

NORTH LINCOLNSHIRE COUNCIL'S SHORT BREAKS  
INFORMATION STATEMENT 2023 TO 2024

# Short Breaks

— North —  
Lincolnshire  
Council



## 1. Introduction and Background

The Short Breaks Statement sets out how we support short breaks for disabled children and young people aged up to 18 who live in North Lincolnshire.

The Short Breaks Statement has been developed to meet the requirements of “The Breaks for Carers of Disabled Children Regulations 2011”, and includes information about:

1. The range of short breaks we provide
2. Who short breaks are for and how needs are identified
3. How short breaks are designed to meet the needs of families with disabled children in North Lincolnshire.

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 Parent involvement and Participation group (PIP) to develop short breaks and their continued input has informed this statement.

We have re designed our “Short Breaks Steering Group” following consultation with parents/ carers. On a quarterly basis we will consult with parents/ carers via written correspondence and during our stay and play sessions. Proposed changes and developments in relation to short breaks are agreed through consulting with parents, carers and young people. This ensures they are actively involved in designing our short breaks to meet the needs of our young people. If you would like to have a say on how Short Breaks develops then please get in contact with us using the below details:

Short Breaks and Support Service	
Postal address	Short Breaks and Support Service Children’s Disability Children and Families Church Square House 30-40 High Street Scunthorpe North Lincolnshire DN15 6NL
Telephone 📞	01724 407988
Email	ISDC@northlincs.gov.uk



## 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 the young person to take part in meaningful and fun activities.

Short breaks can be provided during the day, evening, overnight and on weekends. 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 of 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.

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

An example of some of the activities we provide are trips out in the local community, art and crafts, sports activities and life skills such as shopping and cooking.

We also provide a Stay and Play session on the first Wednesday of every month. The venue alternates between Pink Pig Farm and Little Bugs Playhouse at Brigg Garden Centre. Parents can come and socialise whilst their children play and have fun. Stay and Play is open to all aged 0-18 with a disability.

Here is some feedback from children/young people and parent/carers who access short breaks:

- “Stay and Play at Brigg Garden Centre was great. The session was well staffed, my child really enjoyed herself and asked to go again the following morning. I will be booking us onto further sessions”.
- “I like everything you do here you don't even need to ask”.
- “I enjoyed the kick rounders and the dodgeball”.
- “I enjoyed playing with the kitchens and Lego I also liked making lanterns”.
- “I have enjoyed the trips especially the pantomime trip. I am going to miss the staff so much they are all funny and crazy” (Feedback following a young person turning 18 and no longer attending groups)

If you (or your child) would like to access Short Breaks, contact us by telephone,

post or email and we will send you a registration form which you need to complete and return to us.



#### 4. Short Breaks over and above our Local Offer (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 suitable 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 Social Worker. This 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 telephone our Single Point of Contact 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 identify 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 an ongoing need.

Where it is not possible for your child/young person to access group-based sessions because of more complex needs then an individualised support package will be identified. Either a Short Breaks Officer or Social Worker will be in contact with you to discuss the various ways in which a short break could be delivered.



## 5. Examples of how your short break may be delivered following an assessment.

### ***Individualised Short Break:***

A Short Break Support Officer would be identified to support your child/young person to access an activity in the community or to do something within your home.

### ***Direct Payment:***

A Direct Payment is a way of enabling you to purchase a package of support. 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 may be identified that there is a need for overnight short breaks. These could be delivered through a Short Breaks + foster carer, or it could be provided at our Cygnets Short Breaks Home. Where overnight short breaks are provided you will be allocated a Specialist Social Worker to support you with enabling your child/young person to be away from the family home and to review the support regularly to ensure it continues to meet your family's needs.

### ***Homecare Support:***

It may be identified that more practical support is required. This might be to support you where it is identified that lifting and handling your child/ young person is only safe with two people, and there is only one parent/carer available or where a parent/carer has become significantly unwell and is unable to continue in their caring role. This support 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 during the Easter and Summer holidays. Children/young people are nominated by the Specialist Schools in North Lincolnshire, the Specialist Nursing Team or their Social Worker. 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 either St. Luke's or St. Hugh's.

