Give Us a Break
Providing activities for families of disabled children and young people.
What is Give Us A Break?

- Give Us A Break is a group established to provide activities for children and young people with severe and complex disabilities, especially out of term time.
- Give Us A Break started as a local voluntary group established in 2014 who moved forward to become a registered charity in 2016.
- Give Us A Break is run by parents and carers of severe and complex needs children. We arrange activities at a reduced rate for families of severe and complex disabled children and young people.

Popular activities

We try to run as many activities as possible outside of term time. These may include:

- Swimming
- Sensory Rooms and Centres
- Trips to theme parks, zoos
- Local Wolverhampton activities such as music sessions, animal encounters, cooking etc.

We always try and include the views of parents/carers who access the service and welcome any ideas of appropriate activities for the service users.

Frequently Asked Questions

Q. What’s the criteria to join Give Us A Break?
A. Give Us A Break don’t have any strict criteria. Our aim is to provide activities, support and a break for disabled people and their families who cannot access any other service or activities in the borough. This is usually children and young people with complex and severe disabilities.

Q. How old do you have to be to access Give Us A Break?
A. Our activities are accessible to disabled people between 5-25 years old.

Q. Can I leave my child at the activities?
A. Unfortunately we do not provide staff to look after children and young people at the activities. Parents/carer’s must stay at the activity and are responsible for their children/young people at all times.

Q. Can other family members come along too?
A. Yes we welcome siblings and other family members to join us so they can enjoy the experience too as a whole family.

Q. How much does it cost to join Give Us A Break?
A. We do not charge for joining Give Us A Break. Anyone can view the activity program via facebook or the webpage. Bookings can be made via the webpage or email.