

# Children and young people's short breaks strategy

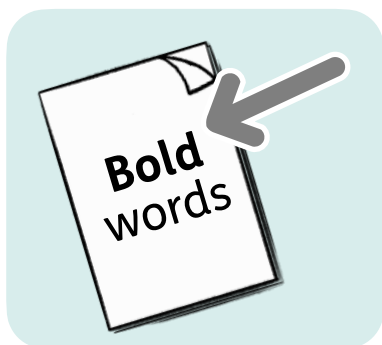
2023 to 2027



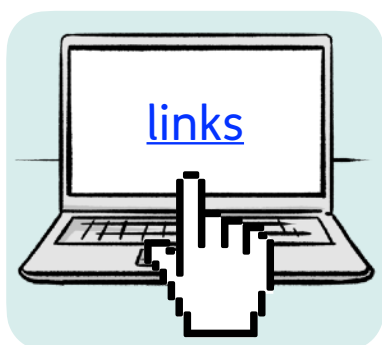
Easy  
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# Contents

Introduction.....	3
What we want .....	5
Short breaks in Greenwich.....	7
What we offer .....	11
How to get a short breaks service .....	12
What parents and carers need .....	14
Transport .....	15
Short breaks services.....	17
Working with young people and their families .....	18
For more information .....	22



In this Easy Read document, hard words are in **bold**. We explain what these words mean in the sentence after we have used them.

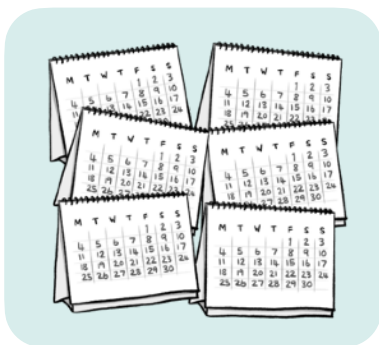


Some words are [blue and underlined](#). These are links that will go to another website which has more information.

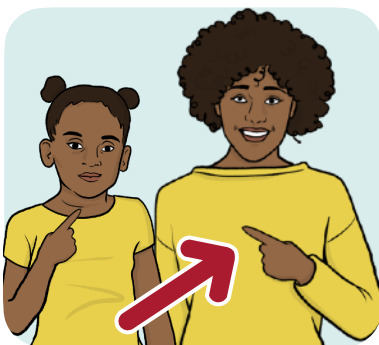
# Introduction



The Royal Borough of Greenwich and local health services have written this **strategy** for short breaks for children and young people with **SEND**.



A **strategy** is a plan of things to do over a long time.



**SEND** stands for **S**pecial **E**ducational **N**eeds and **D**isabilities. Children and young people with SEND are aged 0 to 25 and need some extra support to learn and grow.

## Short breaks



A short break is where the child or young person takes some time away from their parents with support.



Short breaks can be a few hours during the day, or an overnight stay.



They can also be group activities with other young people.



During the short break, the child or young person will:

- Have fun.



- Learn how to do more for themselves.

# What we want



We want short breaks services to:

- Give children and young people the right support for them.



- Be fun, interesting and exciting.



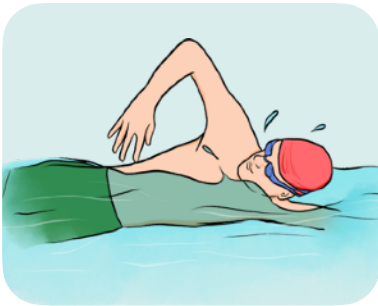
- Help children and young people with SEND do things with other children.



- Help children and young people to be more independent.



- Respect each child and young person's family background.



- Use the same **leisure services** as everyone else.

**Leisure services** include swimming pools and sports centres.



- Help carers to do the things that they want to do for themselves.

## Personal budget



We want families that qualify for short breaks, to be able to choose and pay for the short breaks service that they want.



We want them to do this using money from a **personal budget**.

A **personal budget** is when the council or health services give you money so you can buy the service that is best for you.

# Short breaks in Greenwich



There are 3 types of short breaks service in Greenwich:

- Universal - services for all children and young people.



- Targeted - services for children and young people who need support to be able to take part in an activity.



- Specialist - services for children and young people who need a lot of help and support.

## Universal services

Universal services can be used by any child or young person in Greenwich, not just children and young people with SEND.







These services include:

- Big Red Bus - for children under 5 years old.



- Scouts - for children and young people over 11.



- Young Greenwich - youth services for young people.



You can see a full list of the services at the Greenwich Community Directory Website:

[www.greenwichcommunitydirectory.org.uk](http://www.greenwichcommunitydirectory.org.uk)



You don't need an **assessment** to use a universal service.

An **assessment** is when you meet with a health professional or social worker to work out what care or support you need.





The staff in universal services will have had training so they know how to include children and young people with SEND.



## Targeted services

Targeted services are for children and young people who need support from an adult to take part in activities.



They are likely to get support to go to a **mainstream school**.

A **mainstream school** is a regular school that most children go to.



Children and young people need to have an assessment to get a targeted short breaks service.



If the child or young person needs support to stay healthy, when at a targeted short break service, this will be provided by local health services.

## Specialist Services



Specialist short breaks services are for children and young people in Greenwich who need a lot of support.



Children and young people who need a specialist service will need more adult support than most children.



Staff will have had some training so they know how to work, listen and talk with each child or young person.

