

Middlesbrough Service for Children with Disabilities

Short Break Service Statement

Revised May 2018

The Vision

"Disabled children, young people and their families are involved in developing a range of flexible, and easily accessible, high quality, short break services and activities, enabling them to reach their full potential and maintain family stability - make it so!"

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1. Introduction – what is a short break service?

Sometimes called “respite care”, short break services provide families with a break from caring, and children and young people with the opportunity to take part in social opportunities and activities. Sometimes they support children, young people and their families in taking part in activities and outings together.

All families spend time together but often children and parents like to have some time to themselves to do the things that they want to do, whether it is taking part in a particular activity or just to “chill out”.

In most families, this happens as part of daily family life; perhaps a friend offers to baby-sit or a child plays with friends. As children grow older, they do not need someone with them as much and parents can do things together. Young people spend time on their own and by the time they are 16, may have very independent lives.

For some families, it is not that easy. The child may need additional support, which means that friends do not feel able to baby-sit. Children and young people may need someone with them all the time and parents may feel that they can never have a break. The child or young person might not spend the time away from parents that helps most young people to become more independent.

Many families enjoy a short break together, away from home and from their normal routines. They go out together, have days out, weekends away or perhaps take a longer break. This helps families enjoy being together and can make families stronger. For some families this is more difficult, they may find it hard to go on outings with people who do not understand their difficulties and they may need additional help to care for their child while away from home or only be able to stay in certain types of accommodation.

Short break services exist to help children, young people and their families have the sort of short break that other families take for granted. A short break can be for an hour or a day, or for several days. It can take place anywhere - in a child or young person's home, in a special centre or during a trip to a cinema or other activity.

2. Why do we need a statement and what is it for?

There are rules that the local authority, Middlesbrough Council, has to follow about short breaks. These are called "The Breaks for Carers of Disabled Children Regulations 2011".

These regulations say that each local authority must prepare a statement that explains the range of short break services it will provide.

They also say that the statement must be available for everyone to read and must be published on the Internet. The statement must explain which short break services can be provided and this must include:

- Day-time care in the homes of disabled children/ young people or elsewhere
- Overnight care in the homes of disabled children/ young people or elsewhere
- Educational or leisure activities for disabled children/ young people, outside of their homes
- Services available to assist carers in the evenings, at weekends and during the school holidays.

There must be clear criteria for eligibility for these services, which means it must be clear who can have these services and who can not. The statement must say how the services meet the needs of families.

Local authorities, like Middlesbrough Council, have to publish their statement so that everyone can see that they are providing short breaks and everyone knows what is provided and who it is for.

The statement will be used to plan services and make decisions about how money is spent.

As part of the legislation from the Children and Families Act 2014 and the Special Educational Needs and Disability Regulations 2014 each council must publish a "Local offer" of the services and support available to children and young people with special needs. The Local Offer can be accessed via the Middlesbrough Council website.

3. How has the statement been prepared and who has contributed?

This statement was originally created in 2012 and finalised by the Short Break Planning Group. The Joint Short Break Planning Group brings together all the groups who are interested in short breaks in Middlesbrough. Each year the Short Break Planning group will review and update this statement as is needed.

This Short Break Group includes:

- Parents4Change
- Middlesbrough Council
- Middlesbrough PCT
- Tees Esk and Wear Valley NHS Foundation Trust
- The Voluntary Sector
- Schools

The Joint Short Break Planning Group has used a range of information to create this statement - this includes:

- Information from families; parents, grand parents, children and young people
- Information from people who provide short break services
- Information from those who pay for short break services
- Information about Middlesbrough, and the number of people who might need services.
- We hold an annual "Big Event" for children and young people to gather their views, which influences what direction the shape of the services are needed for the forthcoming year.

4. Who is responsible for the statement?

The officer responsible is the Chair of the Joint Short Break Planning Group. Currently, this is the Service Manager.

5. How will the statement be made available to people who need it?

The revised statement will be published on the Internet. Parents4Change will include it on their website. Families can telephone the Short Break Facilitators, Children with Disabilities Team on 01642 579160 to request a printed copy if this is easier.

6. How will the statement be reviewed?

The Joint Short Break Planning Group is responsible for reviewing the statement. It will be reviewed annually, each year, so that an updated statement can be published each year.

7. The Vision for Short Breaks for Children with Disabilities in Middlesbrough

In December 2008, a Visioning Day brought families and staff together to create the "vision" for Middlesbrough's short break services.

It was agreed that Middlesbrough will have a short break service where:

"Disabled children, young people and their families are involved in developing a range of flexible, and easily accessible, high quality short break services and activities, enabling them to reach their full potential and maintain family stability - make it so!"

