

NORTH LINCOLNSHIRE COUNCIL'S SHORT BREAKS INFORMATION STATEMENT 2021 TO 2022

SAFE WELL PROSPEROUS CONNECTED



1. Introduction and background

This statement is for parents/carers living within North Lincolnshire who have a disabled child aged 0 - 18 years.

“The breaks for Carers of Disabled Children Regulations 2011” placed a statutory duty on councils to prepare and publish a statement to inform parents/carers of the types of short break services available. It should include how you can apply for these services.

Our original statement was published in October 2011 and has been updated every year in consultation with local parents/carers of disabled children, providers of short break services and other partners.

We work closely with The North Lincolnshire Parents Forum (PIP) to develop short breaks and their continued input has informed this statement. We have also developed a “Short Breaks Steering Group” which is a group of parents/carers and professionals who meet on a 6 to 8 week basis to look at the short breaks available within North Lincolnshire. Any changes to short breaks are agreed by the steering group and it is one of the ways we make sure parents/carers and, young people are actively involved in making sure the short breaks available meet the needs of our young people. If you would like to have a say on how the Short Breaks Service develops then please give us a call on 01724 407988.



2. What are short breaks?

A short break is a break arranged by the council for parents/carers of disabled young people to help them have a break from the additional caring role they experience. It is also an opportunity for a disabled young person to take part in meaningful and fun activities.

Short breaks can take a variety of forms, including day, evening, overnight and weekend activities.

Short breaks can take place in the child's own home, in a community setting, the home of an approved carer, or in a residential setting.

Short breaks should help contribute to the young person's inclusion within their own community and their personal development.

3. Our Local Offer Short Breaks within North Lincolnshire:

All children and young people over the age of 5* who have a disability and live in North Lincolnshire are entitled to access our local offer of Short Breaks, this is our Group based activity programme. The programme contains a number of activities within the community which young people take part in as a group, these take place on an evening, weekend and during school holidays.

In order to access this just contact us on 01724 407988 and we will send you a simple registration form which you need to complete and return to us at Church Square House, Scunthorpe DN15 6NL or email it to us at ISDC@northlincs.gov.uk.

**If you are a parent/carer of a disabled child under the age of 5 and feel you require short breaks please call us and we can discuss your possible needs.*

An example of some of the activities are Rebound Therapy, Art and Crafts, fun swim sessions, sports activities and life skills such as shopping and cooking. Here is some feedback from those children/young people and parent/Carers who make use of the Group Activities:

- *When.....was asked if she enjoys her short breaks, she said “She doesn’t like them... she loves them!” said “She loved the virtual short breaks quiz and wishes we could do more sessions outside even when COVID isn’t a thing”.*
- *..... Mother said “The short breaks for..... was very good and she is pleased with the service. The family really like the staff.*
- *“Right here goes...Over the last few months, the Short Breaks team have been outstanding phoning regularly to check how we are all doing and especially the boys who attend. Sadly, COVID struck and put so many of the youngsters who use the service into chaos not doing the weekly things they love with such a fantastic team. As the weeks went on yet again the team worked tirelessly trying to keep us all entertained and you have managed to do just that from the team quizzes to your inspirational videos on the socials maybe just maybe the norm can slowly start and return one day but for now, what the team has accomplished so far is just above all expectation with how they care for the youngsters and the parents/carers too from this family here and all the short breaks team and those behind the scenes we thank you and wish you all the best and thank you all for what you do”*

For Short Breaks over and above our Local Offer of Group based activities:

We know that there may be some children/young people who cannot access group activities independently or their needs mean group activities are not appropriate for them. When this is the case an assessment of need will be required, this could be an Early Help Assessment, which can be completed by any professional who knows your family well or a Children’s Service Assessment which will be completed by a Specialist Disability Social Worker. This process will identify any unmet needs and help to put a package of support together for you as a family which may include short breaks.

If you feel this is something your family would benefit from please speak to a professional who knows you well i.e. your child’s school, or contact us on 01724 296500 and explain you feel you require a Children’s Services Assessment due to being the parent/carer of a disabled young person.

The assessment may show that your child/young person requires a one to one worker to support them at the group activities, this could be for a short period of time, for example to build their confidence or it could be a permanent need.

