

Short Breaks Services

Statement of Purpose and Guidance



Better Lives, Better Outcomes



**Nottingham
City Council**

Updated Dec 22 v2

Introduction

Hello!

If you are reading this Short Breaks Statement, you may be a parent or carer considering if Short Breaks might be something you'd like to explore for your family.

This statement has been written for you - to help guide you through what Short Breaks could mean for you.

In this statement we will explain:

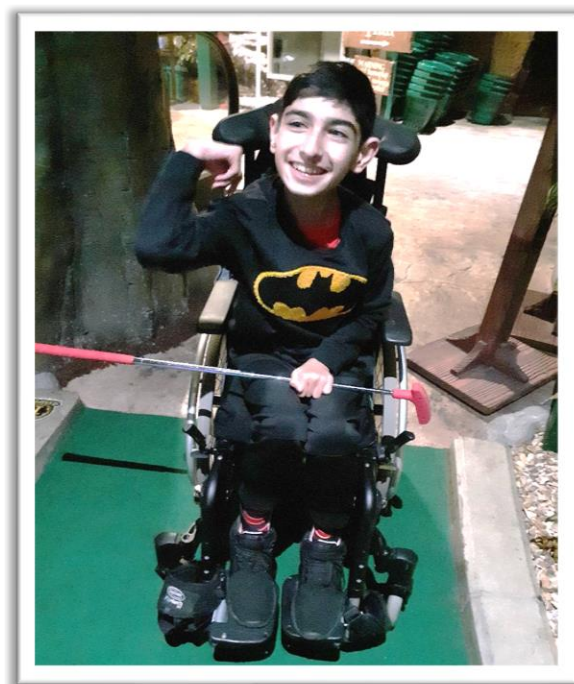
- **What Short Breaks are available**
- **Who is able to access them**
- **How you can access them**

The statement will also cover some other areas, such as Nottingham City Council's responsibilities towards you, including:

- **Our aims and vision**
- **Some information about legislation on Short Breaks**
- **How we ensure our Short Breaks are monitored and quality assured**
- **How we consult with families about Short Breaks, and how you are able to consult with us**

After lots of discussion with families and young people about the best way to share that information with you, we have tried to make our Short Breaks Statement as clear as possible, and easy for you to read. We hope that you can find the information you are looking for.

Thank you!



Frequently Asked Questions

Who is this Short Breaks statement for?

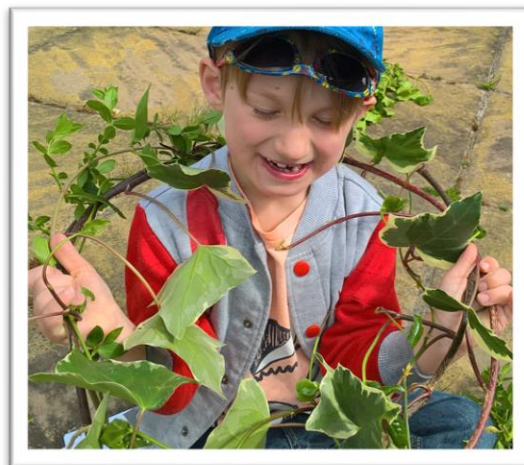
If you have a son or daughter with a permanent or substantial disability, this Short Breaks Statement is for you. If you are a young person with a disability, this Short Breaks Statement is for you too!

What does a 'Short Break' mean?

A 'Short Break' means providing a break to a young person with a disability, who lives in Nottingham City. The Short Break is both for the young person, and their family. Short Breaks can come in many different forms, and we will look at these later.

Why do we provide short breaks?

At Nottingham City Council we are committed to helping and supporting disabled young people and their families. We think that you should have the same opportunities as everybody else, and part of that includes being able to have a short break. We know that having a disabled child can sometimes bring additional challenges to families, and we want to support you with these challenges.



We have a statutory obligation to support you, which is covered by lots of legislation, such as some of the laws below:

- Children Act 1989 and the Breaks for Carers of Disabled Children Regulations 2011
- Chronically Sick and Disabled Persons Act 1970 ('CSDPA 1970')
- Children Act 2004
- Children and Families Act 2014
- Equality Act 2010
- NHS Act 2006 (as amended by the Health and Social Care Act 2012)
- Care Act 2014 (in relation to supporting a transition to adult social care)



Frequently Asked Questions

If you want to look into our statutory obligations more closely, here is a great link to a document from the Council of Disabled Children, which will tell you all about it-

<https://councilfordisabledchildren.org.uk/sites/default/files/uploads/files/short-breaks-advice-for-local-authorities.pdf>

What type of short breaks are there?



A Short Break could be:

- Financial Support (for you to arrange your own Short Break – these are called Direct Payments)
- Internal and commissioned befriending services
- Commissioned group activities
- Home care
- Day-care
- Sitting services
- Overnight short breaks foster-care
- Overnight short breaks in a short breaks unit

Why would I want a Short Break?

There can be lots of different reasons for this

- For your son or daughter to have some fun!
- To help them learn new skills and independence
- So that you can have a well-earned rest
- To help you with your situation at home- whatever that might be

There are many families in Nottingham who have taken up the option of Short Breaks, and have found them to be a great help.

Will my son/daughter enjoy a Short Break?

Yes- we think they will!

We think that disabled children should have exactly the same rights as non-disabled children- and that includes having fun and learning to become as independent as they can. Short Breaks are a great way to help this happen.



Frequently Asked Questions

Am I eligible to get a short break?

Yes, if your son/daughter has a permanent and substantial disability and is unable to access universal services (*these are services that are provided to, or are routinely available to, all children, young people and their families*). Your own family situation will determine which types of breaks you can get.

How do I go about getting a Short Break?

Short Breaks can be accessed through two routes. One is self-referral, where you (or a professional who is supporting you) can complete an application form. This is an online application process, and you will also find all the information you need to be able to apply in the same place. For any further questions or guidance, you can contact the Personalisation Hub on 0115 876 3682. You can access the online application form and guidance at www.nottinghamcity.gov.uk/ShortBreaks. Through this route, you could access things like direct payments (where you can organise your own short break), personal budgets and services such as befriending.

For some short breaks, you will need to be assessed by the Whole Life Disability Team. This team has social workers and disabled children's support workers. They will come to see you to have a chat, make an assessment of what you need, and they will support you to access short breaks. You can call Whole Life Disability on 0115 8838266.

How will a Short Break help me?

A Short Break can help in lots of different ways:

- If you are a parent/carer- it will give you a chance to have a break, and recharge your batteries
- If you are wanting or needing support- it can help you find new ways to look after your child
- It can support you in finding new ways to help your son/daughter get the most out of life

Are you a bit worried about accessing Short Breaks?

Don't worry if this is the case - lots of parent/carers are sometimes worried about accessing Short Breaks, for lots of different reasons. There are lots of people who can offer advice, guidance and support. This includes professional workers, and other parents/carers who have had similar experiences. You can engage with organisations like Rainbow Parent Carer's Forum and contact services to receive information about our short breaks offer.



It's important to note that there are many universal services who can offer short breaks to disabled children. This includes things such as youth clubs, after-school clubs, sports clubs etc. You can find out more on www.AskLion.co.uk in the children and families section (or click [here](#)). It will give you lots of information about what's out there for disabled children (as well as lot of other really useful advice and guidance on all sorts of things).

The Short Breaks Offer

Direct Payments

Direct Payments are available for children aged 0-18 years. They are payments made in lieu of certain services. They are for families who do not wish to just 'access' internal or commissioned services from the local authority or NHS. It enables families to maximise their choice and control over the types of short breaks and home care services provided, as they offer a great degree of flexibility to meet assessed need. Direct Payments are one method of delivering Personal Budgets.



Personal Budgets

These offer families and young disabled people greater flexibility and personalisation in the planning of and receipt of services to meet their needs. It means you have more control of the money that is being spent, and more choices.

You will then be forwarded to a personalisation officer, who will help you with your application.

For more information regarding the process of accessing personal budgets, please click [here](#).

There is also useful information on

<https://askusnotts.org.uk/what-we-do/iris-project>

Homecare

(sometimes called domiciliary care)

Home care is a support service aimed to enable you to be able to meet your son/daughters personal care needs. A trained home care worker will come into your home to offer practical support and equip you with the tools to be able to manage your child's personal care needs such as bathing, dressing etc.

This is a good option if you are struggling to meet your child's personal care needs and need support to work through some of the challenges that you may be experiencing.



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The Short Breaks Offer

Link Work and Befriending

A link worker / befriender usually comes to the family home to collect the young person, and then takes them out into the community to access varied outcome based activities before returning them home.

This is a good option if you need a break for a couple of hours each week, or you want your child to get out and about.

You can either employ someone you know through your personal budget which is known as a Personal Assistant (PA), or opt for a befriending service. This could be through our internal Link Work service where one of the City Council's employed link workers support your child, or, a befriending service from one of our external commissioned providers.

Link workers / befrienders are very well trained, and will have different experience and skills. The right link worker would be matched to your son/daughter through a person centred matching process.

Sitting Services

This is a bit like link working, but instead of the young person being taken out, the link worker would stay at the young person's home, whilst the parent/carer goes out. The link worker will do various outcome based activities in the home.

This is a good option if you as a parent/carer want to be able to go out and do things that you might not always be able to do, or if for some reason your son/daughter is not able to go out of the house.

This could be in the daytime, or in the evening.

Group Activities

This would include things such as youth clubs for disabled children, or specialist activity groups. These can happen after school, in the evenings, at weekends, or in the school holidays.

The Ask Lion website is a great place to look for what's out there!



The Short Breaks Offer

Family Based Short Breaks:

This would mean your son/daughter staying with a foster carer for overnight stays.

This could either be in the foster carers own home, or in a bungalow in Wollaton (which is specially adapted with hoists, ramps and other equipment).

The foster carers are highly skilled and well trained.

They would be matched to your son/daughter, so that you would have the same foster carer each time. This would be a good option if you are looking for an overnight break, or if your son/daughter has complex needs.

Residential Short Breaks Services:

This is a Short Breaks Unit in Nottingham which provides overnight stays, with the number of stays depending on your level of need.

They provide services to children with severe learning disabilities, and also children with some level of complex health need, some level of physical disability, or children with challenging behaviours.

Their emphasis is on ensuring that your son or daughter has a fun and safe break, and that you have one too. They also work hard at helping young people to improve their independent skills. This would be a good option if you are looking for overnight short breaks.

Here is a link to their website. It will tell you

all about what they do, with regular updates about their activities and achievements:

www.crocusfields.co.uk



Providing a Great Service

How do we monitor and check that we are providing a good service?

We do this in lots of different ways

Our short breaks service is monitored and inspected in several ways, such as-

- Ofsted inspections

- CQC (Care Quality Commission) Inspections

- Internal inspections and audits

- Regular reviews and case discussions

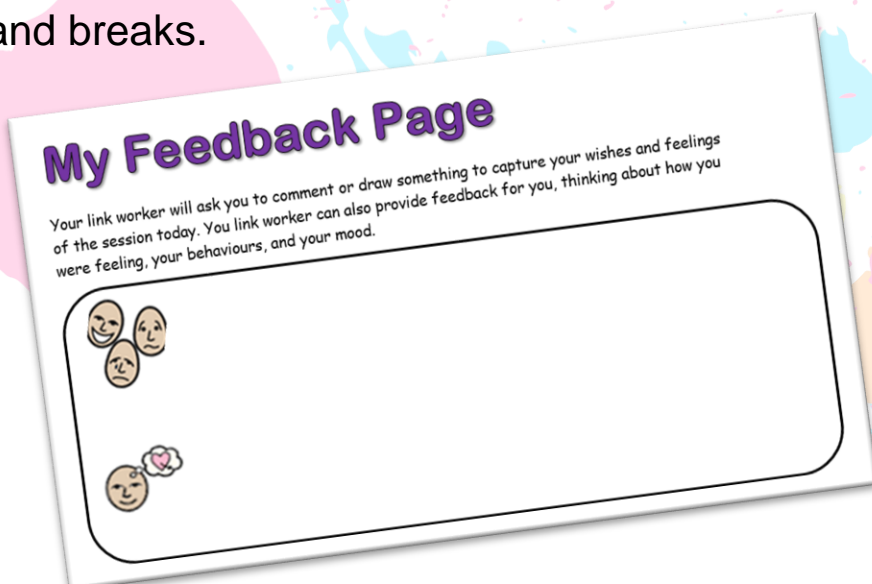
The outcomes of all of the above are always publicly available for anybody to look at – Ofsted inspections can be viewed at www.reports.ofsted.gov.uk.

We listen to parents and carers

We have strong ties with local parent and carer forums (such as Rainbows Parent Carer Forum), and work closely with them regarding our Short Breaks. There is a lot of joint working on how the service is run, and how we can improve it.

We listen to young people

We always strive to listen the views and opinions of the young people who access our services. This is done in many different ways, such as through regular reviews, children's forums, And constant feedback on individual sessions and breaks.



The Short Breaks Team also maintain a [Facebook Page](#).

This page is compiled and updated by Nottingham City Council's Short Breaks Team and provides information about how to access short breaks, as well as regular sharing of articles and useful resources.



Comments and Concerns

What if you are unhappy with the service being provided?

We always aim to provide the best service we possibly can, but if you are unhappy with any aspect of the service being provided, there are several ways for you to do something about that

You can speak directly to whichever professional is working with your family- this could be your social worker, your link worker, or your personal budgets officer, for example.

You can contact the Personalisation Team on 0115 876 3682 or via email at personal.budgets@nottinghamcity.gov.uk

You can call the Short Breaks Team on 0115 8762745 or via e-mail on shortbreaksservices@nottinghamcity.gov.uk

You can contact our complaints team directly on - 0115 8765974, or via e-mail on socialcarecomplaints@nottinghamcity.gov.uk

You can contact Ofsted directly on 0300 1231231, or use their website at <https://www.gov.uk/government/organisations/ofsted/about/complaints-procedure>

We will always work with you to try to resolve your worries or concerns, and look for ways to find the best outcome.



**“ Have
Your
Say... ”**



Contact us

Short Breaks Team

Linking, Sitting and Family Based Short Breaks

Nottingham City Council

2nd Floor, Loxley House

Nottingham, NG2 3NG

Tel: 0115 876 2745

Email: shortbreaksservices@nottinghamcity.gov.uk

Care Quality Commission (CQC) information -

Registered service: Short Breaks Services - Link Work and Sitting

Registered Manager: Natalie Davies

Provider name: Nottingham City Council

CQC Provider ID: 1-101660217

Location contact details: via the Short Breaks Team (*details as above*)

CQC Location ID: 1-906534472

Regulated activity: Personal care

Service type: Domiciliary care

Service user groups: Children 0-18 years, younger adults, physical disability, learning disabilities or autistic spectrum conditions

View our CQC registered information here (including inspection reports) www.cqc.org.uk/location/1-906534472



Contact us

Personalisation Team

Direct payments, personal budgets, guidance, advice and applying for short breaks

Nottingham City Council

2nd Floor

Loxley House

Nottingham

NG2 3NG

Tel: 0115 876 3682

Email: personal.budgets@nottinghamcity.gov.uk

Whole Life Disability Team

Children and families assessments and family support services for children and young people with learning and physical disabilities

(North)

Nottingham City Council

Bulwell Riverside

Main Street

Bulwell, Nottingham

NG6 8QJ

(South)

Nottingham City Council

Clifton Cornerstone

Southchurch Drive

Clifton, Nottingham

NG11 8EW

Tel: 0115 883 8266

Email: disabledchildrens.team@nottinghamcity.gov.uk

Crocus Fields

Residential short breaks unit

Arkwright Walk

The Meadows

Nottingham

NG2 2HN

Tel: 0115 876 2283

www.crocusfields.co.uk

Ofsted registration number: SC034900



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