Short Break Service
Statement 2017-2018

www.luton.gov.uk
Short Break Service Statement

Working together to achieve best outcomes for your child

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Short Break Service Statement

Working together to achieve best outcomes for your child

This statement has been written in consultation with our parent-led voluntary organisations and charities in Luton, children and young people and our colleagues in education, health and social care. Our consultation process includes multi-agency meetings, case studies from our voluntary organisations, and parent participation meetings.

We would like to thank the local Voluntary and Community Services Consortium (VCS) led by Autism Bedfordshire and partners: Centre for Youth and Community Development, CHUMS, Families United Network, Friends of Bright Eyes, SNOOSC and the Luton Parent Carer ForumCIC for their valuable contribution.

These organisations will consult with their children, young people and parents on the content and layout of the statement and feed back to us through a series of consultation meetings and online surveys.

What are short breaks for children with a disability and/or palliative care needs?

Introduction

As part of our continued commitment to disabled children and young people and their families, Luton Council will provide a range of short breaks services to meet the varying needs of children and young people including those with autistic spectrum disorders, behaviour that challenges, profound and complex health needs, physical disability, cognitive needs and sensory impairments. Services include:

- early support and information
- after-school and weekend clubs
- holiday activities
- shared care
- overnight provision.

Short breaks – a definition

Short break services form part of a continuum of services that support children and young people with disabilities and/or life limiting conditions and their families.

Short breaks are provided, in addition to and supported by universal services, 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 and families a necessary and valuable break from caring responsibilities.

Carers and families are, increasingly, caring for children and young people with disabilities, complex health needs and/or challenging behaviour, for long periods of time. Short breaks are seen as a key component in the package of care supporting those families, preventing carer stress and preventing family breakdown.

Short breaks can come in a variety of formats, lasting anything from just a few hours to a few days (and occasionally longer) depending on the type of provision and the needs of the child or young person and their family. They can include day, evening, overnight and weekend activities; and range from ensuring ‘everyday’ activities are accessible to disabled children and young people to providing highly specialised support; and can take place in the child or young person’s home, the home of an approved carer, or a residential or community setting.

Palliative care – a definition

Palliative care involves care of a child/young person and family from the time when therapy is no longer given with curative intent. It is an active and total approach to care embracing physical, emotional, social and spiritual elements and focusing on enhancing the quality of life for the child/young person and support for the family.

Care is given with the intention of:

- diminishing (or eliminating) adverse symptoms
- improving the child’s physical function
- enhancing the child’s (and family’s) quality of life
- enabling the child or young person to achieve their full potential
- supporting the child, their siblings, parents and wider family through death and bereavement.
The referral process

Universal services
These services can be accessed without the need for a formal assessment and include:
- after-school and holiday clubs run by local schools and voluntary organisations
- social, leisure and sport activities e.g. youth clubs, leisure centres
- childminding (including specialist disability childminders) and childcare
- Uniform clubs e.g. brownies, guides, cubs and scout groups.

Specialist services
To access our specialist services, you will need to be referred for an assessment by the Children with Disabilities Social Care Team. This referral is usually made on an EHA (Early Help Assessment) form and can be from a professional who knows your family or a parent/carer themselves. If you want to make a request for an assessment, you can ask a teacher or family worker, or medical professional such as a GP or health visitor to complete the EHA.

Specialist services include:
- shared care
- residential care
- day care
- overnight care
- weekend care
- direct payments

Personalisation
Short break packages are tailored to suit the needs of your family. To identify your needs we will undertake an assessment, for which you will be allocated a named professional. From the assessment, a short break plan will be drawn up in discussion with you. We recognise that the needs of your family will change over time and we will review your support plan at least every six months.

For more information on the assessment or referral process please contact the Multi Agency Safeguarding Hub on 01582 546000.

Our aims
Short breaks are designed to support carers of children who are disabled so that they are able to continue to provide care, enable them to care more effectively and/or to manage their responsibilities effectively.

Luton’s short breaks:
- provide local disabled children and young people with the opportunity to spend time away from their parents, enjoying fun activities, relaxing with friends and socialising with their peers
- give parents the opportunity to have a break, to spend time with their spouses, partners or other family members in the knowledge their child is safe, well cared for and having fun
- provide information, advice and support to parents and young people on local services, community facilities, benefits and access to services.

