be purchased at cost by families.

Cost: Free – apart from activity costs.
Additional hours can be bought direct from SCOPE @ £16.50 per hour

Contact: Scope Inclusion Team
westlondon.inclusion@scope.org.uk
020 8622 3658

KIDS - KIDS work towards a vision in which all disabled children and young people realise their aspirations, and their right to an inclusive community, which supports them and their families. KIDS provide the opportunity for children and young people to be actively involved in choosing their Buddy through their own online buddy account profile.

Priority Group: Children with additional needs aged 11-18

Referral Process: Via Short Breaks Panel see below
Additional hours can be purchased at cost by families

Cost: Free – apart from activity cost
Additional hours can be bought direct from KIDS @ £19.55

Contact: Alexandra Mync
enquiries@directshortbreaks.org.uk
07827 989143

Rainbow Trust - Rainbow Trust is a specialist provider of non-medical short breaks for children and young people with a terminal or life threatening illness. The sessions will be delivered on a one to one basis and aim to provide enjoyable activities based on the child's/ young person's needs and interests providing a break for both young person and carer.

Priority Groups: Children and young people with a life limiting, life threatening illness or those requiring medical support on a regular basis that needs a higher level of clinical skill.

Referral Process: Places will be allocated through the Health Lives Brighter Futures monthly panel meeting See below

Cost: Free apart from cost of admissions to the families for mainstream attractions or venues.

Contact: Jo Baker: Health Lives Panel Co-ordinator.
barkerj@ealing.goc.uk
020 8825 8987

Four: Extra support offered from NHS Ealing Healthy lives: brighter futures

Note to parent and carers

If your child or young person has medical needs they may need additional help to support them in using the services described in this booklet or other services. If that is the case then please contact Jo Barker to discuss your concerns and she may be able to arrange additional assistance.

This additional assistance could comprise extra staff, equipment or training for staff in organisations that are providing services.

Note to providers

If you are a provider that wishes to provide a service to a child and you feel you need extra training, OT assessment or other support please contact Jo Barker.

Jo Barker

barkerj@ealing.gov.uk

020 8825 8987

Ealing Council

Children's Commissioning

14-16 Uxbridge Road

Ealing

London

W5 2HL

For more information contact

Ealing Service for Children with Additional Needs Information Officers

Marrienne Sherlock and Mary Doody

msherlock@ealing.gov.uk

Mdoody@ealing.gov.uk

020 8825 5588

Family Information Service

25A Laurel Gardens

Hanwell

W7 3JG

Look out for Summer Activities Booklet for children with additional needs to help plan your summer and the new Short Breaks Handbook from PESTS