# What we offer



The council will offer children and young people with an Education, Health and Care Plan up to 100 hours a year at a targeted or specialist short breaks service.



For some children and young people who need more, the council will offer up to 150 hours a year.



The council will pay for the services that we offer.



But, families may have to pay towards the cost of these services if they can afford it.



If you need more hours than we offer, your council social worker or local health service may be able to arrange a way to pay for this.

# How to get a short breaks service



Short breaks services are managed by the Council's Short Breaks Team.



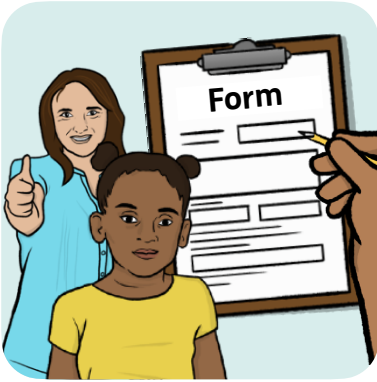
You have to **register** by filling in a form.

**Register** means asking to be on a list of people who can have this service.



You can download the form by going to:

[www.greenwichcommunitydirectory.org.uk](http://www.greenwichcommunitydirectory.org.uk)



On the form you will tell us:

- What support the child or young person needs.



- What activity they want to do.



Every few months, we will check that the short break service is working well and is still right for you.

# What parents and carers need



Parents and carers also need a break.



We will arrange an assessment for carers to find out if they need a support service.

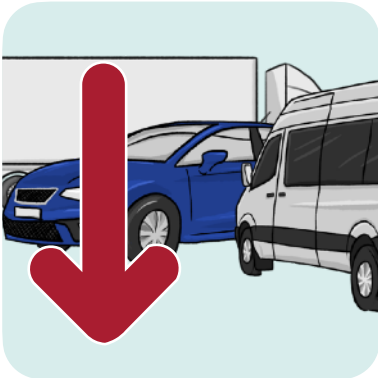


At the assessment we will work out whether the parent or carer needs support with caring, or whether the child or young person needs a short break.



You can get more information about support for carers at:  
[www.royalgreenwich.gov.uk/info/200274/carers](http://www.royalgreenwich.gov.uk/info/200274/carers)

# Transport



The council wants to reduce traffic, help people to be more healthy and improve the environment.



We want people to travel by walking, cycling and using buses and trains, rather than cars and vans.

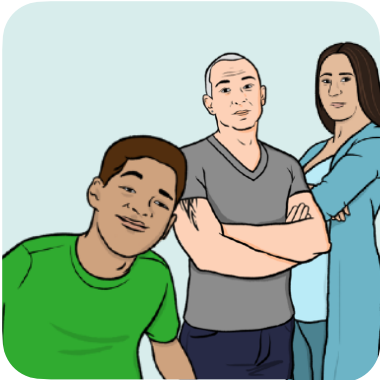


We want children and young people to learn how to use buses and trains safely on their own.



We don't provide transport to and from short breaks services.





Families have to help their children and young people to go to the short breaks services.



If families cannot do this, they should talk with their social worker who may be able to find ways to help.

# Short breaks services



We are working with the companies and community organisations that provide short breaks services.



We want to make sure that there are enough of the right kind of services for everyone who needs one.



We are also working with companies and community organisations so that their staff have the training they need to provide the best services for our children and young people.

# Working with young people and their families



We have been working with young people with SEND and their families to make our plans for short breaks services.



We worked with the Greenwich Parent Carer Participation Forum. This is group of carers who meet to talk about council services.



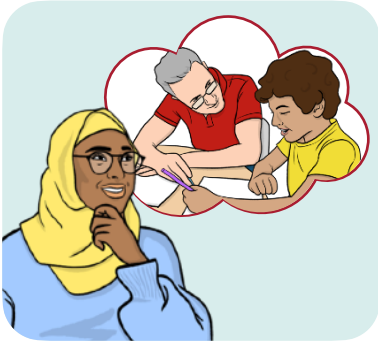
We also worked with the Action, Change, Equality (ACE) Group who are the children's SEND participation group.



We held meetings with families who want to use short breaks services in the future.



People told us they like activities that help children and young people to be more confident. Confidence helps children and young people to make friends.



People also told us:

- Families want to know what their children and young people are doing on their short breaks.



- Families want to be able to buy more short breaks services using their personal budgets.



- Families want children and young people to be able to choose what activities they do.



- There should better ways for young people to get an adult short breaks service when they are too old for the children's service.



- There should be more things for younger children to do on a short break.



- There should be more short breaks services for those who need a lot of support.



- The council should send regular newsletters to families about short breaks services.



- The website should be easier to use.



- Short breaks services should have the right equipment. The staff should have the right training to work with children and young people with SEND.



Children and young people say that they like going on a short break because:

- They can learn new skills and try out new things.



- They enjoy going on trips and seeing their friends.

# For more information



You can look at our website here:  
[www.greenwichcommunitydirectory.org.uk](http://www.greenwichcommunitydirectory.org.uk)

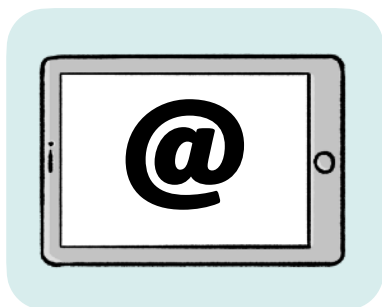


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