The Joint Short Break Planning Group reviewed the vision in January 2013.

8. The statement about Short Break Services available for Children with Disabilities in Middlesbrough

a). Who we think needs a short break service

Currently, short break services are for children and young people with disabilities between the ages of 0 - 18 who live in Middlesbrough. As part of the new SEND legislation there will be exploration of how this may be extended to 0-25 ages. We will consult with the Short Breaks Group, the transitions team and Parents for Change when exploring this further.

There are many different definitions of disability but short break support is for those children and young people who cannot do many of the things that most children their age can do. This might be because they were born with a condition that has an effect on their lives or because they have had an injury or illness, which has a long-term effect.

Cultural mix of children using Short Break Services

Black and minority ethnic (BME) groups make up 15% of secondary school age children, and 20% of primary school age children in Middlesbrough, we will

continue to ensure short break services meets the needs of all Middlesbrough children.

b). How we think that short break services will make things better for children, young people and their families and how outcomes for families will be better.

Short breaks are provided so that children and young people can participate in enjoyable activities, and parents and carers can have a break. They are provided to help families lead more ordinary lives.

Short breaks will help children and young people to be less isolated and have better opportunities to socialise, to grow and to develop. They will be able to take part in the sorts of activities other children and young people do.

Parents and cares will be able to have a break from caring and be able to do the things that other adults do.

Families will be supported in spending time together doing the things that other families do, and that this will make them stronger.

Short Breaks can be taken in the form of direct access via a provider's service in the home or outside the home, as an overnight in the home or outside the home, via paying for the agreed service from a Direct Payment or Individual Budget. This can be broken down into the following categories:

- day-time care in the homes of disabled children/young people or elsewhere
- overnight care in the homes of disabled children/young people or elsewhere
- educational or leisure activities for disabled children/young people, outside of their homes
- services available to assist carers in the evenings, at weekends and during the school holidays.

All Short Breaks need to be agreed in writing by the council, this will usually be in the form of a letter from the Short Breaks's Panel. Access for a short Break can only be presented by a Social Worker or by another professional working with the family such as a Short Break Facilitator.

c). Services available to all children and young people

Some families with a child with a disability do not want or need specialist

short break support. Their child can attend youth clubs, groups or centres that can meet their needs. Most services are now working towards being able to provide a service to all children and young people. The Equality Act means that all services have to do all that is reasonable to ensure that their service meets the needs of everyone.

Middlesbrough strives to make services more responsive to the needs of children with disabilities. This has included providing sensory rooms to some youth clubs and by providing specialist trikes and bikes for the Middlesbrough cycle track. Middlesbrough has also purchased six specialist wheelchair "Power Chairs" for Middlesbrough Power Chair Football Club to help those with physical disabilities to have greater access to wheelchair sports.

Parents for Change have been part of the consultation for the development of all improvements to disability services in Middlesbrough. In particular Parents 4 Change were involved to ensure the Sports Village complemented the great facilities that are offered via the cycle track ensuring that a programme of activities for parents and children will be fully inclusive. Middlesbrough Sports Village provides a range of top level sporting facilities! From an [Athletics Stadium](#) to the [Middlesbrough Skate Park](#) and [Middlesbrough Cycle Circuit](#). A £1 million 250m Olympic-length velodrome will complement the popular 1km Cycle Circuit and Skate Park and further cement the Sport's Village's appeal as a centre of regional importance for Cyclists. Thanks to a partnership between Middlesbrough Council and British Cycling. An [Active Gym](#) and [Fun Village](#) plus [Cafe @ MSV](#) are on site too perfect for the whole family! There's also a [Sports Hall](#), [Synthetic Turf Pitches](#) and [Grass Pitches](#) including [Boro Bubble Football](#).

Access information for the Sports Village

Middlesbrough Sports Village has electric door access into the main hub building, with a lift for use of Active Gym on the first floor.

In the Active Gym there are various pieces of equipment that are designed for a number of functional exercises such as Omnia 8, this specific piece of equipment isn't available in the other Active Middlesbrough venues but there are other inclusive equipment available.

Accessible car parking spaces have been provided close to the main entrance for Blue Badge holders.

An induction loop is available at the main reception desk for visitors who have a hearing impairment.

There are several wheelchair accessible toilets throughout the building offering both left and right hand transfer options. There is also an accessible shower facility as well as ambulant disabled cubicles in the standard shower provision.

A Changing Places toilet has also been provided which is designed for adults and children with complex needs and includes a changing bench, ceiling track hoist, wash/dry toilet, height adjustable basin and plenty of space for more than one carer. This facility is kept locked with a RADAR key (available at reception).

