Short Break Service Statement

Working together to achieve best outcomes for your child

www.luton.gov.uk/childrenwithdisabilities
# Short Break Service Statement

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## Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Short Breaks Statement</td>
<td>3</td>
</tr>
<tr>
<td>Luton’s Local Offer</td>
<td>7</td>
</tr>
<tr>
<td>Young Carers</td>
<td>8</td>
</tr>
<tr>
<td>Short Break FAQs</td>
<td>9</td>
</tr>
<tr>
<td>Directory of Services</td>
<td>12</td>
</tr>
<tr>
<td>The Disability Register</td>
<td>15</td>
</tr>
<tr>
<td>Disabled Children’s Charter</td>
<td>16</td>
</tr>
<tr>
<td>Appendix 1 – Referral Pathway</td>
<td>17</td>
</tr>
<tr>
<td>Appendix 2 – Eligibility Criteria</td>
<td>18</td>
</tr>
</tbody>
</table>
Working together to achieve best outcomes for your child

This statement has been written in consultation with our parent-led voluntary organisations and charities in Luton, children and young people and our colleagues in education, health and social care. Our consultation process includes multi-agency meetings, case studies from our voluntary organisations, and parent participation meetings. We would like to thank the local Voluntary and Community Services Consortium (VCS) led by Autism Bedfordshire and partners: Centre for Youth and Community Development, CHUMS, Families United Network, Friends of Bright Eyes, Phab Frendz, SNOOSC and the Luton Parent Carer ForumCIC for their valuable contribution. These organisations will consult with their children, young people and parents on the content and layout of the statement and feed back to us through a series of consultation meetings and online surveys. We will also consult with parent groups within our special schools through their coffee mornings.

What are short breaks for children with a disability and/or palliative care needs?

Introduction

As part of our continued commitment to disabled children and young people and their families, Luton Borough Council will provide a range of short breaks services to meet the varying needs of children and young people including those with autistic spectrum disorders, behaviour that challenges, profound and complex health needs, physical disability, cognitive needs and sensory impairments. Services include:

- early support and information
- home-visiting
- after-school and weekend clubs
- holiday activities
- shared care
- overnight provision.

Short breaks – a definition

Short break services form part of a continuum of services that support children and young people with disabilities and/or life limiting conditions and their families.

Short breaks are provided, in addition to and supported by universal services, to give:

- children and young people enjoyable experiences away from their primary carers - thereby contributing to their personal and social development and reducing social isolation
- parents and families a necessary and valuable break from caring responsibilities.

Carers and families are, increasingly, caring for children and young people with disabilities, complex health needs and/or challenging behaviour, for long periods of time. Short breaks are seen as a key component in the package of care supporting those families, preventing carer stress and preventing family breakdown.

Short breaks can come in a variety of formats, lasting anything from just a few hours to a few days (and occasionally longer) depending on the type of provision and the needs of the child or young person and their family. They can include day, evening, overnight and weekend activities; can mean from ensuring ‘everyday’ activities are accessible to disabled children and young people to providing highly specialised support; and can take place in the child or young person’s home, the home of an approved carer, or a residential or community setting.

Palliative care – a definition

Palliative care involves care of a child/young person and family from the time when therapy is no longer given with curative intent. It is an active and total approach to care embracing physical, emotional, social and spiritual elements and focusing on enhancing the quality of life for the child/young person and support for the family.

Care is given with the intention of:

- diminishing (or eliminating) adverse symptoms
- improving the child’s physical function
- enhancing the child’s (and family’s) quality of life
- enabling the child or young person to achieve their full potential as a human being in the time that they have
- supporting the child, their siblings, parents and wider family through death and bereavement.
Our aims

Short breaks are designed to support carers of children who are disabled so that they are able to continue to provide care, enable them to care more effectively and/or to manage their responsibilities effectively.

Luton’s short breaks:
- provide local disabled children and young people with the opportunity to spend time away from their parents, enjoying fun activities, relaxing with friends and socialising with their peers
- give parents the opportunity to have a break, to spend time with their spouses, partners or other family members in the knowledge their child is safe, well cared for and having fun
- provide information, advice and support to parents and young people on local services, community facilities, benefits and access to services.

