Southend-on-Sea
Borough Council’s
Children’s
Short Breaks’
Statement

2019/2020
Introduction and background
Welcome to Southend-on-Sea Borough Council’s Children’s Short Breaks Services Statement. The information is for families living in the Borough of Southend with a child/young person aged 0 to 18 years that has a long term or permanent physical or severe learning disability. The Statement simply states who can access short breaks and how.

All local authorities must have a Short Breaks Services Statement for carers that set out:

- The range of short breaks services;
- The criteria by which eligibility for services will be assessed;
- How the range of services in their area is designed to meet the needs of families who have a child with a disability.

The views, wishes and feelings of the child or the young person, and the parent/carer are essential in developing these services.

The Statement is compliant with the Equality Act 2010 and uses this to develop all provision with reasonable adjustments.

Southend-on-Sea Borough Council’s Children’s Short Breaks aims to ensure that:

- A ‘local offer’ is considered in order to provide families with access to some short breaks services without any assessment;
- Southend-on-Sea Borough Council’s Children’s Short Breaks promote greater levels of confidence and competence for young people moving towards adult life;
- There is a collaboration with education, health services and social care services;
- Southend-on-Sea Borough Council’s Children’s Short Breaks are reliable and regular to best meet families’ needs;
- Parents/carer, children and young people are engaged in the design of local short breaks services and decision making.

The local offer provides information on what services children, young people and their families can expect from a range of local agencies, including education, health and social care. Knowing what is out there gives you more choice and therefore more control over what support is right for your child.
**Who are Short Breaks for?**

Southend-on-Sea Borough Council’s Children’s Short Break programmes are open to children and young people who:

- Live in the borough of Southend;
- Are aged between 0-18 years;
- Have a long term, permanent, physical or mental impairment that has a substantial long term effect on their ability to carry out day to day activities;
- Have a sensory impairment;
- Have Autism Spectrum Disorder;
- May have challenging behaviour as a result of their learning disability.

**What are Short Breaks?**

Southend-on-Sea Borough Council (SBC) wants to offer children/young people with disabilities and additional needs and their families the opportunity to join in with safe, entertaining and enjoyable activities. SBC’s Children’s Short Breaks also offers family members/carers the chance to have a break from their normal caring routine.

A short break is a good quality, fun activity that your disabled child or young person attends with or without you. Short breaks should give:

- Your child a valuable and enjoyable experience away from your daily life which helps with their personal, social and educational development;
- You a valuable break to allow you to rest, take up other interests or spend time with your other children;
- Time together doing ordinary family things;
- Your children the chance to try new activities and develop new friends.

Non-disabled children in Southend-on-Sea go to clubs, sports and activities within their local community. Children with disabilities should have exactly the same opportunities. We have moved to a more integrated model of service delivery with many activities in the community being available without any additional assessments. This can be anything from a couple of hours a week at a club, swimming on a Saturday morning or attending a play scheme.

The regulations define a short break as:

- Educational or leisure activities for disabled children outside their homes;
- Services available to assist carers in the evenings, at weekends and during the school holidays;
- Day-time care in the homes of disabled children or elsewhere;
- Overnight care in the homes of disabled children or elsewhere.

The carer must not reside at the same address or hold parental responsibility for the child.
The carer must be 18 years and over; have the correct skills and training required to support children. The carer will need to have undergone appropriate checks such as Disclosure and Barring Service (DBS).

A detailed breakdown of cost of the care will be required on submission of the application i.e. how many hours and cost per hour that the carer will be working. SBC will need to be assured that all payments made for staffing will adhere to UK taxation laws.

Southend adheres to its statutory obligation to provide short breaks’ aim, to benefit children and young people with disabilities and their families. Southend encourages innovation in supporting families and will evaluate every short break opportunity as outlined in each application. They should give young people and their families an opportunity to spend time enjoying new activities, relaxing and having fun with their friends.

