



Short Break Services Statement 2020 - 2021

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What is a Short Break Services Statement?

Short Break Services Statement August 2020

The duty to provide a Short Break which came into force on 1st April 2011 with the introduction of The Breaks for Carers of Disabled Children Regulations 2011. This followed the Children Act 1989 and the Children and Young Persons Act 2008. The legislation requires each local authority to produce a Short Break Services Statement so that families know what services are available, the eligibility criteria and how the range of Short Break Services is designed to meet local needs of families with disabled children.

In particular, the local authority must provide, as appropriate, a range of

- (a) day-time care in the homes of disabled children or elsewhere
- (b) overnight care in the homes of disabled children or elsewhere
- (c) educational or leisure activities for disabled children outside their homes
- (d) services available to assist carers in the evenings, at weekends and during the school holidays

The Children and Families Act 2014 has transformed the system for children and young people with Special Educational Needs and Disabilities (SEND) so that services consistently support the best outcomes for them.

This Statement will continue to be reviewed regularly with families so that Hillingdon Council understands the demand for a Short Break Service as they change.

What is a Short Break?

A Short Break allows a disabled child or young person to have an enjoyable break away from their main carer whilst enabling their carer to take a break.

A Short Break gives children and young people the opportunity to develop new friendships, take part in new experiences, learn new skills and have fun whilst achieving positive outcomes. A Short Break could be for a few hours, a day, overnight or a weekend. The child or young person will be looked after in a supportive safe environment.

There are different types of Short Break available, depending on the needs of the young person. Wherever possible we try to enable children and young people with disabilities to access mainstream services, such as after school clubs, local play schemes, youth services and leisure facilities, with or without additional support.

A Short Break can facilitate a family to attend an activity together if this is what is required.

Benefits & Expected Outcomes of Short Break Provision

The aim of providing a Short Break Service is to prevent family stress and breakdown, and to enable families to manage better. It is expected the provision will improve the relationships between siblings and enable quality time between different family members.

The benefit for children and young people is that they are able to access different activities with peers and make new friends; they have an opportunity to learn new skills and become more independent.

There is a wider range of activities to choose from in their local area. Expected outcomes of Short Break Provision might be:

- Children and young people (CYP) achieving their outcomes
- Reducing the number of CYP going into long term care
- Reducing the risk of a breakdown in the family
- Increasing CYP access to their local communities
- Increasing CYP confidence and independence

Eligibility Criteria

Children and young people who are residents in Hillingdon are eligible for a Short Break if they have a physical, learning, sensory or mental impairment which has a substantial and critical impact on their ability to perform day to day activities. This may include a physical or learning disability, a hearing or visual impairment. This also includes children who have complex health needs including those with palliative care needs, life limiting or life threatening conditions. Where the Child and Family assessment concludes that a Short Break is required, it is likely that the child or young person may be assessed for, or possess, an Education Health and Care Plan and the Short Break assessment will form part of that Plan.

Short Break Pathways

PATHWAY 1	PATHWAY 2	PATHWAY 3
<p style="text-align: center;">UNIVERSAL SERVICES</p>	<p style="text-align: center;">TARGETED SERVICES</p>	<p style="text-align: center;">SPECIALIST SERVICES</p>
<p>Access to universal services can be accessed by all families and are for children and young people who have a mild learning disability. An example of a universal service may be activities based in the local community leisure facilities, children centres or youth clubs.</p>	<p>Access to targeted services is via our Early Help service, which will carry out a light touch assessment of the child and family's circumstances. Families may be signposted to the Local Offer and other available services including those provided by the voluntary sector.</p>	<p>Access to specialist services is via a formal statutory assessment undertaken by a Social Worker within the children with Disabilities Team. These services are designed for children, young people and their families who need a short break with additional and specialist care</p>

Universal Services are accessible for every child with a disability in the Borough and will have a cost to access the services.

Targeted Services are part of our Early Help offer and will in most cases have a cost to access the services.

Specialist Services may be offered following a referral to the Hillingdon Access to Resource (HARP) panel who meet weekly to decide on the support for the child. The case is presented to the panel for ratification and agreement by the social worker.

You can arrange for your child to take part in any mainstream services yourself but it is important to discuss your child's needs with the provider so that they are able to understand what additional support may be required to enable your child to fully participate in the activity.

