

STOCKPORT METROPOLITAN BOROUGH COUNCIL
DRAFT SHORT BREAKS SERVICE STATEMENT
CHILDREN AND YOUNG PEOPLE WITH A DISABILITY
SEPTEMBER 2011



Section 1: Introduction

1.1 What are we doing and why?

Paragraph 6(1) of Schedule 2 to the Children Act 1989 requires local authorities to provide services designed to give breaks for carers of disabled children. Regulations relating to this duty, which came into force on the 1st April 2011, require each local authority to provide a Short Breaks Service Statement so that families know:

- What services are available
- How these services can be accessed
- How the range of services are designed to meet the needs of families with disabled children in their area

1.2 How are we putting this statement together?

We have undertaken a lot of consultation in Stockport around the provision of short breaks to find out what families needs are and how we can meet them through the short breaks. Charts outlining our findings are detailed later on in this statement.

All of this information, plus continuous feedback from families and from the providers of the projects has been used to put this statement together.

As we deliver our short breaks programme, we have continuously gained feedback and through listening, we are constantly improving our short breaks programme. This feedback is used to inform this draft statement.

1.3 Who has prepared the statement?

The Head of Service for Stockport's Children and Young People's Disability Partnership is the responsible officer preparing this statement. Once it is finalised, and agreed with our partners it will be submitted for sign off to the Children's Trust Board.

We are working alongside our Parents in Partnership Group (PIPS) and other parent and carer groups to develop this draft statement.

We have ensured that, through listening to families, children and young people with a disability and service providers, their voices are at the heart of this statement.

Section 2: Definitions

2.1 Definition of Disability (In accordance with the Equality Act 2010)

A person is disabled if:

- They have a mental or physical impairment
- The impairment has a substantial* and long term* adverse effect on their ability to perform normal day to day* activities

**Substantial means more than minor or trivial;*

**Long term means that the effect of the impairment has lasted or is likely to last for at least twelve months*

**Normal day to day activities include everyday things like eating, washing, walking and going shopping.*

2.2 Definition of Short Breaks

Short breaks form part of a continuum of services, which support disabled children, young people and their families. Short breaks are provided to give:

- Children and young people enjoyable experiences away from their primary carers, thereby contributing to their personal and social development and reducing social isolation
- Parents, carers and families receive a necessary and valuable break from their caring responsibilities and to enable them to maintain and improve the quality of care they provide.

There are two main categories of short breaks Stockport provides which are:

Lower level:

These short breaks are for any child or young person with a disability to access who requires a short break. These breaks can be accessed through the short breaks team. A CAF needs to be completed (if there is not one in place already) to ensure the needs of the child or young person can be met on the proposed short break.

Higher Level

These short breaks are accessed through the short breaks or continuing care panel and are for families where there is a greater level of need and complex disability. These short breaks usually consist of a package of overnight short breaks over the year and / or one to one support. A social worker will oversee the higher level packages.

2.3 Range of Short Breaks

Short breaks can include day, evening, overnight and weekend activities and can take place in the child's home, the home of an approved carer, a residential or community setting. They come in a range of formats and each one can last just a few hours to a few days, and occasionally longer depending on the type of provision and the needs of the child and their family.

Section 3: Stockport's Short Breaks Programme

3.1 Stockport Council's Vision for Short Breaks

The needs of disabled children, young people and their families are at the heart of Stockport's vision to develop and deliver short breaks. By listening to their needs, aspirations and innovative ideas, we aim to ensure short breaks are available to enable children and young people with disabilities to have fun and access learning opportunities away from their primary carers. In addition we aim to ensure primary carers have a necessary and valuable break from their caring responsibilities. This will be achieved by continuing to develop our short breaks provision and ensuring responsive and timely services that are accessible.

We will continue to develop targeted services to those children and families who have additional needs or require a specialised response.

3.2 Outcomes

As part of this consultation, the following outcomes have been identified as being important in relation to short breaks;

3.2.1 Children and Young people with disabilities – Outcomes

- To make friends and widen their social networks
- To have fun and reach their full potential
- To have a choice of activities to engage in
- To have time away from their families and carers
- To develop social and independence skills

3.2.2 Carers and families of children and young people with disabilities – Outcomes

- To have time away from caring responsibilities
- To be confident that their children are safe and well cared for
- To access a break so that parents/carers are better able to maintain caring roles

3.3 What does our data tell us?

Within the Children and Young People's Disability Partnership, we have developed a database which contains rich information to help us have a real understanding of the Stockport's population of children and young people with a disability and to commission, develop and deliver services.

