

# Short Breaks Team Newsletter- Autumn Edition 2025



***Welcome to the latest service newsletter! In this issue you will find:***

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## **Short Breaks Updates**

Hello! We hope you have all enjoyed the Summer and your child has settled back into the new school year!

The Short Breaks Team and Children's Disability Services have recently moved to a new directorate within Nottingham City Council, and we are now part of Children's Integrated Services.

We have been busy in Short Breaks Services, from recruitment to reducing waitlists!

We are proud to say that we are supporting children, young people and families using person centred practice, with a big focus on ensuring that children and young peoples voices are heard and acted upon to identify and provide the most suitable provision to enable individual outcomes to be worked on and achieved.

Preparing for adulthood is another area that we are working on, to help ensure that we are supporting children and young people to be as ready as they can be for when they turn 18 years old.



Lets



make it

easy

We pledge to make as many documents as easy read as possible.

Easy read is a way of presenting written information that makes it easier for some people to understand. It is a combination of images and simplified text.

For more information, please go to

<https://www.easyreader.co.uk/>

## *New Link Workers & Personalisation Officers!*

### Recruitment News

**Link Work** - We are pleased to say that we have recently completed some interviews for Short Breaks Link Workers, and we have offered posts to 5 candidates who are now undergoing their pre-employment checks! This means our capacity for Link Work support will increase and enable us to provide Link Work to more children and young people and reduce our waitlist.

#### Your support with induction training:

We recognise that some children and young people are happy for someone new to join their session, and others may not be as keen. But it is vital that mandatory shadow sessions take place. We hope you can appreciate that this is the only way to enable us to ensure our new Link Workers get hands-on experience and that they are ready and able to start lone working. Of course, if it is assessed that shadow sessions would be detrimental to a young person, then this will be looked at on a case-by-case basis. Thank you for your understanding.

**Personalisation Service** – we have some upcoming interviews for a new Personalisation Officer to join our team, which will increase our capacity to work through the waitlists and reviews.

### Success Story Corner



#### Building connections that last:

Matching the right young person with the right link worker is at the heart of what we do. We follow a clear process when allocating short breaks link workers, and we review these matches annually. Each link worker is also observed by their supervisor to ensure the sessions remain meaningful and effective.

One great example is Dee, who has been offering sessions every other week since 2019. During the most recent observation, it was clear how much N enjoys these sessions—he was all smiles throughout, showing just how valuable this connection is!

Another success story is Alistair, who has been working with a young person since 2019. Since CJ began having sessions with Alistair, his behaviour has improved significantly. He now accesses the gym and takes part in various activities. During an ad hoc group linking session, it was evident what a positive impact Alistair has had on this young person's life!

These examples remind us why getting the match right matters—it improves lives.



## Short Breaks:

### What's Changing After 14?



Link



Work



outcomes



progress



report

We're updating how we support young people through Short Breaks after age 14! These changes will help make sure the activities and support match your goals—whether that's building independence, learning new skills, or preparing for adult life.

A quick snapshot of one of them - My Learning, My Earning, My Volunteering

Outcome: I will be supported to explore learning and future aspirations in environments that accommodate my sensory profile and behavioural needs.

How we will do this:

- Identify strengths and interests to guide skill development.
- Use structured, low-arousal learning environments.
- Practice vocational tasks with clear expectations and sensory supports.
- Explore volunteering opportunities with appropriate supervision and support

**If you have any suggestions for any outcomes/ areas suitable for young people post 14, please get in touch via our email address.**



Have



your



say

If you would like to praise your young person's link worker via the general, 'Have your Say' Form, your link worker may feature on the Good Things Happening Internal Newsletter! Additionally, you can also use this link to give feedback on any of NCC's services -

[www.nottinghamcity.gov.uk/your-council/contact-us/](http://www.nottinghamcity.gov.uk/your-council/contact-us/)

If you do not have access to the internet, you can also call on **0115 9155555**.



Autism



Section

### Supportive Screening

Here's a list of supportive and autism-friendly cinema screenings in Nottingham to enjoy inclusive film experiences:

- ❖ Broadway Cinema-once a month
- ❖ Showcase Cinema de Lux Nottingham-Dedicated Autism friendly screenings every Sunday morning at 10:30am
- ❖ Arc Cinema-once a month

## **Short Breaks Personalisation Service updates...**

We have been working very hard to reduce the waitlist and waiting times for families, whether this is for new short breaks applications, or requests to change how short breaks budgets are used. If you are on a waitlist, please start looking at short breaks provision prior to being allocated, as this will help your request to be processed quicker.

### **Here's a note from one of our Personalisation Officers, Steff –**

We collaborate with young people and their families to identify their strengths and challenges in achieving 'positive outcomes' such as meeting social needs, being included in the community, learning new skills and preparing for adulthood. I recently supported with a personal budget for a young person to attend Mencap M8s – a group where she can dance, do drama and exercise as well practical skills such as baking, learn road safety and work on Makaton to improve her communication skills. The young person thrives at M8s, with a big reduction in challenging behaviours being noted, and parents are getting time each weekend to spend with her sibling, who used to really miss out on this. Through structured short breaks and community engagement like this, we aim to reduce family stress, enhance social inclusion, and help young people build skills for a healthy, happy, and independent future.

## **Applying for short breaks support**

If you, or anyone you know feel that short breaks would benefit a child/young person, please click the link below where you can find guidance, eligibility information and the application form.

All applications are now done online, where you can input information and upload documents.

[Short Breaks for Parents/carers of disabled children - Nottingham City Council](https://www.nottinghamcity.gov.uk/information-for-residents/children-and-families/support-for-families-and-parents/short-breaks-for-parents-carers-of-disabled-children/)

Or if you can't click the link. go to <https://www.nottinghamcity.gov.uk/information-for-residents/children-and-families/support-for-families-and-parents/short-breaks-for-parents-carers-of-disabled-children/>

## **Short Breaks Fostering updates...**

**We are looking for Short Breaks Foster Carers** – Do you want to make a Difference?

We're seeking caring and committed foster carers to provide overnight short breaks in our fully adapted property. This is a fantastic opportunity to support young people with disabilities and give families a meaningful break. If you're interested in making a positive impact, please contact us on 0115 876 2745 for more information.

### ***Here's what short breaks can achieve:***

One of our young people has been enjoying overnight short breaks for four years and absolutely loves her time with her foster carer. Through these experiences, she has made amazing progress with her independence skills and is now transferring these skills into her home life.



What's on for families in Nottingham this December!

## Festive Fun You Won't Want to Miss! 🎄

Get ready to make magical memories this winter with these must-see events in Nottingham:

### 🌟 **Wollaton Winter Light Trail**

📅 *Wednesday 26 November – Wednesday 31 December 2025*

📍 *Wollaton Hall & Deer Park*

Step into a sparkling wonderland as Wollaton Hall transforms into a breathtaking light trail. Perfect for families, friends, and festive photo moments!

### 🎆 **Nottingham Winter Wonderland Returns!**

📅 *12 November – 31 December 2025*

The city centre comes alive with ice skating, festive stalls, rides, and seasonal treats. A Christmas tradition not to be missed!

### 🧜‍♀️ **Children's Theatre: The Little Mermaid**

📅 *Thursday 4 December – Saturday 3 January 2026*

📍 *Nottingham Playhouse*

Dive under the sea with this magical retelling of a beloved classic. A perfect festive treat for children and families!

**The  
Short  
Breaks  
Team**

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