If your child has an Education and Health and Care Plan (EHCP) you can contact Community Solutions, our Short Break Service provider. The contact details are : Community Solutions, email : cyp@harrowmencap.org.uk, telephone 0203 948 0544

How To Access A Short Break Service

CYP who meet these eligibility criteria should also be registered on Hillingdon's Children with Disability Register. To register please go to <https://archive.hillingdon.gov.uk/article/32273/Disabled-persons-register>

Does the Register give any sense of whether the CYP will be allocated a Universal, Targeted or Specialist Service?

In itself the Register does not determine access to services but by doing this Hillingdon Council will always have a strategic view of the numbers of children and young people who may require these Services.

To apply for Short Break Service support please email lbhmesh@hillingdon.gov.uk or call 01895 556644.

Personal Budgets & Direct Payments

Personal Budgets are about helping children/young people achieve good outcomes. If your child or young person meets the Children with Disability (CWD) criteria for a specialist service they may be allocated a Short Break and it could either be directly funded by the Council or a Personal Budget may be allocated to the parent/carer through a Direct Payment. This is where the Council gives you money to purchase the care and support to meet your child's needs. It is designed to be flexible and give you the choice and independence to make decisions about how your child's needs are met. The money is paid on to a prepaid card, which is like a debit card, and you can use it to pay for care. This can be through a care agency or you can employ people of your choice to support your child. It can also be used to pay for activities or clubs if agreed with your social worker.

As it is public money, there are some rules to follow and you will need to keep records and be accountable for how the money is used. It can sound a bit scary to start with but once you get the hang of it, it is quite straightforward. There are also providers who can help you to manage the direct payment if you need some assistance.

A link to more information about Personal Budgets and Direct Payments is below:

<https://www.gov.uk/apply-direct-payments>

The full Personal Budget Policy for Hillingdon:

https://docs.google.com/document/d/1x8cuYFNJAeupT4m2-szVwE7wFvO_sFEUCDMLlo-1xpk/edit?usp=sharing

There are currently various ways to find out about a short break:

- We will continue to advertise Short Break Services as widely as possible
- We will ensure that the Hillingdon Local Offer holds the relevant information about the Short Break Service and childcare
- The Family Information Service can provide information about a Short Break and can be contacted on 01895 556489 or fis@hillington.gov.uk
- Ask another parent perhaps through contacting [Parent Carer Forum](#) on 07783 579 678 or hillingtonpcf@gmail.com
- Ask a professional who is supporting you and your child and they will be able to find out for you

Reviewing the Short Break Services Statement

We will be reviewing our Short Break Services Statement annually, and throughout the year, in partnership with stakeholders, looking to develop the range of provision available. In line with the Children and Families Act 2014 we want to ensure more families decide to move towards a personal budget to purchase services (including a Short Break) they would prefer which will enable them to have more control over their care and support packages.

The Future Ambition for Short Break Services in Hillingdon

- To work in partnership with the local provider market to develop a range of short breaks for children and young people with disabilities and their families within available resources
- To work with children and young people in a person centred way, understanding that they will all have different needs and require different levels of support. Each family will have different circumstances.
- To work in partnership with children, young people, their parents and carers and key stakeholders to develop short break services in Hillingdon.

Short Break Services Currently Available in Hillingdon

Universal services

For a full list of organisations who offer Universal support services in Hillingdon please visit the Hillingdon Care and Support website:

<https://www.careandsupport.hillingdon.gov.uk/>

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Organisation/Activity	Email/Website Address	Phone Number
Ruislip Young People's Centre	email: youthops@hillingdon.gov.uk https://www.hillingdon.gov.uk/article/4984/Ruislip-Young-Peoples-Centre	01895 250497
Fiesta	https://www.hillingdon.gov.uk/fiesta	
LBH Childrens Centres	https://archive.hillingdon.gov.uk/childrenscentres	
LBH Youth Centres	https://archive.hillingdon.gov.uk/youth-centres	
Leisure Centres	https://www.hillingdon.gov.uk/leisurelink	
Disability Sports Coach Hillingdon	https://disabilitysportscoach.co.uk/community-clubs/club-hillingdon/	
School Clubs		

Targeted services

Organisation/Activity	Email/Website Address	Phone Number
Adolescent Development Services Targeted Programmes offer a selection of interventions and programmes designed to engage, entertain and educate. There is a variety of positive online and IRL (in real life) sessions available to children and adolescents aged 8-25 who live, learn or earn in Hillingdon. For more details on the current offer and discuss the	targetedprogrammes@hillingdon.gov.uk	01895 556300.