Who is eligible for help?

Families living in Luton who have a child with a special need or disability aged between 0-25 years who is substantially affected in their every day living by: a physical or learning disability, sensory impairment (hearing, visual or speech), autistic spectrum conditions, behaviour that challenges and those with complex health needs who may have palliative, life limiting or a life threatening condition.

The referral process

Universal services

These services can be accessed without the need for a formal assessment and include:
- after-school and holiday clubs run by local schools and voluntary organisations
- social, leisure and sport activities e.g. youth clubs, leisure centres
- childminding (including specialist disability childminders) and childcare
- Uniform clubs e.g. brownies, guides, cubs and scout groups.

Specialist services

To access our specialist services, you will need to be referred for an assessment by the Children with Disabilities Social Care Team. This referral is usually made on an EHA (Early Help Assessment) form and can be from a professional who knows your family or a parent/carer themselves. If you want to make a request for an assessment, you can ask a teacher or family worker, or medical professional such as a GP or health visitor to complete the EHA.

Specialist services include:
- shared care
- residential care
- day care
- overnight care
- weekend care
- direct payments
- transition support in moving on to post-16 education.

Personalisation

Short break packages are tailored to suit the needs of your family. To identify your needs we will undertake an assessment, for which you will be allocated a named professional. From the assessment, a short break plan will be drawn up in discussion with you. We recognise that the needs of your family will change over time and we will review your support plan at least every six months.

For more information on the assessment or referral process please contact: Rapid Intervention and Assessment team on 01582 54 60 00.
Direct payments

For some families and young people the option of a direct payment may be more suitable. This is money paid to you by the authority so that you can ‘buy’ in and organise your short break in a way that suits you best rather than receive the service from us. To access direct payments you must first have an assessment of your child and family’s needs to establish that you meet the criteria (see appendix 2).

The allocation of the amount of direct payment hours that you are awarded is decided at a multi agency panel. The panel meet every two weeks and consists of representatives from short break services and health, education, social care professionals. Parents and young people who choose a direct payment are responsible for identifying and recruiting their own short break worker and managing the short break package themselves. If this is your preferred choice we will help you to set up your direct payment.

Alternatively you may prefer to use the direct payment service based at the Disability Resource Centre in Poynters Road, Dunstable, where they can help set up a direct payment bank account and manage your payments for you. Direct payments can be used to pay for services you have been assessed as needing, for example a carer, a service or equipment.

For more information about Direct Payments contact the Direct Payments Officer in the Children with Disabilities Social Care Team 01582 546000 or the Disability Resource Centre on 01582 47 09 00.

Information and support services

We will tell you about, and support you to access, other local services and community facilities including:

- occupational therapy
- education support
- disabled parking badges
- benefit entitlement.

For details of the wide range of services available please contact our Family Information Service (FIS) on 01582 54 88 88 or visit our website: www.luton.gov.uk/childrenwithdisabilities

The legislation

The strategies and guidance which are local to Luton and which underpin this statement are:

- Children and Young People Plan 2014-2019
- Commissioning of services for children with severe disabilities strategy (2009)

Full details can be found on our website www.cypp.luton.gov.uk

And nationally:

- The Care Act 2014
- Children and Families Act 2014
- Disabled Children’s Charter 2013
- Aiming High for Disabled Children 2009
- The Equality Act 2010

Full details can be found www.legislation.gov.uk
Our underpinning principles
In Luton we are committed to supporting families in a holistic way and put their child or young person at the centre of all we do. We work closely with parents and all key professionals to help children and young people reach their full potential and fulfil their ambitions. We offer locally based, culturally appropriate services to meet the diverse needs of Luton’s communities, and provide training and support to organisations delivering inclusive short break services.

Our short break services are based on the principles of:
- early intervention and family support
- participation in family and community life
- promoting independence and enjoyment
- openness, honesty and fairness.

