

Summer holiday fun for all

Play is for all 4 – 11 years	Play is for all Youth 12 – 19 years	Harvey's Complex 4 – 13 years	Independence week 16 – 19 years
Where: Harwood Youth centre	Where: TBC	Where: Harvey's kids club	Where: Waggon Road Play centre
When: 25 July - 2 Sept 2011	When: 25 July - 26 Aug 2011	When: 25 July - 2 Sept 2011	When: 30 Aug - 2 Sept 2011
Days: Monday, Wednesday, Friday	Days: Tuesday, Wednesday, Thursday	Days: Tuesday, Thursday	Days: Tuesday, Wednesday, Thursday, Friday
Activities: arts and crafts, cooking and themed weeks	Activities: social skills, friendships, arts and crafts and life skills	Activities: themed weeks, arts and crafts, trips to local parks, inclusive scheme	Activities: living skills, independent travelling, monetary skills, self care skills and more

A cost of £6 per day will be charged for all sessions and transport will be provided. For more information about this scheme please contact Sharon Bates, SEN Disability Development and Support Officer on **01204 334135**.

Zacs Bar: Every Tuesday and Thursday, 1 – 3pm throughout the summer holidays we run 'Mega Zac's' club for young people with disabilities aged 11 – 18. Places are limited and need to be booked. Each Wednesday, 7 – 9pm (term time and holidays) we run our 'Zac's Teens' drop in for young people with disabilities aged 11 – 18. Sessions include a variety of activities, pool, console games, music, crafts, and food. Places do not need to be booked but young people must register with us first. If you are interested in attending/registering please contact Gail Scholes on **01204 706200** or email specialneeds@zacsbar.co.uk

Heartlift: Heartlift will be running provision on a referral basis for the first four weeks in the summer holidays (venue TBC). The sessions will include bouncy castle and bouncy boxing, art, games, sports and much more. For more information please contact **01942 833996**.

Kidz2gether: Kidz2gether will be running trampolining, fishing, bowling, cinema trips, horse riding, camping, farm trips, play clubs, art/photography club and at least one half day trip to Challenge 4 Change. There are limited places and dates and times will be confirmed on invitations sent to our families. For more information go to www.kidz2gether.org.uk/

Aspirations: Aspirations is an activity group for young people aged 12-19 with Asperger's Syndrome. They're running bowling, cycling, rock climbing and many more activities. For more information please contact **0161 866 8485 / 07900 367097** or email aspirations@asgma.org.uk

DayTrippers: Daytrippers is a parent/carer led group offering activities to the whole family. They have at least one activity and outing each week during the summer holidays. For more information or to make a booking please contact Donna on **01204 559644**.

We're still keen to hear your views

So if you would like to send us your ideas about short breaks, please contact Claire on **01204 337102** or e-mail shortbreaks@bolton.gov.uk. Our future intention is to continue the work we've started to transform short break opportunities for disabled children and young people in Bolton.

Transforming short breaks in Bolton



Bolton Short Breaks Pathfinder: has it made a difference?

Since 2008 we have informed you about the **Aiming High for Disabled Children** programme. This brought over £2m into Bolton to transform short breaks over a three year period.

We are now at the end of the programme and this newsletter will update you on the ways the money has been spent.

What is a short break?

Short breaks is a specialist service which aims to support severely disabled children and their families, over and above 'universal' services, which are available to all families. They include services which you may think of as respite care, but short breaks is a better way of describing the support which both children and parents enjoy.

Short breaks allow disabled children and young people to experience new relationships, environments and positive activities; they also provide a necessary and valuable opportunity for primary carers (usually but not always, mum or dad) to have a break from their caring responsibilities and to recharge their batteries.

A short break may include day, evening, overnight or weekend activities and could take place at home, at an approved carer's home or in a community or residential setting. It can also mean supporting parents in their caring role so that the whole family can enjoy activities together.

If you think your child would like a short break contact Claire on **01204 337102** or email shortbreaks@bolton.gov.uk

Our vision in Bolton is:

To listen to disabled young people and their families and develop short break provision which has a clear focus on partnership working across sectors; developing a shift towards services that are inclusive, accessible, and meet individual need, promoting independence.

Bolton Council

We asked you...

In April 2008 we asked you what was most important for you and your children in transforming short breaks. We had lots of feedback and we have done our best to respond to your needs.

You told us “It’s hard to find out what’s available for our children”

So...

Workers and parents came together in our information task group to look at how best to give families the information they want and need.

- We produced a short breaks information strategy to guide us in giving you accurate, relevant and up-to-date information and also to provide us with feedback. This helps us in developing short break services which work well, are what you want and need, and are value for money.
- We put together our Big Information Guide (BIG) which tells you about the various kinds of help and support available to your child and family, together with useful contact numbers. For your copy of the guide, please phone **01204 332170** or download it directly from the Bolton Council website: www.bolton.gov.uk/website/Pages/DisabledChildrenandYoungPeople.aspx
- We held a BIG Information Day in October to launch the guide. We brought together a wide range of service providers who brought along displays and information and talked to parents about the help they can give.
- We updated the pages for disabled children and young people on the re-launched council website; these are now regularly reviewed, have a ‘What’s new?’ section and contain links and downloads for further information.
- We re-launched On the Record, the newsletter which is sent free of charge to families who have registered their child on The Record – for more information about The Record see below.
- We’re currently exploring how we can use Facebook and Twitter to help us get information to families easily and quickly, as well as enabling parents to share information more effectively with each other.



You asked us “How do we know how we can get a short break?”

So...

- If your child is eligible for registration on The Record, it means you will receive information about short break opportunities that you can access directly. If you are looking for more support, then an individual assessment of your child’s and family’s needs will be completed by a professional already known to your family or by a social worker from the Children with Disabilities Team - contact the team on **01204 337100**.
- ‘Short breaks make a big difference’ is a leaflet with more information. You can get a copy by contacting Claire on **01204 337102** or by downloading it from the Bolton Council website, please visit www.bolton.gov.uk/website/Pages/DisabledChildrenandYoungPeople.aspx



You told us “We want our children to be able to choose more places to go and things to do”

So...

- We’ve given extra funding to private, voluntary and Bolton Council providers, to offer children and young people lots of new opportunities for short break leisure activities, e.g. keeping fit, film-making, driving to Indie week (young people learning new skills and getting out and about). Some of these are regular weekly activities, others have run during school holidays and some are one-off events.



Young people filming their DVD



Want to know more about The Record?

The Record holds basic information about each child and the nature of their disability. It is stored on computer and protected by the Data Protection Act 1998. This information helps us to plan and provide services as effectively as possible. It’s your choice to include your child on The Record but the benefits are that you will receive a free newsletter three times a year, regular information about short breaks and other services and events.

To register your child or to find out more, call Claire on **01204 337102** or e-mail therecord@bolton.gov.uk

You told us “We want our young people to go to places that are friendly and welcoming, with staff we can trust”

So...

We used funding:

- To recruit more family link carers
- to improve the council's 5 - 19 Service's ability to include disabled youngsters in universal settings (those open to all children) and in holiday play schemes
- to work with all short breaks providers to make sure young people's health needs are met



We developed the workforce across Bolton through the following:

- An **e-learning package** which can be used by anyone who has contact with disabled children and young people, e.g. short break providers, playworkers, children's centre staff, extended services and childcare providers. Parents can also look at the package. If you are interested, please ring **01204 337100** or e-mail **shortbreaks@bolton.gov.uk** for more information.
- We developed a **providers network** for all the organisations providing short breaks for disabled children in Bolton. Every couple of months providers got together to share knowledge and experience, develop new ideas and solve mutual problems.
- We signed up to the **'me2 award'**, a Mencap initiative. This is a kitemark for childcare and leisure settings which have demonstrated that they are able to include and welcome disabled children. The most important thing about the me2 award is that young people do the assessment and evaluation, instead of 'adult experts'. Two groups of young people have now completed training in assessing settings and are offering constructive criticism. The me2 award is not a 'win and forget' trophy. Any setting has to keep working to improve its performance and will be reviewed each year.
- A joint project between Bolton Council and the Octagon has allowed young disabled people to make a DVD, which a range of people can use to deepen their understanding of disabled young people's lives and aspirations. The young people had the opportunity to work alongside professional actors and achieved their Bronze and Silver Level Arts Award (accredited by Trinity College and the Arts Council) through participating in the project.



You told us “We want places to go that are fully accessible and properly equipped”

So...

- We've funded adaptations for short break carers with Bolton Shared Care which provide more space and better accessibility, so that they can accommodate young people with a wider range of needs.
- We've provided specialist equipment for a number of short breaks activities including Bolton Bullets wheelchair football club, Heartlift (a group providing various activities for 13 to 18 year old disabled young people) and Millers Nook Riding School.
- We purchased camping equipment for BoltonKidz2gether to enable them to provide residential weekend breaks. The equipment is also available for hire to families of disabled young people. For more details, contact Jacqueline on **07919 864784**, Steph on **07919 871014** or email **boltonkids2gether@aol.com**
- We provided more equipment for Bridges short breaks and family support service; two vehicles to allow youngsters to get out and about, and safe outside play equipment for the bungalow at Trakside Approach.
- We helped Zacs and Heartlift to purchase vehicles so that they could offer more short break activities.
- We contributed to the Boomerang project which will provide an indoor play area for disabled children (similar to The Space Centre in Preston); this is a regional facility situated in Bury.



You told us “We want fully accessible toilets in Bolton, so we can enjoy a family outing”

So...

We've funded the installation of 'Changing Places' toilets at four locations across Bolton which can all be used by the public.