Who is eligible for help?
Families living in Luton who have a child with a special need or disability aged between 0-18 years who is substantially affected in their every day living by: a physical or learning disability, sensory impairment (hearing, visual or speech), autistic spectrum conditions, behaviour that challenges and those with complex health needs who may have palliative, life limiting or a life threatening condition.
Direct payments

For some families and young people the option of a direct payment may be more suitable. This is money paid to you by the authority so that you can ‘buy’ in and organise your short break in a way that suits you best rather than receive the service from us. To access direct payments you must first have an assessment of your child and family’s needs to establish that you meet the criteria (see appendix 2).

The allocation of the amount of direct payment hours that you are awarded is decided at a multi agency panel. The panel meet every two weeks and consists of representatives from short break services and health, education, social care professionals. Parents and young people who choose a direct payment are responsible for identifying and recruiting their own short break worker and managing the short break package themselves. If this is your preferred choice we will help you to set up your direct payment.

Direct payments can be used to pay for services you have been assessed as needing, for example a carer, a service or equipment.

For more information about Direct Payments contact the Direct Payments Officer in the Children with Disabilities Social Care Team 01582 546000.

Information and support services

We will tell you about, and support you to access, other local services and community facilities including:

- occupational therapy
- education support
- disabled parking badges
- benefit entitlement.

For details of the wide range of services available please contact our Family Information Service (FIS) on 01582 548888 or visit our website: www.luton.gov.uk/childrenwithdisabilities

The legislation

The strategies and guidance which are local to Luton and which underpin this statement are:

- Children and Young People Plan (2014 - 2019)
- Luton’s Early Help Strategy (2017 - 2020)
- Children’s palliative care strategy (2017 - 2020)
- Commissioning of services for children with severe disabilities strategy (2009)

Full details can be found on our website www.cypp.luton.gov.uk

And nationally:

- The Care Act 2014
- Children and Families Act 2014
- Disabled Children’s Charter 2013
- The Equality Act 2010
- Aiming High for Disabled Children 2009

Full details can be found www.legislation.gov.uk
Our underpinning principles
In Luton we are committed to supporting families in a holistic way and put their child or young person at the centre of all we do. We work closely with parents and all key professionals to help children and young people reach their full potential and fulfil their ambitions. We offer locally based, culturally appropriate services to meet the diverse needs of Luton’s communities, and provide support to organisations delivering inclusive short break services.

Our short break services are based on the principles of:
- early intervention and family support
- participation in family and community life
- promoting independence and enjoyment
- openness, honesty and fairness.

A focus on outcomes
Outcomes for disabled children and young people are identified by parents at the point of assessment and are constantly updated through our regular review process. The outcomes help us identify targets and link them to our service plan. Through regular parent consultation we endeavour to deliver what parents need and this process has resulted in the provision of parent led services including mentoring for parents, representation on our local authority strategic boards. Through the combination of our local services, specialist provision and universal activities we are able to offer a range and choice of short breaks to suit the individual needs of children and their families and to enable:

- disabled children and young people to actively participate in social, leisure and sport activities alongside their peers through attendance at after school clubs, playschemes and youth clubs
- increased confidence, self-esteem, and independence for the child/young person
- parents, carers and young people to make decisions through the provision of information, advice, key worker support and guidance.

Ultimately our outcomes result in more:
- children and young people participating in short break services
- parents receiving a break
- siblings included in activities.

Comparison of Children and Young People receiving Day Time and Overnight Breaks year on year

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<thead>
<tr>
<th>Year</th>
<th>Day Time Breaks</th>
<th>Overnight Breaks</th>
</tr>
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<tbody>
<tr>
<td>2014/15</td>
<td>341</td>
<td>69</td>
</tr>
<tr>
<td>2015/16</td>
<td>347</td>
<td>77</td>
</tr>
<tr>
<td>2016/17</td>
<td>341</td>
<td>68</td>
</tr>
</tbody>
</table>
What is the Local Offer?

The Local Offer is an access point for parents/carers, children and young people aged 0-25 years with special educational needs and disabilities. It provides clear, comprehensive and accessible information about support and opportunities available in education, health and social care services in the Luton area.

The Local Offer aims to ensure that the provision of services in education, health and social care are more responsive to local needs and aspirations of children and young people by directly involving them, their parents/carers and service providers in its development and review.