Wheelchair storage spaces have been provided in the main Sports Hall for storing day chairs whilst sports wheelchairs are being used.

Disabled people can access the grandstand via the main building and there is also a track side shelter for disabled spectators/athletes.

During the year ahead, the Joint Short Break Planning Group will seek out further ways to support play and leisure providers, ensuring that their services can meet the need of children and young people with disabilities.

d). Special short break services that all children/young people with disabilities can use

Some specialist activities for children and young people are "open access" - this means that any family with a child with a disability can access.

Activities in past years that have been open access have been the Children With Disabilities - Trips and Fun Days. This open access to trips and Fun Days will continue in 2018.

The summer holidays can be a challenge for many families who have a child with a disability. A range of play scheme provisions have been available during the Summer holidays.

During the start of Summer 2015, it was agreed that Middlesbrough "Fun Club", a Playscheme for children and young people with disabilities, must now be approved via the Children's Short Break Resource Panel. This was because year on year demand has increased and a fair way to support children using this resource was needed. Each child that has a request for fun club must be supported via their Social Worker or through the Short Break Facilitator to support their application. This will continue to be the same way that we will work to help children access Fun Club in 2018.

Some families need additional support to access the sort of activities that

other families might attend. It is very important that the support is in place so that they can do the things that other families do.

From 2013, The Children with Disabilities Team has continued to provide grant funding to short-break providers to provide activities within the school holidays during Easter and the Summer. This will continue in 2018.

Over several past years grant funding has been given to Priory Woods, MAIN, Daisy Chain, A J Academy, Sportsability, Child Deaf Youth Project, Myths & Music and Great Expectations to arrange "open access" for children with a disability, sometimes a small contribution would be required from parents to access the group and the actual cost of the session would be paid out via a Grant to the provider.

During the year ahead, the Joint Short Break Planning Group will ensure that grants are again available to local organisations that can provide short break support.

Direct Applications

Some families can arrange a short break service themselves, if they have access to a small amount of money to cover additional costs. Middlesbrough has developed the Direct Application scheme. This means that families are able to complete an application form, and apply for a small budget to support their child having a short break service. The application form asks the family for information on their child and what type of support they feel would help their child and how much this would cost. The application must be supported by a relevant professional explaining how the child or family would benefit from this activity.

The application and professional letter is then sent to the Short Break Facilitator, the Short Break Facilitator will then go out and meet the family to discuss their requirements and meet the child. Once this is complete, the Short Break Facilitator would then put the application and request to a panel of professionals for consideration. The panel decide whether the application is a good way to support the child and family. If the support is agreed, the family are then shown how to set this up as a small individual budget or where it is appropriate the service can be invoiced direct to the council. Where the panel don't agree to the service requested, the short break facilitator works with the family to find an alternative service.

Direct Applications are accessed without a Social Worker.

e). Special short break services that are available following an assessment

Some children/young people with disabilities and their families need a higher level of support. This is identified by having an assessment, possibly by a social worker or a health professional. Information concerning eligibility for services is available in the following document which is published alongside this statement: "Short Breaks for Children and Young People with Disabilities in Middlesbrough - Eligibility Criteria."

There needs to be a good range of services available for children, young people and their families so that they can exercise a choice over the service they want and so that services meet their assessed need.

During the year ahead, the Joint Short Break Planning Group will ensure that the following services are available for children and young people with disabilities:

- day-time care in the homes of disabled children/young people or elsewhere
- overnight care in the homes of disabled children/young people or elsewhere
- educational or leisure activities for disabled children/young people, outside of their homes
- services available to assist carers in the evenings, at weekends and during the school holidays.

These services will be provided by a range of providers from Middlesbrough Short Break Service Provider List; including but not limited to:

- Aapna
- Allied Health Care
- Avalon
- Barnardos
- Butterwick Hospice
- Care Visions
- Community Integrated Care
- Daisy Chain
- Interserve
- Middlesbrough Council - Home Support Service
- MAIN
- Me-sign
- Percey Hedley

- Voyage
- Zoe's Place

The Joint Short Break Planning Group, including members of the Wellbeing Care & Learning Commissioning Team, will support new providers in joining the list of approved providers.

The family information service hold a directory of all services for children, young people and families, this will include a list of short break services. They will advise families on what services are available and inform them who to contact if further information is needed.

Parents who wish to, will be able to access a direct payment or an individual budget to organise their own support, as long as they are able to manage this, and as long as this is clearly in the interests of the child or young person.

f). Transport

Transport is required by many families in order to access their short breaks. When short break services are planned, care will be taken to minimise transport difficulties. Families will be supported in claiming appropriate benefits and to have information concerning available local travel.

