



London Borough
of Hounslow

The Short Breaks Statement

January 2017



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Who is responsible?

The lead officer responsible for preparing and reviewing the Short Breaks Statement is the Team Manager for the 0-25 Disability Team.

What is the Short Breaks statement?

Hounslow's Short Breaks statement sets out the range of services available for disabled children and their families, eligibility criteria and how these services can be accessed. The Hounslow short breaks statement is a document developed for parents and carers of disabled children and young people (0- up to 18) living in the borough of Hounslow.

Local authorities are provided by law to produce and publish a statement of short breaks services for disabled children and young people and their families under the Children's Act 1989 and the Breaks for Carers of Disabled Children Regulations 2011. The Equality Act 2010 states:

"A person has a disability if they have a physical or mental impairment and the impairment has a substantial and long-term adverse effect on their ability to perform normal day to day activities."

In Hounslow, services for children and young people with a disability are being developed within the context of the Children Act 1989 (2004), the Equality Act 2010, Carers Equal Opportunities Act 2004, the Carers and Disabled Children Act (2000) and the Children and Families Act 2014.

The Children and Families Act 2014 set out a series of policy changes, including changes to the way in which children and young people with special educational needs and disabilities (SEND) are supported. These changes are called the SEND reforms and include:

- Publication of the Council's Local Offer which sets out the support and services that the authority expects to be available for all children and young people with SEND.
- Development of an education, health and care assessment process and plan to cover children and young people aged 0 to 25, which replaces statements of SEN for school-aged children and learning disability assessments for young people in sixth forms and colleges from 1 September 2014
- Availability of personal budgets to families of a child with an education, health and care plan or a young person with an EHC plan.

What is a short break?

A short break was described by Together for Disabled Children (TDC) as “additional services required to support disabled children and their families; in other words, short breaks are services over and above the universal services expected and available to all families”.

- A short break can be for just a few hours to overnight care or longer, e.g. a holiday, and could be within a variety of settings, including the child's home.
- Short breaks are designed to engage disabled children and young people in either one to one or group activities, which will be enjoyable, reduce social isolation and contribute to personal and social

development and are usually undertaken away from their primary carer.

- A short break can be a range of activities; including sports, music sessions, going to the cinema, youth club, after school clubs, play schemes and/or residential care.
- Whilst all children should be able to access youth clubs, extended schools activities, community and leisure facilities – however, if additional support is required (e.g. the child requires support through a sessional worker service) – this may then constitute a short break.

Within Hounslow the short breaks on offer provide

both specialist and access to mainstream activities for disabled children and young people up to the age of 18 years. Through the Hounslow Parent Carers Forum and continued consultation with parents/carers and disabled children and young people it has been acknowledged that some families want short breaks which are open to the whole family, including siblings and/or activities at times or within settings which are exclusively for disabled children and their families/carers.

Short breaks are not childcare, e.g. care when a parent/carers is working and requires care for their child.

Carers

The Breaks for Carers of Disabled Children Regulations 2011 came into force on 1 April 2011. In order to meet the requirements of the regulations, local authorities must have regards for the needs of the carers in their capacity to care for, or continue to care, for their disabled child and must provide a range of short breaks suitable to their need.

If a person has parental responsibility for a disabled child, their needs as a carer will

be assessed as part of a family needs assessment under the Children Act 1989. The carer need not be the mother or the father of the child. There is also provision in the Care Act 2014 for an adult carer of a disabled child to ask for an assessment of their caring needs in advance of the child reaching 18. Where a local authority carries out such an assessment, it has the power to provide support to the carer even though they are caring for a child not an adult.



The Eligibility Criteria

– Pathways of Need

The Pathways are designed to reflect the needs of a child or young person at the time they or their family access a service. There are three levels of need, Pathways 1, 2 and 3, which reflect the needs of the child and indicate the eligibility for access to the particular short break services offered. It is acknowledged that the needs of children and young people can change over time and therefore they may move through the pathways at different times in their lives. Below is an explanation of some of the characteristics of each Pathway and a table is attached which outlines the levels of need relating to each Pathway.

Pathway 1

This offers access to mainstream activities within the borough and some of the non-assessed Short Breaks programme with support from the services providing the activity. Pathway 1 services are open to all disabled children and young people, and will not usually require any form of assessment of need, although services may operate their own eligibility criteria, e.g. age based services. These short breaks can be accessed directly by the young person, their family or carer. The service provider and/or a specialist worker involved with the family can support access to Pathway 1 short breaks and activities. Specialist workers, e.g. teacher, Health Visitors, Portage worker, can help the family and young person to decide which short breaks and activities to access. These may include Youth clubs, sports and leisure activities, extended school activities, play groups in the community, or children centres.

Pathway 2

Pathway 2 offers short breaks with support designed around a child or young person's particular needs, as well as the short breaks offered in Pathway 1.. For this pathway, the service provider will discuss with the child, young person and their family the kind of support they need and want. Before the meeting, the service provider or one of the professionals involved with the child or young person may need to make an assessment of their needs. This will help everyone decide what support would be most helpful. Pathway 2 services will include more specialist short breaks provided through either mainstream or specialist services, and could include specialist youth provision, specialist groups and/or additional support to access mainstream provision. This pathway full access to the non-assessed Short Breaks programme in Hounslow

Pathway 3

Pathway 3 is designed for the small group of children, young people and their families/ carers who need short breaks with extra, specialist care. This could be in a mainstream activity or a specialist type of short break.