The Local Offer will:

- provide one place to go for all information needed on education, health and social care services
- be easy to navigate through complex information from a wide range of sources
- help users find the information they need quickly and easily
- provide clear, transparent, relevant and accurate information about current services in a way which can be understood and accessed by all
- provide links to other websites (such as early years settings/schools/colleges) for further information.

For more information visit: directory.luton.gov.uk/
Who is a young carer?

Caring for younger brothers or sisters or looking after a member of the family with a long term illness or disability can be tough for a young person, with little time to spend on themselves.

A young carer is someone aged 18 or under who helps look after a relative who has a disability, illness, mental health condition, or a drug or alcohol addiction. The help they provide can include cooking, cleaning, shopping, helping someone to get washed, dressed and move around. Young carers may also provide emotional support to their parents, siblings and extended family members. The difference between young carers and other young people who help in the home is that young carers are often responsible for someone else in their family in a way that most other young people are not.

The legal bit:

In 2014 responsibility for young carers moved from adults social care to children’s services. The introduction of the Children and Families Act 2014 resulted in changes to the Children Act 1989 and placed a duty on local authorities to undertake young carers’ needs assessments.

If you are a young carer aged 16-17 you can request an assessment in your own right. If you are under 16 you will need to be referred for a young carer’s assessment - this can be done through your school or GP.

Luton Council has developed a strategy with the following aims.

1. To support Luton children and young people in their caring role.
2. To ensure young carers are not disadvantaged by their role and responsibilities.
3. Young carers have the best possible chance of achieving the five Every Child Matters outcomes.
4. All young carers can access services suitable to their needs.
5. Services will be shaped by the young people and will cover a range of interventions including healthy lifestyle choices, advocacy issues and socialising.
6. Services will offer support with personal, social and educational development, including whole family support, and be made available at a variety of times and venues, including weekends, evenings and school holidays.

For more information telephone Luton Family Information Service: 01582 548888

To request/make a referral for a young carer’s assessment telephone Early Help Hub: 01582 548231

For more information about young carers’ services telephone Alex at CHUMS: 01525 863924
What is the Disability Register?

- The Children Act 1989 requires all local authorities to keep a register of children with disabilities to help with planning and monitoring services.
- The aim of the disability register is to help plan quality services for disabled children that are based on good factual information.
- For the purposes of the register a child/young person is defined as disabled if he/she is aged 0-18 and cannot do the everyday things that his/her peers can do.
- The information will be kept confidentially on a separate secure system.
- No information on named individuals is made available. Data is used for statistical purposes.

What benefit does registering give my child/family?

By registering for a card, you will:

- receive discounts and concessions in local and national venues
- be informed of new developments and consultations
- receive Enabled newsletter three times a year giving useful national and local information.

For more information contact Family Information Service: 01582 548888 or fis@luton.gov.uk or visit: www.luton.gov.uk/shortbreaks

We propose to review the register every two years to keep it up to date. In 2017 The Register was reviewed in consultation with parents from Luton’s Parent Carer Forum. As a direct result of parents feedback and suggestions, changes have been made to the layout and content of the form to make it easier for parents and carers to complete. The Register will be reviewed again in 2019. Under the Data Protection Act you can make a request in writing if you wish to see the information held about your child.

What is the register used for?

- The information will be used for research and to assist the planning of resources in health, education and social services.
- The information will tell us whether or not we are providing the best and most useful services.
- Help us to identify gaps in services and make improvements in the future.
- We will use mailing lists the register provides as a means of consulting with parents about new developments and/or proposed changes and to keep parents informed of local activities, support and services.
Voluntary and Community Services Consortium

Luton Council has supported local voluntary, community and charitable organisations to establish a consortium of short break providers. Known as the VCS Consortium they are funded by charitable donations and various other sources to provide local services, advice, information and support for disabled children and their families.

The services the consortium provides include:
- advice and support for parents
- holiday clubs and activities
- information and signposting
- life skills
- short breaks
- training for parents
- transition support
- weekend activities
- youth clubs.

The consortium produce an annual performance report on their short break provision, for a copy please contact Autism Bedfordshire on 01234 350704.