Since April 2011, there have been 4270 children and young people with a disability who have received a service from the partnership and 713 referrals.

243 of these children and young people are known to the Partnerships social care team due to the complexity of the disability or family circumstance.

The majority of families known to the partnership will not need a specialist short break, as many of them will be able to access universal services as any other child or young person. The number of children known to the partnership is forever changing as needs are met and new needs identified.

The information contained in this statement relates specifically to short breaks provision. Information relating to childcare for children with a disability is included within Stockport's Childcare Sufficiency Report which can be found at

<http://www.stockport.gov.uk/services/cypd/earlyyearsandchildcare1/childcare/stockportchildcaresufficiencyassessment2011/>

3.4 Short Breaks Received

The table below shows how many short breaks have been provided and taken up by families since 2008

Year	2009/10		2010/11		2011/12 (Estimated)	
	Lower level	Higher level	Lower level	Higher level	Lower level	Higher level
Number of individuals receiving a short break	464	334	550	307	550	296
Number of overnight short breaks	131	2,110	412	2,132	49	2,133
Number of family based or day care sessional hours provided	22,192	56,265	17,458	54,154	16,456	59,358
Number of group based specialist support hours provided	8,435	2,885	8,895	2,149	8,320	1,927

Section 4: You Said, We Did

4.1 How has consultation feedback influenced the assessment of need?

As described above, on-going consultation enables to us to change the way short breaks are delivered on regular basis, rather than finding out at the end of the funding period that things could have been changed to make it better.

4.2 How have we consulted?

It is vital that we talk to parents, carers and families about short breaks, but that we listen to children and young people with a disability to find out what they like to do and what they would like Stockport to provide.

4.2.1 Children and Young People

At the beginning of our short breaks programme in 2008, we undertook a large consultation exercise with pupils at Heaton School, our secondary Special School to find out what short breaks they would like to access and the things that they like doing in their spare time. This informed the short break programme that we commissioned.

As we continue to deliver short breaks in Stockport, we constantly gain feedback from children and young people who are accessing them. This is vital to ensure that they are still appropriate, and with this feedback it helps us to change the way things are being delivered and inform us as we commission new short breaks. Child and young person friendly feedback forms have been developed for this purpose. When we contract with providers, we ensure they get feedback from children and young people that have been on their short breaks and take this on board as they continue to deliver them.

When a social worker visits a family to look at what short breaks are required, we gain feedback of the young person and this is documented and taken into account when short break packages are being considered to meet their needs.

4.2.2 Parents and Carers

Again, we continuously ask for feedback from parents and carers, whose children are accessing short breaks. This is vital to make sure the short breaks are also meeting the carer's needs as this is paramount to us. This is done with feedback forms sent out from our short breaks team and also from the providers of the short breaks themselves.

Our short breaks team will also ring parents and carers to undertake random surveys, this feedback is really useful and any information we gain about certain projects is always fed back to that project. Our short breaks team is

constantly in conversation with parents and carers about their needs and what short breaks are available.

In Stockport there is a parent and carers group, PIPS (Parents in Partnership), which is a group of parents and carers who are in touch with a wide variety of groups across Stockport and work in partnership with the Disability Partnership to plan, commission, deliver and evaluate services. There was a parent from PIPS on the commissioning panel to decide on how the short breaks money was allocated in 2011/12.

If the short break is being accessed through the social worker, parents are visited to talk about their needs and what kind of short break could possibly meet their needs. Their feedback is part of the discussion within our short breaks panel and continuing care panel, where higher level packages are allocated.