**What grants are available for Short Breaks**

**Main Grant of up to £10,000**

**Who can apply?**
Applications will be considered from groups/organisations or services meeting any of the following requirements:

- Voluntary and community organisations that are formally constituted;
- Services within statutory organisations, such as Local Authorities and Health partnerships;
- Groups, organisations and services, including commercial companies that are clearly able to demonstrate their ability, through an award, to deliver benefit to the community within the period of the short break award;
- Groups, organisations or services whose activities benefit residents of Southend-on-Sea.

**What sort of activities can this funding be used for?**

- The activities can be held after school, evenings, weekends and/or in the school holidays;
- An activity may be just for half an hour or up to a full day;
- It can be for a single activity session or a series of sessions that an individual would like to attend.

**Community Access Grant of up to £500**

**Who can apply?**
Applications will be considered from parents/carers of a child or young person who meets the short breaks eligibility criteria.

**What sort of activities can this funding be used for?**

- Activities such as trampolining, horse riding, after school/holiday clubs.
**Why is your application needed?**
A Steering Group is made up of representatives from Health, Education, Commissioning and Social Care as well as the local community. The Steering Group need the detailed information provided on your application to assess if your child is eligible for a Short Break. Your application provides information on your child’s disability and how a Short Break would benefit the family as a whole.

**How can you take part in Short Breaks?**

Individual support can be requested to:
- Work with the child in their own home
- Take the child/young person out to meet their friends or accompany them to clubs

Families who meet the criteria and would like to apply for the SBC’s Children’s Short Break Community Access Grant as a parent/carer should contact:
Shortbreaks@southend.gov.uk

**What’s on offer?**
Clubs and activities (including evening, weekend, after school and school holidays):
- Children’s Film shows [http://www.thewhitebus.org.uk/](http://www.thewhitebus.org.uk/)
- Little Heroes ASD Support – weekly support sessions for parents/carers and family members of children with autism [http://www.littleheroesasd.co.uk/](http://www.littleheroesasd.co.uk/)
- The St Christopher School Special Needs Activity Club [http://www.thestchristopherschool.co.uk/](http://www.thestchristopherschool.co.uk/)
- Adapted bikes at Garons Leisure Centre – Just Ride [https://justridesouthend.com/](https://justridesouthend.com/)
- Southend Carers – Family Carers Project, activities and short breaks for families [http://www.southendcarers.co.uk/](http://www.southendcarers.co.uk/)
Active Christian Trust – weekly activities at Rayleigh Megacentre
http://www.megacentrerayleigh.co.uk/

What's the cost?
Families will be expected to pay the same as anyone else for all the general leisure activities, sports clubs, out of school clubs.

What safeguarding is in place?
Before allocating any funding to providers, Southend Borough Council carry out stringent checks to ensure providers are able to supply relevant documentation. SBC is not responsible for the on-going services of any provider.

Useful contacts
Southend Carers
http://www.southendcarers.co.uk/
Tel: 01702 393933.
Email: info@southendcarers.co.uk.

Southend Mencap directory
http://southendmencap.org.uk/
Tel: 01702 341250

The SNAP directory (regional info)
http://www.snapcharity.org/
Tel: 01277 211300
Email: info@snapcharity.org

SHIP – Southend’s Children and Families Information Point

How can you or your organisation apply for a Southend Children’s Short Breaks Grant?
Periodically, Southend Children’s Short Breaks provides funding for clubs and activities for children with disabilities

To be aware when funding opportunities are available, providers and families are invited to contact the Southend Borough Children’s Short Breaks’ website:
http://www.southend.gov.uk/shortbreaks
SHIP – Southend’s Children and Families Information Point
http://www.southendinfopoint.org kb5/southendonsea/fsd/home.page
http://www.southendinfopoint.org kb5/southendonsea/fsd/service.page?id=CkS-SwOfibA
or
Email: Shortbreaks@southend.gov.uk