

**Royal Borough of Greenwich and South East London Integrated
Care System
Children and Young People's
Short Breaks Strategy 2023 – 2027**

SUMMARY DOCUMENT

Introduction

As part of the Short Breaks recommissioning from April 2023, the RBG Short Breaks Strategy has been put together to look at how we want to develop short break provisions between 2023 – 2027.

The strategy acts as the Short Breaks Statement, which the local authority is required to publish under the Breaks for Carers of Disabled Children Regulations 2011.

It has been developed by RBG and South East London Integrated Care System in partnership with Greenwich Parent Carer Participation Forum, taking into account feedback from children, young people and families as well as the SEND Providers Forum.

What are Short Breaks?

Short Breaks are services that help parents/carers to provide care more effectively for their disabled children by providing them regular breaks so that they can meet the needs of other children in the family; study or take part in leisure activities themselves; or carry out day to day household tasks. We also want short breaks to help make sure children and young people access positive activities and that they benefit from new relationships, activities, and experiences.

In Greenwich we strive to support children and young people to work towards independence. Part of how we do this is by supporting children and young people to work towards the Preparing for Adulthood (PFA) outcomes as defined by the Department for Education:

- Employment
- Community Inclusion
- Independent Living
- Health

All short breaks provisions are expected to help children and young people to work towards achieving at least one of the PfA outcomes in line with outcomes identified in their EHCP and/or disabled child support plan.

The current Greenwich Short Breaks offer is available to any child or young person:

- Aged 4-17
- Living in Greenwich or who is a Child/Young Person in Our Care
- Has an Education, Health and Care plan

The current commissioned short break services 2021-23 has provisions available in the following age category and needs:

- Specialist Secondary (10-17/14-17)
- Specialist Primary (4-10)
- Targeted Secondary (13-17/14-17)
- Targeted Primary (4-11)
- Targeted Primary and Secondary (4-14/4-17)

There is a currently a good mix of specialist and targeted services commissioned by RBG. We recognise that there is a demand for more specialist primary provisions and targeted and specialist short breaks services for those over the age of 17.

More information on universal, targeted and specialist Short Breaks can be found on the Greenwich Local Offer.

Consultations with children, young people, parents, and carers

To ensure the Short Breaks Strategy and upcoming service specification is reflective of our diverse communities and considers the needs of our young people, we ran various consultation sessions with families that have used RBG short breaks services or are considering using the service in the future. This

was done in partnership with the Greenwich Parent Carer Participation Forum (GPCPF), RBG Short Breaks Team and Joint Commissioning Team.

The consultation sessions were carried out online and face to face, including coffee mornings with families/carers. RBG also sent out surveys to gather feedback.

Children and young people have told us that they enjoy activities such as:

- Swimming
- Football
- Other sports activities such as tennis and basketball
- Spending time with friends
- Cooking
- Horse riding
- Trampolining
- Sensory Play
- Arts & Crafts
- Spending time outdoors
- Dancing and listening to music
- Watching movies

They also told us that they like the following about their Short Breaks activities:

- Having fun
- Learning new skills
- Exploring new things
- Being active
- Going on trips
- Seeing friends
- Spending time outdoors

Children and young people told us that the best way to support them is to “listen to me”, “help me understand”, “give me 1:1 support”, and “give me extra time and space”. Other key points were “talk to people that know me well”, “understand how I communicate”, and “help me get around”.

When asked what would make activities better, children and young people said:

- Different times
- More support
- More choice of activities
- More activities outside

Parents have told us that they want:

- Activities that work on improving confidence and self-esteem and allows their child to make friends in the community.
- Communication of what children and young people are doing during their Short Breaks sessions.
- The choice to purchase additional sessions using personal budgets
- Ability for children/young people to choose activities when accessing a programme
- A better transition pathway for young people when they are no longer able to access short breaks, particularly the “targeted” cohort.
- Wider range of activities for younger children (0-8).
- More provision for those with complex medical/health needs
- Regular newsletters sent to families with updated information on short breaks services and SEND support.
- Make the Local Offer more accessible/easier to navigate
- Services they can feel confident in, that are reliable with appropriately trained staff equipped to care for the needs of their child(ren).

Our vision and aims for Short Breaks

In commissioning the RBG short breaks provisions, based on the consultations and feedback with children, young people and their families, our aim is for the Short Breaks offer from 2023-2027 to:

- Be clear and easy for families to access the right level of support to meet their needs in the local community and available throughout the year, including evenings, weekends, and school holidays
- Provide children and young people with a diverse range of fun, interesting and exciting opportunities and experiences and high-quality care, that families feel confident in using
- Provide inclusive activities that enable children and young people to take part in activities alongside their peers; those with SEND and those without

- Meet children and young people's individual and cultural needs and contribute to their personal goals and maximise their independence
- Help children and young people to gain skills, independence and make connections with other children (both with SEND and without) and connections with their local community
- Help parents to care for themselves, their child and other family members effectively
- Enable children and young people to be able to access different types of provision at different ages if this is what they want and need.
- Include an offer specifically for young adults
- Make greater use of our existing assets, while ensuring our funding for targeted and specialist provision is reaching those who need the additional support.
- Where eligible, we want a family to be able to make their own choices on a range of short breaks offers, based on their own personal budget and/or personal health budget.

Based on this feedback, RBG have also decided to extend the Short Breaks core offer to include those aged 18-25 with Education, Health and Care (EHC) plans.

With these aims in mind, for 2023-2027 we hope to commission services that provide support for all ages and levels of need.

Summary of Short Breaks priorities 2023-2027

Summary of Priorities by Tier	Key Priorities
Overall	<ol style="list-style-type: none"> 1. Improve the promotion and publicity of our Local Offer to families and providers 2. Improve the promotion and publication of the Short Breaks Core Offer to families and providers 3. Improve the uptake of the Short Breaks Core Offer ensuring more children and young people with SEND are accessing the offer. 4. Ensure the recommissioned short breaks has a baseline offer across the age range including targeted and specialist provision. 5. Ensure the recommissioned short breaks provision includes an offer for support for the children with SEND under 5's and 17+ (Please refer to Appendix E to geographical mapping of existing provisions) 6. Aim to ensure the provisions are geographically dispersed across the borough to allow equal access for all families.
Universal	<ol style="list-style-type: none"> 1. Review the pathways from targeted short breaks services to universal services, ensuring that where possible more young people who previously only accessed targeted short breaks, are able to participate in universal provision. 2. Review how to promote the family confidence in the universal youth offer in terms of inclusivity for children and young people with SEND. 3. Increase the number of universal short breaks providers engaged in the SEND provider forum.
Targeted	<ol style="list-style-type: none"> 1. Review and re-commission all our targeted short breaks with a view to ensuring provision meets family and young person needs as outlined in the consultation feedback. 2. Review the transitions process for young people accessing targeted short breaks, ensuring that young people and their parents/carers are clear on what the offer is as they leave education and move into adulthood

Specialist	<ol style="list-style-type: none"> 1. Review current overnight short breaks provision to ensure it meets local need, particularly about when overnight short breaks can be accessed and for which children and young people. 2. Develop a greater capacity for specialist overnight short breaks for young people with ASD and or behaviour that challenges within the borough with a view to bringing back young people who currently have to travel to out of borough resources. 3. Develop the homecare and community care provider framework to ensure suitable agency provision available for children and young people with SEND. 4. Map out the social care support provision available for young people 19+ when they leave education and no longer have an EHCP. 5. Support commissioned short breaks providers to ensure they can meet the needs of children and young people with Continuing Care.