4.2.3 Other Consultation

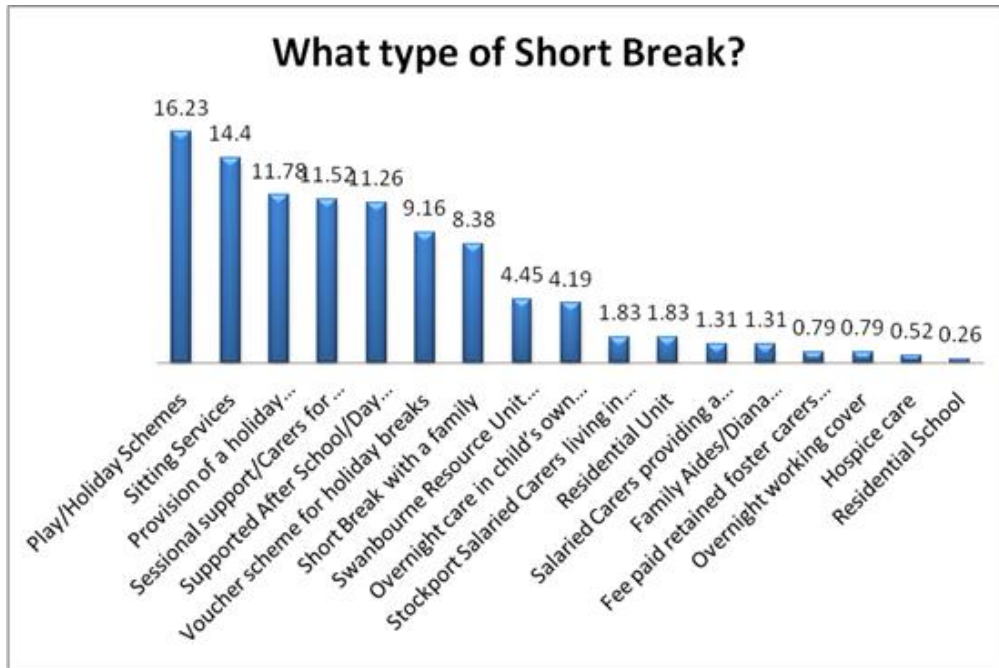
The short breaks team continuously gets feedback from the providers of short breaks, to see what is working and what is not. This helps providers make changes to the short breaks on an on-going basis to make sure they are meeting children, young people and family's needs. Regular meetings also take place with providers to ensure services are appropriate and meeting expected standards.

4.3 You Said

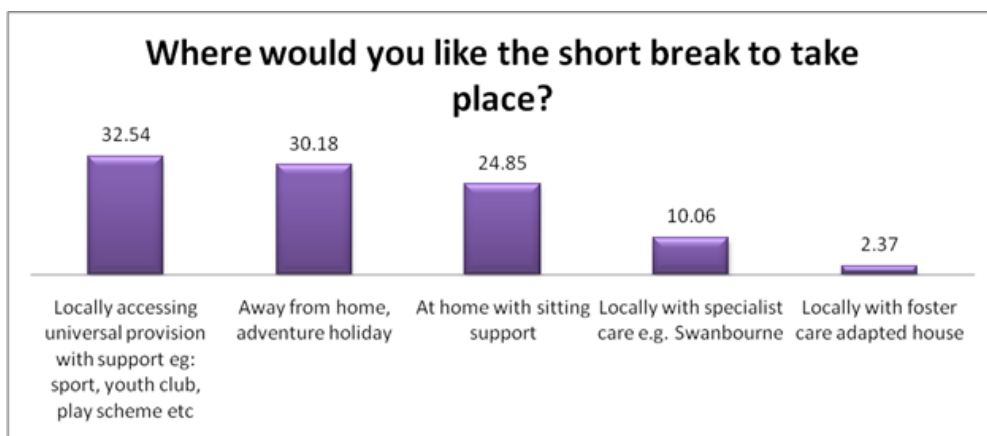
Below are a set of charts summarising consultation responses from families and children and young people with a disability. The figures are shown in percentages of respondents.

PARENTS AND CARERS

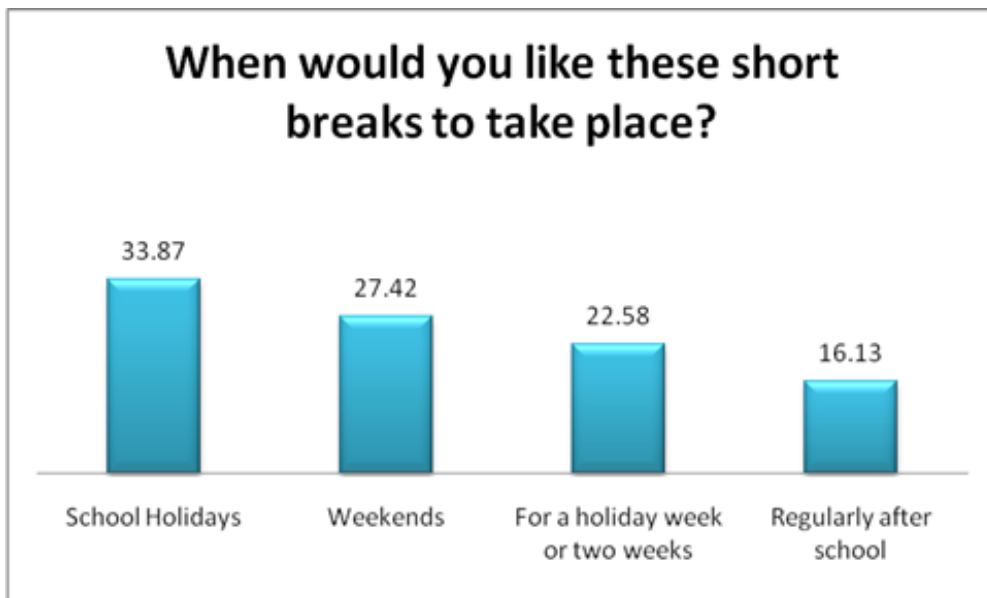
4.3.1 What type of short break would you like?



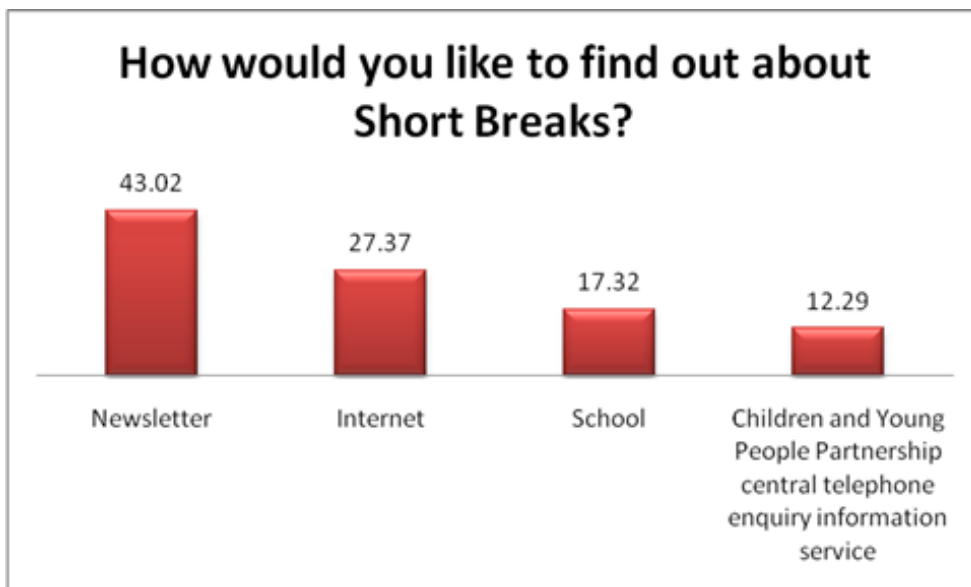
4.3.2 Where would you like this short break to take place?



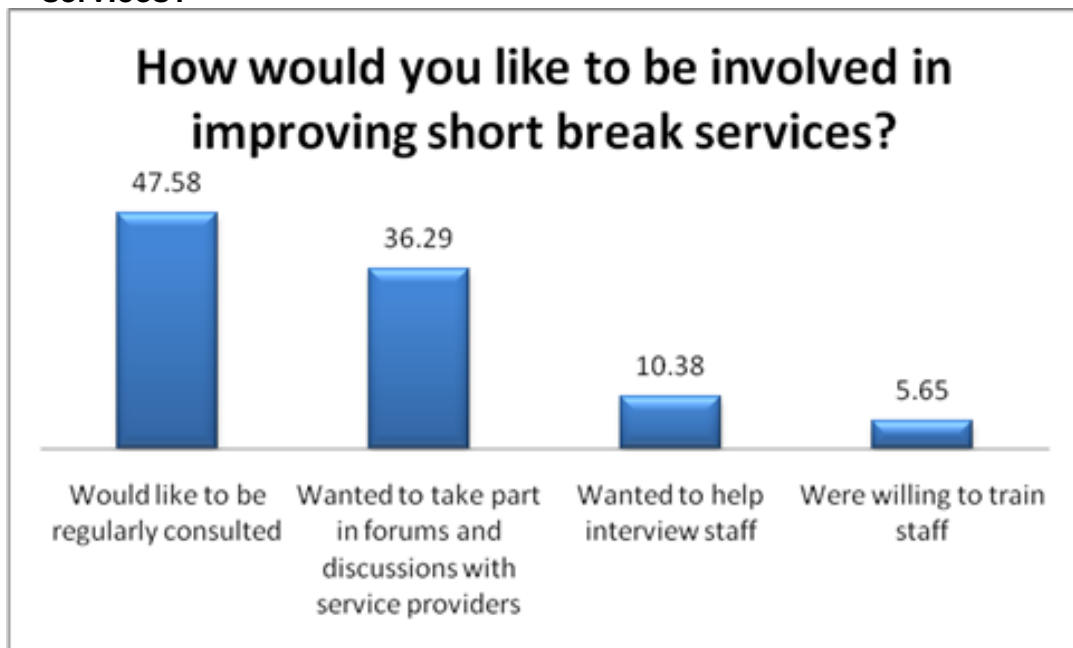
4.3.3. When would you like these short breaks to take place?



4.3.4 How would you like to find out about these short breaks?

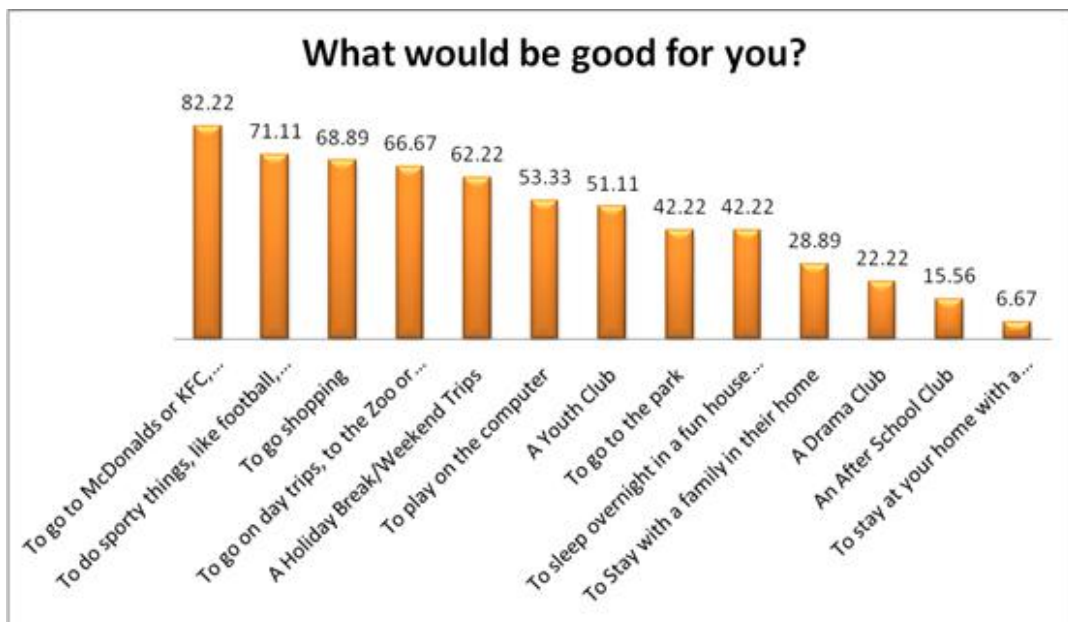


4.3.5 How would you like to be involved in improving short break services?

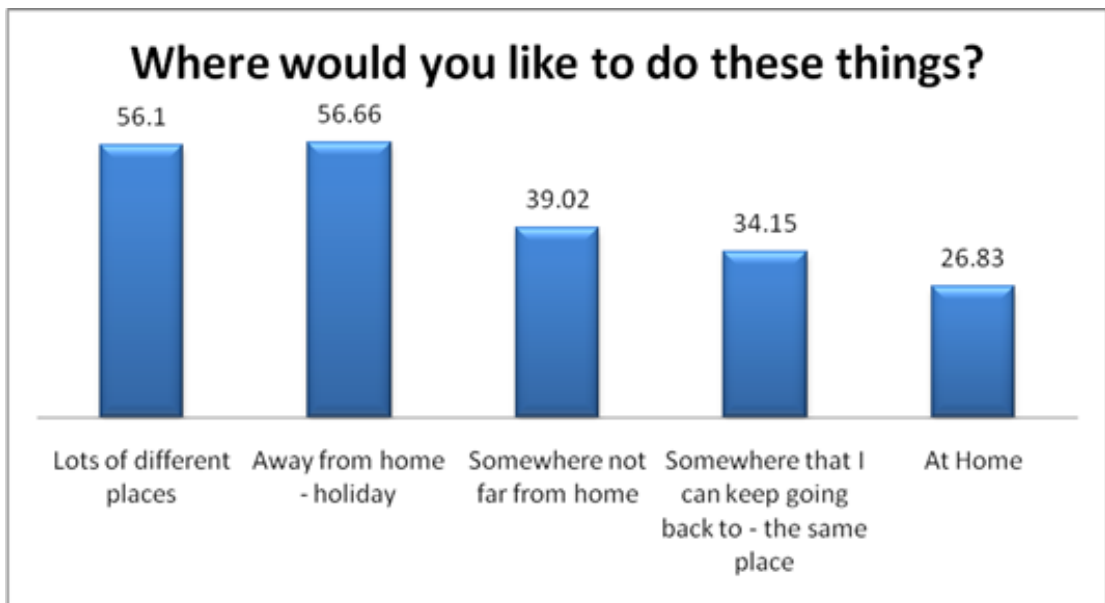