Short breaks for this Pathway are available both with and without an Assessment of Need. Where an assessment of need has been completed the Resource Allocation Panel, which has members from the different services who provide support to disabled children, will consider the level of service required to meet the child or young person's needs and promote their welfare. This panel looks at the best way of providing and funding short breaks for children and young people with the highest levels of need. When they are looking at a package of short break support, the panel takes into account the assessed needs, the opinions of the specialists who work with the child or young person. The parents and/

or carers' opinions about the kind of short break that they would find beneficial and the where appropriate the views and wishes of the child or young person are also considered. The panel brings everyone's ideas together to work out how best to provide the right short break package for the child/ young person and their family.

The type of services available at this level will include specialist play sessions, overnight short breaks, Direct Payments and a specialist worker who will offer care in either the home or the community.

To help you decide which pathway your child sits on, consider the following in relation to the grid.

Step 1: Have a look at Band A and see where your child's disability sits in each pathway.

Step 2: Have a look at Bands B and C if they apply. Think about the four dimensions – Communication, Personal Care, Safety and Supervision, Behaviour and Social Integration. If your child meets one or more of the descriptions in either Band B and C, then they are likely to meet the respective pathway.

If you are unsure or if you see that they sit in multiple pathways, please give the Short Breaks team a call and we will go through it with you on 020 8583 3636.

Things to think about:

Pathway 1:

The child will most likely attend a mainstream school and can access most mainstream activities with minimal support.

Pathway 2:

The child will either attend a mainstream school (with specialist support) or attend a specialist school and will need some additional support to access short breaks. They may have a Education Health and Care Plan or Statement of Special Educational Need.

Pathway 3:

The child will most likely attend a specialist school and require specialist support to access short breaks. They will most likely have an Education, Health and Care Plan or Statement of Special Educational Need. They will most likely be known to the 0-25 Disability Team

You can talk to the Short Breaks team to help you decide which pathway your child sits on. Their number is 020 8583 3636.



Pathways of Need

	Dimension	Pathway 1 Level of Need	Pathway 2 Level of Need	Pathway 3 Level of Need
Band A	Mobility	Able to walk unassisted, but with difficulty or poor co-ordination.	Walks, but only with aids or assistance. May use a wheelchair sometimes.	Full time wheelchair user and/or Mobility severely restricted without special provision.
	Vision	Severe or profound problem with one eye. Less than half visual field loss. Able to function independently.	Able to read print with simple aids or assistance. Defect of at least half visual field. May be eligible for registration as partially sighted.	Unable to read large print without intensive educational assistance or sophisticated aids. Registered.
	Hearing	Severe or profound hearing loss in one ear. Hearing loss 20-40 dB	Hearing loss 41-70 dB	Hearing loss >71 dB
	Functioning and Learning ability	Overall functioning slightly below expected level for age. May have a mild or moderate learning disability	Overall functioning around half expected level for age. Has a moderate learning disability	Overall functions significantly below expected level for age. Have a severe learning disability or a moderate learning disability and diagnosed ASD.
	Health	Known health condition, which is under control but occasionally interferes with everyday activities in a minor way.	Health condition that limits normal activities, including self-care and personal hygiene, access to services. May interfere with opportunities for development or education.	Diagnosed health condition, which is severe and potentially life threatening, and results in frequent hospital admissions that limits accessing developmental or educational activities. May be in receipt of Continuing Care or palliative care from Health Services.
Band B	Communication	Delayed language development only.	Delayed/ disorganised verbal communication causing difficulty. Speech supplemented by alternate communication method.	Uses communication other than words, e.g. symbols, makaton, BSL.
	Personal care	Child requires minimal support beyond that of their peers with everyday care needs; this will include toileting, washing and dressing.	Child requires practical support beyond that of their peers with everyday care needs; this will include toileting, washing and dressing.	Child requires assistance beyond that of their peers with all everyday care needs; this will include toileting, washing and dressing and can be problematic and need skilled intervention.
Band C	Safety and Supervision	Requires occasional supervision beyond that expected for their age. Poor sense of danger or risk of excitability.	Needs supervision to perform daily activities significantly greater than that expected for developmental age. Limited perception of danger to self or others.	Needs constant supervision during the day and night. Would place themselves or others at risk without supervision.
	Behaviour and Social Integration	Some mild, transient or frequent behaviour difficulties. Able to use local non-specialist universal services. Able to sustain limited peer relationships and social integration with support. Child requires support to access services.	Behaviour problems severe or frequent enough to require some specialist advice or provision. Significant support required to achieve social integration. Only able to sustain peer relationships with support. Child requires services to prevent or alleviate stress in the family.	Long-term behaviour difficulties make it difficult for the child to function appropriately most of the time, and maybe of risk to the child or carers without special provision. Dependence upon carer for social integration. Limited awareness of impact of behaviour upon others. Services required to prevent high risk of accommodation for the child.

Children and young people who meet one or more of the criteria within Band A are likely to meet that Pathway. Children and young people who meet one or more of the criteria within both Bands B and C are likely to meet that Pathway. For more information please discuss your son/daughters needs with the short break provider or Aiming High on 020 8583 3636.

Short Breaks in Hounslow

Services are available in three categories

- Universal
- Non-assessed
- Assessed

Universal Services

These are for example leisure centres, youth clubs, sporting activities etc and are available to all children and young people in Hounslow, details of these services can be found on the Family Service Directory (FSD) website:

<http://fsd.hounslow.gov.uk>
or you can call them on tel:
020 8583 3470.

An assessment of need is not required to access universal services. However, registration with Short Breaks is necessary to access the Short Breaks activities that are available for Pathway 1 activities.

Short Breaks - Non-Assessed

The non-assessed Short Breaks programme is open to all children and young people up to 18 years old who have a disability or Special Educational Need in the London Borough of Hounslow.