Email enquiries@autismbeds.org

Specialist clubs/activities:

Access Disability Project (ADP)

ADP aims to change negative attitudes towards disability within the south Asian communities by focusing on each young person's abilities, giving them opportunities to develop to their full potential and demonstrating that each child or young person is valued. They offer one to one and group support, a personal key worker and a wide range of activities including board games, painting, creative arts and craft, poster making, playing computer games and playstation, using the internet, snooker, bouncy castle, football and cricket. Wheelchair accessible transport is available.

Children's Club:
6-11 years, Wednesdays 4.30pm - 6.30pm

Young People's Club:
11-18 years, Saturdays 3.30pm - 6.30pm

For more information visit: www.cycd.org.uk or telephone: 01582 519500.

Access2Sport

Provides sports sessions for young people with disabilities. They offer a range of sports activities including swimming, dance, football and multi sports. Children must be booked on to activities to ensure appropriate staffing is provided. For more information visit: www.activeluton.co.uk email: colby.nicholls-brown@activeluton.com or telephone Colby Nicholls-Brown, Community Sports Coach (Disability) on 01582 400272.

Baylands Equestrian Centre

Provide horse riding lessons for disabled children and young people aged 3 -25 on Sundays. Also offer stable management lessons and accredited learning college courses for young people aged 16+. Contact Baylands on 01582 720766 or email@baylands-equestrian.co.uk for more information.

Friends of Bright Eyes

Offer activity clubs for disabled young people aged 6 -18 at a variety of locations across Luton. Activities range from crafts, drama, story time, sports, cooking, painting, messy play, sensory play and much, much more. Transport is provided. For more information visit: www.fobe.org.uk email: info@fobe.org.uk or telephone 01582 966065.

FUN Youth Club

F.U.N. provides clubs and play schemes for children and young people with any additional need or disability, aged from birth to 25 years. Holiday clubs and activities can be accessed by the whole family; Saturday clubs for 9 - 18 year olds are available on alternate weekends and offer 1:1 support where needed.

For more information visit: www.familiesunitednetwork.org.uk or telephone: 01582 420800.
Hart Hill Adventure Playground
HHAPG is Luton’s first fully accessible playground complete with swings for wheelchair users, sensory play and accessible toilet facilities including ceiling track hoist system and changing table. Open throughout the year telephone 01582 431311 or email: hhap@childrenslinks.org.uk.

CHUMS Friendship Scheme
Friday night youth club for young people living in Luton with disabilities, aged 11-25 years from 7-9pm at Chalk Hills Academy Youth Zone in term time and during half terms. The group meet to have fun, try different activities and with support devise a termly plan at the start of each term. During the Easter and summer holidays there is an opportunity to access day trips and workshops. For more information please contact CHUMS 01525 863924, email info@chums.uk.com or visit www.chums.uk.com

L.O.A.F
Loads of Autistic Fun (L.O.A.F) is a Saturday morning activity group run by Autism Bedfordshire for the whole family. Sessions run fortnightly during term time providing a safe and inclusive environment for children up the age of 12 years with Autistic Spectrum conditions and their siblings. Families are supported by trained staff and volunteers who aim to offer a short break for parents and carers during the sessions. For more information visit www.autismbeds.org email enquiries@autismbeds.org or telephone 01234 350704.

SNOOSC – Special Needs out of School Club
SNOOSC supports children and young people with complex disabilities aged 9-25, and is based at the Chiltern School in Houghton Regis. After School Clubs run every Monday, Wednesday and Friday during term time. A Saturday Club is held fortnightly during term time. For more information please contact SNOOSC. Tel. 01582 868244, Email snoosc1@gmail.com

TOKKO Youth Space
The disability project is a weekly project for young people between 13 and 24 years old with mild to moderate disabilities. Young members will have the opportunity to use the centre facilities like the indoor climbing wall, kitchen and games room. The centre also has a dance studio and ICT media room. The project aims to provide new opportunities for young people with disabilities to engage in activities with young volunteers. The project also provides volunteering opportunities for mainstream young people who act as buddies and provide 1-2-1 support. Over the half term and school holidays we plan to take young people out on trips. These range from theme parks to museums to musical shows. There is a minimal cost for trips. The project is supervised by experienced qualified youth workers. For more information contact: http://tokko.co.uk/ or Tel: 01582 544990 and ask for Nikki Bennett.

Wanted Fun
Wanted Fun is a youth group run by Autism Bedfordshire which aims to develop communication skills and social opportunities for young people aged 10-17 years with Asperger Syndrome or high functioning Autism. Sessions run fortnightly during term time and offer a range of activities focused around individual interests. The group also regularly arrange outings within the local community such as the cinema or bowling alley helping to build confidence in new environments. For more information visit: www.autismbeds.org, email: enquiries@autismbeds.org or telephone: 01234 350704.
Directory of services

Holiday activities

Access Disability Project (ADP)
Provides playschemes for disabled young people aged 6 – 18 within the South Asian community. Offer a variety of activities, guidance and support. Transport provided.
For more information visit: www.cycd.org.uk or telephone 01582 519500.

Autism Bedfordshire summer schemes
Autism Bedfordshire provide a range of play schemes for children and young people with Autistic Spectrum Conditions aged 3-17 years. Schemes are split into appropriate age groups and abilities, offering one to one support where needed. All schemes include a number of daily trips accessing local community activities and venues.
For more information visit www.autismbeds.org email enquiries@autismbeds.org or telephone 01234 350704.

Families United Network
F.U.N. provides play schemes for children and young people with any additional need or disability, aged from birth to 25 years. Holiday clubs and activities can be accessed by the whole family.
For more information visit: www.familiesunitednetwork.org.uk or telephone: 01582 420800.

Friends of Bright Eyes
Provide playschemes for disabled young people aged 6–18. Siblings included. Offer a variety of activities and day trips for which the whole family can be included.
For more information visit: www.fobe.org.uk, email: info@fobe.org.uk or telephone: 01582 966065.

SNOOSC – Special Needs Out of School Club
SNOOSC supports children and young people with complex disabilities aged 9-25, and is based at the Chiltern School in Houghton Regis. Specialist play clubs are held during the school holidays.
For more information please contact SNOOSC. Tel. 01582 868244, Email snoosc1@gmail.com
Support Services

Child bereavement service
CHUMS Child Bereavement Service offers support in a variety of ways to children, young people and their families across Luton including telephone support for parents and professionals, group work and ongoing support for both children and parents/carers. Children can gain a great deal from meeting others of their own age who have had similar experiences; CHUMS child bereavement service provides children and young people the opportunity to understand events, express their own feelings and learn to adjust to their loss.

For more information please contact Chums 01525 863924, email: info@chums.uk.com or visit www.chums.uk.com.

Family Information Service
Luton Family Information Service (FIS) provides information, advice and guidance on a variety of services, helplines and websites that are useful to parents, carers, children and young people, and professionals who work with them.

For more information telephone 01582 548888 or email: fis@luton.gov.uk.

Luton Parent Carer Forum (CIC)
Luton Parent Carer Forum (CIC) The Luton Parent Carer Forum Community Interest Company (CIC) is an organisation, supported by Contact a Family which helps facilitate the voice of local parents/carers of children and young people aged 0-25 years with special educational needs and/or disabilities. The Luton forum is part of the 11 Eastern Regional Parent Carer Forums (ERPCF).

We aim to empower families via our workshops to have a voice in shaping local services for the future of their SEND children and young people by supporting parent carers to gain increased confidence when meeting with professionals.

We also aim to support workforce development across key stakeholders such as education, health and social care professionals, helping to evaluate the services used. If you have a child or young person with SEND (with or without a statement or EHC Plan), aged 0-25 years, and you live in Luton, then why not join us? Membership is free.

For more information contact us on 07534 625066 or visit www.lutonforum.org.uk.

Student Voice Forum
The Student Voice Forum is a group for young people with additional needs, who are at secondary school or at college. The forum gives young people with additional needs the opportunity to express their views and opinions about things that matter to them; this includes having as say about schools, colleges, council services and the type of town they would like Luton to be. It is also a good place to meet other like-minded students and enjoy social events. We meet the first Tuesday each half term between 4pm and 6pm. Regular updates can be found on Luton’s Local Offer

Find us and follow us on Twitter @studentvoiceLBC
If you are interested in joining the Student Voice Forum or want to find out more email: studentvoice@luton.gov.uk or phone 01582 548156

Luton Parent Mentor Service
Luton Parent Mentor Service

Peer to peer support is known to be essential around the time of diagnosis of a child having special needs. The Luton Parent Mentor Service is part of Luton Parent Carer Forum (LPCF) CIC. Our mentors are parents with SEND children / young people who have been trained to provide a listening ear. We aim to offer practical, emotional support, and signpost parent carers to useful information/services. The Luton Mentoring Service is available during term time only on a Tuesday from 10.30am - 12.30pm at Redgrave Children and Young People’s Development Centre, Redgrave Gardens, Marsh Farm, Luton.