<p>referral criteria please contact targetedprogrammes@hillington.gov.uk or call 01895 556300.</p> <p>The programmes include*:</p> <p>Boys and Young Men's Programmes Structured group work sessions and one to one support programmes which use discussion, group activities/games, sport, cooking, individual reflection and the arts to explore issues that boys and young men face in an age appropriate manner. Topics such as (and not limited to): communication, relationships, self-esteem, risky behaviour, decision making and anger management. For boys and young men aged 8 to 19.</p> <p>Emotional Health and Wellbeing Programmes One-to-one and group counselling for young people 13-25 years old</p> <p>Girls and Young Women's Programmes A range of group and one to one programmes for girls and young women aged 8 to 19 to have someone to talk to, a place to socialise and a space where they can engage in a variety of different activities that will support them to make informed choices.</p> <p>Peer Leadership Programmes A range of targeted mentoring-based personal development programmes for adolescents aged between 11 and 19 (up to 25 with SEND), including those who require additional support to overcome challenges to their personal, academic, and social progression. Current programmes include 'AIMS' individual mentoring support for adolescents.</p> <p>Sexual Health and Wellbeing Programmes Targeted sexual health-related personal development and support programmes for adolescents aged 10-19 and young adults aged 20-24,</p> <p>Substance Use and Misuse Programmes A range of targeted substance misuse-related personal development and support programmes for adolescents aged 11-19 and young adults aged</p>		
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20-24, including those who are at risk of negative substance misuse outcomes. *May be subject to change in line with government guidelines and service needs. Updated 11/09/2020		
HACS	enquiries@hacs.org.uk https://www.hacs.org.uk	0208 606 6780
DASH	https://www.dash.org.uk/activities	
LBH Youth Centre - Fountains Mill	email: youthops@hillingdon.gov.uk https://www.hillingdon.gov.uk/article/4985/Fountains-Mill-Young-Peoples-Centre	01895 250497
Community Solutions (HM)	cyp@harrowmencap.org.uk	0203 948 0544

Specialist services

Organisation/Activity	Email/Website Address	Phone Number
Shared Lives.	lbhmash@hillingdon.gov.uk	01895 556644
HACS	enquiries@hacs.org.uk https://www.hacs.org.uk	0208 606 6780
Community Solutions	cyp@harrowmencap.org.uk	0203 948 0544
Bespoke Outreach and Personal Care packages	lbhmash@hillingdon.gov.uk	01895 556644

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Residential Short Break	lbhmash@hillingdon.gov.uk	01895 556644
Personal Budgets and Direct Payments	lbhmash@hillingdon.gov.uk	01895 556644

Appendix 1 - 2015 Consultation

In July 2015 Hillingdon Customer Engagement team conducted a Short Break consultation review at the request of the Short Break Service working group.

The function of the consultation was to:

- Gather views from children & young people (CYP) with disabilities and their families on the current short break opportunities within Hillingdon.
- To capture information about the provision of short break services from the service provider's perspective, what is working well and what they may need support with including their training and development needs.

39 responses were received from an online survey. In addition to this the Customer Engagement Team carried out eight visits to providers of short break services and met with children who used these services.