CHILDREN AND YOUNG PEOPLE WITH A DISABILITY

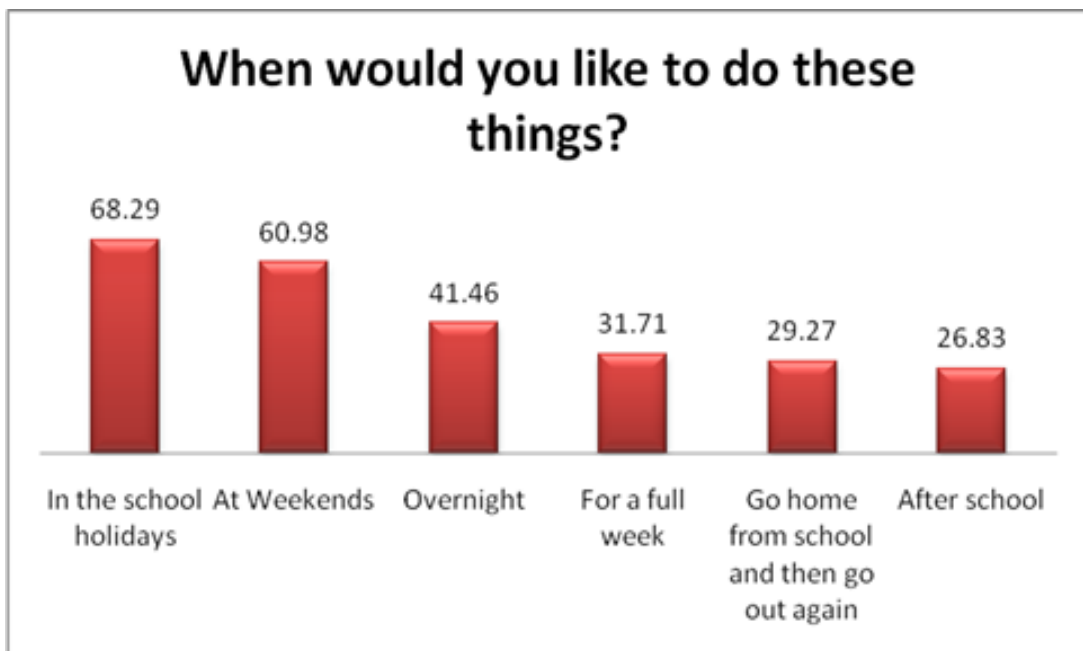
4.3.6 What would be good for you?



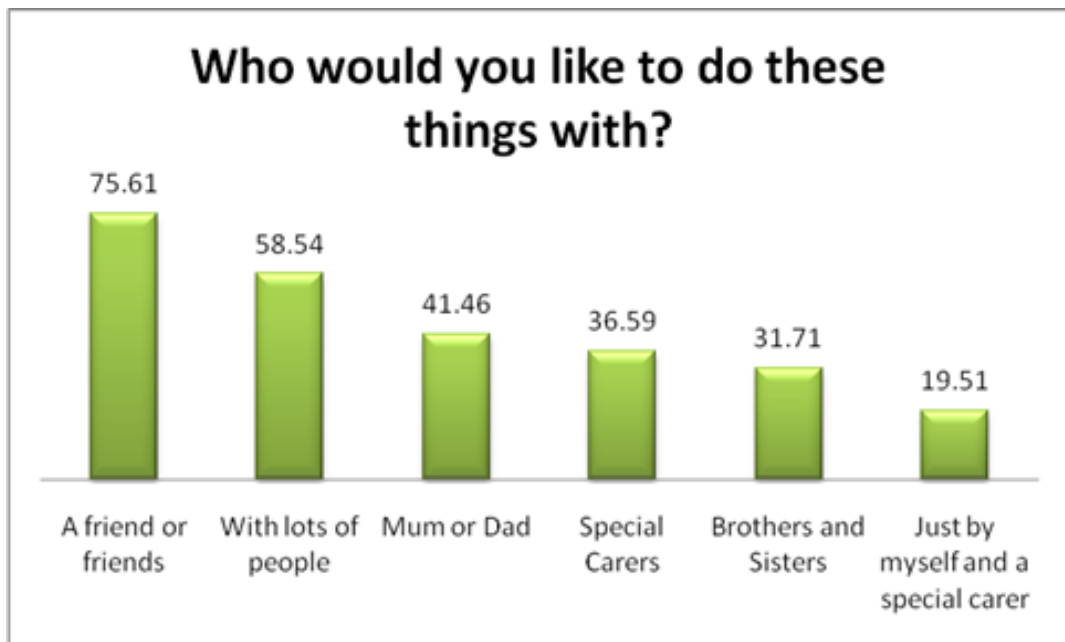
4.3.7 Where would you like to do things?