These toilets all have:

- An adult-sized adjustable changing bench
- A ceiling track hoist
- Plenty of space for the disabled person, plus two carers
- A Clo-so-Mat toilet, moveable sink and emergency alarm

They are situated at:

- Zacs Youth Bar, Farnworth
- Party and Play Funhouse, Westhoughton
- NCP Topp Way multi-storey car park, Bolton town centre
- Bolton Lads and Girls Club, Spa Road, Bolton

They will also be installed at Bolton One, Deane Road campus - brand new Health, Leisure and Research Centre currently being built.

Further information about the accessible toilets in Bolton, including locations, opening hours and level of access will shortly be available on the Disabled Children and Young People page on Bolton Council's website:

www.bolton.gov.uk/website/Pages/DisabledChildrenandYoungPeople.aspx



You told us “We think you should work more closely with parents”

So...

We've helped parents develop Bolton Area Council for Parents and Children (BACPAC). Part of the Aiming High for Disabled Children programme was to make sure parents and carers have a voice to be involved in planning and developing local services that their disabled children need and extra money was made available to develop parent participation.

BACPAC has a membership of about 120 families so far, with a small committee who have used the AHDC parent participation grant to develop parent involvement in Bolton by:

- Electing parent representatives for the strategic Disabled Children's Steering Group and a number of Aiming High task groups. Parents have been able to express their views and feel they have been listened to.
- Working with us to improve information for families, resulting in the Big Information Guide and BIG Information Day.
- Setting up a BACPAC website where you can read news about BACPAC's activities and information about other events and activities of interest to families of disabled children.
- Holding a number of popular social events for the whole family – several sessions at the Party and Play Funhouse in Westhoughton and a Valentine's Disco in February 2010. Children and parents all had a great time and we've been able to ask parents to tell us what they think about local services.
- Organising parent workshops to offer advice on common problems faced by families of disabled children, such as 'Coping with stress' and 'Getting a good night's sleep'.
- Organising conferences to raise awareness of parent participation for both parents and professionals.

Want to get in involved with BACPAC? You'll be made very welcome, especially if you've a bit of time to spare! To find out more, visit www.bacpacbolton.org.uk, e-mail info@bacpacbolton.org.uk or call 07944 237981.

We have also helped to set up a Minority Ethnic Group Support (MEGS), a group for families from any minority ethnic group in Bolton. MEGS meets regularly so parents can get together, share experiences and tell us how we could better meet their particular needs. They also arrange family trips out.

What about short breaks in Bolton?

We hope to continue the work of the Aiming High for Disabled Children programme and government funding has provided some money through the new Early Intervention Grant. Unlike the AH grant, this money is not ring-fenced, so the council can decide how best to use it to benefit vulnerable children, young people and their families in Bolton.

We have had to make some savings within Disabled Children's Services, but we can tell you that links with the 5 to 19 service will continue, to provide playschemes in school holidays; services will still be commissioned from external providers such as Heartlift, Kid2gether, AGSMA and others to provide short break activities – though not necessarily at the same level as before. You will receive more information as plans for short breaks over the coming year are finalised.



We wanted to know what you thought about the short breaks we've offered over the last three years of the Pathfinder...

So...

In August 2010 we sent a survey questionnaire to all 500 families of disabled children and young people in Bolton who have received short break support over the past three years.

We wanted to find out:

- how the Aiming High for Disabled Children short breaks programme has helped families
- what is working well and what sorts of breaks provide the essential support that enables parents to keep caring for their child
- how we continue to provide services which work well for children and families who need them most, especially in the current financial climate when difficult choices have to be made about funding

100 of you replied, telling us your views of the short breaks you have received and what type of short breaks are most essential for you and your family. **We were extremely pleased to know that 97% of people who replied were either fairly satisfied or very satisfied with the short break support they had received.** It was also good to hear from families that, as well as appreciating a break for themselves, they felt that their child had benefited in different ways. We also discovered that most families say that short breaks during school holidays and at weekends are most essential.

At a time when we're having to make savings, this information will help us to make sure we provide services which families find most useful and that they benefit those most in need.

To see the full report, go to the Bolton Council website at:

www.bolton.gov.uk/website/Pages/Shortbreaksandactivitiesfordisabledchildrenandyoungpeople.aspx

What happens next?

New Short Breaks duty

In December, Parliament approved new regulations on breaks for carers of disabled children. These state that local authorities must provide a range of services both within and outside the home and in the evenings, at weekends and during school holidays.

From April 2011, local authorities will have a duty to prepare a statement for carers; this must be published by 1 October 2011 and must include:

- details of the range of short breaks services provided;
- any criteria against which eligibility services will be assessed;
- how the range of services is designed to meet the needs of carers in their area.



When preparing or revising this short breaks statement, the local authority must listen to the views of families in their area. To see the new regulations, visit: http://www.opsi.gov.uk/si/si2010/draft/ukdsi_9780111503850_en_1