Many families with disabled children benefit from regular breaks from their caring responsibilities

Short breaks provide disabled children and children with complex health needs with enjoyable experiences away from their primary carers, as well as giving parents and families a necessary and valuable break.

A short break is not a replacement for education or childcare, is not to be enforced, or to be used to allow parents/carers to access work or attend full time education.

Short breaks come in a variety of forms in different areas, but every local authority has a duty to provide information about their own short breaks services.

Short breaks are free and not based on income.

Short breaks for disabled children

Play and leisure short breaks continued

Children in the early years age group (0-5) are able to access their short breaks via a childminder or early years setting. If they already access a setting it is possible, for continuity, for us to arrange for them to access their short break there too.

All settings that provide short breaks will receive the relevant training or support to ensure your child is fully included and all their needs are met.

For children over the age of 5 we are able to access holiday clubs and schemes, out of school clubs and childminders where appropriate.

The family involvement and information officer (disabled children and young people) can support you to find a suitable setting.

How to apply for short breaks

To apply for a short break you can:

Ring Families Information Service on 0800 0345 340 or email infoFIS@barnsley.gov.uk to request an application form and access support to make a referral.

Any professional involved with the child can complete the form on the parents’ behalf. Parents can also self-refer.

It is important that as much information as possible is provided on the form to help the panel make a decision. This includes the type of activity the child/young person would like to access, their hobbies, interests, likes and dislikes. The referrer will be given feedback from the panel promptly.

If you wish to discuss short breaks further please ring the disabled children’s team on 01226 774050.

Short breaks specialist provision

Some short break opportunities are only available to children who have been allocated a social worker after a full social care assessment. These include:

- Newsome Avenue overnight respite
- Respite foster carers for overnight short breaks
- Personal budgets for Personal Assistant and Direct Payments

If you have an allocated social worker or family support worker within the disabled children’s team, they can help. There is a short break panel held every month where all referrals received will be discussed.

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Short breaks for disabled children

Printed October 2016
**Targeted Youth Support**

TYS provide a targeted short breaks programme of activities for children and young people aged 8-25 with mild to moderate learning difficulties and/or disabilities.

There is a weekly timetable of youth group activities, for different age ranges, that run at various venues throughout the borough. Activities can include: computer gaming, physical activities, arts and crafts, cooking, or just relaxing with friends.

**The group aims to:**
- Promote positive social interaction.
- Build confidence, self-esteem, independence and resilience.
- Provide opportunities to learn new skills and develop friendships.
- Provide sibling support groups.

For more information please contact 01226 753406

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**Short breaks play and leisure provision**

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**Multi sports**

Barnsley Football Club provide multi sports sessions for children and young people aged 8-18 with a disability, in school holidays and weekends during term time.

Children are encouraged to take part in small group activities and team sports and make new friends to develop social skills and interactions.

All the staff have experience of working with children with a disability and employ support staff to assist with meeting any additional needs.

For more information please contact 01226 211333

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**Outdoor activities**

Outdoor activities aim to offer young people aged 5-25 with additional needs access to the outdoors and to enjoy the wonders of nature.

Activities include: BBQs, games, fire building, den making, tree climbing, tents/camping activities, crafts and treasure hunts.

For more information please contact 07971551671

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**The R Club**

The R Club offers short breaks in school holidays at Priory Campus family centre run by Barnado’s for children and young people aged 8-18 with complex physical disabilities.

The sessions are fully staffed by trained and experienced assistants to ensure needs are fully met. Activities include use of a fully equipped sensory room, outdoor space, arts and crafts, group activities, social interaction and music.

For more information please contact 01226 770619

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