For more information on other venues please call us on: 07534625066.
Neonatal Service

The Stillbirth and Neonatal Service offers support to families where a baby has died. Support can be provided in a variety of ways including by telephone, in person to individuals, couples and siblings. There are monthly support groups, an annual memory day and the Snowdrop Remembrance Service.

For more information please contact CHUMS 01525 863924, email: info@chums.uk.com or visit: www.chums.uk.com.

Young Carers Services

Chums Young Carers Service offer a support network for young carers across Luton which includes:

- support with issues you may find challenging at school, at home or with relationships
- group activities with other young carers
- a chance to meet others in similar circumstances with opportunities to share your thoughts and experiences
- individual mentoring where appropriate
- activities and days out for young carers
- family fun days
- opportunities to learn more about illnesses and conditions
- group sessions in some Luton schools.

CHUMS can arrange to visit you at home or school to discuss and agree a plan to support you, this will involve completing a young carers assessment to identify your needs.

For more information and a programme of activities please contact CHUMS Young Carers on 01525 863924 Facebook on ‘Chums Ycms’ www.chums.uk.com/young-carers

Caring for Carers

Caring for younger brothers or sisters or looking after a member of the family with a long term illness or disability can be tough for a young person, with little time to spend on themselves.

The Active Young Carers (AYC) programme is designed to give young carers the opportunity to enjoy some leisure activities at a much reduced cost and spend time with friends or other young carers.

Join Today and Get an AYC Card

Staying fit and healthy is also important for all young carers and also to those being cared for and who rely on much needed support. The AYC Card will allow young carers aged 11-18 to take part in lots of different sports activities including swimming, badminton, table tennis, gym, footgolf and pitch and putt at a fraction of the standard cost. A young carer can take part in 10 activities for £1 each time (Card price £10 in total). When the card is finished, another one can be applied for with a maximum of 3 in total.

Get in Touch - If you are a young carer aged between 11-18 (or you know of someone who fits the bill) get in touch: Email ayc@activeluton.co.uk or telephone: 01582 400272 and a member of the Active Young Carers Team will call you back.
Q: My son has a disability but is in mainstream school can he access short breaks?
A: Yes! Short Breaks are available to all disabled children and young people regardless of the type of school they attend.

Q: Can my child access Short Breaks if they don’t have a Statement of Educational Need (SEN) or Education, Health and Care Plan (EHC)?
A: Yes. Not all disabled children and young people will have a Statement of Educational Need or EHC plan.

Q: What’s the age range for short breaks?
A: Short Breaks are available for 0 – 18 year olds and will vary in type and duration depending on the age of the child.

Q: Are different activities provided for different disabilities?
A: The majority of providers offer activities suitable for all disabilities however there are some specialist providers i.e. Autism Beds for children and young people with Autistic Spectrum Disorder. It is the responsibility of the parent to contact the service provider to ascertain if the provision is suitable for their child.

Q: Are there costs attached?
A: Some providers offer short break services for free, while others make a small charge and it is best to check with the provider prior to attending any activity. Parents can use the care component of their child’s Disability Living allowance or Direct Payment to fund short breaks.

Q: Are siblings included?
A: Some short break providers include siblings i.e. Families United Network and Friends of Bright Eyes. Parents are advised to contact the individual provider to see if siblings are included.

Q: Is an after school club a short break?
A: Some parents use after school clubs as a short break to enable them to continue to work/study. Parents should check with the provider to ensure the appropriate support for their child is available before booking.

Q: How can I access the short break statement?
A: Luton’s Short Break Statement is available in print form and online. Our website allows for the reader to view the document in larger text and also has a translation facility for speakers of other languages.

Q: Where can I get a copy of the Short Break Statement?
A: Printed copies are available from Luton Borough councils’ Family Information Service, the children with disabilities social care team, SENCO’s and/or family workers in Schools, Redgrave Children and Young People’s Centre and online at www.luton.gov.uk/childrenwithdisabilities and select types of support.

