

London Borough of Bexley

Children with Disabilities Service Short Break Statement 2019/2020

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Introduction

The London Borough of Bexley is committed to delivering a range of Short Breaks for children and young people with Special Educational Needs and Disabilities (SEND), their parents / carers and families. Our aim is to ensure that children and young people with SEND and their families are supported well and have their needs met.

To do this we ensure that:

We listen to children with disabilities who are known to the service, act on their views, and provide them with choices.

We regularly seek feedback about the activities and services that children and young people access through the use of feedback forms and through Parental Engagement meetings. Professionals who know the children and young people well observe them on home visits and visits to services, in order to see first-hand how well the short breaks being accessed meet identified needs.

Staff use a range of communication aids including Makaton, picture exchange communication (PECS) and Talking Mats, to ensure they understand the views of a wide range of children and young people who access short breaks.

Children and young people who are known to the Children with Disabilities Service and their families are supported to take part in and enjoy local community life.

- We sign post families to local childcare, leisure and recreational activities
- We work with families and our parent carer forum Bexley Voice to better understand local needs and gaps in service
- We involve families in making decisions about service development and priorities
- We are informed of the services that families need through feedback on the Bexley Local Offer

What do we mean by Disability?

The London Borough of Bexley applies The Equality Act 2010 definition of a Disability: "A person has a disability if he or she has a physical or mental impairment which has substantial and long-term adverse effect on their ability to perform normal day to day activities".

If you want to know more about the Equalities Act 2010 please follow: https://www.legislation.gov.uk/ukpga/2010/15/contents

What is a Short Break?

Short Breaks provide opportunities for disabled children and young people to spend time away from their primary carers. These include day, evening, overnight or weekend activities and take place in the child's own home, the home of an approved carer, a residential or community setting.

Short Breaks can take place in a child's home, with specialist support, depending upon the needs of the child or young person. This can be in the evening, at weekends or during school holidays. Short Breaks can also include overnight stays and support via agencies.

Who are Short Breaks for?

Short Breaks are available to ALL children and young people who:

- have a Special Educational Need and / or Disability
- aged 0 18 years old
- ordinarily reside in Bexley

There are 3 types of Short Breaks. For specialist short breaks please see the criteria page.

What does the Law say about Short Breaks and the information that Local Authorities must make available?

The Breaks for Carers of Disabled Children Regulations came into effect on 1st April 2011 and established in Law the duty for each Local Authority to provide a range of Short Breaks for 'disabled' children and young people from birth up to their 18th birthday and their parents and carers.

As part of the duty, each Local Authority must produce a Short Breaks Statement, in order to provide parents and carers with the following information:

- The range of Short Breaks available
- How to access the range of Short Breaks available
- How Bexley's Short Breaks have been designed to meet local needs

More recently the Children and Families Act 2014 introduced significant changes to the way that Education, Health and Social Care work to support children and young people with SEND. Some of the key changes include:

- Publication of a clear and transparent 'Local Offer' detailing up to date services and support available (visit <u>www.bexleylocaloffer.uk</u>)
- Ensuring that the voice of children, young people, parents and carers (and their families) is at the heart of what we do, including shaping local service

For more information about the Special Educational Needs and Disability Reforms <u>https://www.local.gov.uk/sites/default/files/documents/get-act-children-and-fami-acf.pdf</u>

How do families access specialist Short Breaks?

All referrals in Children Social care go through the Multi-Agency Safeguarding Hub who will pass the referrals to relevant teams provided the young person's needs require specialist services. If a child has been referred to the Children with Disabilities Service, the family will be contacted by Children with Disabilities Social Worker. The Social Worker will discuss with the family the key information that has been provided through the Referral and establish if the child / young person and their family may be eligible for specialist Short Breaks. The Social worker will then make arrangements to visit the family and begin a **Child and Family Assessment**. This is an assessment that looks in detail at the needs of the child or young person with a disability and those caring for them.

