

Contact us for more information!

If you have a child with a disability or complex health need and would like them to take part in a short break activity contact Worcestershire's Family Information Service. Our specialist team will provide you with information and advice on the different types of short breaks services for children and young people in Worcestershire. You will be advised on whether you should:

1. Choose from a variety of short breaks activities and services that you can arrange yourself or;
2. Be signposted to the Access Centre where a Social Care assessment will be arranged to decide whether your child qualifies to access specialist short breaks services

You can contact Worcestershire Family Information Service in the following ways:

By telephone:

01905 822666 (Monday to Friday, 9am to 5pm. Answer machine at all other times)

By post:

**Worcestershire Family Information Service, Wildwood, Wildwood Drive,
Worcester, WR5 2NP**

By email:

familyinfo@worcestershire.gov.uk

Online:

www.worcestershire.gov.uk/familyinfo



Short Breaks

for children and young people with disabilities living in Worcestershire



This information helps to explain what a short break activity or service is and how your child can take part.

What is a short break?

A short break is a positive activity or service that helps to develop your child's social and emotional development by giving them opportunities to take part in and enjoy new experiences.

Short breaks can give you the chance to take a break from caring responsibilities from time to time. They also help other children in the family feel positive about their brother or sister making new friends in a safe and fun environment.

Short breaks for children and young people with disabilities are paid fully or partly by the carer.

Short breaks on offer in Worcestershire

Short break activities you can arrange yourself

There are a variety of activities and services that you can arrange for your child to take part in and these could include:

- Age appropriate activities provided by voluntary and community groups and leisure centres
- Weekend and evening clubs and activities
- Parent led groups
- Fun days out
- Children's centre activities
- Childcare and holiday scheme provision
- Youth services and groups
- Volunteering schemes
- Community and voluntary groups and activities for children with additional needs
- One to one support (home based health care services, outreach and family support)

How do I arrange a short break activity myself?

Many families will not need extra help to arrange a short break activity for a child or young person. You can contact Worcestershire's Family Information Service for details on the wide range of activities and services available including how you can get in touch with them.

What if I need extra support to arrange a short break?

Some families do experience difficulty arranging activities for their child so we have made sure extra support is available. You can contact our specialist team at Worcestershire's Family Information Service who can offer further assistance to help you find a suitable activity for your child. This service is available to anyone experiencing difficulty and in need of extra help.

Specialist short break activities and services

Specialist short breaks services provide support for those families with children and young people who require the highest levels of support.

Specialist short breaks services include:

- Specialist play-schemes
- Specialist support workers
- Residential and home based overnight and weekend care
- Youth groups with specialist support
- Direct payments.

Can my child take part in a specialist short break activity or service?

Your child may require specialist activities and services to help them take a short break. These activities and services aim to reduce the highest levels of stress within families and provide support to those children and young people in the greatest need.

Your family would be assessed by the Short Breaks Panel to establish whether it would be appropriate to offer your child a specialist short break service.

To be eligible for a specialist short break service you will need to be:

- Resident in Worcestershire
- Have a child or young person who:
 - Has been assessed as having a disability that has a substantial and long-term adverse effect on their ability to carry out normal day-to-day-activities
 - Have or be awaiting a formal paediatrician diagnosis of a significant health condition