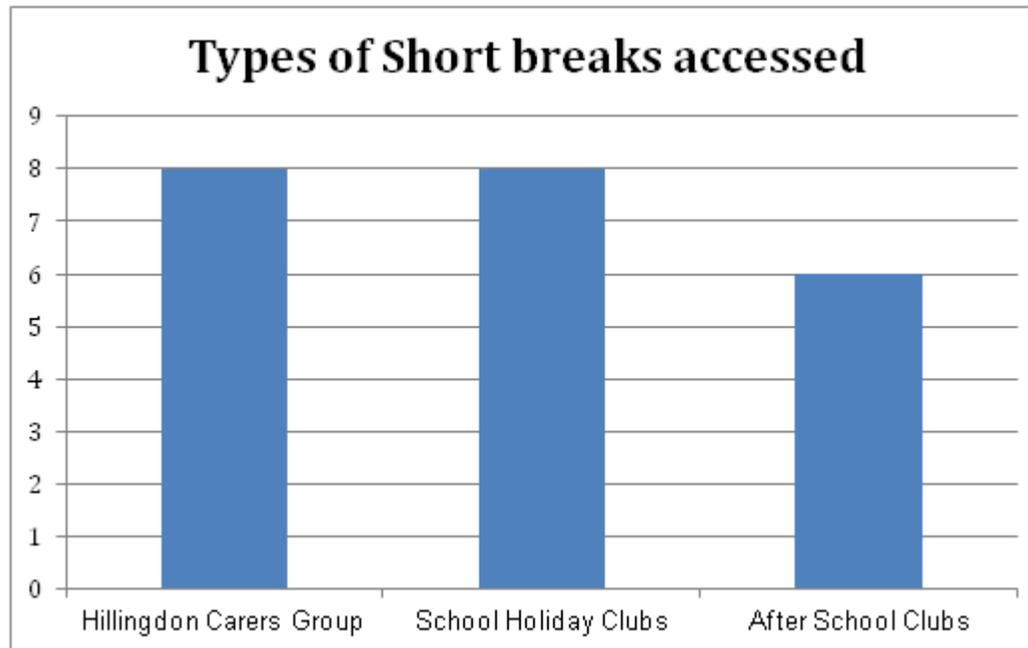
They also conducted interviews with managers of short break services provision.

Majority of respondents were regarding children between 5-8 (14) and 12-15 (10) years of age.

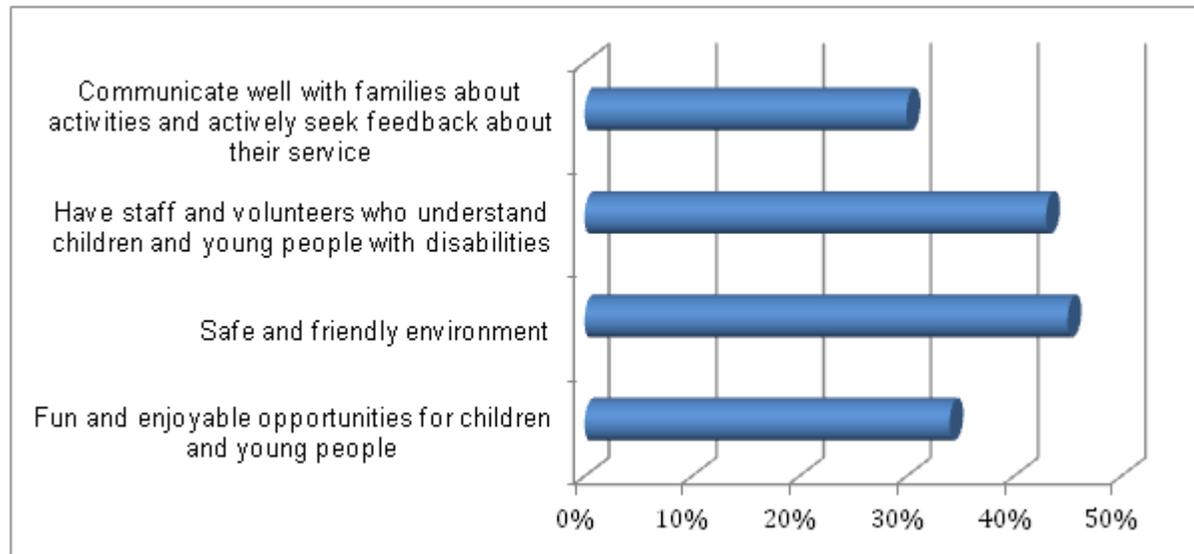
Majority were attending mainstream primary schools (14) and specialist secondary schools (11).

37% of families reported knowing what a short break was with one parent mentioning "time out to refocus and rest, maintain physical and emotional well being."

63% of families reported using short break in Hillingdon and 85% of the families felt like the short break services accessed met their needs.



Views of the current provision offers:



Suggested Improvements from families for Short Break Services offer

“Create more clubs and spaces for children and young people during school holidays, including weekly placement residential holiday camps, camping trips and greater variety of outdoor activities particularly during warmer weather visits. Specific activities were requested e.g. Canoeing, drumming, computer games, art, music and films.”

“High level of support available to meet needs of child and help with social skills and independence.”