Where it is not possible for your child/young person to access the groups at all because of more complex needs then a more Individualised Support package will be identified. Once this need has been identified through an assessment then either a Short Breaks Officer or the assessing Social Worker will be in contact with you to discuss the various ways in which a short break could be delivered.

Examples of how your short break maybe delivered following assessment:

Individualised Short Break:

An Individualised Short Break can offer a worker to support your child/young person to access an activity in the community, to do something in the home or to attend our group based activities. We will either identify a worker for you, or you may wish to employ someone yourself through a Direct Payment.

Direct Payment:

A Direct Payment is a way of enabling you to purchase a service following assessment of need. For example, your child/young person may have been assessed as needing a support worker to engage with them and take them to a community activity of their choosing. You may choose to employ someone yourself, if this is a choice you make you will receive help and guidance from a Direct Payment Support service. There are some circumstances where we cannot provide a Direct Payment to you, for example if you have been made bankrupt or managing a Direct Payment service would increase the stress upon you as a family. All of the above will be discussed with you during the assessment.

Overnight Short Breaks:

Following a Children's Service Assessment, it might be identified that that there is a need for overnight short breaks. These could be delivered through a Butterfly Carer which is a short break Foster Carer, or it could be delivered at

our Cygnets Short Breaks Home. Where overnight services are provided you will be allocated a Specialist Disability Social Worker to support you with enabling your child/young person to be away from the family home and to review the provision regularly to ensure it continues to meet your family's needs.

Homecare Support:

Following a Children's Service Assessment, it might be identified that some more practical support is required. This might be to support you where it is identified that lifting and handling your young person is only safe with 2 people, and there is only one parent/carer available, either on a permanent basis, or where a parent/carer has become significantly unwell and unable to continue in their caring role. This service might be provided in an emergency situation and for a short period of time or it could be that your child/young person requires ongoing support.

Complex Needs Playscheme:

This is a playscheme, similar to a holiday club for children with complex disabilities or health needs which is currently held within the Easter Holidays and the summer holidays. Children/young people are nominated by the Specialist Schools in North Lincolnshire, the Specialist Nursing Team or their Specialist Disability Social Worker. The Complex Needs Playscheme is for those children/young people who have significant and complex health care needs, which mean they are unable to access community based activities. The criteria for the playscheme is as follows:

- Children/young people are registered for Short Breaks in North Lincolnshire.
- Children/young people attend one of the Specialist Schools in North Lincolnshire, St. Luke's or St. Hugh's.
- Children/young people are unable to access any community based activities due to the complexity of need.
- The family are suffering from significant carer stress due to the demands of their caring role.

For all enquires relating to Short Break Services please contact us on (01724) 407988, we will be happy to discuss the needs of your child/young person to ensure the break you receive is meaningful and continues to support you in your caring role.

“You Said, We Did”: Examples of how we have changed practice following your input.

You said: “It’s not easy for our children/young people to understand changes to the group activity programme”.

We did: We write to all parent/carers when sending out our programme and inform on any changes we have had to make, explaining why so that you can discuss with your child/young person in more detail.

You said: “It would be nice for the Short Breaks Information Statement to include pictures of North Lincolnshire children/young people enjoying their short breaks rather than more generic pictures”

We did: We have included pictures this time to show some of our children/young people having fun at their Short Breaks. Parent/Carers have given permission for these to be published.

You said: “It would be better to have a more appropriate age mix of children/young people, rather than 5 year olds mixing with 16 year olds”.

We did: We looked at the age ranges and put together a more suitable mix of children/young people so that we had a younger age group and an older age group.

Moving Forward for Short Breaks:

This year has been particularly challenging for everyone but here within Short Breaks we will endeavour to work within the Government Guidelines and move forward with our plans to build on our Short Breaks Service. As already mentioned, we have our Steering Group and through that we will look to develop plans to improve on our service provision.

One of our aims is to bring our Individualised Short Breaks in-house so that when assessed as requiring this service you will have access to a staff team who are fully qualified, trained and supported through North Lincolnshire Council to provide your child/young person with a quality service. We have already started this through our recruitment process, and we are hoping to build on our staff team this year.

We are also looking to improve on our group based activities and we welcome feedback at any point as to what you feel your child/young person would like to achieve through their attendance.



Short breaks process:

