



Knowsley Council

# SHORT BREAKS FOR CHILDREN WITH DISABILITIES

## DUTY STATEMENT

JUNE 2022

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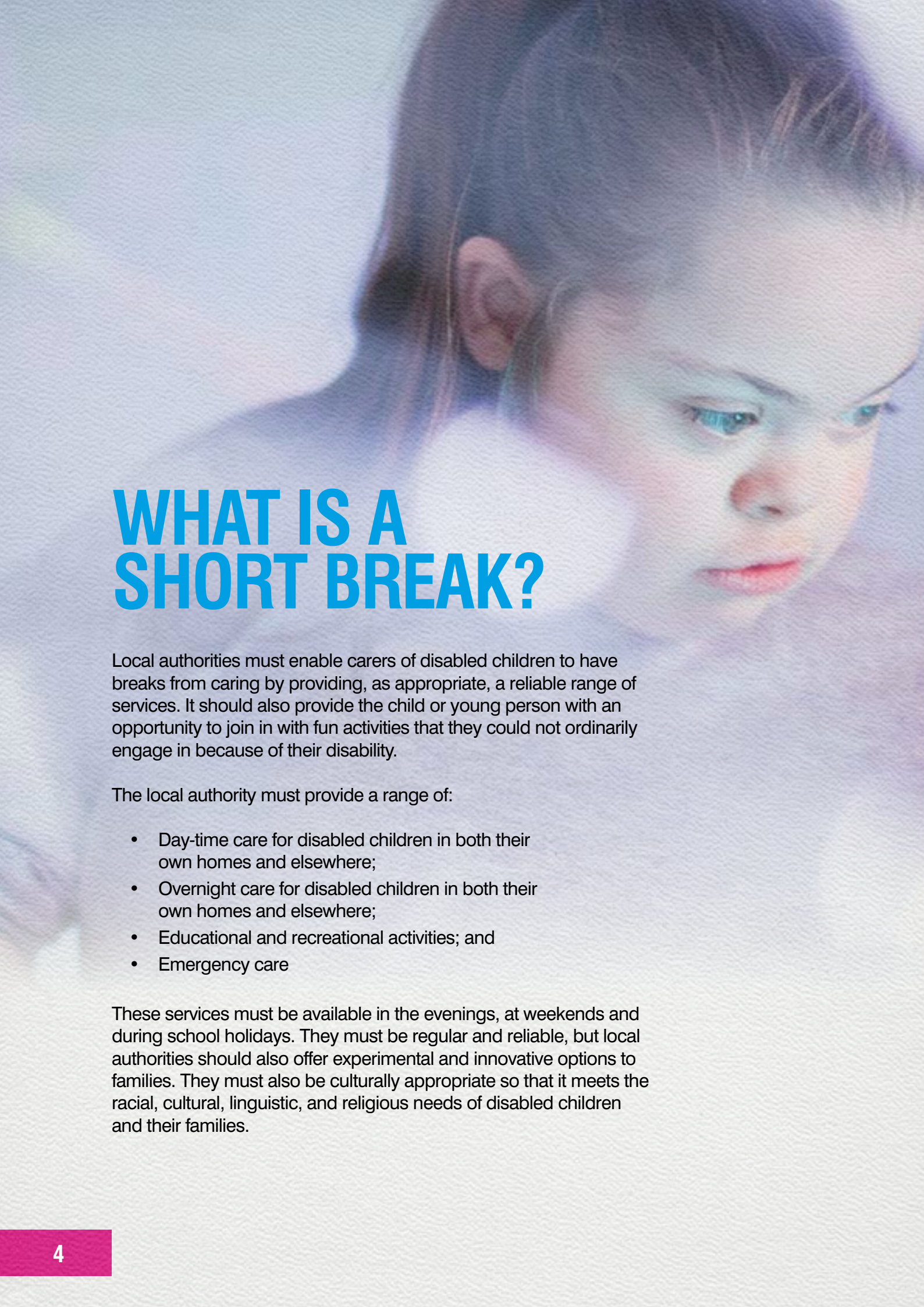


# ABOUT OUR SHORT BREAKS DUTY STATEMENT

This statement is for families living in Knowsley who have a child or children with a disability.

Local authorities are required by law to provide Short Breaks for families with disabled children. Short Breaks are part of the local authority's 'Local Offer' for children with Special Educational Needs and Disabilities.

The purpose of this statement details the range of short breaks services available, eligibility and how families can access this support whilst ensuring there is appropriate choice, range, and the quality of short breaks to meet the needs of disabled children and their families.



# WHAT IS A SHORT BREAK?

Local authorities must enable carers of disabled children to have breaks from caring by providing, as appropriate, a reliable range of services. It should also provide the child or young person with an opportunity to join in with fun activities that they could not ordinarily engage in because of their disability.

The local authority must provide a range of:

- Day-time care for disabled children in both their own homes and elsewhere;
- Overnight care for disabled children in both their own homes and elsewhere;
- Educational and recreational activities; and
- Emergency care

These services must be available in the evenings, at weekends and during school holidays. They must be regular and reliable, but local authorities should also offer experimental and innovative options to families. They must also be culturally appropriate so that it meets the racial, cultural, linguistic, and religious needs of disabled children and their families.

# WHO IS ELIGIBLE FOR SHORT BREAKS?

Our short breaks provision is part of a wider network of services and support available to parents/carers of children with disabilities and special educational needs (SEND) called the 'Local Offer'.

All local authorities must publish their Local Offer and it sets out what families can expect to be available for their children and young people with SEN and disabilities across education, health, and social care. More information on Knowsley's Local Offer can be found at [www.knowsleyinfo.co.uk](http://www.knowsleyinfo.co.uk)

Short Breaks are eligible for children and young people up to the age of 25 who have learning disabilities, a physical or sensory impairment, chronic and life threatening or life limiting illness or multiple disabilities. We aim to support those children and young people who find it difficult or limiting to attend mainstream or universal activities (e.g. the local youth club) without extra support. This can be seen more easily in the table on the next page:



LEVEL OF NEED	LOW (MAINSTREAM/UNIVERSAL)	MEDIUM (TARGETED SUPPORT)	HIGH (SPECIALIST SUPPORT)
Needs of the child/young person	The child or young person has some limitations due to their disability but is still able to successfully access mainstream activities and clubs and socialise.	The child or young person has limitations due to their disability and cannot socialise or access mainstream clubs and events without some extra support. Universal services have been attempted and have not been able to meet the child's need.	The child or young person has significant or multiple needs due to their disability that prevents them from socialising or accessing mainstream and targeted provision without 1:1 support. These might be children with complex health needs, or behaviour that challenges services.
Needs of the parent/carer	Parents do find the need for a break but, if they need extra help they have a good support network around them, such as friends, family, and their community.	Parents need a break and have tried to access mainstream activities without success. This is now impacting on their emotional wellbeing and they need some support to maintain the level of care they wish to provide.	Parents are in heightened need of a break and there is a significant risk of family breakdown.  Parents require support to maintain the level of care they wish to provide.
How the need is assessed	No assessment	The Early Help Children with Disabilities Team, Short Breaks Support Officer will triage the request and a 'Pen Profile' created, where appropriate.	Social Care assessment
How this will be monitored	Consultation/ feedback from parents/carers and young people	Quarterly contract performance monitoring and Quality assurance visits of commissioned services.  Consultation/ feedback from parents/carers and young people	Care Planning Reviews Feedback from parents/ professionals/ young people
How do I access this?	Directly with the mainstream clubs and groups that lead the activities	Early Help Children with Disabilities Team – Short Breaks Support Officer  Tel: 07775014914 Email: <a href="mailto:shortbreaks@knowsley.gov.uk">shortbreaks@knowsley.gov.uk</a>	The Multi-Agency Safeguarding Hub (MASH)  Tel: 0151 443 2600 Option 1 then Option 1 again Email: <a href="mailto:KnowsleyMash@knowsley.gov.uk">KnowsleyMash@knowsley.gov.uk</a>
What if this doesn't meet my need?	If you have tried mainstream activities and they do not meet your child's need then you may be eligible for our targeted short breaks provision	If you have tried our targeted short breaks provision and this does not meet your child's need then you may be eligible for a referral to social care.	Children's Social Care will advise further.



## MAINSTREAM/ UNIVERSAL ACTIVITIES

We will continue to work with our youth services, leisure, and other mainstream provision to ensure that they are open and accessible to all children with disabilities. Our aim is to ensure that all children can access mainstream provision with the right support and training available.

Most of the children and young people in Knowsley who would like to access clubs and activities will get them through universal services within their local community/area. Knowsley is committed to this being true for children and young people with a disability. Universal services - for example sport clubs, youth clubs, libraries, and children's centres - are vital in ensuring that children and young people with disabilities enjoy themselves with friends and their peer groups. For more information about mainstream activities, visit the [Places to go, things to do](#) website.

## TARGETED SUPPORT

Our commissioned short breaks service aims to give parents or carers of a child or young person with a disability a break from their caring role, whilst enabling the child or young person to join in with fun activities and swim sessions that they could not ordinarily enjoy.

The service will be eligible to children and young people with an age range of Reception Year of school and through to the end of the summer holidays after their 19th birthday, who reside in Knowsley and have a diagnosed disability or additional need.

PROVIDERS	WHO	WHEN	WHERE	COSTS
Endorphins Group (Term time weekends)	11 - 14 year olds 15 - 19 year olds	Saturdays 10am - 1pm 1:30pm - 4:30pm	Purple Hub, Longview Lane, Huyton, L36 7LN	£4 per session
Endorphins Group (School Holidays)	4 - 7 year olds 8 - 11 year olds 11 - 14 year olds 15 - 19 year olds	10am - 4pm	Purple Hub, Longview Lane, Huyton, L36 7LN  Volair Kirkby leisure Centre - Cherryfield Dr, Kirkby, Liverpool L32 8SA	£8 per session
Merseyside Youth Association (MYA) (Term time weekends)	4 - 7 year olds 8 - 11 year olds 11 - 14 year olds 15 - 19 year olds	Sundays 10am - 1pm 1pm - 4pm	Hilltop Childrens Centre  Star Childrens Centre	£4 per session
Merseyside Youth Association (MYA) (School Holidays)	4 - 7 year olds 8 - 11 year olds 11 - 14 year olds 15 - 19 year olds	10am - 4pm	Bluebell Park School, Cawthorne Walk, Liverpool L32 3XP  Stockbridge Leisure Centre, Stockbridge Village, Knowsley, Merseyside, L28 1AB  Southmead Childrens Centre, Sherwood Dr, Prescot L35 3ZX	£8 per session
Volair (Term time)	4-19-year-olds	Wednesday 6pm – 7pm  Friday 6pm -7pm  Saturday 1pm – 2pm 2pm – 3pm	The Withens, Stockbridge Village, Knowsley L28 1AB	£5 per session*  *If the parent carer is entitled to a Passport to Leisure this reduces the cost to £3.50 Concessionary Memberships at Volair - Passport to Leisure Explained : Volair



We recognise that some families might prefer to arrange their own service for greater flexibility and choice of activities that may be suited to their child and family's needs. That's why we have developed the Short Breaks Fund that can be provided instead of a service delivered via Knowsley Metropolitan Borough Council's contracted Short Breaks services.

For more information about how to access the commissioned short breaks services or the Short Breaks Fund please contact the Early Help Children with Disabilities Team – Short Breaks Support Officer on Tel: 07775014914; Email: [shortbreaks@knowsley.gov.uk](mailto:shortbreaks@knowsley.gov.uk)

## SPECIALIST SUPPORT

Specialist support is provided by Children's Social Care. If, following a Children and Families assessment your child or young person enters onto a formal Child in Need Plan they may be eligible for specialist services. The Child in Need Plan will detail the support needed to meet your child and family's individual needs. If your Child or Young Persons support plan contains formally commissioned services you may also be given the option to receive a direct payment to purchase the support for your child yourself, as opposed to through the council, in line with your child's assessed need and care plan. <https://www.knowsley.gov.uk/residents/care/personal-budgets-direct-payments>

Provision for Short Breaks for children and young people with complex health needs is provided in several ways across Knowsley from Health Services. This is usually in collaboration with colleagues from other services and, in some cases, delivered through joint funded packages of care agreed by Senior Managers in Health and Children's Social Care.

## SMALL GRANTS

Each year, Knowsley also delivers the Short Breaks Small Grants Programme that provides support to organisations working to improve the lives of disabled children and their families in Knowsley. Grants are available for up to a maximum of £5,000 to help local projects get up and running and enhance the Knowsley Short Breaks offer for children with disabilities and their families. Details of successful grant recipients and their projects can be found on the Local Offer: [www.knowsleyinfo.co.uk](http://www.knowsleyinfo.co.uk)

Access to Short Breaks and support for children with a disability will always be dependent upon need, and a graduated response given (step-up and step-down). Families will move up and down the pathway in terms of their level of need, and the support offered will reflect this step-up and step-down approach.