“Specialist training and funding for child minders”

“After school provision set up so that transport can deliver to respite provision.”

Young people's views and ideas of activities they currently enjoyed and future requests.

• Outside activities in the Park	• Rock Climbing	• Bowling
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<ul style="list-style-type: none">• Ice Skating, roller skating	<ul style="list-style-type: none">• Cycling	<ul style="list-style-type: none">• Bouncy Castle
<ul style="list-style-type: none">• Bungee Jumping	<ul style="list-style-type: none">• Zip Line	<ul style="list-style-type: none">• Archery
<ul style="list-style-type: none">• Day trips to the seaside	<ul style="list-style-type: none">• Going to the cinema, swimming pool and gym.	

Appendix 2 - 2019 Consultation

In August 2019 a second consultation on Short Breaks was conducted by means of an online survey.

The function of the consultation was to:

- Gather views from child, young people and their families on the current short break services offers within the London Borough of Hillingdon.
- Help shape the future of Short break services opportunities offered by Hillingdon Council and partner services.

The survey was advised via the Hillingdon Parent Carer Forum, Schools newsletters, Hillingdon Council Social Media and promoted at events attended by SENDIASS and the Family Information Service.

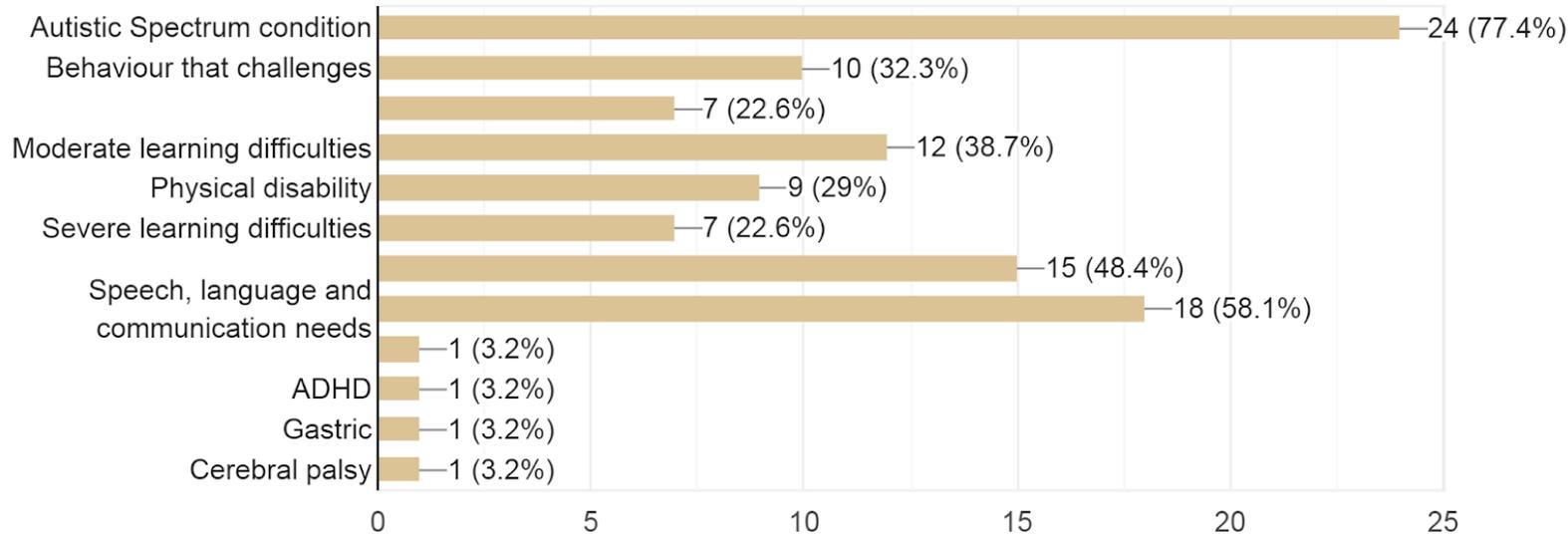
31 responses were received with 2/3 or 66% of these being completed by the child / young person with support of their parent / carer.

Majority of respondents were regarding children between 5-8 (10) and 12-15 (10) years of age.

Majority of children mainstream primary schools (11) and specialist secondary schools (8).

What are your disabilities?