A focus on outcomes
Outcomes for disabled children and young people are identified by our parents at the point of assessment and are constantly updated through our regular review process. The outcomes help us identify targets and link them to our service plan. Through regular parent consultation we endeavour to deliver what parents need and this process has resulted in the provision of parent led services including training programmes and parent representation on our local authority strategic boards. Through the combination of our local services, specialist provision and universal activities we are able to offer a range and choice of short breaks to suit the individual needs of children and their families and to enable:
- disabled children and young people to actively participate in social, leisure and sport activities alongside their peers through attendance at after school clubs, playschemes and youth clubs
- increased confidence, self-esteem, and independence for the child/young person
- parents, carers and young people to make decisions through the provision of information, advice, key worker support and guidance.

Ultimately our outcomes result in more:
- children and young people participating in short break services
- parents receiving a break
- siblings included in activities.
What is the Local Offer?

The Local Offer is an access point for parents/carers, children and young people aged 0-25 years with special educational needs and disabilities. It provides clear, comprehensive and accessible information about support and opportunities available in education, health and social care services in the Luton area.

The Local Offer aims to ensure that the provision of services in education, health and social care are more responsive to local needs and aspirations of children and young people by directly involving them, their parents/carers and service providers in its development and review.

The Local Offer will:

- Provide one place to go for all information needed on education, health and social care services
- Be easy to navigate through complex information from a wide range of sources
- Help users find the information they need quickly and easily
- Provide clear, transparent, relevant and accurate information about current services in a way which can be understood and accessed by all
- Provide links to other websites (such as early years settings/schools/colleges) for further information.

For more information visit: directory.luton.gov.uk/
Who is a young carer?
A young carer is someone aged 18 or under who helps look after a relative who has a disability, illness, mental health condition, or a drug or alcohol addiction. The help they provide can include cooking, cleaning, shopping, helping someone to get washed, dressed and move around. Young carers may also provide emotional support to their parents, siblings and extended family members. The difference between young carers and other young people who help in the home is that young carers are often responsible for someone else in their family in a way that most other young people are not.

The legal bit:
In 2014 responsibility for young carers moved from adults social care to children’s services. The introduction of the Children and Families Act 2014 resulted in changes to the Children Act 1989 and placed a duty on local authorities to undertake young carers’ needs assessments.

In response to the new laws Luton Borough Council has developed a strategy with the following aims.
1. To support Luton children and young people in their caring role.
2. To ensure that young carers are not disadvantaged by their role and responsibilities.
3. Young carers have the best possible chance of achieving the five Every Child Matters outcomes.
4. All young carers can access services suitable to their needs.
5. Services will be shaped by the young people and will cover a range of interventions including healthy lifestyle choices, advocacy issues and socialising.
6. Services will offer support with personal, social and educational development, including whole family support, and be made available at a variety of times and venues, including weekends, evenings and school holidays.

If you are a young carer aged 16-17 you can request an assessment in your own right. If you are under 16 you will need to be referred for a young carer’s assessment - this can be done through your school or GP.

For more information telephone Luton Family Information Service: 01582 54 88 88
To request/make a referral for a young carer’s assessment telephone Early Help Hub: 01582 54 82 31
For more information about young carers’ services telephone Alex at CHUMS, 01525 863924
Short Breaks FAQs

Q: My son has a disability but is in mainstream school can he access short breaks?
A: Yes! Short Breaks are available to all disabled children and young people regardless of the type of school they attend.

Q: Can my child access Short Breaks if they don’t have a Statement of Educational Need (SEN) or Education, Health and Care Plan (EHC)?
A: Yes. Not all disabled children and young people will have a Statement of Educational Need or EHC plan.

Q: What’s the age range for short breaks?
A: Short Breaks are available for 0 – 18 year olds and will vary in type and duration depending on the age of the child.

Q: Are different activities provided for different disabilities?
A: The majority of providers offer activities suitable for all disabilities however there are some specialist providers i.e. Autism Beds for children and young people with Autistic Spectrum Disorder and Phab Frendz for young people with profound and complex needs. It is the responsibility of the parent to contact the service provider to ascertain if the provision is suitable for their child.

Q: Are there costs attached?
A: Some providers offer short break services for free, while others make a small charge and it is best to check with the provider prior to attending any activity. Parents can use the care component of their child’s Disability Living allowance or Direct Payment to fund short breaks.