Children may not need to have a diagnosis to access the provision available at the 'targeted' level if they are on a diagnosis pathway and/or families can evidence that they have tried to access mainstream activities in the community unsuccessfully. Also, children and families who are deemed to have a high level of need may also be able to access our targeted short breaks.



# HOW WILL I ACCESS SHORT BREAKS?

For general advice and information about mainstream and short breaks clubs, groups, societies and activities in Knowsley, families can call the Knowsley Family Information Service (details in the 'Contact Us' section). This service provides information about what activities are available locally. They can also post out or email any details if required to you.

Families must contact the Early Help Children with Disabilities Team to access our targeted short breaks. The team will triage the request (which may include a home visit) and, where appropriate, a Pen Profile of the child's condition/s, needs, likes, and dislikes, etc., will be produced to help the short breaks providers give the best service to your child. The team will need to be satisfied that mainstream activities could not provide adequate services to your child before access to our targeted short breaks can be explored.

The Early Help Children with Disabilities Team will also be available to all families with a child with a disability for information, advice, and support on a range of other matters, not just short breaks.

Contact details:  
07775014914  
[shortbreaks@knowsley.gov.uk](mailto:shortbreaks@knowsley.gov.uk)

# HOW MUCH OF THE SHORT BREAKS SERVICE CAN I ACCESS?

Families accessing the targeted support can ordinarily expect to be able to access 3 hours of short breaks provision per week that will increase to 6 hours per week in the school holidays (except Christmas). Anything above this will be decided on a case-by-case basis and the need identified as part of a Single Assessment, an Early Help Assessment, or Short Breaks Pen Profile.

If the activity groups become full, your child will be given the option to attend a group in a different area of the borough or perhaps a different age group; depending on what is convenient to you, appropriate, and available. Where none of these are possible, we will have a waiting list in place and priority will be given to those families assessed as having the greatest need. Our waiting lists will be monitored with the view to increasing our short breaks capacity where needed and where possible.

In order to ensure that waiting lists are kept to a minimum, it is important to note that you must inform us of any reason for non-attendance. If your child is registered with our short breaks service and they do not attend for more than three consecutive weeks, without informing the short breaks provider or our Early Help CWD team, their place will be offered to another family. We do understand that circumstances can prevent your child attending (like illness or holidays), but we just ask that you keep us informed.

Not all children and families will need the same level of support or short breaks; some will need more than others because of the nature of their child's disability and its severity. Some families may need more support or respite provided by short breaks because of their individual family circumstances and pressures. This is where a referral to our Specialist Support may be required.

Parents will also be able to access some of our parental support training and there are several support groups that the council funds to support parents and enhance the overall offer to families with a disabled child.

A young girl with brown hair, wearing a bright red puffer jacket, is smiling and looking off to the side. The background is a blurred outdoor setting with green foliage.

## WILL I HAVE TO PAY FOR TARGETED SHORT BREAKS ACTIVITIES?

Most families accessing universal activities pay a fee for their children to attend a club or group. When we spoke to parents and carers in our Short Breaks Consultations, there was a positive response to the idea of introducing a small charge to access short breaks activities and structured swimming sessions.

All our short breaks activities at the targeted level now have a small charge of up to £4 per weekend session, and up to £8 per holiday session, which is still much lower than most universal activities. The Council covers the rest of the cost. Similarly, we have subsidised structured swimming sessions, so that the charge for these is equivalent to the average charge for swimming lessons in the borough (£5.00).

It is important to note that non-payment for short breaks could mean that your child's place is offered to another family. The Early Help CWD team should always be informed if there is an issue with your ability to pay for short breaks activities.

# CAN NON-DISABLED SIBLINGS ACCESS THE TARGETED SHORT BREAKS?

Siblings of children and young people with a disability will not ordinarily be permitted to access short breaks activities, unless this is deemed necessary after assessment by the Early Help CWD Team.



# WILL TRANSPORT BE PROVIDED FOR THE TARGETED SHORT BREAKS?

We understand and appreciate that transport can be challenging for families with a child with a disability who want to access short break activities, in much the same way as families without disabled children. However, parents and carers will be expected and encouraged to transport their children to and from our short break activities.

Knowsley Council will continue to support local groups and services to become more accessible, so that less use of transport is required. We require any new short breaks service provider to ensure the location of their short break activities can be easily accessed by public transport, where appropriate and possible.

# TRANSITION AND PREPARING FOR ADULTHOOD

Transition, in regard to Short Breaks, is the process that occurs when young people move from Children's Services to Adult services.