31 responses



The labels missing are;

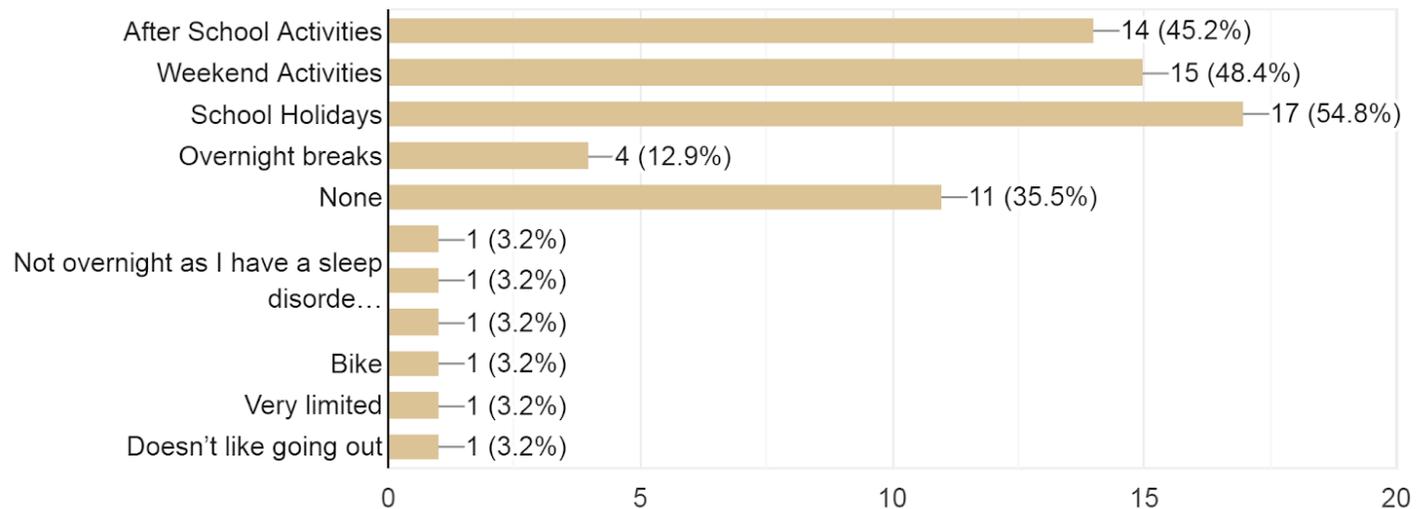
- Depending on an adult for all personal care (7)
- Social, Emotional and Mental Health Difficulties (15)
- Global Development Delay (1).

2/3 or 66% of the responses included that their parents / carers helped them with personal care and 1/3 or 33% supported their child with social and emotional situations.

When asked what the term short break meant to them, 40% of the response made reference to a holiday or one or more overnight stays away from home. Most respondents made reference to respite or having a rest away from parents.

What types of activities would you normally go to?

31 responses



Some comments made on why they don't access short break service

“Worried how the child may behave at the setting. “

“Lack of knowledge on what is on offer.”

“Social Anxiety with new people and staff”

“Financial support”

When asked why short break services are important to you and your family, most of the responses mentioned having time away from parents, to allow them to socialise, become more independent and make new friends or give their parents respite and time to spend with siblings to do

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activities they may be unable to take part in. Some of the responses said it meant spending quality time with their family however in a new setting together.

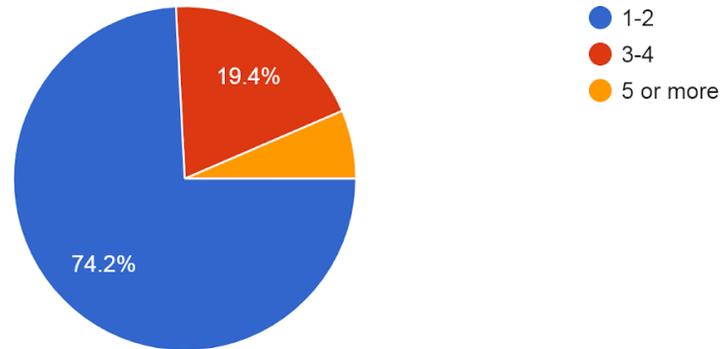
What time would you like to attend a short break?	Average of the times request received.
At the Weekend	10:00 - 15:00
After School	16:00 - 18:00
During School Holidays	09:30 - 16:00

Young people's views and ideas of activities they currently enjoyed and future requests.