Access to the Short Breaks programme is via a short registration with the Short Breaks team where the needs of the child will be discussed and basic family and contact details will be taken. The registration will normally be between the parent/carer and the Short Breaks team; however, a child or young person can also be referred by professionals. It will be at that point that the child or young person's current Pathway will be established. The child or young person will be issued with a Unique Identifying Number (UIN) which will be required each time a short break is booked with a Short Breaks provider.

A newsletter is published before each school holiday period with a detailed programme of activities and mailed to families with a child with an Education, Health and Care Plan or Statement of Special Educational Need. It is also available on line at www.hounslow.gov.uk/shortbreaks or on The Local Offer at the same time as it is mailed.

In order to ensure that those children and young people who have least access to mainstream activities are prioritised, the programme for each holiday period is opened in stages to each pathway. Each activity has a contact name and number so that a booking can be made by the family

Parent/carers need to register their child with the Short Breaks team before accessing services. The Short Breaks team can be contacted on 020 8583 3636.

The Short Breaks team provide non-assessed activities as per below:

Scheme	Scheme description	Provider	Age group & Eligibility	When	Referrals
Music therapy	1:1 music therapy sessions	Richmond Music Trust	5 – 18 years Pathway 2 & 3	All year round	Contact: Andreas Rosenboom Tel: 020 8744 8097
Sunday Drop-in (Redlees)	Access to a sensory room, soft play area and playground equipment including a wheelchair accessible treehouse	Hounslow Play Team	0 – 18 years Pathway 1, 2 & 3	All year round (every other Sunday)	Contact: Sharon Smith Tel: 020 8583 2920
Sunday Drop-in (Reflections)	Access to a white room, ball pool, soft play area and garden	Hounslow Play Team	0 – 18 years Pathway 1, 2 & 3	All year round (every other Sunday)	Contact: Sharon Smith Tel: 020 8583 2920
Redlees Summer Youth Club	A fun and exciting youth club offering a range of onsite activities	Hounslow Play Team	11 – 18 years Pathway 2 & 3	School holidays in August	Contact: Sharon Smith 020 8583 2920
Redlees Summer Evening Drop-in	Access to a sensory room, soft play area and playground equipment and activities running as part of the Redlees Summer Youth Club.	Hounslow Play Team	0 – 18 years Pathway 1, 2 & 3	School holidays in August	Contact: Short Breaks 020 8583 3636
Range of sporting activities	Sporting activities comprise of multisports, swimming lessons, kayaking, tennis, deaf specific sports etc	Brentford Sports	5 – 18 years Pathway 1, 2 & 3	School Holidays	Contact: Peter Shears Tel: 020 8326 7047
Reporters club and after school club	A club comprising of visits and interviewing people to design a Newsletter. After School Club: a range of on site activities	Griffin Park Learning Zone	11 – 18 years Pathway 1 & 2	Reporters club runs in the school holidays After school club runs during term time	Contact: Chris Barrett Tel: 020 8758 0523
Holiday Soccer Camps	A football club which runs alongside an arts and crafts session	Feltham Bees	6 – 18 years Pathway 2	School holidays	Contact: Ray Coleman Tel: 020 8831 3032
Family swim sessions and pool parties	Exclusive Short Breaks sessions held at Brentford Fountain Leisure Centre	Fusion Leisure Service	0 – 18 years Pathway 1, 2 & 3	School holidays	Contact: Short Breaks Tel: 020 8583 3636

The Short Breaks team provide non-assessed activities (contd)

Scheme	Scheme description	Provider	Age group & Eligibility	When	Referrals
Soft play area	Access to soft play area all year round	Heathrow Gym	0 – 7 years Pathway 2 & 3	All year round	Contact: Short Breaks Tel: 020 8583 3636
Kids Cookery	Fun and practical cookery sessions	Kid Cookery Club	5 – 12 years and 13+ Pathway 2 & 3	School holidays	Contact: Kids Cookery School Tel: 020 8992 882
Family fun-days	Day trips to theme parks, open parks, zoos and the beach	Short Breaks	0 – 18 years Pathway 1, 2 & 3	Summer months including May half term	Contact: Short Breaks Tel: 020 8583 3636
Family Cinema and theatre showings	Exclusive sessions booked throughout the year	Watermans	0 – 18 years Pathway 1, 2 & 3	School holidays	Contact: Short Breaks Tel: 020 8583 3636
Horse Riding	Meet the horses, learn about grooming and have a ride	Park Lane Stables	5 – 18 years Pathway 1 & 2	School holidays	Contact: Short Breaks Tel: 020 8583 3636
Glee Club	Meet new friends, gain new creative skills – singing, dancing, drama, games, crafts.	Core Assets	5 – 18 years Pathway 1 and 2	School holidays	Contact: Core Assets Tel: 020 8661 7088
Decisions R Us	A young person can apply for up to £500 of funds towards a short break they wish to take part in. Merlin Passes can also be applied for.	Short Breaks	5 – 18 years Pathway 1, 2 & 3	All year round	Contact: Short Breaks Tel: 020 8583 3636
Childminders	Specialist provider of day care for children and young people from the age of 0 to 8 years. One-off funding of 24 hours per child to help introduce the carer to the family.	Short Breaks	0 – 8 years Pathway 2&3	All year round	Contact: Short Breaks Tel: 020 8583 3636

Short Breaks - Assessed

Specialist services provide short breaks to support children and young people who require a high level of support. London Borough of Hounslow has a number of specialist services available, an assessment of need will be required to access the services, the assessment will be carried out by the child's Social Worker/Child in Need (CiN) worker. The following services are available.