This usually happens when young people reach their 18th birthday, but the Transition process should begin in advance of this to allow for care planning based on individual needs.

Transition (Preparation for Adulthood) is usually started at school review meetings when young people start to make plans about what they want to do in the future for when they leave school.

# TRANSITION IN SHORT BREAK SERVICES

The Breaks for Carers of Disabled Children Regulations 2011 states that Short Break services should be provided, appropriate to the age and needs of disabled children.

Whilst some services are available for children from aged 0-18 years, others are for specific ages. Young people with disabilities can access our targeted short breaks service up to the summer school holidays after their 19th birthday.

It is important that children are supported during transition from one service to another; that the young person and family are aware of the choices available to them; and that they are fully involved in the plan to move on.

Following the consultations, our short breaks provision will provide much more focused work with our 15–19-year-olds to ensure they are gaining life skills appropriate to their age and circumstance – supporting them to become more independent as they progress into adulthood. We will continue to work alongside our other local authority teams and services that support young people with disabilities to make sure that their transition to adult services is as successful as it can be.

More information can be found at: <https://www.knowsleyinfo.co.uk/categories/local-offer-16-25-year-olds-becoming-adult>



A young child with Down syndrome is smiling and looking towards the camera. They are holding a colorful toy that looks like a small house or a play structure. The background is a bright, outdoor setting with green grass and a blue object in the distance.

# DID PARENTS HAVE A SAY IN THE DEVELOPMENT OF THE TARGETED SHORT BREAKS SERVICE?

In 2017 and 2019 we asked parents, carers, children, and young people what they thought of the current targeted short breaks service, what they would like to see in the future, and their opinion on changing elements of the service to make it more sustainable for the future. This means we could keep the activities going for longer and potentially allow more families to access a break, within the existing budget.

This was done formally through an online and paper questionnaire through schools, support groups, community networks, and the Knowsley Parent Carer Voice (KPCV). The questionnaire was also publicised on the Council website. We also asked children and young people in person what they thought of short breaks and what they would like to see in the future service.



# SHORT BREAKS SPECIAL EDUCATIONAL NEEDS AND/OR DISABILITIES PRIVACY NOTICE

Knowsley Metropolitan Borough Council collects and is responsible for collecting and holding certain personal information about you/your child to carry out its duties under The Breaks for Carers of Disabled Children Regulations 2011.

Knowsley Metropolitan Borough Council collects and is responsible for collecting and holding certain personal information about you/your child to carry out its duties under the Children and Families Act 2014 for children and young people with Special Educational Needs and/or Disabilities (SEND).

Information collected will be securely stored on the Management Information System used by the Council. We have appropriate security measures in place to prevent personal information from being accidentally lost or used or accessed in an unauthorised way. We limit access to personal information to those who have a genuine business need to know it. Those processing your child's information will do so only in an authorised manner and are subject to a duty of confidentiality.

Further details can be found in the Privacy Notice on Knowsley Council website: <https://www.knowsley.gov.uk/system-pages/privacy-policy>

# CONTACT US

For more information on short breaks or to apply for a place on our targeted provision, please contact the Early Help Children with Disabilities Team:

Telephone: 07775014914

Email: [shortbreaks@knowsley.gov.uk](mailto:shortbreaks@knowsley.gov.uk)



# OTHER USEFUL LINKS

Family Information Service – [www.knowsleyinfo.co.uk](http://www.knowsleyinfo.co.uk) ; 0151 443 5663  
[fis@knowsley.gov.uk](mailto:fis@knowsley.gov.uk)

Multi Agency Safeguarding Hub (MASH) – 0151 443 2600

Knowsley's Local Offer - [www.knowsleyinfo.co.uk](http://www.knowsleyinfo.co.uk)

Places to go, Things to do - [www.youthactivitiesinknowsley.co.uk](http://www.youthactivitiesinknowsley.co.uk)

Knowsley Council website - [www.knowsley.gov.uk](http://www.knowsley.gov.uk)

Childcare Information Service - 0800 085 2022 [www.knowsleyinfo.co.uk](http://www.knowsleyinfo.co.uk)

Live Well - [www.thelivewelldirectory.com](http://www.thelivewelldirectory.com)





Knowsley Council

# SHORT BREAKS FOR CHILDREN WITH DISABILITIES

DESIGNED BY KNOWSLEY COMMUNICATIONS