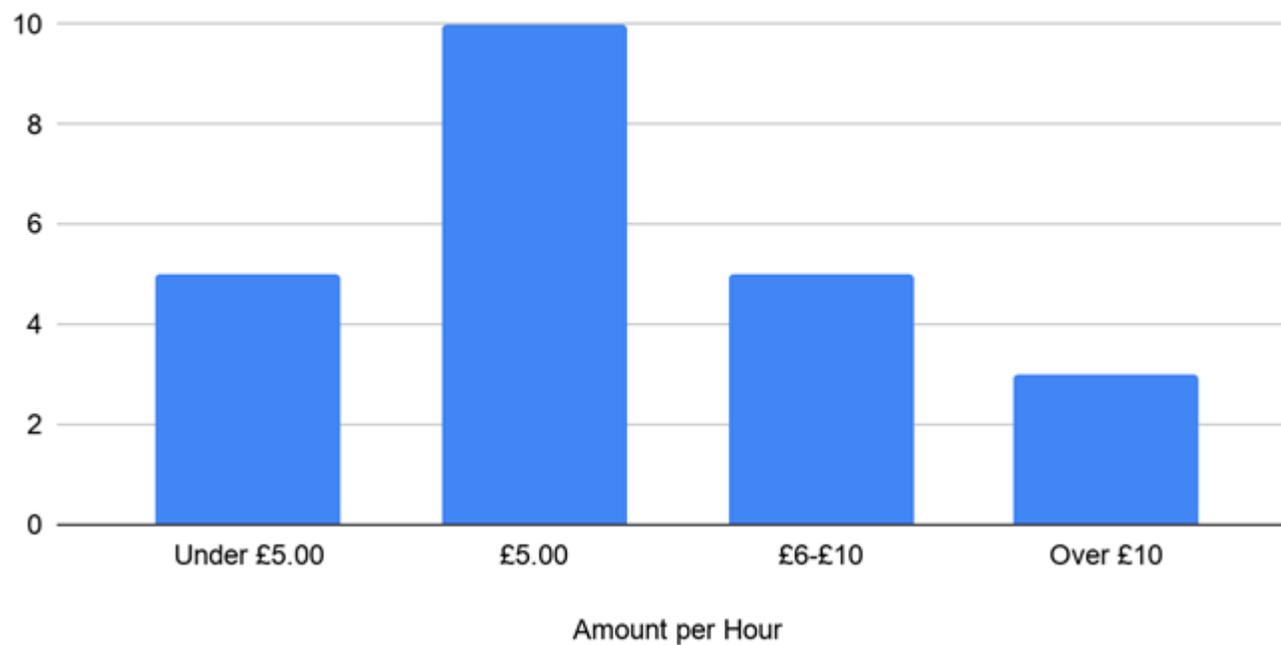
• Cinema	• Visit Cities	• Train Rides
• Theme Parks	• Sports	• Cooking
• Art and Crafts	• Trampoline	• Swimming
• Gaming and time on a computer	• Bike riding	• Canoeing
• Outside play in parks	• Shows	• Day Trips
• Singing and Dancin	• Gymnastics	

How many times a week would you like to go to the short break activities?

31 responses



How much would parents pay for their child to access short breaks?



Comments and suggested improvements from service users and families on short break offerings.

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“More short breaks are needed. They also need to cater for a wider range.”

“Inaccessible for children without EHCP. What about the children who 'don't need' or don't qualify for EHCP but there are struggles at home during school holidays? Those families deserve/need a break.”

“This is desperately needed. It has been really hard to access appropriate childcare/play-schemes in the holidays. I have contacted numerous short break schemes and either they do not respond or I do not feel that they do not support my Child's social requirements. “

“My child has previously been too young to access the Fiesta programme and although all holiday clubs are suppose to be inclusive I am mindful that so should schools be inclusive yet his mainstream school confirmed they couldn't meet his needs hence why he attends a special school.”

“Short breaks in Hillingdon is not well known, it is not well advertised. Children and families with disabled children wrongly believe they are not entitled to support as the eligibility for short breaks is not clear on Hillingdon website.”

“They are really important- atmosphere where conditions like ASD are supported and tolerated. Main activities in mainstream I can't participate.”