Scheme	Scheme description	Provider	Age group & Eligibility	When	Referrals
Specialist Day Care					
Westbrook	Level of care is assessed by the Resource Allocation Panel	London Borough of Hounslow	10 – 18 years Pathway 3	All year round	Referrals are made through the child's Social/CiN Worker Tel: 020 8583 3177
Specialist Daycare	Specialist daycare provision, level of service is allocated following an assessment by the child's CIN/Social worker.	Kids	0 – 18 years Pathway 3	All year round	Referrals are made through the child's Social/CiN Worker Tel: 020 8583 3177
Direct Payments	Allocation of money for the carer to manage and buy services needed for the disabled child. An assessment is required by the CIN/Social Worker	London Borough of Hounslow	0 – 18 years Pathway 3	All year round	Referrals are made through the child's Social/CiN Worker Tel: 020 8583 3177
Specialist Overnight Care					
Westbrook Short Break Unit	Specialist overnight care in the short break unit. The amounts of nights allocated is based on an assessment by the social worker	Westbrook	11 – 18 years Pathway 3	All year round	Referrals are made through the child's Social/CiN Worker Tel: 020 8583 3177
Specialist Group Based					
Various Play schemes	A variety of play schemes suitable for disabled children.	London Borough of Hounslow Play Team	0 – 18 years Pathway 1,2 & 3	All year round	Sharon Smith Tel: 020 8583 2920

Advisory Groups

There are advisory groups available to support a family. Short Breaks works closely with SENDIASS, the Hounslow Parent/Carer Forum, Parents in Touch and Our Barn in the Community. The Family Service Directory has a comprehensive list of groups who provide advice and support to families of a child with disabilities or additional needs <http://fsd.hounslow.gov.uk>

Provider	Scheme description	Contact
SEND IASS	The Special Educational Needs and Disability Information Advice and Support Service (SEND IASS) provides free impartial and confidential information, advice and support about special educational needs and disability across the range of special educational needs (SEN), and health and social care where related to SEN. This service was previously called the Parent Partnership Service.	Contact: Jo Classick Tel: 020 8583 2607 Email: SENDIASS@hounslow.gov.uk
Hounslow Parent/Carer Forum	<p>The Forum is a group of Hounslow-based parents or carers of children/young people (aged 0 to 25 years) with disabilities or special educational needs and local professionals who meet once a month in an informal meeting.</p> <p>The Forum meets to discuss real issues that affect families such as health, education and employment. Professionals are invited to share their current plans and to hear what parents have to say. It is also a place to share information parent to parent and to ask questions.</p> <p>The two hour meeting has minutes and an agenda to record parents ideas and concerns. These are used to inform policy making within Hounslow.</p> <p>The Short Breaks team attend the Forum regularly to update parents and to consult on all aspects of the Short Breaks programme.</p>	<p>Hounslow Parent Carers Forum</p> <p><i>postal address:</i></p> <p>Hounslow Parent Carers Forum CAN Mezzanine 45 Treaty Centre High Street Hounslow TW3 1ES</p> <p>Phone: 0788 1788 483 E-mail: hounslowpcf@gmail.com www.hounslowpcf.co.uk</p>
Our Barn Carers Support Group	Including drop-in service, themed discussions, and 1 to1 support. Sessions will focus on themes such as transition, inclusion, loss of identity as a carer, plus monthly newly diagnosed group. Session details on the Our Barn website events calendar: www.ourbarn.org.uk or email lesley@ourbarn.org.uk . Parents in Touch volunteers will be available to assist with form-filling and advice if required. If you require help with a DLA application, or other lengthy form please book an appointment by contacting the PiT Helpline by phone: 07548 219428 or email pit.helpline@gmail.com	<p>Tel: 0300 777 2800 Email: pit.helpline@gmail.com</p> <p>Running term-time Wednesdays, 10am to 1pm</p> <p>Bridge Link Centre, Summerwood Road, Isleworth TW7 7QR</p> <p>H20,110, 267 and 481 buses run nearby. There is parking.</p> <p>Carers therapeutic support, led by Lesley Beck, BACP accredited counsellor.</p>

Current Provision

Year	2015/16	2011/12	2010/11
Budget Allocation	£491,000	£602,000	£756,000
Number of children	861	903	833
Number of short break schemes	107	47	61
Number of sessions	6414	7610	6813

It is worth noting that the budget allocation has decreased by 18.5% since 2012. This demonstrates more effective planning and programming to ensure adequate provision is available with reduced funding.

The Future

In 2013, Short Breaks contracted with our current providers on a 4 year term. This framework contract will expire in March 2018. Prior to that and with growing pressures on local authority budgets, the Short Breaks programme will be reviewed in consultation

with parent/carers and young people to assess quality of service and cost-effectiveness. Dependent on the results of the independent review, we will plan a tender exercise and contract again with providers for another 4 years.

Short Breaks will continue to work in close consultation with the Hounslow Parent Carer Forum and attendance at their regular meetings allows us to ensure that parent/carer feedback is incorporated into everything that we do.

How we will review the statement

This statement will be reviewed regularly in consultation with parent carers and young people to ensure that we are constantly adhering to the needs of children in the Local Authority.

We will continue to work with the Hounslow Parent Carers Forum to ensure that their views contribute to the planning of the statement. The forum meets every month to discuss the needs of disabled children in the borough.



Getting Involved

If you would like more information about Short Breaks in Hounslow, the support offered to disabled children and young people and their families, would like to attend the Hounslow Parent Carers Forum or simply have a question, then please contact the Short Breaks Team who will be able to help or pass on your details to the appropriate service.