Q: What can Direct Payments be used for?
A: Direct Payments can be used to pay for activities, entry fees, carers, trips (other than school trips) and small items of equipment for your disabled child. Direct Payments cannot be used to purchase alcohol, tobacco, recreational substances, clothing or to pay household bills.

Q: How do short breaks meet the cultural needs of children and young people?
A: All Luton’s Short Break providers are sensitive to the different cultural needs of the children and young people they serve and employ multi lingual support workers. Some provide gender specific activities (separate boys and girls clubs) e.g. CYCD and Friends of Bright Eyes.

Q: What training/workshops are available for parents?
A: Various voluntary and community organisations offer training/courses for parents including Autism Bedfordshire, CYCD and Friends of Bright Eyes. Parents are advised to contact the providers direct or check their websites for more information on course availability and dates. (See Directory at the back of the Short Break Statement).
Signing the charter means that Luton Council will be able to demonstrate its commitment to improving health outcomes for disabled children, young people and their families.

Local authorities are required to provide and publish annual reports to their local Health and Wellbeing Boards with an update on progress on implementing the seven key commitments within the Disabled Children’s Charter, Luton’s report can be found at www.cypp.luton.gov.uk

The aim of the Disabled Children’s Charter launched in 2013, is to support Health and Wellbeing Boards to be aware of, understand and meet their responsibilities for disabled children, young people and their families, including children and young people with special educational needs (SEN) and health conditions.

Developed by Every Disabled Child Matters (EDCM) and Tadworth Children’s Trust, the Charter replaces the previous EDCM Charter (2008, and 2011) and calls for Local Authorities to provide evidence and assurance about how they will meet the needs of disabled children and young people and their families by:

- publicly articulating a local vision for improving the quality of life and outcomes for disabled children, young people and their families
- understanding the true needs of disabled children, young people and their families in our local area and what action will be taken to meet them
- having greater confidence in targeting integrated commissioning on the needs of disabled children, young people and their families
- supporting a local focus on commissioning and delivery of cost-effective and child-centred interventions to deliver long-term impacts
- building on local partnerships to deliver improvements to the quality of life and outcomes for disabled children, young people and their families
- developing a shared local focus to measure and improve the outcomes experienced by disabled children, young people and their families
- demonstrating how Luton will deliver the shared ambitions of the local health system set out by the Government in ‘Better Health Outcomes For Children and Young People’.
Appendix 1 – Referral pathway

Care pathway for short breaks services

Level of need: A B or C (high level)

Referral received from parent, family member or professional to Luton Borough Council Children’s Services via Multi Agency Safeguarding Hub

Single assessment undertaken

Meets criteria for short break/direct payment: Children in Need Plan completed

Resource panel approval

Direct payment or short breaks identified and offered based on assessment of need

Level of need: D or E (low level)

Referral to Early Help Hub

Doesn’t meet criteria
Signpost to universal services

Provision of service

Six monthly:
Review of care plan, monitoring of outcomes, and increase or decrease in short break provision
### Appendix 2 - Eligibility Criteria

Disabled children are by definition ‘Children in Need’ in terms of the Children Act 1989 and entitled to an initial assessment. Additionally, their parents and carers are entitled to a carer’s assessment. When we assess the needs of disabled children and young people, we take into account the needs of their parents and other children in their immediate family. Children and families are assessed in fixed bands and can move between levels of support if their needs change.