The assessment also takes account of all aspects of family life that may impact on the needs of the disabled child, siblings, anyone living in the family home and parents/carer's ability to care. The Assessment considers the following information;

- The severity of a child's needs and how this impacts on family life
- If there is more than one disabled child in the family
- Other caring responsibilities within the family
- Parental health / disability impacting on ability to carry out caring role
- Isolation and lack of extended social networks
- Children who are looked after by the Local Authority
- Concerns about a child or young person's safety

The Children with Disabilities Service works closely with families to ensure that Assessments are thorough and reflect the views of all involved. Assessments can take up to a maximum of 45 days but Social Workers aim to complete Assessments without any unnecessary delay, whilst still ensuring they capture the necessary level of detail.

Once the Assessment is complete, the Short Breaks Multi-disciplinary Panel meet fortnightly to consider information and evidence that has been gathered alongside the views of the children and their families. Parents' views are incorporated before panel. The Panel consists of the Head of Service, the Service Manager for Children with Disabilities, a representative from Bexley SNAP, Aspens, a Nurse from the Community Children's Nursing Team, and a representative from Charlton Athletic Community Trust. The Panel makes a decision on the exact level and type of support to be provided and whether a Direct Payment is appropriate. Once the Panel has made its decision a letter is sent to the family with details of the level and type of support that has been agreed (a **Care Plan**).

Decisions made by the Panel regarding services and funding to be provided will be reviewed regularly, at least once a year, to determine if needs have changed and if the package still meets the identified needs and outcomes. It also recognizes that children may move between levels of service at different stages in their life or when circumstances change. If required a Review Assessment can be carried out by a Social Worker to establish if the level or type of support needs to be changed.

Are all children assessed by an Occupational Therapist as part of a Child and Family Assessment?

Not all children are assessed by an Occupational Therapist. Occupational Therapists work with children who need adaptations and specialist equipment at home.

The community Occupational Therapy Service sits within the Grants Team in Housing and provides assessments of disabled children/young people's homes for adaptations and the provision of equipment. Not all children will require an assessment by an Occupational Therapist as part of a Child and Family Assessment. The Social Worker carrying out the Assessment can make a referral to the Occupational Therapy Service if it is felt that this is necessary. Parents are still able to make a self-referral to the Occupational Therapy Service by contacting Children Social Care on 0208 303 7777.

What happens if a child / young person is assessed as not being eligible for specialist Short Breaks?

Children / young people and their families who, despite their disability, are assessed as not being eligible for specialist Short Breaks will be signposted to Universal and Targeted Services accepting self-referrals and any other useful local, regional or national information.

What is a Direct Payment?

A Direct Payment is a sum of money paid to a parent / carer on behalf of a child or young person with a disability. Direct Payments can be used to purchase support and Short Breaks and are an alternative to receiving a Commissioned Service, owned or arranged by the London Borough of Bexley.

Families of a child or young person with a disability who have been assessed as eligible for specialist Short Breaks may be offered the opportunity to have a Direct Payment in place of a Commissioned Service. Direct Payments can be used flexibly to purchase Short Breaks from an inclusive setting, or by employing a support worker or Personal Assistant as agreed in the child or young person's Care Plan.

Inspire Community Trust acts as the Local Authority's broker for Direct Payments and supports families with information and advice about using Direct Payments to purchase Short Breaks and about employing Personal Assistants.

For more information about Inspire Community Trust please visit: http://www.inspirecommunitytrust.org/

For more information about Direct Payments please visit: http://www.bexleylocaloffer.uk/content/9718

What is the Disabled Children's Register?

All Local Authorities hold a database of children and young people with disabilities living in the borough. This is often referred to as the 'Disabled Children's Register'. The purpose of the Register is to record information about children and young people with disabilities and the Short Breaks they access to ensure that Local Authorities are able to forward plan and predict what services they need to commission and make available in the future.

