



**ENFIELD'S**  
**SHORT**  
**BREAKS**  
**STATEMENT**  
**2023/2024**

## WHAT IS THE SHORT BREAKS STATEMENT?

The Short Breaks Statement sets out how we support short breaks for disabled children and young people aged up to 18 years who live in Enfield.

The Short Breaks Statement has been developed to meet the requirements of relevant legislation, and includes information about:

1. The range of short breaks available
2. Who short breaks are for and how needs are assessed.
3. How the range of short breaks are designed to meet the needs of families with disabled children in Enfield.



## WHAT ARE SHORT BREAKS?

- Short breaks are play and leisure opportunities which support disabled children and their families.
- Short breaks could be in the family home, at an activity or in the community. They can last for one hour or a whole day.
- Short breaks used to be known as 'respite' and have been renamed in recent years to reflect the positive opportunities short breaks offer to disabled children and young people.

Enfield offers a wide range of local short break opportunities which can meet the needs of disabled children and young people of different ages and different needs and interests.

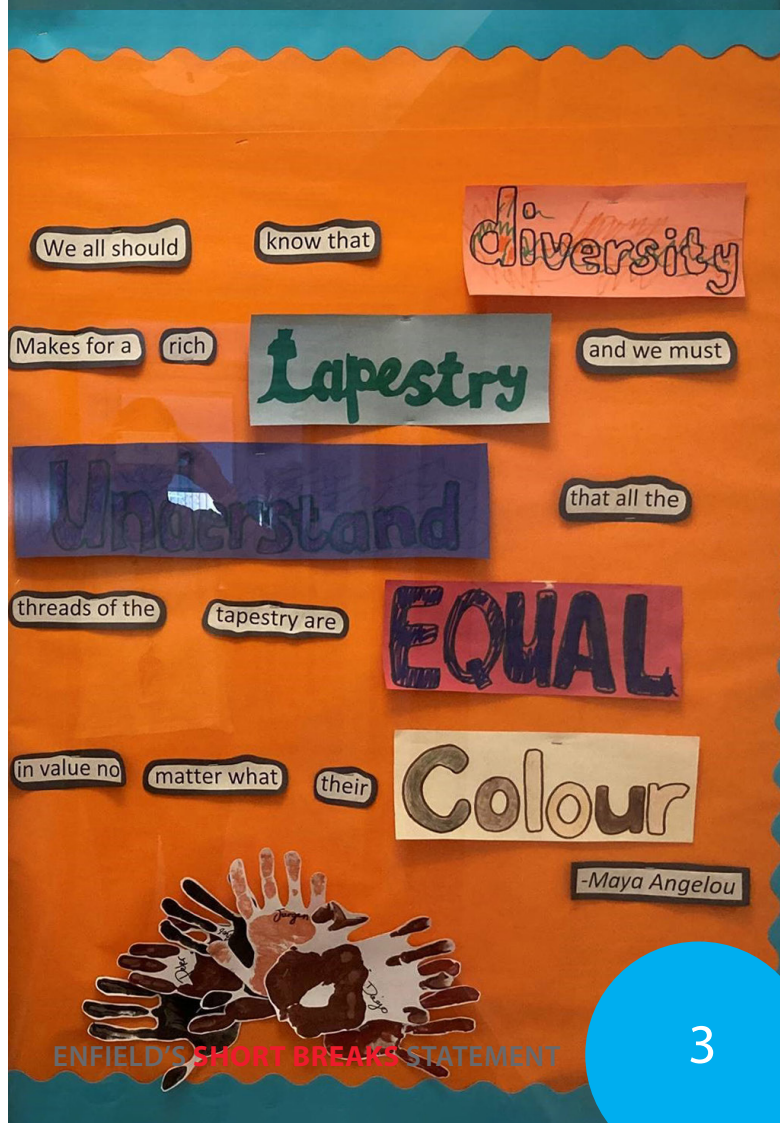
Therefore, there needs to be a range of short break opportunities that meets the individual needs of both children and carers.