Contact the Short Breaks Team on:

020 8583 3636 or e-mail shortbreaks@hounslow.gov.uk

More information on short breaks and services to disabled children and young people can be found on the following:

The Local Offer <http://fsd.hounslow.gov.uk/localoffer>

The Hounslow website (<http://www.hounslow.gov.uk/shortbreaks>)

The Family Information Service (<http://fsd.hounslow.gov.uk>)

Consultation Process - 2015

In June 2015 all parent and carers of children and young people with a Education, Health and Care Plan/Statement of Educational Need or known to the Pre-school Panel in the borough were invited to complete a survey which sought their views on accessibility and delivery of short breaks in Hounslow.

The Short Breaks Survey has been completed previously in 2011 and 2012. In 2015, the Short Breaks Survey was mailed to 1383 families with either one or more children with a statement/EHCP. Consultation was undertaken with young people through an organised consultation event and informal consultations at the activities during the summer. An online version was also available via the Hounslow Council website. Telephone support to complete the questionnaires was also offered. 157 questionnaires were returned which represents an 11.3% return, an improvement on 2012 (9.7%) but less than 2011 (16%).

What you said

Customer satisfaction

Outcome from 2012 survey

Of those who accessed the service, the survey showed that 95% were happy with the current short break service and 97% felt that the short breaks are fun and enjoyable. 99% felt that the staff were positive and friendly.

What we did

The Short Breaks team and all Short Breaks providers have continued to strive for positive outcomes for everyone that takes part in the Short Breaks programme and to seek the views of disabled children and young people and their families with regards to Short Breaks. The Short Breaks Co-ordinator regularly attends the Hounslow Parent Carer Forum and consults and updates parent/carers on all Short Breaks activities.

The disabled young people on the Decisions R Us panel form part of the team with senior management and elected Council members that has granted over 797 personalised short breaks over the past six years. They have been recognised for their work and commitment at the Hounslow Youth Awards in 2014, winning the Most Outstanding and Innovative Project award.

Outcome from 2015 survey

The survey showed that 98% of respondents felt that the short breaks activities were positive and enjoyable for their young person; equally 97% found the activities were positive and enjoyable for other family members. 97% felt that the staff were positive and friendly,

One parent commented:

"Short Breaks allows my son to access activities he may not normally be welcome to, due to his ASD he can be disruptive and self directed. At short breaks he is understood which is a breath of fresh air. The staff at short breaks are fantastic and seem to truly enjoy the jobs they do."

What is a Short Break?

Outcome from 2012 survey

80% knew what a short break is. This result has not changed from 2011, however there has been an increase in new families accessing the service therefore more people are aware that they can access the service although they may not understand entirely what a short break means.

Aim from 2012

There was an increase in new families accessing the service in 2012 who are hearing about short breaks. We will continue to raise the profile of Short Breaks by attending parents evenings / mornings and forums to ensure that families do understand the service and continue to access it. We aimed to increase knowledge within this group to 85% by June 2013.

What we did

We have attended parents evenings and mornings at schools, forums and support groups to raise awareness of the programme. A standard article explaining what a short break means is published in every Short Breaks Newsletter. We asked professionals to let the families they work with know about the service. This has helped awareness and we now have new families constantly registering with Short Breaks.

Outcomes from 2015 survey

87% knew what a short break was. 98% said it was OK, easy or very easy to find out about Short Breaks, with 64% saying it was easy or very easy.

Aim from 2016

Awareness is still an issue (80% in 2011 and 2012) and Short Breaks will continue to work to on this. However, 87% were aware of the Short Breaks service which is an increase from 2012 and meets our stated target from that year's Statement. We currently have 1026 disabled children and young people on our UIN Register which clearly shows an improved awareness of the Short Breaks programme, if not necessarily the definition of a short break.



Accessing Short Breaks

Outcome 2012

In terms of ease to book onto a short break, 94% felt that it was either OK or easy.

Aim from 2012

Following feedback and consultation at the September 2012 Parents Carers Forum, it was agreed the booking procedures needed to be reviewed for future holidays. Short Breaks priority is to make provision for children on the Pathway 3 level of need of the Hounslow Eligibility Criteria, therefore as agreed at the forum the first day of bookings will only be open to children who are on Pathway 3, day two will be open to those on Pathway 2 and 3 and then the third day will be open to Pathway 1, 2 and 3. This will prioritise the services to where they are most needed. This booking arrangement will be introduced from the Christmas holiday 2012. We will seek feedback from parent/carers as to whether this system works and review accordingly.

We have also noted that there are sessions when families do not inform us if they are unable to attend a short break, this results in potentially another child not being able to attend in their place. As we want to ensure all the Short Breaks available are used by children and young people and their families we will in future record when a child or family does not give any, or reasonable notice that they are unable to attend a Short Break they have booked. We will of course always take into consideration emergencies or ill health, but may talk to you further about these occasions.

When a family does not give reasonable notice they are unable to attend a Short Break on two occasions within a 12 month period we will discuss with them any problems they are experiencing and consider limiting access to Short Breaks until attendance improves. This

could include limiting when they are able to book a Short Break or the Short Breaks available to them. This step would be taken with the aim of ensuring other disabled children and young people are not disadvantaged and continue to benefit from the Short Breaks available.

What we did

We introduced the staged booking process in Christmas 2012 and this has continued to the present day. Those with least access to mainstream activities continue to be our priority and although there is some dissatisfaction with the booking process, we believe that it is still the fairest way to offer the programme. The booking process was introduced after consultation with the Parents Forum and continues to be supported by them.

In 2013, we also introduced a registration process in order to access the Short Breaks programme. Parent/carers are asked to register their child by calling the Short Breaks team; basic contact and family information is taken and an informal assessment is undertaken with them in order to establish their child's pathway. Once the registration is completed, the young person is issued with a Unique Identifying Number (UIN). The UIN is necessary to book onto of the Short Breaks activities. This was done in order to make the booking process simpler and to improve the monitoring data that is collected from each of the providers on a quarterly basis. 90% of the survey respondents had registered and had a UIN which is encouraging.