When children and young people with disabilities are assessed as eligible for specialist Short Breaks, families will be asked if they are happy for their child's details to be added to the Disabled Children's Register. Adding a child or young person's name to the Register is voluntary, and families will always be asked for their consent before a child's name is added.

Do you provide assistance travelling to and from Short Break Services?

We are unable to provide transport to access Short Breaks. Your child may be eligible for a Freedom Pass which is for people with disabilities and gives concessionary travel on most public transport in London. Eligibility is for people with disabilities, such as a physical impairment or learning difficulty, which has a substantial and long-term adverse effect on their ability to carry out normal day-to-day activities.

For more information visit: <u>http://www.londoncouncils.gov.uk/services/freedom-pass/disabled-</u> <u>persons-freedom-pass</u>

Alternatively, if your child is severely disabled and cannot travel on public transport, you may be eligible for Dial-A-Ride, Taxi Card or Capital Call subsidised travel.

For more information visit:

http://www.bexleylocaloffer.uk/content/1208

If your child currently receives transport to school organised by the Local Authority but would prefer to travel independently, they may be eligible for Independent Travel Training. This will also support their access to Short Breaks.

For more information please visit: <u>http://www.bexleyct.co.uk/traveltraining.php</u>

What happens when a child turns 18 and transitions into Adult Services?

We want transition from Children's Services to Adults' Services to be a seamless and wellcoordinated experience for young people and their families. Preparing young people for adulthood starts during Year 9 (age 14 years). Social Workers from the Children with Disabilities Service make referrals to the Preparing for Adulthood Team when a young person turns 18. A Social Worker from the Preparing for Adulthood Team attends the Year 9 Annual Education Review with a Social Worker from the Children with Disabilities Service. The Social Worker from the Preparing for Adulthood Team will carry out a draft needs led Assessment when the young person is 16 years, to establish if they meet the criteria for continued support and access to specialist Adult Services. This Assessment is updated when the young person turns 17 years and a Care Package is agreed from Adult Social Care before the young person turns 18 years.

If you need to speak with someone in the Preparation for Adulthood Team please contact: Tel: 0208 303 7777 or email <u>preparingforadulthoodteam@bexley.gov.uk</u>

How does the London Borough of Bexley review Short Breaks Services?

This statement continues to be informed by consultation and feedback from children and young people with disabilities, their families and professionals from Social Care, Health, Education and the Voluntary Sector. Below is the feedback we have received from Children and Families:

"The Short Break support makes a real difference"

"Short Break Support gives us a break from our caring role and enables our child to have an enjoyable experience in the community"

We have a Parental Engagement Meeting once every three months where we meet with parents and get their views about Short Breaks. This helps us to plan what we can do better to support them and their children. We use feedback forms across the Short Breaks service to enable us to better understand the views of those who attend the activities we offer.

We will continue to regularly monitor services to ensure that all the Short Breaks we provide make a positive difference to our young people and their families. Our Commissioned Services have been getting regular feedback in the form of feedback forms and the feedback is used to measure the difference we are making and also inform future service provision.

How can families give their feedback about Short Breaks and get involved in developing the Bexley Short Breaks offer?

If you would like to tell us what you think about the Short Breaks and activities available in Bexley, or get involved in helping us improve them, please contact the Children with Disabilities Service on 0203 045 3600.

Any comments you share will be kept anonymous and will be used to help review the Short Breaks service. This Short Breaks statement will be reviewed at least once a year with Bexley Voice, our parent/carer forum.

How can families appeal a decision or complain about a service?

If you are unhappy about a decision that has been made regarding access to Short Breaks or wish to make a complaint about the service you have received, the first step is to discuss your concerns with a member of the Children with Disabilities Service. If your concern isn't resolved, you can put your complaint in writing.

You can email the Complaints Team: complaints@bexley.gov.uk

If a family feels that the Assessment carried out by the Children with Disabilities Social Worker did not adequately cover their family's individual circumstances or if their circumstances have changed, they can request a re-assessment at any time.