<table>
<thead>
<tr>
<th>Needs Band</th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
<th>E</th>
</tr>
</thead>
<tbody>
<tr>
<td>Disabled child’s care needs and social or emotional development</td>
<td>Services required to prevent immediate risk of substantial impairment or long term accommodation.</td>
<td>Child has substantial needs and requires significant and specialist multi-agency services to meet those needs and/or alleviate stress in the family which may lead to A.</td>
<td>Child requires specialised services to promote their health or development and/or alleviate stress in the family which may lead to A or B.</td>
<td>Child requires advice/support to access local services that are available for all children, to broaden experiences and/or prevent build up of stress in family.</td>
<td>Child leading life as normally as possible and additional care needs easily met by family, some guidance on services available maybe required.</td>
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<tr>
<td>Examples</td>
<td>Child requires regular physical restraint, behaviour injures self or others, requires night-time supervision. Child has physical impairment: requiring hoists for all transfers, unable to dress, toilet, bathe or feed themselves. Child with complex medical needs requiring frequent attention at night for medication, turning or intubation.</td>
<td>Child has challenging behaviour, self harmful behaviour arising from higher disability. He/she requires a significant amount of supervision. Child has limited self help skills, needs assistance with toileting, feeding, transferring. Child is a wheelchair user but can weight bear.</td>
<td>Child has general developmental delay and other needs such as hyperactivity, limited sleep pattern, other communication and behaviour problems, obsessions. Child has limited mobility but developed self help skills.</td>
<td>Child has some developmental delay and/or behavioural problems. Child has a sensory impairment or learning disability which does not significantly impact on their care needs.</td>
<td>Child has diagnosed disability which does not impact on functioning of child or family.</td>
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<tr>
<td>Siblings needs</td>
<td>A substantial amount of support is needed to meet siblings’ essential care needs.</td>
<td>A significant amount of care is needed to support all of the siblings’ essential needs.</td>
<td>Support is needed to ensure siblings’ personal or social needs are met.</td>
<td>Advice needed to broaden sibling opportunities.</td>
<td>Child’s care needs do not significantly impact on siblings opportunities.</td>
</tr>
<tr>
<td>Examples</td>
<td>Essential care needs of the disabled child prevent parents from attending to any sibling’s essential needs for extended periods of time. Or family is in receipt of assistance in respect of sibling’s care needs at band A or B. Sibling also has a disability at band D or E.</td>
<td>Sibling unable to access leisure facilities, clubs etc. due to care needs of disabled child. Or young carers responsibilities in relation to disabled child. Or social isolation due to siblings behaviours.</td>
<td>Family unaware of services available to non-disabled child or how to access them. Or family unable to spend/quality individual time with non-disabled child.</td>
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<tr>
<td>Parents/carers needs</td>
<td>Parents/carers mental or physical health requires substantial support to enable them to meet their child’s essential needs and/or there is a substantial risk of family breakdown.</td>
<td>Parents/carers can only meet their child’s essential needs at significant cost to their own physical or mental health or there is a risk of family breakdown.</td>
<td>Parents/carers need support to provide care for their other dependants. Parents/carers need support to prevent a significant impact on their personal or social lives.</td>
<td>Parents/carers need advice and support on universal services and activities for their child, to give them a break from their caring responsibilities.</td>
<td>Child’s care needs do not significantly impact on parents/carers personal or social lives.</td>
</tr>
<tr>
<td>Parenting/caring capacity</td>
<td>Substantial provision of services required to ensure parents/carers provide adequate parental care.</td>
<td>Significant provision of services is required to ensure parents/carers provide adequate parental care.</td>
<td>Support services are required to ensure parents/carers provide adequate parental care.</td>
<td>Parents/carers can provide reasonable care but may benefit from advice/information.</td>
<td>Parents can provide reasonable care within existing support network.</td>
</tr>
<tr>
<td>Examples</td>
<td>Parenting capacity seriously affected by mental health, disability, medical issues, serious stress. Other major care responsibilities e.g. another member of the household who has significant disabilities.</td>
<td>Families where main caring falls on one partner who has difficulty coping because of mental health issues, isolation, medical conditions etc.</td>
<td>Families where there are competing demands of all the children in the family. Some single parents who have individual needs.</td>
<td>Parents/carers who need information and advice who either cannot read or speak English. Families who have other caring roles. Families where there is marital/relationship problems. Parents/carers with financial/housing/other family pressures.</td>
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<td>Accessible Service Examples</td>
<td>Following an assessment of the child and family’s needs by a social worker from the Childcare Disability Team, a package of support will be agreed at a multi-agency panel involving one or more of the following depending on their individual level of need (family circumstances): Direct Payments, home care, Outreach support, shared car service (day and/or overnight family based short breaks), overnight residential short breaks, transition planning and support.</td>
<td>Following either a referral to a the Early Help Hub or contact with the Family Information Service in Luton, the child and family will be signposted and supported to access a range of community and mainstream services. There is no statutory assessment of the child and family needs nor input from the social care team. Accessible services might include: specialist community childminding, childcare, holiday clubs and after school clubs, leisure and sport activities, education support, advice and support from a Personal Advisor (PA) and Family Support.</td>
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