Q: Are siblings included?
A: Some short break providers include siblings i.e. Families United Network. Parents are advised to contact the individual provider to see if siblings are included.

Q: Is an after school club a short break?
A: Some parents use after school clubs as a short break to enable them to continue to work/study. Parents should check with the provider to ensure the appropriate support for their child is available before booking.

Q: How can I access the short break statement?
A: Luton’s Short Break Statement is available in print form and online. Our website allows for the reader to view the document in larger text and also has a translation facility for speakers of other languages.

Q: Where can I get a copy of the Short Break Statement?
A: Printed copies are available from Luton Borough councils’ Family Information Service, the children with disabilities social care team, SENCO’s and/or family workers in Schools, Redgrave Children and Young People’s Centre and online at www.luton.gov.uk/childrenwithdisabilities and select types of support.

Q: What can Direct Payments be used for?
A: Direct Payments can be used to pay for activities, entry fees, carers, trips (other than school trips) and small items of equipment for your disabled child. Direct Payments cannot be used to purchase alcohol, tobacco, recreational substances, clothing or to pay household bills.

Q: How do short breaks meet the cultural needs of children and young people?
A: All Luton’s Short Break providers are sensitive to the different cultural needs of the children and young people they serve and employ multi lingual support workers. Some provide gender specific activities (separate boys and girls clubs) e.g. CYCD and Friends of Bright Eyes.

Q: What training/workshops are available for parents?
A: Various voluntary and community organisations offer training/courses for parents including Autism Bedfordshire, CYCD and Friends of Bright Eyes. Parents are advised to contact the providers direct or check their websites for more information on course availability and dates. (See Directory at the back of the Short Break Statement).
Directory of services

Voluntary and Community Services Consortium

Luton Borough Council has supported local voluntary, community and charitable organisations to establish a consortium of short break providers. Known as the VCS Consortium they are funded by charitable donations and various other sources to provide local services, advice, information and support for disabled children and their families.

The services the consortium provides include:
- advice and support for parents
- holiday clubs and activities
- information and signposting
- life skills
- short breaks
- training for parents
- transition support
- weekend activities
- youth clubs.

The consortia produce an annual performance report on their short break provision, for a copy please contact Autism Bedfordshire on 01234 350704.

Email enquiries@autismbeds.org

Specialist clubs/activities:

Access to Disability Project (ADP)

ADP aims to change negative attitudes towards disability within the south Asian communities by focusing on each young person’s abilities, by giving them opportunities to develop to their full potential and by demonstrating that each child or young person is valued. They offer one to one and group support of a personal key worker and a wide range of activities including board games, painting, creative arts and craft, poster making, playing computer games and playstation, using the internet, snooker, bouncy castle, football and cricket. Wheelchair accessible transport is available. For more information visit: www.cycd.org.uk or telephone: 01582 519500.

Access2Sport

Provides sports sessions for young people with disabilities. They offer a range of sports activities including swimming, dance, football and multi sports. Children must be booked on to activities to ensure appropriate staffing is provided. For more information visit: www.activeluton.co.uk email: colby.nichollsbrown@activeluton.com or telephone Colby Nicholls-Brown, Community Sports Coach (Disability) on 01582 400272.

Baylands Equestrian Centre

Provide horse riding lessons for disabled children and young people aged 3 -25 on Sundays; £8 per session per person. Also offer stable management lessons and accredited learning college courses for young people aged 16+.

Contact Baylands on 01582 720766 or email@baylands-equestrian.co.uk for more information.

Friends of Bright Eyes

Offer activity clubs for disabled young people aged 8 -18 at a variety of locations across Luton. Activities range from crafts, drama, story time, sports, cooking, painting, messy play, sensory play and much, much more. Transport is provided. For more information visit: www.fobe.org.uk email: info@fobe.org.uk or telephone 01582 966065.

FUN Youth Club

Provided by Families United Network on Monday nights, FUN Youth Club is a youth club for disabled young people aged 10 – 16. For more information visit: www.familiesunitednetwork.org.uk or telephone: 01582 470999.

Hart Hill Adventure Playground

HHAPG is Luton’s first fully accessible playground complete with swings for wheelchair users, sensory play and accessible toilet facilities including ceiling track hoist system and changing table. Open throughout the year telephone 01582 431311 or email: hhap@childrenslinks.org.uk.