What types of Short Breaks services are available in Bexley and how are they accessed?

Short Breaks can be described in the following three categories;

- Universal Short Breaks
- Targeted Short Breaks
- Specialist Short Breaks

The information below describes what is available within each of these categories and how different types of Short Breaks can be accessed.

Some children will access a mixture of services, some of these will be Specialist Services provided through an Assessment, and some will be accessed through Targeted activities commissioned from voluntary or independent providers. Some children will be able to access Universal Short Break services with or without support.

Universal Services

Universal Services offer Short Breaks opportunities that are open to all children and young people in Bexley who choose to use them whether or not they have a Special Educational Need or Disability. These may include libraries, youth clubs, Children's Centres, leisure centres, Scouts, Brownies, after school clubs and sport's groups.

Children's Centres act as a hub for the local community. The key focus of their work is high quality, inclusive, early learning and childcare within the local area, information and activities for families; integrated child and family health services. The majority of services provided at Children's Centres are for children aged 0-5 years and their parents / carers.

Many Universal Services advertise their activities within libraries, schools, children's centres, leisure centres and community centres. You can access Universal Services by contacting organisations directly to discuss the activities they offer. If you need more information concerning children centres in Bexley please follow the link below:

https://www.bexley.gov.uk/services/children-young-people-and-families/services-children-young-people-and-families/children-and-family-centres

Universal Services offer activities that enable all children and young people to have fun and make friends. We want these services to be as inclusive as possible for children with disabilities. All Universal Services are expected to make reasonable adjustments so that children with disabilities and special educational needs can be included.

For most children, these Short Breaks meet their needs and they do not require Targeted or Specialist Services. Each summer Bexley Council publishes a 'Summer Sizzler' booklet which details events and activities happening across the Borough throughout the summer holidays.

Information about universal services can be found on the Bexley council website and on the Bexley Local Offer <u>www.bexleylocaloffer.co.uk</u>

How do I access a Universal Service?

Though we recognize that children and young people with special educational needs and disabilities may have specialist support requirements, we encourage parents and carers to access Universal Services and discuss with providers the support that their child needs. This will help providers to increase their knowledge and skills in regards to supporting children and young people with special educational needs and disabilities.

Targeted Short Breaks

Targeted services provide Short Break opportunities specifically aimed at children and young people with special educational needs and /or disabilities. Some Targeted Services are funded by the London Borough of Bexley while others are provided by voluntary groups and charities. Please note that those services that are not commissioned by the Local Authority may carry a charge.

To access these activities, we advise parents and carers to contact providers direct for more information. Examples of targeted activities would include horse riding for the disabled, disability sports clubs, targeted youth groups etc.

Targeted Short Breaks	Contact Details
Bexley SNAP	Website: www.bexleysnap.org.uk
Half term and holiday play schemes (Age range 5 - 17) 10am - 3pm	Email: admin@bexleysnap.org.uk
Saturday Fun Club (Age range 2 - 10) 9:45am-12:45pm	Telephone: 01322 332452
Thursday Youth Club (Age range 11 - 25) 6:45pm- 8:45pm	
Saturday Youth Club (Age range 11 - 17) 10:30am - 3:30 pm	
Wednesday Creator Club (Age range 7 – 11) 4pm - 5:45pm This is for children with Social Communicational difficulties/Autism, who love creative crafts and play.	

Aspens (Age range 5 - 17) Saturday fun club and after school clubs This runs throughout the year.	Website: www.aspens.org.uk Email: Mandy Kennedy Mandy.Kennedy@aspens.org.uk Telephone: 020 8303 7995 - x122
Horse riding for the disabled:	Website:www.saddlesridingcentre.co.ukTelephone:01322 525219Children with physical disabilities can useARROW RDA in Dartford:Website:www.arrowridingcentre.com/contact-usTelephone:01322 294390
Bexley Moorings (Age range 8 - 17) Blocks of activity sessions for young people with autism.	Website: www.bexleymoorings.co.uk Email: info@bexleymoorings.co.uk Telephone: 020 8304 9609
Childminding Short Breaks (Age range 0 – 16) Bexley has a Childminding Network of approved and registered childminders who can offer Short Breaks for children with learning disabilities and additional needs up to the age of 16. There is a growing availability for childminders who have had training to support children with more severe disabilities for a few hours or overnight.	For more information contact: earlyyears@bexley.gov.uk