All young people should have the opportunity to access ordinary public transport, according to their needs. Discussions with providers and colleagues in partner services will help promote, where possible, independent travel.

g). Transitions

A young person goes through several transitions in their life, for example from Primary to Secondary School, typically they are supported through these changes by children's services.

The Transitions Team in Middlesbrough supports young people and their families throughout the transition which takes them from childhood to adulthood.

The transition to adult services should be as smooth as possible, with the young person and their family at the centre of the assessment, planning and decision making process.

The Transitions Team in Middlesbrough works with young people aged 14-25 who have a disability. The team works closely with the young person, their family, the Children with Disabilities Team, other agencies and services to explore things such as activities in the community, leisure, education, employment, short breaks

and accommodation to make sure that each young person has an individual plan to meet their needs for the future.

The plan will be regularly reviewed; making sure that this continues to be the case.

h). Improvements being made and training for staff

During the year ahead, the Joint Short Break Planning Group will ensure that the following takes place:

- There is continued consultation with children, young people and families concerning how short break services are provided - this will be done through a mixture of questionnaires and personal contact.
- All short break services providers ensure good quality training is provided to their staff.
- Training is available to all mainstream services concerning the needs of children and young people with disabilities and their families.
- Parents, children and young people are involved in the recruitment and training of staff, and in decisions about funding services.
- Feedback is sought from children/young people and families about the services they use.
- A record is kept of any child, young person or family, where their short break needs could not be met, so that corrections to the services in place can be made.
- Changes to services take into account the needs of children/young people with disabilities, and their families.
- A Young People's Forum was created in 2014. This group of young people meets regularly to have an input on the services available and to let us know what is working well / what can be improved and what service they would like to have.
- Parents 4 Change are actively involved in the recruitment process of the Children With Disabilities Team, Home Support Service and Social Workers

i). Middlesbrough Council - Access Improvements

Various access improvements have been made within the Middlesbrough area, such as new disabled parking bays; improved changing facilities in the community; new pathways; new play equipment in parks; new lifts in sports and leisure facilities; improved pedestrian route under the railway line, including new steps and ramp; redesign of public space, including accessible pedestrian routes and

seating.


Changing Places

Changing places are now available at a number of places within Middlesbrough. The campaign to introduce purpose-built Changing Places toilets for disabled people in Middlesbrough is going from strength to strength.

The first facility at the bus station was the culmination of several years of campaigning, awareness raising and planning for a number of groups in the town. It was opened by Baroness Tanni Grey Thompson on April 30th 2010 and marked an important step forward for Middlesbrough. The campaign started because too many disabled people in Middlesbrough could not enjoy getting out and about due to the lack of suitable facilities or they had to struggle with existing public toilets.

Now, as well as the Bus Station, Changing Places toilets are also available in Middlesbrough at The Rainbow Centre, The Orchard Resource Centre, Neptune Leisure Centre, James Cook University Hospital, Myplace (Customs House), Cumberland Resource Centre and Stewart's Park.

A Changing Places toilet is larger than a standard accessible toilet and is equipped with:

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- Height adjustable changing bench/trolley
 - Ceiling track hoist
 - Adequate space for a disabled person and up to two carers
 - Centrally placed toilet with grab bars
 - Privacy screen/curtain
 - Wide paper roll to cover the bench
 - Shower
 - Slip resistant floor

People with profound and multiple learning disabilities, as well as other disabilities such as spinal injuries, muscular dystrophy, multiple sclerosis or an

acquired brain injury, need these extra facilities to allow them to use toilets comfortably.

Standard wheelchair accessible toilets do not provide changing benches or hoists and are too small to accommodate a wheelchair user and more than one carer. There are now more than 500 Changing Places toilets in the UK. Access to the Changing Places toilet in the bus station runs on a free membership system with members getting a fob to access the facility. This is to ensure that only people who really need to use the facility can access it. The membership scheme is operated by Shopmobility (01642 254545) based in the Hill Street Centre which has supported the campaign from the very beginning.

Access to the other facilities are either by RADAR key or reception staff at each venue.

Further information can be found at www.changing-places.org.uk or call Middlesbrough Council on 01642 726004.

Further information

For more copies of this document or "Short Breaks for Children and Young People with Disabilities in Middlesbrough - Eligibility Criteria" or if you have any questions or comments, please contact the Short Break Facilitator on (01642) 579169.

We can provide this information in other languages, large print, Braille, on CD or tape.