It is important that short breaks are shared out in a fair way and that there are fair and transparent policies and pathways to services and support. Some families need more support than others because of the needs of their child, their family circumstances and/or the support they have available from their network of family and friends.

In Enfield we want to ensure that there are short break opportunities so disabled children and young people are supported to be part of local and community activities wherever possible. We aim to offer choice so children, young people and their families can use their short breaks entitlement flexibly.

We have tried to avoid the need for additional assessments or a complicated application process.

The Government provides many families with direct financial support via Disability Living Allowance (DLA) and Personal Independence Payments (PIP). The Government also provides financial help for childcare for working parents. Families may use this to help them fund short breaks.



## **SHORT BREAKS PROVIDE FAMILIES WITH THE OPPORTUNITY TO:**

- Feel better able to manage their caring responsibilities and help to reduce family stress and breakdown.
- Improve their well being
- Rest have time to do other things (e.g. leisure, spending time with other children, undertake household tasks)
- Feel that the home life is more sustainable
- Feel an improved quality of life

## **SHORT BREAKS PROVIDE CHILDREN AND YOUNG PEOPLE WITH THE OPPORTUNITY TO:**

- Have fun and enjoy the activities that they are doing
- Engage in positive activities
- Learn new skills
- Meet with, and make new friends
- Improve emotional health and well-being by being active and engaged in positive activities
- Become more confident
- improved physical health through participating in physical activities

## **SHORT BREAKS SUPPORT CHILDREN AND YOUNG PEOPLE OF ALL AGES TO PREPARE FOR ADULTHOOD AND DEVELOP SKILLS THAT HELP TOWARD INDEPENDENCE SO THAT THEY CAN:**

- Maintain and develop friendships and relationships
- Be part of Enfield's community
- Maintain good health and wellbeing
- Live as independently as possible when they are an adult
- Gain the skills to work or volunteer in the future

Most families feel that short breaks support them to better manage their caring responsibilities and helps to reduce family stress and breakdown.



## WHAT IS THE IMPACT OF PROVIDING SHORT BREAKS?

- fewer disabled children become looked after (live away from their family) either permanently or part-time because of their disability
- a reduction in need for unplanned/emergency requests and placements in residential units
- families have increased choice and greater control over the short breaks services they receive
- prevent family crisis through the provision of the right level of support at the right time, this could be support for a short period of time to respond to a specific need within the family at that time, or longer term and ongoing support.

## TYPES OF SHORT BREAK

The most important thing to consider when exploring play and leisure opportunities for your child is what they like to do.

### UNIVERSAL SERVICES:

There are play and leisure opportunities that **ALL** children can attend, these are called **INCLUSIVE** services.

Most disabled children and young people access these services.

Universal short breaks can be accessed by anyone, at any time. Universal services include:

- Early years settings
- Childminders
- After school groups
- Holiday play schemes
- Drama and dance groups
- Music activities
- Sport activities
- Youth groups
- Scouts, guides etc.
- Leisure centres/gyms
- Community and voluntary organisations
- Parent partnership activities
- Parks

**ALL** services must make reasonable adjustments to support **ALL** children and young people to access their service, this is because they have a legal duty.

If a child or young person is experiencing difficulties accessing a service, parents should contact the organisation to discuss their child's needs and find out what support the service could offer.

If the organisation feels that they may need some additional training for their staff, they can contact the Joint Service for Disabled Children (JSDC) by email at [cheviots@enfield.gov.uk](mailto:cheviots@enfield.gov.uk)

You can find out about Universal services by:

- Looking on Enfield's Local Offer page which has information about activities that are available and places to go in Enfield. Some are free and for some there is a cost. Click here to see more: '[activities and things to do](#)'
- Asking other parents and families what activities they do, what is good and see if there are any activities your children could do together.
- In Enfield we have a Short Breaks Hub which has been set up to signpost children, young people and families to suitable play, youth, and leisure opportunities in their local communities.



## TARGETED SERVICES:

Some children and young people with disabilities, at different times and for different reasons, will have additional needs that cannot be met by universal services alone.