Lea Manor Friendship Scheme

Friday night youth club for young people living in Luton with disabilities, aged 11-25 years from 7-9pm at Lea Manor Youth Zone in term time only. The group meet to have fun, try different activities and with support devise a termly plan at the start of each term. During the Easter and summer holidays there is an opportunity to access day trips and workshops. For more information please contact CHUMS 01525 863924, email info@chums.uk.com or visit www.chums.uk.com
Directory of services

L.O.A.F

Loads of Autistic Fun (L.O.A.F) is a Saturday morning activity group run by Autism Bedfordshire for the whole family. Sessions run fortnightly during term time providing a safe and inclusive environment for children up the age of 12 years with Autistic Spectrum conditions and their siblings. Families are supported by trained staff and volunteers who aim to offer a short break for parents and carers during the sessions.

For more information visit www.autismbeds.org email enquiries@autismbeds.org or telephone 01234 350704.

Neet Teens Luton Phab

Offer weekly inclusive youth club sessions during term time. Open to disabled and non disabled young people aged 11+. Transport not provided. For more information telephone Judith 01582 725931.

No Limits

The No Limits project aims to develop a network of multi sport and sport specific clubs across the county over the next three years. The Disability Resource Centre (DRC) in conjunction with the County Sports Partnership, team Beds & Luton have been funded by Sport England to create more sustainable opportunities for disabled people to take part in sport in Bedfordshire. For More information about the No Limits projects contact Alison Wright Alison@ teambedsandluton.co.uk or telephone 01582 813762.

Phab Frendz

Offer a fortnightly Saturday club for young people aged 11+ with profound and special needs including health and those with moving and handling needs. A nurse is on site to attend to any medical needs. Siblings are included. Activities include sensory play, switch adapted play equipment, soft play, music sessions and outdoor play on wheelchair accessible swings and roundabouts. Family outings are offered throughout the year.

For more information email: phab.frendz@yahoo.co.uk or telephone Noreen 01582 450852.

SNOOSC – Special Needs out of School Club

SNOOSC supports children and young people with complex disabilities aged 9-20, and is based at the Chiltern School in Houghton Regis. After School Clubs run every Monday, Wednesday and Friday during term time. A Saturday Club is held fortnightly during term time.

For more information please contact SNOOSC. Tel. 01582 868244, Email snoosc1@gmail.com

TOKKO Youth Space

The disability project is a weekly project for young people between 13 and 24 years old with mild to moderate disabilities. Young members will have the opportunity to use the centre facilities like the indoor climbing wall, kitchen and games room. The centre also has a dance studio and ICT media room. The project aims to provide new opportunities for young people with disabilities to engage in activities with young volunteers. The project also provides volunteering opportunities for mainstream young people who act as buddies and provide 1-2-1 support. Over the half term and school holidays we plan to take young people out on trips. These range from theme parks to museums to musical shows. There is a minimal cost for trips. The project is supervised by experience qualified youth workers.

For more information contact: http://tokko.co.uk/ or Tel: 01582 544990 and ask for Nikki Bennett.

Wanted Fun

Wanted Fun is a youth group run by Autism Bedfordshire which aims to develop communication skills and social opportunities for young people aged 10-17 years with Asperger Syndrome or high functioning Autism. Sessions run fortnightly during term time and offer a range of activities focused around individual interests. The group also regularly arrange outings within the local community such as the cinema or bowling alley helping to build confidence in new environments. For more information visit: www.autismbeds.org, email: enquiries@autismbeds.org or telephone: 01234 350704.
Holiday activities

Access Disability Project (ADP)
Provides playschemes for disabled young people aged 8 – 18 within the South Asian community. Offer a variety of activities, guidance and support. Transport provided. For more information visit: www.cycd.org.uk or telephone 01582 519500.

Autism Bedfordshire summer schemes
Autism Bedfordshire provide a range of play schemes for children and young people with Autistic Spectrum Conditions aged 3-17 years. Schemes are split into appropriate age groups and abilities, offering one to one support where needed. All schemes include a number of daily trips accessing local community activities and venues. For more information visit www.autismbeds.org email enquiries@autismbeds.org or telephone 01234 350704.