Outcome from 2015 survey

88% find it very easy, easy or OK to book onto a short break. This has decreased by 6% since 2012 and probably reflects some of the dissatisfaction with the staged booking procedure that was introduced in 2012. There are also more families accessing the programme than in 2012 and this puts pressure on availability of services.

Aim for 2016

Non-attendance is still an issue and we continue to monitor this. If there is continued non-attendance, the family are informed that this is not acceptable and that limits may be placed on their participation in the programme. We understand that there may be unavoidable circumstances that cannot be planned for and this is all discussed with the parent/carers but families must understand that if they do not take up a booked place, they are denying another child the opportunity to access the programme and potentially affecting future funding.



Impact of Short Breaks

Outcome 2012

99% of respondents felt that their child's behaviour had either improved or stayed the same. 63% said that family relationships had improved with 44% remaining the same; this has increased by 10% from 2011.

Aim 2012

We will continue to provide family days out in 2013 and have received feedback from Parents Carers Forum to hold another Family Fun Day in the summer and will work closely with the Forum to plan this.

What we did

The Short Breaks programme has increased in provision with more family trips including a visit to Whipsnade Zoo's Special Children's Day in 2016 and new activities such as the introduction of the Glee Club and the Summer Sports Party.



Outcome of 2015 survey

100% responded that their child's behaviour had remained the same (40%) or improved (60%). This is a very slight increase from 2012 (99%). 57% responded that Short Breaks has either significantly improved or improved their family relationships, with 43% staying the same. This is a 6% decrease since 2012.

"Short Breaks is an invaluable service for anybody caring for a child with difficulties. I love how they are available for not only the child, but can be also for siblings and families. They provide activities that we may not have access to had it not been for the short breaks service. My children have all enjoyed a variety of sports and activities with favourites being kayaking and tennis lessons in whitton. Thank you all for your hard work."

Aim for 2016

We aim to continue to provide a programme that is adaptable, relevant and suitable for the young people and their families within the scope of our budget. 56% of the respondents accessed the programme most school holidays or more.

Family activities have once again proved to be very popular, with 88% wanting more family activities which remains constant from 2012. This continues to be very specific to Hounslow and demonstrates parents and carers do not necessarily want short breaks away from their disabled child.

"The Short Breaks scheme is amazing, and allowing siblings to join in too makes such a massive difference. The staff are amazing, kind and genuine. Thank you and we look forward to many more fun times."

"Any short break we choose allows us to get away from the day to day stresses for a while, always refreshing."

Complex Needs

Outcome from 2012

No feedback was received from the recent consultation in relation to children with complex needs.

Aim from 2012

Parent/Carers will be invited to be involved in the evaluation process of the tenders to ensure those services selected are those which families want and have confidence in.

What we did

Parent/carers were involved in the evaluation and selection of the current providers on the Short Breaks framework contract in 2013. Providers were selected being mindful of our specification to provide specialist and non specialist activities and services for children with complex needs. However, no providers who could provide such services tendered for a place on the framework. However, we have ensured that, as far as possible, that there are activities for all disabilities within the main Short Breaks programme. We are still aware that, for a very small percentage of our young people, access to the programme may be difficult.

Short Breaks Passport

Outcome from 2012

Only 33% of parents had used the passport of which 80% felt that it was a useful document. This is a drop in usage in comparison to 2011.

Aim from 2012

In order to better understand the drop in the usage of the passport; we will continue to consult with the Parent Carers Forum and providers of Short Breaks to better understand this reduction. Our aim from 2011 will be reviewed to increase usage up to 45% by June 2013 and 60% in June 2014. This will be supported by the personalisation agenda and will better support carers who make bookings directly with providers or manage their own care needs through a personal budget.

What we did

Since 2012, usage of the passport remained low and it was decided, in consultation with the Parent Carers Forum that the passport was only a useful document if families found it useful which the low uptake seemed to suggest was not the case. We offered drop-in sessions regularly to help with passport completion but the uptake continued to be very low. Currently, the passport is available to any family that wishes to use it and some of our providers continue to use it for their specific services but it is no longer one of the Short Breaks objectives.

Work Force Development

Aim from 2012

In 2012, the whole training programme 346 places were taken up out of the available 561, which equates to 62%. These included both courses for professionals and parent/carers,

Short Breaks will introduce a cancellation policy for courses this year as there were a number of delegates who did not attend even though they were booked. Professionals will be charged £30 for not providing sufficient notice to cancel a session. The courses are open to professionals and parent /carers and we would like all sessions to be accessible by those who are interested. The cancellation charge will not apply to parent / carers. We want to ensure that all available spaces are being used to enhance the local workforce.

In 2012/13 twenty four courses are being held for professionals and parents / carers to attend. We will review training opportunities for parent/ carers to ensure that the setting and environment is suitable to carer needs.

What we did

Over the last four years the Short Breaks budget allocation has reduced by 18.5% and it was decided, particularly with the problem of continued low uptake, that the training programme was cancelled in order protect services for children and young people.

The Carer

We will aim to continue to 'care for the carer' and provide events and/or activities which support this. In addition we will continue to offer access to information, opportunities to shape service delivery and respond to feedback received.