More information about targeted activities for children and young people with special educational needs and disabilities such as targeted sports clubs can be found on the Bexley Local Offer: www.bexleylocaloffer.co.uk

Specialist Short Breaks

These are services for disabled children with the most complex needs. Specialist Short Breaks support for children, young people and their families where the child/young person's disability has a substantial and long term effect on their ability to carry out day-to-day activities.

How do I access a Specialist Short Break?

In order to access a Specialist Short Break, the child or young person will require a Child and Family Assessment from the London Borough of Bexley. The Assessment is usually carried out by a Social Worker from the Children with Disabilities Service

Eligibility decisions are based on individual need, including to what extent a child or young person's disability or impairment affects their lives and the lives of those who live with and care for them. However, it is likely that if a child/young person is eligible for Short Break support their disability and/or special educational needs could be described in one or more of the following ways;

- A significant, permanent and enduring physical disability
- A significant global learning disability
- A severe and enduring communication disorder
- Autism with a significant global development delay and/or challenging behaviour
- A significant sensory impairment

To request a child and family assessment in order to access specialist short breaks parents/carers should contact Screeners Team on 020 3045 5440.

This team takes calls from parents, carers and professionals who are requesting for support from Children Social Care. Screeners will ask a few questions about the child's needs and family circumstances. They will share this information with the Multi-Agency Safeguarding Hub (MASH) whose job it is to refer families to the right service.

Specialist Short Breaks	Contact Details
Bexley SNAP	Website: www.bexleysnap.org.uk
(Age range 5 - 17)	Email: admin@bexleysnap.org.uk
Half term and holiday playschemes	Telephone: 01322 332452
Saturday Fun Club Little Explorers	Website: www.bexleysnap.org.uk
(Age range 2 - 10)	Email: admin@bexleysnap.org.uk
This takes place from 9:45am to 12:45pm. Children are	Telephone: 01322 332452
encouraged to join in and try new activities	
Aspens	Website: www.aspens.org.uk
(Age range 5 - 17)	Email: <u>Mandy.Kennedy@aspens.org.</u>
Saturday fun club and after school clubs	<u>uk</u>
	Telephone: 020 8303 7995 - x122
Falconwood	Website: www.aspens.org.uk
An overnight residential centre funded by the London	Email: <u>Mandy.Kennedy@aspens.org.</u>
Borough of Bexley providing Short Breaks to children	<u>uk</u>
and young people with profound and multiple	Telephone: 020 8303 7995 - x122
Crossroads Care	Website:
Provides a range of services to carers for Children and	www.crossroadscaresoutheastlondon.
Adults with support needs. They have carers who take	org.uk
young people out in the community to access a range	Telephone: 01322 336086
of activities and also provide personal care at home.	
Demelza Hospice	Website: www.demelza.org.uk
Demelza is a children's hospice charity in the south east	Email: infor@demelza.org.uk
of the UK, providing vital care to families across East	
Sussex, Kent and South East London. They care for	
children and young people who have life limiting illness	
and are on end of life.	
Ellenor Hospice	Website: <u>www.ellenor.org.uk</u>
Providing children's hospice-at-home services and	
S hort Breaks for children and young people with	
life limiting or life threatening medical conditions.	

This is when a child or a young person with disabilities is cared for in a family setting to give parents a break. The people caring for the young person will be approved Foster Carers.	Contact your social worker for more information
Agency Support	http://www.ravennursing.co.uk
This consists of Focused Health care, Ravens Nursing,	
Help Handz and Prestige.	http://www.prestige-nursing.co.uk/
These agencies provide 1:1 support for young people	
with disabilities.	http://www.helphandz.com/about-us

Who can families contact for more information?

