

Short Breaks Statement - For Children with a Disability and their Parents and Carers



Helping You To Make The Right Choice

Introduction

Blaenau Gwent County Borough Council have made it a priority to promote better outcomes for children and families. One way of helping to achieve this is to provide a range of short break services for children and young people with a disability. Some services are provided directly by Education, Children's Services, Sport and Leisure, Youth Services or through partnerships with other organisations like Barnardo's. A range of services for disabled children are also provided under the prevention agenda from Families First.

The statement is provided as a guide only and more information can be obtained about services by using the contact information provide throughout this statement.

What are Short Breaks!

Short breaks, sometimes called respite, provide parents and carers who have children and young people with disabilities with a break from caring for a few hours in the day or overnight stay for children with complex disabilities. There is a good range of services that includes after school activities, community-based play, sport and leisure. Most services mentioned in the statement will be based on an assessment of a child's needs to ensure that it best supports the child and helps them develop while providing an opportunity for parents and carers to take a break. Parents and carers are also entitled to an assessment in their own right which will help the social worker/support worker to understand the level and extent of care they are providing. This assessment is called a Carers Assessment.

Who are Short Breaks for?

Children and young people with disabilities between the age of 0 and 17 to enable them to:

- Enjoy a fun and positive time away from their parents or carers
- Develop friendships and socialise
- Take part in inclusive activities with non-disabled children
- Develop new skills and abilities

Parents and carers – with caring responsibilities for children and young people aged 0 to 18.

The range of services available should provide:

- Choice
- Flexibility
- Confidence

Who Is Eligible For Short Breaks and Support Service?

Any parent or carer who has a child with a disability living in Blaenau Gwent County Borough Council will be able to access one or more services depending on their child's needs and identified outcomes and what the service is able to offer. Apart from universal services most services will carry out an assessment so they can make sure it is right for the child and supports their needs and the outcomes they wish to work towards achieving.



The chart below is provided as a guide to illustrate the 3 levels of services available:

Level	Assessment	Service Example
<p>Level 1 Universal - Open to Everyone</p>	<p>No assessment needed.</p> <p>Parent or carer will be able to ask for a service by ringing up or going along.</p>	<ul style="list-style-type: none"> • Playgroups • Childminders • Day Nurseries • Cubs, Brownies, Scouts • After school clubs • Youth activities • Universal Sport and leisure clubs • Disability Specific Sports/Activity and clubs • Barnardos open access activities (available via the Disability Index – see more information below)
<p>Level 2 Targeted to help meet needs</p>	<p>A short assessment will be carried out by the organisation providing the service. Parents and carers may ask a professional to refer them.</p>	<ul style="list-style-type: none"> • Flying Start • Families First • Assisted Places • Sparkle Activities and groups • Young Carers • Bridging the Gap
<p>Level 3 Specialised for complex children</p>	<p>A longer (Integrated) assessment will be carried out by the Disability (0-25) Team, which will look at short breaks and to see if there are other things that can help a family.</p>	<ul style="list-style-type: none"> • Barnardos Achieving Change Together (ACT) • Respite with Blaenau Gwent Local Authority Foster Carers • Occupational Therapist • Bridging the Gap • Augusta House Residential Home • Respite • Direct Payments • Sitting Service

Further details about the Sort of Short Breaks available – Level 1&2

There are many services that provide short breaks for children with disabilities and their parents and include.

Community Based Services

Services close to where the child and family live such as; Scouts, Guides, after school clubs, youth activities, sports clubs, preschool playgroups, holiday clubs/play and family support services, child minders. Contact details for these and other level 1&2 short breaks can be found on the internet, Facebook, social media and also via the Blaenau Gwent Family Information Service:

Tel: 08000 32 33 39

Email: fis@blaenau-gwent.gov.uk

Web: www.bgfis.org.uk

Facebook: Blaenau Gwent Family Information Service

Instagram: Blaenau_Gwent_fis

X: FIS_BG



Youth Service

Blaenau Gwent Youth Service is dedicated to providing Youth Work opportunities for young people 11-25 years. The services are diverse and encompass various settings including schools, street-based provision, communities, and youth clubs.

The service takes a holistic approach to supporting young people in all aspects of their personal development. The goal is to provide them with the necessary skills, information, support, and guidance to help them achieve their aspirations and goals.

Inclusivity is core to the services values, catering to the unique needs of every young person. While the service doesn't specialise in specific area of needs, the service prides itself on creating safe, fun, and welcoming environments that foster growth, learning and development.

