



Sandwell
Children's Trust



Short Breaks

Our offer to you



Before we start

You will see the word SEND a lot. We think this is an easier way of saying 'Special Educational Needs and Disabilities'.

What we want to happen

In Sandwell, lots of people work together to help children and young people. This includes people at your school, health workers, the Children's Trust and the Council.

We want you and your families to know what help, support and fun activities are in your area.

We also want you to have more choice about the Short Breaks you go to, and to make sure these breaks meet your needs.

When we asked you and your parents and carer, you said you wanted:

- lots of fun things to do
- activities that suit your age, ability and needs
- to spend time together with your family

We listened, and we worked together with lots of people to make a better Short Breaks Offer.

We want you to:

- feel healthy, happy and do well in school and in your life
- get support as you grow, learn and become adults
- have choices about your health, learning, jobs, friendships and care
- join in with your community
- find activities, learning or jobs you enjoy



We use something called the ST*R Practice model, which means we:

- look for your strengths
- understand your experiences
- build positive relationships with you

This is our Short Breaks Statement

This Short Breaks Statement explains the support we offer to children and young people with SEND. It tells you:

- what Short Breaks are
- what the people working with you in Sandwell can offer
- what the different types of Short Breaks are
- who can get them
- how to get a Short Break

What Is a Short Break?

If you are a child or young person with additional needs or a disability, we think you should:

- feel safe
- feel happy
- feel included
- enjoy your family life
- make friends
- join in with your community

A Short Break is time when you can:

- go somewhere new
- have fun
- try different activities
- make friends
- build confidence and independence



Short Breaks also give your parents and carers time to:

- rest
- spend time with other family members
- enjoy their own hobbies

How Long Is a Short Break?

Short Breaks can last:

- a few hours
- an evening
- overnight
- a weekend
- or daytime during school holidays

They can happen:

- somewhere local to you
- in a place that has extra support
- at your home with extra support

Who Can Get a Short Break?

Short Breaks are for children and young people in Sandwell who:

- are aged between 0 and 25 years old
- have a disability or additional needs
- may have complex health needs

The support you get depends on what you need, because we know you are all different!

Support for Young Adults

If you are aged 14 to 25, the Young Adults Team (YAT) can help you plan for your future.

You can talk to your social worker or call **0121 569 2266**.



Types of Short Breaks in Sandwell

Because you are all different and every family needs a different kind of support, we have three levels of Short Breaks:

Level 1 - Universal & Community Short Breaks

Universal Short Breaks are things that are open to all of you. Some groups also run special sessions for children with additional needs.

These include things like:

- sports groups
- youth clubs
- cinemas
- leisure centres
- playgroups
- libraries
- playgrounds

All of our universal activities must make changes so you can take part if you have a disability.

You can find information on the:

- [SEND Local Offer website](#)
- [Family Information Service Hub](#)
- [Sandwell Voice website](#) (which has loads of other good stuff on it)

Some of you may need more help. If you do, you might be able to get someone to help you - we call these people Personal Assistants.



Level 2 - Additional Short Breaks

Some children and young people can need extra help to join activities. Additional Short Breaks give this support.

This can help you if:

- you need help moving around
- you find communication difficult
- you need 1-to-1 support

These include things like:

- summer clubs
- sports, arts & crafts and other activities
- support getting ready to become an adult
- personal assistant (PA) support
- Saturday clubs
- activities with your family

Your parent carers have told us these breaks are very important, and we want to make them even better in the future.

You can get an Additional Short Breaks are for children who:

- are aged 4- 18 years
- live in Sandwell
- have a disability or an Education, Health and Care Plan (EHCP) and need extra help to join in with activities

Your parent carer can fill in a form on the [Local Offer website](#) to register for an Additional Short Break or email SCT_shortbreaks@sandwellchildrenstrust.org



Additional Short Breaks for Young Adults (18-25)

Some young adults still need a bit of extra help to join in with activities, make friends and be part of their community as they get older.