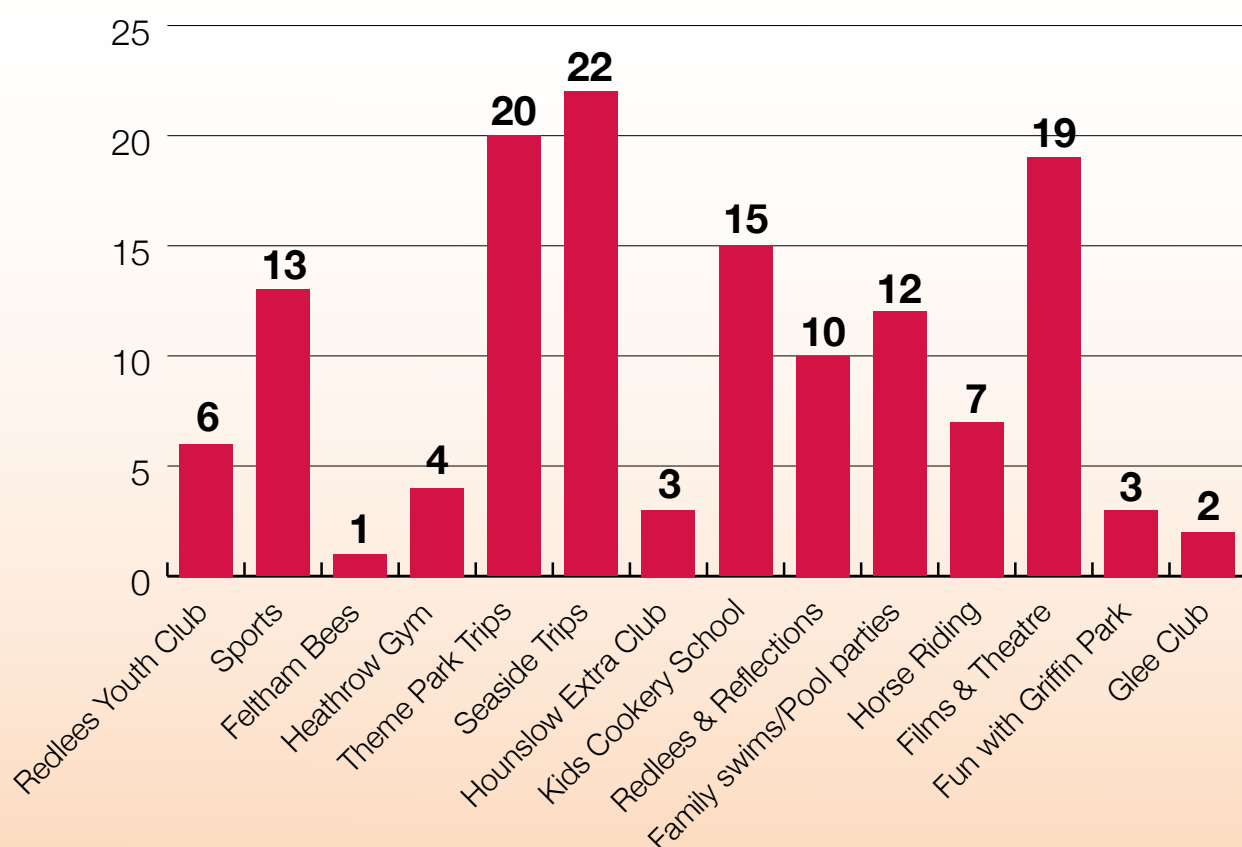


Feedback from the young people surveyed as part of the consultation process in 2015

During the summer trips of 2015, a questionnaire was distributed to young people on the coaches and they were asked to complete them. 24 young people completed and returned the surveys. Below are some of the key findings:

- 65% were male, 35% were female
- 91% met new people and 67% made new friends
- 90% said they learnt new things
- 100% said they felt safe and looked after,
- 100% said they found the staff friendly and helpful.

Graph 1: What is your favourite activity?



What is your favourite activity?

- Chessington, because I get a free Merlin Pass for the year!
- Kids Cookery School because I like learning and cook stuff!
- I like all the activity special the ones we can do as a family.
- The theme parks
- Going to the beach
- Screaming and having fun!
- Trips, Watermans, Heathrow Gym are fun and mix with other people with the same problem
- I enjoyed the day out to Littlehampton – I enjoyed playing with the sand.
- I like the cookery class because it is very interesting cooking food.
- Chessington, Pizza and animals
- Seaside because I like to build sandcastles.
- Cookery because they cook so yummy...
- Swimming
- Horse Riding and Legoland because we get to go as family and we get a merlin pass so we can keep doing stuff all year – my mum really appreciates it.
- Kayaking, fun activity that I can do with my friends. I like sports and its something that I wouldn't normally be able to do.
- Any of the trips esp. Littlehampton. Danny loves the sea, fish and chips and amusements so we are all happy!
- Swimming lessons and pool parties, Kids Cookery, Heathrow Gym, Watermans and trips
- Swimming, pool parties
- Trip to Legoland. Will get the annual pass so we can go many times.
- My favourite activity is the trip to Chessington because I like the 'Dragon's Fury' and the 'Vampire'!
- Legoland, Chessington, swimming party and Littlehampton
- Swimming, because it gives me total freedom that I don't have in a wheelchair.
- Kids Cookery because it is fun.

Youth Consultation Event

November 2015, Watermans

In conjunction with the Griffin Park Learning Zone, Short Breaks commissioned three disabled young people to devise and facilitate a consultation activity to learn from other young people, currently using Short Breaks, what they felt about Short Breaks, what it meant to them, what they enjoyed and what could be improved upon.

The event was held at Watermans and comprised of filmed interviews, creative activities and games designed to draw out how young people thought about Short Breaks.

Shown below is the feedback from the young people themselves:

Video Interviews

Questions asked:

What you think Short Breaks means?

What do you learn? Do you take home anything you make from the activities?

How does Short Breaks help you?

Do you meet other young people whilst doing the activities?

Does Short Breaks help you socialise? Do you like socialising with new people in Short Breaks activities? Why?

