



Knowsley Council

# SHORT BREAKS FUND

# INTRODUCTION

The Short Breaks Fund (formerly Short Break Individual Payment (SHIP)) is a pilot scheme that Knowsley Council are extending in 2022/2023 alongside the commissioned Short Breaks groups, providing additional support for families. It will allow families to make choices about the type of activities/support that works best for them.

The Short Breaks Fund is a one-off payment of £250 or £500 (dependent of level of need), which will be reviewed annually as part of the Short Breaks offer.

# ELIGIBILITY

The payments are for families who have a child aged 0-25 with a disability and have completed the appropriate referral form with the Short Breaks Support Officer, are not accessing a commissioned short breaks service and are not in receipt of any other Health or Social Care direct payment.\*

To make a request, please contact the Short Breaks Support Officer on [shortbreaks@knowsley.gov.uk](mailto:shortbreaks@knowsley.gov.uk) or contact 07775014914.

\*If you are in receipt of a Health or Social Care direct payment and are not receiving a short break or respite, please contact your social worker/ Nurse Assessor to discuss this in the first instance.



# 2021-22 ANALYSIS



	TOTAL	NOTES
Total number of Short Break Individual Payments allocated	191	Awarded between July 2021 and March 2022.

## WHERE WAS THE SHORT BREAK INDIVIDUAL PAYMENT SPENT?



Family activities (Play centres, Alton Towers, Gulliver's World, Thomas Land, Circus)

Overnight stays/small breaks to Holiday camps, caravan parks

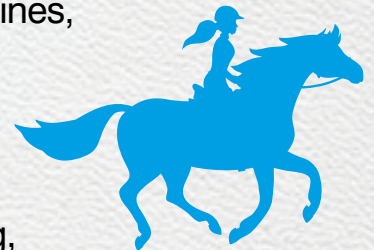
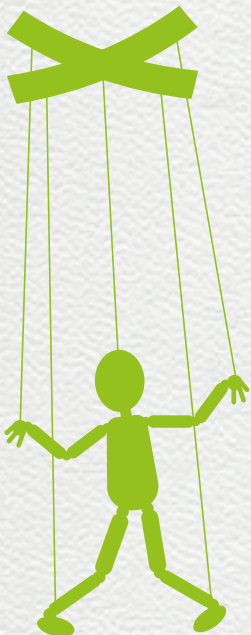
Sensory toys/equipment such as trampolines, ear defenders, puppets

Music equipment and lessons

Swimming lessons, 1 to 1 football training, Pony club days, horse-riding lessons, boxing, rock climbing, fishing

Emotional health literacy sessions, mindfulness, learning to understand emotions with a Relax Kids coach

Access to local Provider activities such as Cheryl Arts project (funded via the Small Grants Programme)



# FEEDBACK



“My son’s passion is football and he has been a goalkeeper since he was 6. Football to B is like therapy, it is when he is at his happiest so to be able to offer him and pay for more personal private training was amazing and has really helped his development, keep his mind busy and offer us as parents a little respite.” Parent Carer

“I bought a trampoline out of the payment, P has really enjoyed this, he enjoys lying on it while his siblings bounce him. It gave P a quiet place to relax over the summer also. We would put teddy bears and blankets on there to have picnics. We booked a little get together at a play centre. We took P and his three siblings and we invited four of P’s cousins who we are close to. It was lovely to see our family members and kids have a lovely day. P enjoyed himself so much, he deserved the day and he enjoyed the company of his cousins as he had the space to move away when feeling overwhelmed.”

## PARENT CARER

“A has found a new interest , one she can enjoy without the anxiety and nervousness of attending a group . A is very shy & nervous and has social and communication difficulties which is confirmed by her ASD diagnosis which relate to her difficulties. A has found playing the guitar relaxing and helping her focus when emotional. The lessons are 1-1 with the tutor and are small and intimate without stress. It has helped A and her family have a connection through her learning / practising the guitar to have a new topic of interest . It has helped A engage with her family showing what she is doing. It has been lovely to watch A get excited and interested in something as she has no outside interest outside of school.”

## PARENT CARER



# FEEDBACK



“Through lockdown, this fund was used to purchase toys and online games that helped A to relax, the toys and games gave him activities to do. This meant that Mum was able to take short breaks in the day, to have a coffee or have 5 mins to herself. The Go-Kart is a fantastic form of exercise for A, it has improved his fine motor skills as he needs to use his feet and his hands at the same time, it has also given him more independence as he gets to play outside. A has increased his interactions with other children in local parks and play areas whilst out on his Go-kart. He has also improved his relationship with his older brother as they are now spending time playing together.”

**PARENT CARER**