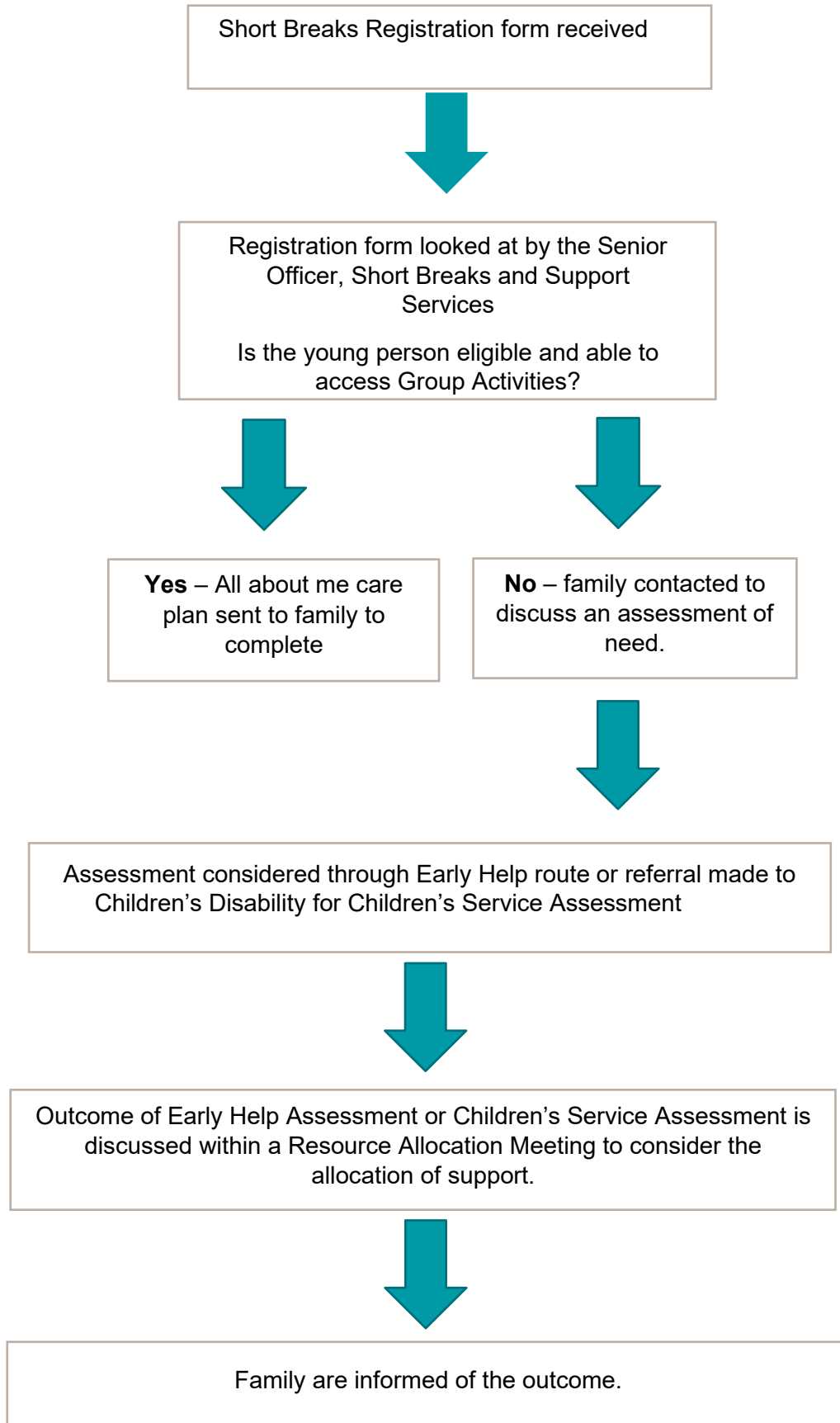
- Children/young people are unable to access any community-based activities due to the complexity of need.
- The family are suffering from significant carer stress due to the demands of their caring role.

Here is some feedback from parents/ carers who have accessed support through short breaks:

- “My daughter’s short break support officers know the signs when she is becoming unwell and help her in every way. When they take her out on activities it makes her really happy. I have nothing but praise for short breaks, without the workers support my daughter wouldn’t be as confident as she is now. My daughter was in a bad place emotionally after her stroke and the workers give help make her life worth while. Thank you from the bottom of our hearts for the excellent care she receives”. (Feedback from a mother of a young person who receives an individualised in house short break).
- “Absolutely gutted the support from short breaks is ending, it has been like an extension of family, they have been fabulous. The support has been flexible around my son and families needs, direct payments have been excellent. Short breaks have given me a rest from my caring role, we cannot thank short breaks enough for what they have done for us”. (Feedback gained upon a young person transitioning to adulthood).

For all enquires relating to Short Breaks please contact us and we will be happy to discuss the needs of your child/young person to ensure the break you receive is meaningful and supports you in your caring role.

6. Short breaks process



## 7. “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. If you feel your child requires a more individualised response please let us know.

**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.

**You said:** “Consulting with us on changes to short breaks could be done either virtually or in person on an evening”

**We did:** We looked at our current consultation process via a steering group and have decided to provide an option to respond either via email, post or during our stay and play sessions which are held on an evening.

**You said:** “We would like more group based sessions to take place within the rural localities”

**We did:** We now deliver group based short breaks within Crowle, Brigg, Winterton and Barton localities.

## 8. Moving Forward for Short Breaks:

We are 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. We are working closely with partner agencies in North Lincolnshire such as Fuelled, The Baths Hall and other council groups to widen the opportunity for our children / young people to take part in a fun and meaningful activities.



Building works for North Lincolnshire Council's complex care campus have been taking place, with the building due for completion towards the end of 2023. This is a very exciting project for both children's disability and our wider community, and we are looking forward to being able to enhance our short break offer.

We recognise that the progress and development of many children will not always be linear or simple. We want our new home to provide the flexibility required so that we can respond appropriately and offer support to meet the changing needs of children and their families. To provide this flexibility, the home will consist of four distinct areas, which can be used in a creative way to help us to achieve better outcomes for our children and young people.

Subject to an application for registration with Ofsted, the campus will provide:

- A six bedded short break children's home
- A three bedded residential children's home
- A three bedded preparation for adulthood support unit
- A flexible family hub that may also be utilised as a palliative care unit to support children and young people who may require end of life care.