



Short breaks

For children and young people with disabilities and/or additional needs



Hampshire
County Council

www.hants.gov.uk

What are short breaks?

Our short breaks programme will:

- enable children and young people with disabilities and/or additional needs to join in with safe, fun and interesting activities
- give parents or full-time carers an opportunity to have a short break from caring.

Short breaks come in all shapes and sizes, lasting from a few hours to a day or an evening, and provide a positive experience for all. They could:

- be a fun short break activity just for your child
- support families to enjoy a short break activity together
- include additional support so that your child or young person can join a club or recreational activity in their community.

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Who are short breaks for?

Short breaks are for children and young people who:

- have a disability and/or additional needs and may require support to participate fully in leisure and recreation activities
- are between 0 to 19 years old
- live in Hampshire and/or attend a school in Hampshire (excluding Portsmouth, Southampton and the Isle of Wight as they have similar schemes).



Who provides short breaks?

We are working with, and fund, many organisations to provide short breaks including:

- activity providers - such as arts, outdoor and leisure centres, sports clubs, countryside locations, museums and libraries - to help provide places for children and young people with disabilities and/or additional needs
- organisations and special schools who run after school, holiday and weekend activity play schemes specifically for children and young people with disabilities and/or additional needs
- family support groups that organise activities and outings for children and young people with disabilities and/or additional needs and their families, who receive funding through the short breaks programme.

Any activity provider you choose can apply for funding to include your child in their programme of activities.

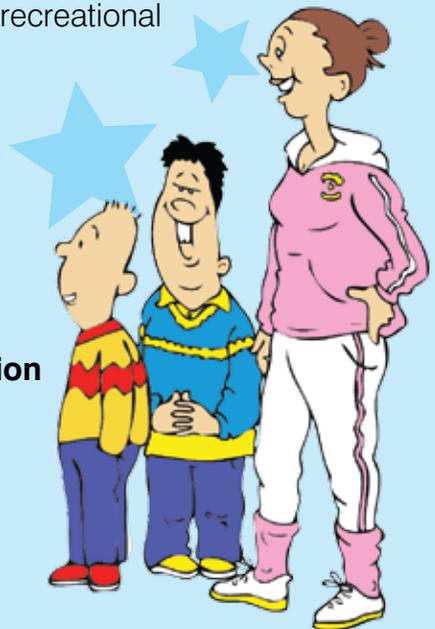


Will we be charged for short breaks?

Some activities and services have a cost which you would expect to pay whether a child is disabled or non-disabled - families are expected to pay these costs. The additional support you may require will be funded through the short breaks programme.

How do we find out about short breaks?

- Directly from activity providers in their newsletters, leaflets, local magazines and websites.
- **Parent Voice** sends a weekly newsletter by post or email to inform parents/carers of activities funded through the short breaks programme. Activities are also advertised at **www.parentvoice.info**. To join Parent Voice, register online, email **parentvoice@roseroad.org.uk** or call **023 8072 1206**.
- **Schoolgate** - a guide to leisure and recreational opportunities for children and young people with disabilities. Go to **www.school-gate.org** or request a free copy of the Schoolgate booklet from Parent Voice.
- **The Family Information Directory** **www.hants.gov.uk/familyinformationdirectory** lists activity providers, family services and childcare information.



How do we access short breaks?

You can book places at an activity or play scheme directly with the provider. To help with the booking process, we have introduced the Gateway Card which is used to identify that your child or young person has a disability and/or additional needs and may require support.

The card is free and will reduce the many funding forms that families have completed in the past at each activity.

Find out more at www.hants.gov.uk/gatewaycard



What types of short breaks can we access?

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There is no limit to the number of short breaks you can use, and all children and young people are eligible for additional support if required. Here is an overview of the short breaks you can access as part of our programme:

1. Specialist play schemes

Specialist play schemes cater for disabled children and young people with moderate or complex needs who may require higher levels of support. Schemes may be for particular disability groups. Costs vary and depend on the activities.

2. Specialist places on mainstream play schemes

Specialist places are funded to help those with additional needs attend and participate in play schemes that are normally targeted at non-disabled children and young people. Places are fully supported and providers will work with you to cater for your child's needs. Costs vary and depend on the activities.

3. Support for individuals

You can find activities yourself by approaching local organisations, such as leisure centres, Brownies, dance or sports clubs. You can expect to pay the standard cost for the activity, and the provider can apply for funding from the short breaks programme to meet the cost of supporting your child to participate in a safe and supportive environment. Funding information for activity providers is available at **www.hants.gov.uk/shortbreaks**

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4. Community buddies

If your child would like to kick a ball in the park, go out with friends, visit local attractions, go shopping or see a movie, then a community buddy is for you. Available in many areas for 7 to 19 year olds, a community buddy is a trained volunteer or a paid worker that provides one-to-one support for your child to enjoy any activity they choose. The cost is usually £5 per hour, plus the cost of the activity and travel. Details of participating providers can be found at **www.parentvoice.info**



5. Activities for all (Inspiring You)

There are a variety of Inspiring You events, activities or open days for the whole family to enjoy. Activities include outings with support groups or after school sessions that disabled young people and their siblings can participate in together. As many of the activities are offered to families of disabled children, extra support is usually available along with the opportunity to chat with other families. Costs vary and depend on the activities.

Continued development of the short breaks programme

We have an on-going commitment to increasing the range and choice of short breaks. We would like to hear your suggestions about how we can continue to improve what is available.

Activity providers would like to develop further their skills and knowledge of working with children and young people with disabilities - please work with them to help them understand your child's requirements.

If you know of any providers who might be interested in running activities for disabled children and young people, please let us know.



Contact us

For more information about the short breaks programme, or if you would like this information in another language or format, such as Braille or large print:

Telephone: 01962 846399

Email: shortbreaks@hants.gov.uk

Website: www.hants.gov.uk/shortbreaks