These additional needs usually occur because of individual, family, or environmental factors, or because their disabilities or needs are more complex that they cannot be met by universal services or family support alone.

Some disabled children and their parents will require more support than others to manage this level of need.

Families can apply directly to these services. Each service or activity may have specific eligibility criteria based on age, need, or other factors.

## TARGETED SERVICES LEVEL 1:

- Families can apply directly to these services. Each service or activity may have specific eligibility criteria based on age, need, or other factors.
- These schemes have staff trained to support disabled children and young people; some will be inclusive.
- The Joint Service has subsidised the cost of some of these services but there may be a charge for some services.

## TARGETED SERVICES LEVEL 2:

- If you feel that your child's needs cannot be met by universal or level 1 targeted Short Breaks, a referral can be made to the Joint Service for Disabled Children by a professional that knows your child well.
- We will need to gather information about your child and family's needs and explore what additional support is needed so your child can access play and leisure opportunities that also support you to have a break from your caring responsibilities.

- We will ask for a copy of your child's EHCP (Education, Health and Care plan) if they have one.
- This information is presented to a Short breaks panel who consider the information provided and agree which short breaks could best meet your child and family's needs. The panel meets every two weeks.
- One example of a Targeted Level 2 Short Breaks is the provision of a short break grant, which is a contribution to the cost of either activities or services for your child.

If your child is aged 5 – 7 years this could be a short break grant of £500 per year as a contribution towards play and leisure opportunities.

If your child is aged 8-17 this could be a short break grant of £500 per year as a contribution towards play and leisure opportunities, domiciliary care in line with the agreed care plan to meet the assessed needs of the child or young person.

OR

If your child is 8 – 17 this could be a short break services grant of £1,000 per year as a contribution towards the play and leisure opportunities, domiciliary care in line with the agreed care plan to meet the assessed needs of the child or young person.

OR

If your child is 8-17 and you would like the Joint Service to purchase services for you up to the amount of the short break services grant we can do this for you.

## SPECIALIST SERVICES

Some children with disabilities with more complex needs may require specialist short breaks and/or significant additional support from another person to enable them to participate in enjoyable activities and stay safe. They may already be receiving support through universal and targeted services, but this may not be sufficient to meet their needs.

Access to specialist services may be determined through a social care assessment. This assessment will identify and address your child's needs as well as the needs of the wider family including the parent carer.

In determining the need for specialist services, the social care assessment will include consideration of the following:

- The severity of your child's disability and how it impacts on both their life and yours
- If you have more than one disabled child
- The number of other children or caring responsibilities you may have
- If you or your partner has a disability

- How short breaks will improve the quality of your child's life
- The level of support within your social / family network
- Your child's wishes and feelings
- If there are concerns about a child or young person's safety
- Have complex health needs (In some cases it may be necessary for a Continuing Care assessment to be completed in order to determine how those needs should be met by the health)

We will always endeavour to work in partnership with you to ensure we gather the most accurate information about your child's and family's circumstances to complete the assessment. It is recognised that the needs of a disabled child and their family change from time to time. There will be times when you need more support and those when you need less. It is therefore important that the services you receive change accordingly.

There may be instances where an additional short break is agreed due to specific circumstances i.e. a change within your family or support network. If you receive additional specialist short break services, we will review them to ensure that the level of support is right for your child and family. However, you can request a review at any time.

Any requests for specialist short breaks will need to be discussed by the short breaks panel. The short breaks panel meets on a fortnightly basis to discuss requests for short breaks and support.





## TRAVEL ASSISTANCE

Travel assistance for short breaks is not provided as a matter of course. We are developing short break opportunities in all parts of the Borough so that we minimise the need to travel long distances.

If travel assistance is required by families to enable their child to get their short break, parents may decide to use the short break grant to contribute to this cost.

There is information on the local Offer about opportunities for young people to develop [travel training skills](#).

There is information on the Local Offer about [taxi cards](#) which may be able to provide subsidised taxi and minicab travel in London for those with mobility impairments.

Families should consider if they are eligible for the [Motability element of the disability living allowance](#) and how this could support travel to the short breaks.

If you have tried these options and are still unable to support your child to access short breaks please contact the JSDC so a review can be undertaken so all options can be further explored.



In December 2023 there are

# 935

children receiving targeted or specialist short breaks



In December 23 there are

# 4656

children and young people who have an Education, Health and Care Plan

# HOW HAVE WE CONTINUED TO DEVELOP SHORT BREAKS?

The Joint Service for Disabled Children recognises the importance of participation and engagement with parents/carers and children and young people and this principle is at the heart of our work.

Enabling our parents, children, and young people to design, develop and improve strategic developments brings a sense of empowerment and shared ownership. It builds trust between parents, children and young people and professionals and promotes respect and recognition of each other's expert knowledge and experience.

In Enfield, there is a well-established mechanism in place for co-production, consultation, and engagement with parents/carers.

The JSDC has for several years worked in partnership with Our Voice Parent Carer Forum, Enfield National Autistic Society and Carer 2 Carer.

Parents and carers play an integral part in decision making processes are fully engaged in shaping, developing, implementing, and evaluating services and pathways for support.

In March 2021 we sought the views of parents and carers of children with disabilities through our play and leisure survey. We received 337 responses!

The information gathered in the survey will help us further develop short break play and leisure opportunities.

Here are some of the things we have implemented in response to the survey.

- Climbing Wall
- SEND Youth
- Summer University SEND specific activities
- Play Schemes
- Cycling

We also worked with Our Voice to deliver a "Meet the Provider" event. Providers of holiday playschemes, including the 2 newly commissioned ones, were given the opportunity to present to parents on line about their provision and how they support children and young people with SEND. This gave parents the opportunity to hear about the providers, how they support children with SEND and to ask questions. It was also an opportunity for the Local Authority to share the results of the survey and inform parents of what work has been done to increase play and leisure activities based on parental feedback. We are planning to hold another of these events in the summer which will include parents talking to other parents about their experiences of sending their children to the different providers.

### *Climbing Wall*

*Would definitely go again and recommend. A great bunch of people and a lovely youth centre.*

### *Summer Cycling Fun*

*It was truly amazing, its life changing never done it before but truly loved it.*

### *SEND Youth Club*

*I enjoy youth club for the social interaction and seeing my friends.*

### *Summer Cycling Fun*

*Absolutely fantastic, R had Never ridden a bike on his own before very special.*

# PARTICIPATION AND ENGAGEMENT OF CHILDREN AND YOUNG PEOPLE WITH SEND

We want to ensure that children and young people with SEND can also influence local policy and practice development, and that their voices are embedded within strategic participation locally.

We are working to ensure that engagement with children and young people with SEND in Enfield is a multi-faceted effort achieved through collaboration between the Council, schools, and local youth groups, as well as parent/carers.

We want to consult with children and young people in the groups that already exist. These spaces provide the ideal setting to carry out consultation and engagement activities, in spaces that children and young people are comfortable, and by working with adults that they know and trust and who understand the most effective communication methods to enable them to contribute their views.

We have developed 'Participation Squads' to act as focus groups that the Joint Service and other Council officers can work with to carry out surveys and other forms of engagement. Following a competition the young people have named these "All About Us "

Using the existing groups, we are currently extending the Play and Leisure survey so we have a better response for the children and young people themselves about activities they would like to access. The JSDC will act as the "co-ordinator" of projects that need involvement of Children and Young People. In future such projects could include easy read transition information, views on the EHCP processes, transport, and community safety.



Cycling

*Loved the service. Great bike activity - would love to see more. I didn't know what bike might suit my daughter and now I do. Great way to interact with other children.*

## PREPARING FOR ADULTHOOD (TRANSITION)

We want the transition from Children's to Adult Services to be an exciting and optimistic time for young people. We want to support them as they become young adults and take their place in the world. Developing positive activities for young people, allowing them to take part in local community activities, will be linked to our Preparing for Adulthood (transition) programme.

It will mean that we will plan short breaks with our colleagues in Adult Services.

We want to ensure that short breaks address the 'transition' needs of young people moving from Children's to Adult Services. For example, young people have told us that they want to continue to spend time with their school friends once they are 18 and not lose contact because they can only attend short breaks provided by Adult Services. So short breaks will be developed to reflect their needs as teenagers, ensuring friendship and activity groups are supported to continue beyond the school years. They will also provide opportunities for them to extend their independence and life skills including:

- learning how to manage risk, whilst keeping themselves safe in the community
- developing decision making skills
- learning to manage money
- learning to travel independently
- improving their social interaction skills through modelling by their peers
- leading ordinary lives, enjoying and contributing to everyday activities



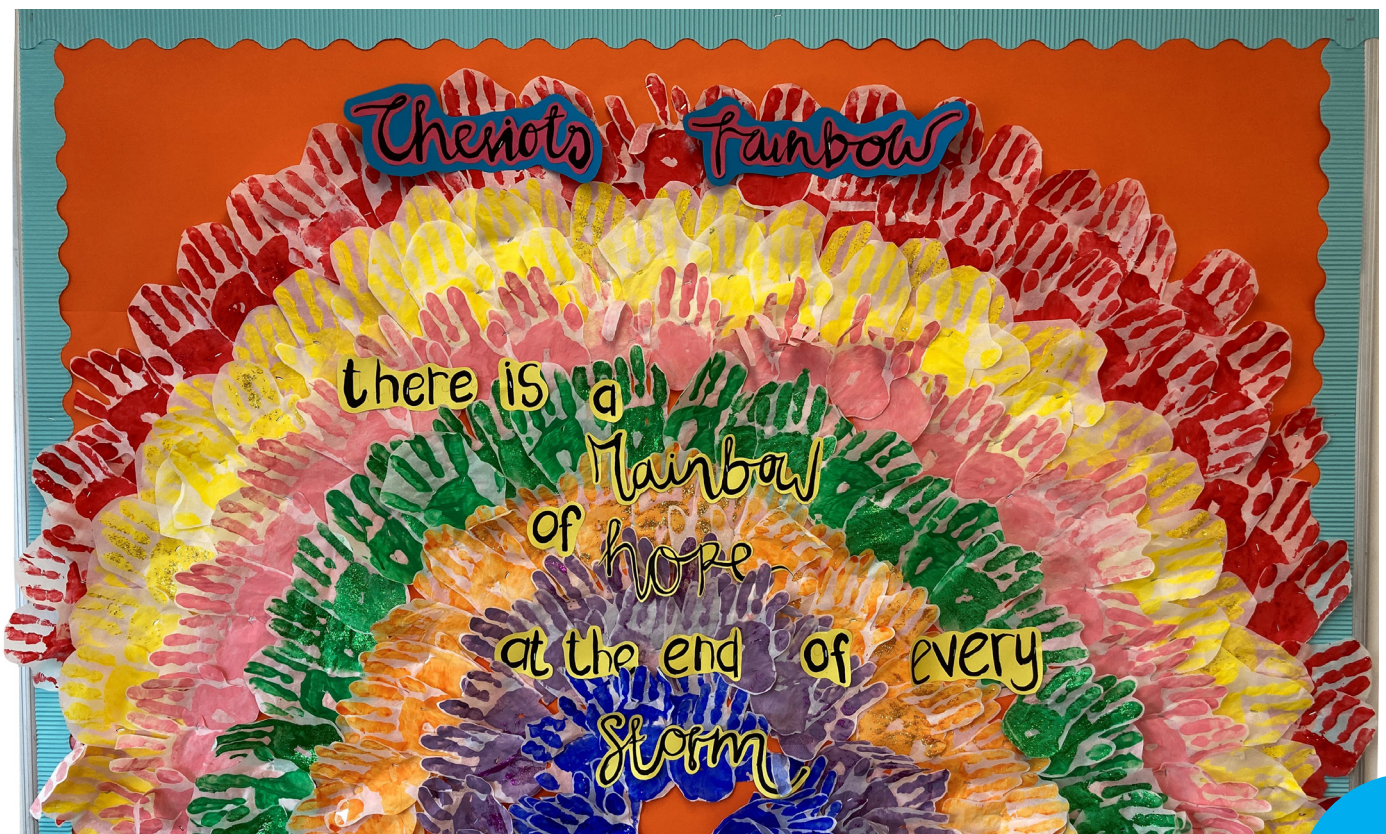
## THE APPEALS PROCESS

If you disagree with the decision about the level of short breaks that you have been allocated, and you feel that there is important information that should be considered, you can provide additional information, reports and assessments so that the decision can be reviewed by the short break panel.

If the panel decision is not changed, the decision will then be reviewed by the Head of Service.

## HOW WE ARE WORKING TO IMPROVE SHORT BREAKS

- We have a strong partnership with Our Voice and hear the views of parent carers, but we want to hear more from children and young people with SEND. We will be working in the next year to ensure we hear from children and young people with SEND.
- We plan to run more cycling sessions.
- We will be further promoting the SEND youth club and climbing wall sessions
- We will be working with colleagues in the Youth Service to develop opportunities for young people with SEND as part of the Summer Uni programme.
- We will be meeting with all our current short break providers to consider whether they can extend their provision and working with new providers who can deliver in Enfield.
- Swimming Survey We are launching a survey, co-produced with Our Voice and Fusion leisure, to better understand the barriers experienced by parents, children, and young people in accessing swimming sessions in the Borough's leisure Centres so that we can work together to improve opportunities to this very popular activity
- Improving awareness and inclusivity of mainstream providers of afterschool and holiday clubs Our Voice will be undertaking a piece of work in partnership with the JSDC to conduct an audit of afterschool and holiday clubs in the Borough, to ascertain how they are able to support children and young people with SEND. The aim of the project is to identify barriers and work with providers to support inclusive play and leisure opportunities.
- Developing short breaks for young people going transitioning to adult services.
- This information will be included in the Local offer to encourage and promote inclusivity



## MEASURING IMPACT

We will ensure that our short break services focus on improving the life chances of disabled children and their families through continuing to develop our strategy with parents and young people.

We know that the views of families, both parents and children, are essential for future success. So will ensure our parent forums and young people's participation group are supported and developed.

We will continue to measure children and young people's satisfaction, parental satisfaction and staff confidence and skill in meeting the needs of disabled children in a variety of short break settings.

We will continue to monitor and record the views of children, parents and staff so everybody feels involved and supported and to ensure we develop a cycle of continual improvement.

We will publicise any changes we make in response to consultation, conducted by Our Voice Parent Forum ensuring parents know that we are listening and acting on their views.

We will ensure that parents and young people continue to be actively involved in the planning and delivery of short break opportunities.

We will identify further opportunities to increase inclusive activities throughout the Borough, to reduce the need for transport and ensure delivery of more 'local' provision.

We will regularly provide progress reports, embedding the concept of 'disabled children are everybody's business' developing ownership and accountability at the highest strategic level.

We will ask you what you think about short break services in Enfield, it is important that you help us to improve the quality of short breaks and let us know what services and activities you would like developed in the Borough.

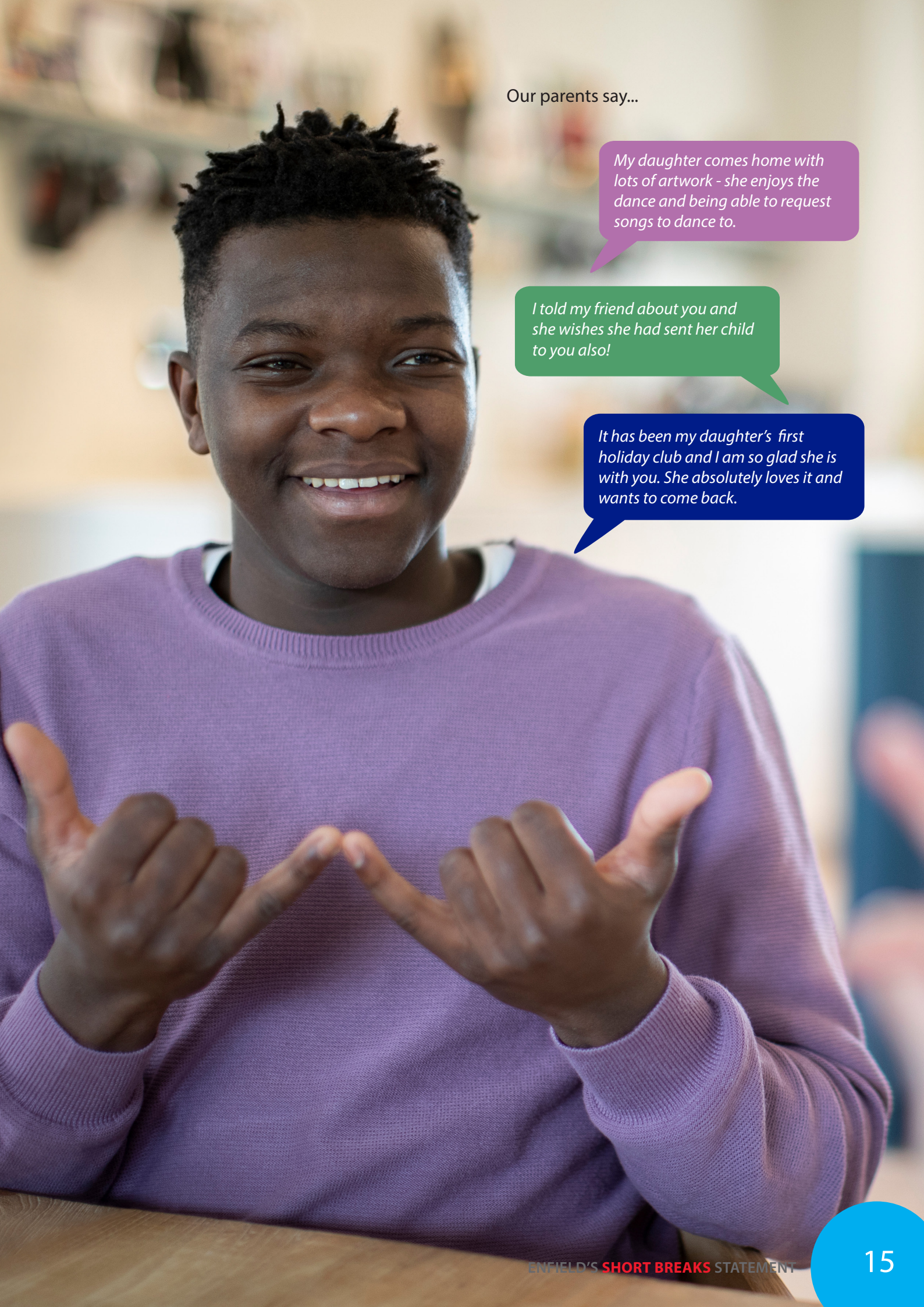
## WAYS THAT YOU CAN TELL US WHAT YOU THINK:

- At the Annual Our Voice Conference.
- At parent forum meetings
- By completing surveys
- You can request a review of your short breaks to ensure that they continue to meet your needs
- At SEND Partnership Board meetings
- By speaking to members of the Joint Service or by emailing [cheviots@enfield.gov.uk](mailto:cheviots@enfield.gov.uk)

This Short Breaks Statement will be reviewed annually and updated to reflect any changes to the information contained in this document.

**We would welcome your comments or feedback please email [cheviots@enfield.gov.uk](mailto:cheviots@enfield.gov.uk).**





Our parents say...

*My daughter comes home with lots of artwork - she enjoys the dance and being able to request songs to dance to.*

*I told my friend about you and she wishes she had sent her child to you also!*

*It has been my daughter's first holiday club and I am so glad she is with you. She absolutely loves it and wants to come back.*

**Contact Enfield Council**

Civic Centre  
Silver Street  
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[www.enfield.gov.uk](http://www.enfield.gov.uk)