Families United Network
Provide playschemes for disabled young people up to age 18 to 25. Whole family and siblings included. Offer a variety of activities and day trips. For more information visit: www.familiesunitednetwork.org.uk or telephone: 01582 470999.

Friends of Bright Eyes
Provide playschemes for disabled young people aged 8–18. Siblings included. Offer a variety of activities and day trips for which the whole family can be included. For more information visit: www.fobe.org.uk, email: info@fobe.org.uk or telephone: 01582 966065.

Neet Teens Luton Phab
Offer five-day residential break in the summer holidays for disabled young people aged 11+ at an outdoor activity centre in the New Forest. Support workers and transport provided. For more information telephone Judith 01582 725931.

Phab Frendz
Provide playscheme for disabled young people aged 11+ with profound and complex needs including health and medical needs. Siblings included. Nurse on site. For more information email: phab.frendz@yahoo.co.uk or telephone: Noreen 01582 450852.

Rainbows Special Needs Playscheme
Provides a playscheme for children with profound and complex needs including medical. Nurse on site and transport provided. Variety of activities offered. Please note the scheme is only open to pupils attending Lady Zia Wernher School.

SNOOSC – Special Needs Out of School Club
SNOOSC supports children and young people with complex disabilities aged 9-20, and is based at the Chiltern School in Houghton Regis. Specialist play clubs are held during the school holidays. For more information please contact SNOOSC. Tel. 01582 868244, Email snoosc1@gmail.com
Support Services

British sign language classes for parents

Icknield High School Hearing Impaired Unit provides British sign language (BSL) classes to parents of deaf children in single gender groups. Classes are supported by interpreters and the key aims are to encourage communication within families of deaf children, promote inclusion and understanding of deaf issues and to teach, enable and promote BSL to parents of deaf children particularly from the Asian community. Contact Pat at Icknield High School Hearing Impaired Unit on 01582 576561.

Child bereavement service

CHUMS Child Bereavement Service offers support in a variety of ways to children, young people and their families across Luton including telephone support for parents and professionals, group work and ongoing support for both children and parents/carers. Children can gain a great deal from meeting others of their own age who have had similar experiences; CHUMS child bereavement service provides children and young people the opportunity to understand events, express their own feelings and learn to adjust to their loss. For more information please contact Chums 01525 863924, email: info@chums.uk.com or visit www.chums.uk.com.

Family Information Service

Luton Family Information Service (FIS) provides information, advice and guidance on a variety of services, helplines and websites that are useful to parents, carers and young people, and professionals who work with them. For more information telephone 01582 548888 or email: fis@luton.gov.uk.

Luton Parent Carer Forum (CIC)

The Luton Parent Carer Forum Community Interest Company (CIC) is an organisation, supported by Contact a Family which helps facilitate the voice of local parents/carers of children and young people aged 0-25 years with special educational needs and/or disabilities. The Luton forum is part of the 11 Eastern Regional Parent Carer Forums (ERPCF). We aim to empower families to have a voice in shaping local services for the future of their SEND children and young people by supporting parent carers to gain increased confidence when meeting with professionals. We also support workforce development across key stakeholders such as education, health and social care professionals, helping to evaluate the services used. If you have a child or young person with SEND (with or without a statement or EHC Plan), aged 0-25 years, and you live in Luton, then why not join us? Membership is free.

For more information contact us on 07985 470 156 or visit www.lutonforum.org.uk

Luton Young Person’s Forum

Luton Borough Council is in the process of setting up a young person’s forum to develop the involvement of children and young people with Special Educational Needs and Disabilities (SEND) in our strategic decisions. The Forum will enable young people to participate in strategic planning and help Luton Borough Council listen to the views and experiences of young people with SEND. The forum is in the first stages of development and is initially for young people aged 11 years + although we will be looking to see how to involve younger children in the near future.

Find us on Twitter @studentvoiceLBC or email us studentvoice@luton.gov.uk for more information.