Would you like a Short Breaks youth club? Why?

What other Short Breaks activities would you like?

What other Short Break activities would you like?

Would you like residential trips – staying over activities?

Do you think there are enough activities from Short Breaks to help with becoming independent?

If you could take away one Short Break activity and replace it, what would you take away and what would you replace?

Answers

14 years, downs syndrome, severe learning disability

Means to play around.

I learn about rollercoasters!

Yes, I take things home.

Helps me make new friends.

I meet other young people.

Yes to Youth Club.

I would like to stay over.

8 years old, deaf

Have fun and enjoy yourself. Learn it's better to be happy.

I took cooking home.

Helps me make new friends and helps me be myself.

Yes, helps me socialise. I enjoy socialising.

Yes to Youth Club.

More sports stuff, swimming.

I'm not sure what activity I'd take away.

15 years old, physical

Chance for people to do something different that they wouldn't normally do. Chance to be themselves.

Allows me to be myself. Doing things with Short Breaks, one word, fun!

When I do Kids Cookery, I try to take food home but I eat most of it!

Helps me to get away from it all. Forget about what's wrong with me and remember what's important.

I go to the Youth Club at Redlees and have made a lot of friends and met a couple of old friends.

I've made a lot of new friends as they understand more.

I do like meeting new friends but I can be a bit shy.

Yes to a youth club as it would be a chance to meet new people who get you. I go to Redlees Youth Club in the summer and I get this there.

15, moderate learning disability

Short Breaks means special needs, to help children.

Make new friends

I made a bath bomb and took it home. I made it with a friend.

Helps me a lot. I meet new people.

Yes to Youth Club. I'd try it.

Yes, definitely to stay over with Short Breaks.

I would not take away nothing.

14, autistic, moderate learning disability

Getting together with different communities, helps you make friends.

I learn how to communicate, how to get along with other people.

Last year we went on an activity where we made a lantern. We went to Hounslow and lit it. We took it home, I was proud of it.

Makes me feel confident.

I like meeting people, I like getting to know them.

It changed my life, helped me meet new people I've never met before.

Yes to Youth Club. It would bring together people from different communities – we could organise football, different activities. It would be good

Yes to residential trips. PGL.

I would take away swimming and replace it with badminton.

10 years old, autistic

Helps me socialise

Meet new people

I like Kayaking the best

Yes to overnights

I would like a Youth Club

Helps me to be independent

9 years old, hearing impaired, learning difficulties

I like Legoland the best – the Hippopotamus rollercoaster

They look after me really well.

I meet new people, I would be very kind to them and play fair. I would like the summer sports party at Lampton Park. I won all the medals!!



I like
cooking

Post It Board

The young people were posed questions and used post-it notes to answer:

What do you think Short Breaks means?

- Short Breaks means you walk around the beach collecting shells
- I think Short Breaks means breaks/time out of the house such as trips and socialising with friends. Short Breaks simply is about involvement for all disabilities.
- It helps children in need
- I don't know what Short Breaks means but it exists to give physically/mentally impaired children a change to forget their condition and let them be themselves.
- Short Breaks means you go to activities and have fun.
- Gather round and talk.
- Short Breaks means fun days out, respite and activities I wouldn't always get to do with my family.
- I think Short Breaks means helping disabled people have fun and be happy.

Which activities do you like the most? Why?

- I like to go to Legoland and Chessington.
- Kayaking because I think its fun.
- I really enjoyed having fun at Legoland and going on the London Eye with my Merlin Pass.
- Cooking, art
- I like the Youth Club at Redlees the most because I have made loads of friends and meet some old friends as well.
- I enjoy the theatre at Watermans and I love using my Merlin pass especially in London.
- Thorpe Park, Kayaking, cinema, bowling and swimming
- I like the trips out to Chessington and Legoland. I also like the sports that they do.

- Legoland!
- Swimming because I benefit from it and I learn.
- Learning Zone, cinema, trips.
- I like cooking
- Play games
- I like the Legoland/ Chessington outings because I find going to the theme parks fun!
- Legoland
- Yes I do like cooking
- Swimming
- Swimming, catching, cooking
- Pool party
- I like the theatre most as its good to see all the young people enjoy themselves and get to interact with the performance. Also the theme park days as it is fun and everyone socialises.

Are the short breaks fun? Do you enjoy it?

- The short breaks activities are fun and enjoyable!
- Yes, they are fun
- I think that they are fun and I really like going to them
- Yes I do enjoy it.
- The activities provided by Short Break are all fun and enjoyable. I enjoy them and from sight it is easy to tell that all the young people enjoy the activities.
- Some are fun as they are interesting. Im an eclectic person, I don't know if I always enjoy the same thing all the time.
- Yes, they are fun. I enjoy them because they are interesting.



Play
games

How often do you do Short Breaks?

- We go to Legoland every holiday.
- I don't normally do Short Breaks often excluding Redlees Youth Club but I do like going to the theme parks
- Every holiday I go to activities and cinema
- Every half term and every two weeks when my brother goes to Westbrook.
- For five years.
- We use short break activities every holidays.



More
trips!

What other Short Break activities would you like?

- I would like going to Redlees in Isleworth
- Thorpe Park because I never get to go there
- I would like wheelchair horse riding to be an activity. I would also like music/music therapy as this is beneficial to the young people. Animal activities. Sports activities as gets people active.
- After school club, swimming
- Horse riding with hoists would be great
- More trips!
- Trips to London
- I would like to have tag rugby and tennis, also cycling
- The aquarium
- More sports activities to keep me fit.
- Go to Silverstone.



If you have queries or would like to find out more about Short Breaks for Disabled Children, please contact:

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