Short Breaks

North Lincolnshire Council

SHORT BREAKS INFORMATION STATEMENT 2026-27
FOR CHILDREN AND YOUNG PEOPLE

This statement is to tell you all about Short Breaks and what they mean for you and your family.

In 2011 the government made a law that said your mum and dad, or person who cares for you should have a short break.

This is so that you can have some time with your friends and to meet other new people. This law is called "The Breaks for Carers of Disabled Children Regulations 2011".

We want you to have as much fun during these breaks as you can and this will then help your mum and dad/ person who cares for you to have a break too so that they can continue to care for you in the best way.

Short breaks can take place on an evening, at a weekend and during school holidays.

There might be activities near to where you live that you might be interested in going to.

If you need a bit more help then we might be able to provide a person to help you go to these activities.

There are different types of short breaks, we will talk to you about what you might like to do. We will then talk to your mum and dad or person who cares for you so that we know all about you and can offer you the best short break.

There may be times when your mum and dad or the person who cares for you needs to get a good night's sleep. We may be able to provide some overnight short breaks for you so that they can do that.

During your short break we want to make sure that you and your family feel happy and safe.

During your short break we want to make sure that you and your family have lots of opportunities and choice.

During your short break we want to make sure that we can meet all your needs

To make sure we are doing everything we can so you have fun on your short break we will:

- Ask you about what you enjoy doing
- Ask you what we could do better
- Hold events for you to attend where you can speak to us directly to help us make sure short breaks are amazing

So how do you ask for a short break?

The first thing to do is to register with us by completing a very short and simple form on our Local Offer Page using the following: https://localoffer.northlincs.gov.uk/short-breaks/

Your mum or dad or person who cares for you can call us on (01724) 407988 if they need any help with the form.

If you are under 16 your mum or dad or person who cares for you can fill the form with you, or on your behalf.

If you are over 16 you can choose to fill in a registration form yourself.

Once you have sent the form back to us we will contact you/ your parent or person who cares for you to talk about which short break would be best for you.

Over time we will keep talking to you to find out if your short breaks are still the best they can be.