Mentoring service for parents

Support for parents by parents of disabled children including practical and emotional support, information and signposting to services. Mentors are available term time only on Mondays 10am–12pm at Redgrave Children and Young People’s Centre, Redgrave Gardens, Marsh Farm, Luton.

Neonatal Service

The Stillbirth and Neonatal Service offers support in a variety of ways to families where a baby has died. This includes telephone, individual and couples support as well as support for bereaved siblings as well as ongoing monthly group support, an annual memory day and the Snowdrop Remembrance Service.

For more information please contact CHUMS 01525 863924, email: info@chums.uk.com or visit: www.chums.uk.com.

Recreational Therapeutic Services:

The Recreational Therapeutic Service offers support to young people aged 9-18 who have been unable to engage with traditional therapies and/or are finding it hard to engage in education. Modules of support include football, music and creative arts and each module aims to develop team working skills, leadership, independent thinking whilst building self worth and confidence.

For more information please contact CHUMS 01525 863924, email: info@chums.uk.com or visit: www.chums.uk.com.
Trauma Service

The Trauma Service was developed to offer additional specialist support to children and young people bereaved by murder, suicide or other sudden death and/or where there are signs and symptoms of Post Traumatic Stress Disorder (PTSD). The aim of support is to reduce distress and increase functioning in the children and young people referred. The service is also able to support other child based trauma in the borough of Luton only, including sexual abuse, witness to domestic violence or witness to another traumatic event. Referrals for non bereavement trauma in Luton can be made directly via our Trauma Service. For more information please contact Chums 01525 863924, email: info@chums.uk.com or visit: www.chums.uk.com.

Young Carers Services

Chums Young Carers Service offer a support network for young carers across Luton which includes:

- support with issues you may find challenging at school, at home or with relationships
- group activities with other young carers
- a chance to meet others in similar circumstances with opportunities to share your thoughts and experiences
- individual mentoring where appropriate
- activities and days out for young carers
- family fun days
- opportunities to learn more about illnesses and conditions
- group sessions in some Luton schools.

CHUMS can arrange to visit you at home or school to discuss and agree a plan to support you, this will involve completing a young carers assessment to identify your needs.

For more information and a programme of activities please contact CHUMS Young Carers on 01525 86 39 24 Facebook on ‘Chums Ycms’ www.chums.uk.com/young-carers

Active Luton Young Carers Activities

Active Luton provides dedicated activity sessions for young carers at a range of venues and times across Luton. The Young Carers Card will allow you to take part in lots of different sports activities and enjoy a little time to yourself or with friends and enables you to take part in 10 activities for £1 each time (card price £10 in total). When your card is finished you can apply for another one (max 3 in total).

To find out more text jugglingballs to 07434 362718 with your name and age and one of the team will call you back, email: healthandwellbeing@activeluton.co.uk or telephone: 01582 400272.

Details of the different activities available, where and when they take place can be found under the ‘Caring for Carers’ section of the Active Luton website and this includes swimming, Profiles gym, badminton and golf.
The Disability Register

What is the Disability Register?

- The Children Act 1989 requires all local authorities to keep a register of children with disabilities to help with planning and monitoring services.
- The aim of the disability register is to help plan quality services for disabled children that are based on good factual information.
- For the purposes of the register a child/young person is defined as disabled if he/she is aged 0-18 and cannot do the everyday things that his/her peers can do.
- The information will be kept confidentially on separate secure system.
- No information on individuals will be available.

What is the register used for?

- The information will be used for research and to assist the planning of resources in health, education and social services.
- The information will tell us whether or not we are providing the best and most useful services for every child in the town.
- Help us to identify gaps in services and make improvements in the future.
- We will use mailing lists that the register provides us with to consult with parent and carers about new developments and proposed changes.

What benefit does registering give my child/family?

By registering for a card, you will:

- receive discounts and concessions in local and national venues
- be informed of new developments and consultations
- receive the Parent Partnership newsletter three times a year giving useful national and local information.

For more information contact Family Information Service: 01582 548888 or fis@luton.gov.uk or visit: http://www.luton.gov.uk/Education_and_learning/Special_educational_needs/Pages/Register%20of%20children%20with%20disabilities.aspx

Go to www.luton.gov.uk and search disability register.

We proposal to review the register every two years to keep it up to date. Under the Data Protection Act you can make a request in writing if you wish to see the information held about your child.
By signing the charter Luton Borough Council has demonstrated its commitment to improving health outcomes for disabled children, young people and their families.

Local authorities are required to provide and publish annual reports to their local Health and Wellbeing Boards with an update on progress on implementing the seven key commitments within the Disabled Children’s Charter, Luton’s report can be found at www.cypp.luton.gov.uk
Appendix 1 – Referral pathway

Care pathway for short breaks services

Level of need: A B or C (high level)  Level of need: D or E (low level)

Referral received from parent, family member or professional to Luton Borough Council Children’s Services via Rapid Intervention and Assessment Team

Referral to Early Help Hub

Single assessment undertaken

Meets criteria for short break/direct payment: Children in Need Plan completed

Doesn’t meet criteria

Signpost to universal services

Resource panel approval

Direct payment or short breaks identified and offered based on assessment of need

Provision of service

Six monthly:
Review of care plan, monitoring of outcomes, and increase or decrease in short break provision

Meets criteria for short breaks – referral sent to Rapid Intervention and Assessment Team
### Appendix 2 - Eligibility Criteria

#### Needs Band

<table>
<thead>
<tr>
<th>Needs Band</th>
<th>Description</th>
<th>Examples</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>Disabled child care needs and social or emotional development</td>
<td>Services required to prevent immediate risk of substancial impairment of their form of attachment in the family.</td>
<td>Child leading life as normally as possible or with additional care needs, some guidance on services available maybe required.</td>
</tr>
<tr>
<td>B</td>
<td>Child has substantial needs and requires significant and specialist multi agency support to prevent immediate risk of significant harm or substantial impairment of their form of attachment in the family.</td>
<td>Child has challenging behaviour requiring support for all children.</td>
<td>Child with complex needs requiring frequent hospital attendance requiring medication turning or intubation.</td>
</tr>
<tr>
<td>C</td>
<td>Child has substantial needs and requires significant and specialist multi agency services to provide substantial support to prevent immediate risk of substantial impairment or long term impairment of their form of attachment in the family.</td>
<td>Child has substantial needs requiring significant and specialist services to prevent immediate risk of substantial harm or substantial impairment of their form of attachment in the family.</td>
<td>Child has complex needs requiring frequent hospital attendance requiring medication turning or intubation.</td>
</tr>
<tr>
<td>D</td>
<td>Child has substantial needs and requires significant and specialist multi agency services to provide adequate support to ensure children and their families respond to their needs and provide adequate support to their carers.</td>
<td>Child has substantial needs requiring significant and specialist services to prevent immediate risk of substantial harm or substantial impairment of their form of attachment in the family.</td>
<td>Child has complex needs requiring frequent hospital attendance requiring medication turning or intubation.</td>
</tr>
<tr>
<td>E</td>
<td>Child has substantial needs and requires significant and specialist multi agency services to provide adequate support to ensure children and their families respond to their needs and provide adequate support to their carers.</td>
<td>Child has substantial needs requiring significant and specialist services to prevent immediate risk of substantial harm or substantial impairment of their form of attachment in the family.</td>
<td>Child has complex needs requiring frequent hospital attendance requiring medication turning or intubation.</td>
</tr>
</tbody>
</table>

#### Accessible Service Examples

- Child with complex medical needs requiring frequent attention at night for medication, turning or intubation.
- Child requiring physical restraint, behaviour injures self or others, requires intensive supervision.
- Child has physical impairment requiring help with dressing.
- Child has physical impairment requiring help with mobility.
- Child has physical impairment requiring help with eating.
- Child requires regular physical restraint, behaviour injures self or others, requires intensive supervision.
- Child has physical impairment requiring help with dressing.
- Child has physical impairment requiring help with mobility.
- Child has physical impairment requiring help with eating.
Contacts:
Join us on Luton Parent Carer Forum
Luton Parent Carer Forum
www.lutonforum.org.uk
Family Directory
http://directory.luton.gov.uk
Family Information Service
01582 54 88 88
Rapid Intervention and Assessment team
01582 54 60 00