Phone 01495 355811

Email youth.service@blaenau-gwent.gov.uk

Webpage [Youth Services | Blaenau Gwent CBC \(blaenau-gwent.gov.uk\)](http://Youth Services | Blaenau Gwent CBC (blaenau-gwent.gov.uk))

<https://www.facebook.com/BG.YouthService/>

Facebook

Disability Sport

Aneurin Leisure services in Blaenau Gwent County Borough offer a range of sport and physical activities available to children and young people with disabilities. Operating during term-time and school holiday periods, housed within Blaenau Gwent's leisure facilities.

Phone: 07773312662

Email:

chris.garrett@aneurinleisure.org.uk

Web pages:

<https://www.aneurinleisure.org.uk/sports-development>

Facebook - Aneurin Leisure Sports Development / X - @ALSportDev

Families First

Families First is a Welsh Government funded initiative which aims to improve outcomes for children, young people, and families. The emphasis is on early intervention, prevention promoting achievable, sustainable long-term change.

Blaenau Gwent Families First offer a service for families in the community, schools, colleges, Leisure Centres, Outdoor Activity Centres, Community Centres and family's homes.

Families First in Blaenau Gwent has three key elements:

*Parenting support.

*Young Carers Element.

*Disability Element. Small Steps Support Group Parent/Carers who have children and/or young people who have a diagnosis or are undergoing assessment. The Small Steps Support Group is held on the last Wednesday of each month at Blaina ICC between 9 – 11.30am. Shine Inclusive Group is held on a Tuesday afternoon between 3.30 and 5.30pm in Pen y Cwm school. 0 – 25 years the emphasis being on being an inclusive group where all children and young people are welcome.

Phone: 01495 369621

Email

Webpage : Families First | Blaenau Gwent CBC (blaenau-gwent.gov.uk)

Facebook/social media Families First - Blaenau Gwent | Abertillery |

Facebook



Flying Start

Flying Start is Welsh Government's flagship early years programme for families with children under 4 years of age. The programme provides support for children aged 0-4 years old and their families so that they can learn, develop and thrive.

The programme has four key elements:

- Enhanced Health Visiting
- Free, quality childcare for 2–3-year-olds
- Parenting support
- Speech, language and communication support

There is also a range of support services to help meet the diverse range of needs of all early years families living in Blaenau Gwent including and outreach programme and three Dads Support Workers working within the team, supporting families on a boroughwide basis.

Phone 08000 323339

Email Flying.Start@blaenau-gwent.gov.uk

Webpage [Flying.Start|Blaenau Gwent CBC \(blaenau-gwent.gov.uk\)](http://Flying.Start|BlaenauGwentCBC(blaenau-gwent.gov.uk))

Facebook/social media (1) [Flying Start - Blaenau Gwent | Facebook](http://Flying.Start-BlaenauGwent|Facebook)

Sparkle

At Sparkle we provide family activities such as Clubs, Medicinema, Family Fun Days, Little Stars and Family Swim Sessions for children/young people 0-18 old who have been diagnosed, or undergoing assessment of disability or developmental difficulties living in Gwent.

Sparkle exists to support local families where there is a child/young person diagnosed, or undergoing assessment of disability or developmental difficulties and we would like to support you and your family as much as possible.

Phone 01633 748093

Email enquiries@sparkleappeal.org

Webpage - Sparkle, helping special children shine (sparkleappeal.org)

Referral form - SparkleNet | Sparkle Leisure Referral Form (office.com)

Bridging The Gap

Bridging The Gap Gwent (BTGG) is NEWCIS' respite scheme that provides you with a short period of rest from your caring role.

Respite care means taking a break from caring, while the person you care for is looked after by someone else. It lets you take time out to look after yourself and helps stop you becoming exhausted and run down.

A short break from your caring role could include attending a personal appointment, an event or socialising with friends.

If you care for someone who resides in Blaenau Gwent, Caerphilly, Gwent, Monmouthshire, Newport or Torfaen, you could be eligible to access the award-winning scheme.

The scheme is accessible to unpaid adult carers and young carers (under 16).

For more information:
[Bridging The Gap Gwent - NEWCIS](#)
btgsw@newcis.org.uk

Disability Index

The Disability Index has a range of functions and responsibilities (please see links below to find out more). In relation to Short Break, registering to the Index will allow the Local Authority to share information with you about what short break services are available locally, including current and any new services being developed.

Further Information:
Leandra Hunt Disability Index Co-Ordinator
Telephone: 01495 369617.