Children with Disabilities Service

The Children with Disabilities Service provide specialist services to children with disabilities and their families. These include:

- Assessment to access complex needs support packages
- Emotional and practical support
- Advice, signposting and case management
- Support to looked after children and young people with disabilities
- Support to children and young people who are subject to child protection

Address: Civic Offices, 2 Watling Street, Bexleyheath, Kent DA6 7AT Telephone: 020 3045 3600 Email: <u>CWDSAdmin@bexley.gov.uk</u>

Inspire Community Trust

They are commissioned by the London Borough of Bexley to support families with children with disabilities with managing direct payments.

Website: <u>www.inspirecommunitytrust.org</u> Telephone: 020 3045 5100

Bexley Voice: Parent Carer Forum

Bexley Voice is a group of voluntary parents / carers of children with a wide range of disabilities and special needs who live in Bexley. Their main aims are to:

- Represent parents and gather views based on personal experience and canvassed opinion, so that all parents have a voice.
- Attend meetings with the Council and other service providers to develop provision for children with special educational needs and disabilities.
- Raise awareness of the impact of a wide range of special needs on family life.
- Provide a central consultation point for those seeking input from this group.
- Proactively provide on-going feedback to service providers on their performance.

Website: <u>www.bexleyvoice.org.uk</u> Telephone: 07512 409936 Email: <u>bexleyvoice@hotmail.co.uk</u>

Other useful contacts

Bexley Preparing for Adulthood Team

Telephone: 0208 303 7777 Email Address: preparingforadulthoodteam@bexley.gov.uk

Statutory Assessment Service

The SEND Statutory Assessment Team oversee the statutory assessment process and work with parents, carers, professionals and educational settings to develop Education, Health and Care Plans. Address: Civic Offices, 2 Watling Street, Bexleyheath, Kent DA6 7AT Email: specialneeds.els@bexley.gov.uk Telephone: 0208 303 7777

Information Advice and Support Service – IASS

The Information and Advice Support Service (formally known as the Parent Partnership) offers advice about SEN, statutory assessment, Education, Health and Care Plans, health and legal advice. This service is independent of the Local Authority. **Telephone:** 0203 045 5976 **Email Address:** bexleyIASS@bexley.gov.uk

Bexley Branch of the National Autistic Society

The Bexley Branch National Autistic Society (BNAS) offer a variety of social and leisure activities for children on the Autism Spectrum and their families living within Bexley Borough. BNAS benefits from having its own cinema screenings once a month, where older films suitable for children with an Autism Spectrum Disorder (ASD). Members can enjoy exclusive inflatable swimming and flumes sessions suitable for the whole family to have fun. Other activities include soft play sessions, family fun days, and family discos, and "Make and Bake" sessions, etc. The branch attends monthly morning meetings during term time which are run by Bexley Voice and this gives parents/carers an opportunity to get together, share experiences/difficulties and learn from each other.

Website: <u>www.bexleynas.co.uk</u> Telephone: 07826 950496 Email: bexley@nas.org.uk

Useful Links

Taxicard/Capital Call/Dial-a-Ride http://www.tfl.gov.uk/gettingaround

Short Breaks Care – How Local Authorities should provide Short break Care https://www.gov.uk/government/publications/short-breaks-for-carers-of-disabled-children

Children and Families Act 2014 http://www.legislation.gov.uk/ukpga/2014/6/contents/enacted

SEND code of practice – 0-25years

https://www.gov.uk/government/publications/send-code-of-practice-0-to-25

Council for Disabled Children

https://councilfordisabledchildren.org.uk/our-work

If you would like this document in a different format, please contact the Children with Disabilities Service on 020 3045 3600

We hope the information contained within the brochure will help you identify support and Short Break opportunities available to you in the London Borough of Bexley.