Our Additional Short Breaks offer for young adults aged 18-25 is designed for people with SEND who do not have an Adult Social Care worker but would benefit from extra support to take part in activities and build their independence.

The offer focuses on:

- making friends and building confidence
- learning new skills
- becoming more independent
- taking part in community activities
- preparing for adult life

We worked together with young adults and families to help design this offer and make sure it reflects what is important to them.

If you want to get involved and join, call **0121 752 5969** or email shortbreaks@4communitytrust.co.uk



Level 3 - Specialist Short Breaks - up to 18 years

Some of you may have very high or complex needs, which mean that you need more help than universal or additional services can give.

To get a Specialist Short Break, you will need a Social Work Assessment. These breaks are for children who:

- are under 18
- live in Sandwell
- have very complex needs, severe disabilities or a sensory impairment
- find it very hard to join activities without a lot of support

Children under 5 can get this help, but your parent or carer would need to come along with you.

Sometimes you can get a specialist short break if:

- your parent or carer has a disability
- your family is struggling
- you have a brother or sister who also has a disability

Anyone can ask for Specialist Short Breaks for you, people like:

- your family
- someone from your school
- your health worker
- any other person that works with you

They can phone **0121 569 3100** and speak to someone, who will work out the best thing to do.

This could be:

- making sure you and your family get information
- seeing what other help is there for you
- asking for a Social Work Assessment for you

If you have complex needs, the Children with Disabilities Team may do the assessment.

If a Specialist Short Break is needed, a group of people looks at what you are asking for and makes sure it is all fair.

There are different kinds of specialist support, like:

Personal Assistant (PA) – an adult who:

- helps you join activities
- supports your independence
- works with you for a number of hours which is agreed with you - you may get extra hours in school holidays.

Your family may need to pay some money towards this, but it will all be explained in the plan.

Personal Budgets & Direct Payments

Sometimes, your family can choose to arrange their own Short Breaks. This gives you more choice.

Money can come from either the Children's Trust, the Council or Health. You cannot use this money to pay for universal activities, but you can use it to pay for extra support to join them.



Overnight short breaks

Some families need overnight care for you.

This can be:

- a night
- a weekend
- a day in the holidays

It can happen:

- in a specialist foster carer's home
- in a short break children's home
- or in your own home with support

Your Social Work Assessment will make sure this is safe.

Specialist Short Breaks for Young Adults (18–25 Years)

Some young adults have more complex needs and need a higher level of support as they move into adulthood.

If you have an Adult Social Care worker and need extra support to help with daily life, independence, staying safe or taking part in your community, you may be able to access Specialist Short Breaks through the Young Adults Service.

Specialist Short Breaks can include:

- Direct Payments or Personal Budgets
- Personal Assistant (PA) support
- Day opportunities and community support
- Support at home
- Overnight short breaks, where there is an assessed need

The support you receive will depend on your needs and what will help you to live as independently as possible and achieve the things that are important to you.

How to access this support

A Care Act Assessment will help the Young Adults Team understand your needs and whether Specialist Short Breaks may be able to help.

You can speak to your Adult Social Care worker or contact the Young Adults Team on **0121 569 2266**

The Young Adults Team will work with you, your family and the people who know you best to plan the right support for your future.

Want to know more?

Visit the Sandwell [Local Offer website](#).

Get involved

Help Us Make Short Breaks Even Better

If you would like to help us improve our Short Breaks offer, take part in events, share your ideas or tell us what is important to you, we'd love to hear from you. Email: SCT_ShortBreaks@sandwellchildrenstrust.org

Together, we can continue to improve Short Breaks and make sure children and young people help shape the support available in Sandwell

Advocacy

If you would like support to share your views, you can have an Advocate. An Advocate is someone who helps you tell others what is important to you and makes sure your voice is heard.

Find out more on the [Sandwell Voice website](#)

SHAPE

SHAPE is a group of young people who help improve services in Sandwell. You can share your views, influence decisions and help make a difference for other children and young people.

Find out more on the [SHAPE website](#)