Email: Leandra.Hunt@blaenaugwent.gov.uk



Details about the sort of Short Breaks available – Level 3 and following an assessment and confirmed eligibility by the Disability (0-25) Team

Where an assessment has been undertaken by the Disability (0-25) Team and it is agreed that a child/young person eligible for a service the following are services options:

Direct Payments

This service would be through the provision of a 'direct payment' to the family. It would be agreed what service was needed and what it should achieve for the child. Regular reviews would be undertaken by the child's allocated worker to ensure that the service the family was purchasing with the direct payment was meeting the needs of the child or young person.

After a direct payment is agreed families arrange for someone to undertake the work with their son or daughter. This could be a carer coming into the home or it could be someone to take the young person out and about.

If a direct payment is agreed support can be given to help the family manage. Information about this can be given by the Disability (0-25) Team.

Foster Care Respite

Day and/or Overnight respite for children with a disability and their parents carers provided by an approved foster carer in the foster carers home.

Augusta House Residential Home

Overnight short break/respite for children aged 10 (approx) -17 years of age, in a residential setting.

Sitting Service

Trained sitters from a care agency who are able to look after children in the family home while the parents or carers take a break.

How Do I Ask For Short Breaks!

Contact and Referral

If your child has a disability you can ask for help by ringing or emailing:

Blaenau Gwent Local Authority Information, Advice and Assistant (IAA) Team
Telephone: 01495 315700
Email: duty_team@blaenau-gwent.gov.uk

They will ask you for some information about your child and your circumstances to see if you are eligible for an assessment.

If you are not eligible for an assessment, and/or the person on the other end of the phone/email feels you and your child's Short Break needs/outcomes can be met by community based and universal services, the person will signpost you to services, e.g. Level 1 and Level 2 services outlined above.

Disability (0-25) Team

If you are eligible for an assessment, the IAA Team/worker will request that the Disability (0-25) Team completes an Integrated Assessment (IA) to explore your eligibility to access Short Break Service(s).

Following completing of the assessment, the worker will then explore with you and your child what Short Break could meet your needs/outcomes and plan setting up this service(s). Once in place, the service, via a plan, (Care and Support Plan) will be reviewed 6 weeks after the start of the service and then at a minimum of 6 monthly (Welsh Government Statutory Requirements) to ensure the service is still meeting all of your needs and identified outcomes.

Barnardo's Achieving Change Together (ACT) Service

The Local Authority Commissions (funds) Barnardo's to provide services/support to children and young people with a disability and their families. ACT does not provide short breaks/respite services. However, the ACT team can support children and young people to develop the skills and confidence needed to become more independent to enable them to become actively involved in their local communities and to access inclusive short break activities. Support is outcome focused and time limited. Support can include groupwork to develop social skills, community safety awareness and building independence. Children and young people can be supported on a 1:1 basis to integrate into community-based clubs and activities which in turn then provides the child and their family with a short break. The team also provide parent / carer well-being activities and can sign post to other support agencies.

Phone - 01495355904

Email -

barnardosblaenaugwentservice@barnardos.org.uk

Website - <https://www.barnardos.org.uk/get-support/services/blaenau-gwent-achieving-change-together-service-act>

Facebook -

https://www.facebook.com/ACTBlaenauGwent/?_rdr

Occupational Therapist (OT)

There is also an Occupational Therapy service within the Disability (0-25) team for children and young people with a disability who may need an assessment/support to help them to access all parts of their home and to be able to get out and about in their community. The request an OT assessment contact Blaenau Gwent IAA team the same way as you would request as assessment from the Disability (0-25) Team (see above).



Integrated Support for Children With Additional Needs (ISCAN)

ISCAN offers a pathway for children and young people from birth to age 18 who have 2 or more developmental and/or complex needs. ISCAN is a place where professionals come together to think about the needs of children and their families and decide how we can best support them.

We accept referrals from professionals only. ISCAN may also offer support from our Care Co-ordination team, whose aim is to provide a single point of contact to empower parents to meet the healthcare needs of their child in the long-term. They can also signpost to other relevant services who may be able to support the family.

More information can be obtained by contacting Rachel Williams, ISCAN North Co-ordinator on:

Phone: 01873 733 163

Email : ABB.ISCANSectorNorth@wales.nhs.uk

Webpage : [ISCAN \(Integrated Support for Children with Additional Needs\) :: Healthier Together \(cymru.nhs.uk\)](http://ISCAN (Integrated Support for Children with Additional Needs) :: Healthier Together (cymru.nhs.uk))