4.3.8 When would you like to do things?



4.3.9 Who would you like to do things with?



4.4 We Did

It is vital not just to ask for information and to listen to the responses, but feedback needs to then influence the way short breaks are developed and delivered.

Specific changes in response to feedback have included:

1. Making some of the short breaks shorter and more often
2. Having a wide choice of short breaks including holidays away, which was very popular
3. Having more short breaks at the weekend and evenings, not just focusing on school holidays
4. More work undertaken with universal service providers as this was a popular choice for parents and carers.
5. More sport activities to engage in.
6. Having more short breaks for under 5's.
7. Introducing travel training into the short breaks programme to increase independence and break down barriers around transport
8. New projects are introduced on a yearly basis building on lessons learnt from the past year's programme.
9. Having a short breaks team as a central point for parents and carers to talk to about the different short breaks and ask advice
10. By introducing the common assessment framework, families are only having to tell their story once to be able to access a whole range of services within the Disability Partnership including the short breaks service.

11. Families do not need a social worker to be able to access a short break.
12. All the information about the variety of short breaks is available online in one place, combining the newsletter and internet information, which were the two most popular choices.

Section 5. Our Short Breaks Provision

5.1 Our Short Breaks Provision 2011/12

Below is a table outlining the types and amount of short breaks provided in 2011/12

Name of short break	Spaces Available	Type of short break	Any parental contribution	Appropriate age range	When they take place
Autism Project activity weekends away	10 on each	2 night residential	Nil	Primary age session Secondary age session	School holidays
Primary aged autism Youth Club	15-30 children	Group sessional	£3 per session	5-11 year olds	Evenings fortnightly
Secondary aged Autism youth club	15-30 young people	Group sessional	£3 per session	11-16 year olds	Evening fortnightly
Canoeing sessions	6-12 young people per session	Group sessional	Nil	8-19 year olds	School holidays
Simply cycling	70 specialist adapted cycles	Group sessional	Nil	0-18 years old	3 hour sessions weekly at the weekend
Jumpspace Trampolining	10-15 children per session	Group sessional	£5 per session	5-18 years	School holidays and afterschool / evening sessions
sports camps	21 children per week	Group sessional	Nil	5-16 years	Week camps school holidays
Rainbow Trust		One to one	Nil	0-18 years	In child's own home
Leisure for autism holiday activities	8 children per session	Group sessional	Nil	6-18 years	5 hour sessions during school holidays
Swanbourne gardens Youth Club	4 children per session	Group sessional	Nil	11+	Sunday afternoon
Swanbourne	4 children per	Group	Nil	11+	School

Gardens Holiday Club	session	sessional			holidays
Aspirations Holidays monthly youth club	8 children per session	Group sessional	Nil		Sunday afternoon (4 hours) term time
Aspirations school holiday activity	8 children per session	Group sessional	Nil		School holidays, sessions 6 hours
Integreat overnight activity based	8 children per break	Group based overnight	£150	5-18 years	Overnight weekends
Portage holiday scheme	20 places per session	Group based specialist	Nil	0-4 years and siblings aged 2-4 years	6 sessions over summer holidays. 2 hours per session
Tag Rugby	10-15 places	Group based specialist	Nil	11+	One weekend away Weekly rugby sessions
Stockport Sensory Support Service	20	Group based specialist	Nil	0-18 years	Out of school leisure activities
11+ scheme	6 places per session	Group based specialist	Nil	11-18 years	School holiday 6 hour sessions
Teenage Activity for children with autism	6 places per session	Group based specialist	Nil	11-18 years	School holiday scheme
Saturday Get Together	12 places per session	Group based specialist	Nil	11-18 years	Saturday club
Away Together	4 children per holiday	Group based specialist	Nil	5-18 years	Holiday away scheme
Adapted Caravan Breaks	Family with support	Family break with support - overnights	£50 per night	0-18 years	Week or weekend breaks
Mellor House	Various	Family break -	Nil	0-18 years	Variations of

adapted overnight breaks		overnights			overnights
0-5 holiday club	15 places per session	Group based specialist	Nil	0-5 years	Two hour sessions
Adapted Home from Home overnight provision	Commissioned in line with need	Higher level need	Nil	0-18 years	Package provided as appropriate
Overnight provision in residential	Commissioned in line with need	Higher level need	Nil	5-18 years	Package provided as appropriate
One to one support within the community	Commissioned in line with need	Higher level need	Contribution to activities undertaken	0-18 years	Package provided as appropriate

5.2 Universal Service Provision and the Workforce

Universal services are those services which are accessible to all children and young people, In Stockport we have undertaken a lot of work with universal services to increase access for children and young people with a disability.

Service delivery to children with disabilities has seen many changes with more focus on integrated service delivery, changing roles and new ways of working. Workforce development has been central in the children's workforce being able to step up to these challenges. Developing closer working relationships across the council and with our partners in the Private, Voluntary, Community, Independent and Faith sectors has seen more emphasis on integrated workforce development with multi agency training across strategic and operational services. Stockport children's workforce training embeds diversity and equality through course content to ensure that the workforce has the relevant skills and knowledge to be able to understand the diverse needs of all children and families that live in Stockport

In order to further address issues related to disability, over the past two years Disability Awareness training has been commissioned, which was attended by a wide range across the children's workforce including statutory, private, voluntary, community, independent and faith groups. Building on this and with an ethos of participation and effective engagement with families being at the core of workforce development, we are engaging families to be involved in the formulation and delivery of training. We are currently formulating our own Disability Awareness training pool to deliver our own course for delivery across the whole children workforce. This training pool consists of multi agency trainers; social workers and parents of children with a disability from Parents In Partnership who have undergone training to deliver the course.

Last year, in partnership with the parents group PIPS, we held a conference for universal services, to look at the needs, barriers and opportunities for disabled children and young people in accessing universal service provision across Stockport. Following on from this conference a raft of training was on offer for services to engage in to enable their services to be more accessible.

Training was provided for both targeted and universal services around the needs of children and young people with a disability and will continue to do so. This includes awareness raising around specific conditions, moving and handling training, behaviour management training and training pertaining to specific medical intervention.

5.3 Accessibility

Whilst talking to parents, carers and families, one of the areas of feedback was about the ease of accessing short breaks and the equity of provision.

5.3.1 Choice

Throughout our consultation, families have told us that they would like choice in the short breaks they access and the way they are provided.

Through our tendering exercise for lower level short breaks, we have ensured that there are a range of activities for families to choose from, in different places, providing different activities and at different times, specifically evening, weekends and school holiday periods.

Families also have a choice as to whether they access direct payments to pay for their own support and activities (where eligible) or they access a service which is already funded.

We have undertaken a lot of work around this area and below is an outline of the results of this work.

5.3.4 Transport

Where appropriate, transport is provided for children and young people with a disability to access the short break activity. Transport is allocated on an individual need basis, but the main premise is that it is a parent/carers responsibility to transport their child to the short break activity, again where appropriate.

The short breaks service has funded travel training this year in partnership with the Special Educational Needs Service. We currently have 7 travel trainers in post and are in the process of recruiting 2 more.

The travel training is not allocated on a package of hours but the young person is allowed to take as much time as is needed to ensure they are safe and confident.

Last year 14 young people received training, there are currently 6 pupils in training and we hope to have 35 pupils in total trained at the end of September 2012.

5.3.5 Transitions

There has been a specific focus on transitions in the past 24 months within Stockport and we are undertaking a lot of work to ensure that services are working together to make transitions a smoother process as possible.

One of our overarching priorities within our Children's Trust plan is to "*improve transitions between Children's and Adult services for young people needing*

continued support ensuring consultation with young people and families at all stages of the process”

We worked with some fantastic young people who wanted to document their experiences of transitions and they made a film looking at some of the barriers, and success stories experienced by them. This film will be available to view on the Partnership website from November 2011 at <http://www.stockportcypdisp.org.uk/>

We are continuing to focus on this area of work and have just brought the children’s and adult services together within the council to become Services to People, which will enable us to have more opportunities around transitions.

Section 6: The Summary

This statement has been developed through Stockport’s Children and Young People’s Disability Partnership. The partnership consists of 15 Targeted services across the council, Community Health Stockport and the Foundation Trust. The named officer responsible for preparing the statement is the Head of Service for Stockport Children and Young People’s Disability Partnership.

The statement will be monitored on a bi-annual basis utilising information that is collected by the partnership in relation to short breaks. A review will be undertaken annually in line with the new commissioning round of short breaks provision. This will ensure that the statement is a live document that informs and in turn is informed by need and service development and delivery. The first review will take place in preparation for the new commissioning cycle which starts on the 1st April 2012.