Short breaks
for children with disabilities

Arts | Drama | Sports | Playschemes | and more!

eastsussex.gov.uk/shortbreaks
What is a short break?

Short breaks allow disabled children and young people the opportunity to spend time away from their families.

You can have a break from being a carer, while your child enjoys new experiences and makes new friends.

Short breaks can last from a few hours to a few days, and include weekend or week long breaks and holiday activities. They take place at home or away – at an approved carer’s home, in the community or in a residential setting.

Who can apply?

We want to use fair, understandable and transparent eligibility criteria so that the service is not used just for those families at points of crisis or under threat from family breakdown, but is also offered to families before they reach this point.
We have split the short breaks into the following:

**Universal services** are suitable for those children and young people who qualify for lower rate Disability Living Allowance (DLA), have an SEN support plan, or are in receipt of a Personal Independence Payment (PIP). However, all disabled children should have access to most universal and mainstream services.

**Targeted services** are aimed at children and young people who:

- qualify for higher or middle rate DLA;
- have a statement of SEN or an Education, Health and Care Plan (EHCP);
- attend a special school;
- have a placement at a special facility;
- receive support from the ISEND Early Years Support Service or through the Early Support Programme.

**Specialist services** are for those children and young people with a severe learning or physical disability or complex health need, who meet the current Children’s Disability Service criteria and require a high level of service in emergencies.
Universal services

The siblings group is for the brothers and sisters of disabled children and young people. The group arranges activity days and social events and helps to build local support groups. For more information contact the coordinator on 01323 466030 or email: sibs@eastsussex.gov.uk

Ore Valley Adventure Playground offers challenging and imaginative play experiences for children aged 8 and over. It’s open after school and at weekends and includes a quiet room, kitchen and indoor play areas, as well as a ‘Changing Place’ – a changing facility for children with additional needs and disabilities. The outside area is ideal for adventure play. Go to www.in2play.org.uk/play/adventure-play for more information.

Children’s Centres offer all families with children under five a range of services, information and support in their local community.

For more information call the Family Information Service on 0345 60 80 192.

Leisure centres in Lewes, Rye and Uckfield offer inclusive activities such as swimming, and accessible changing facilities for children with additional needs and disabilities. For further details on services and upcoming events and activities, contact:

Lewes Leisure Centre 01273 486000 info@waveleisure.co.uk

Freedom Leisure Rye 01797 224747 ryeenquiries@freedom-leisure.co.uk

Freedom Leisure Uckfield 01825 761160 uckfieldenquiries@freedom-leisure.co.uk

The library service has a range of story telling packs for disabled children. Go to new.eastsussex.gov.uk/libraries/books-films-music/bookstart for more information.

Targeted services

Funky Teens are youth clubs run across East Sussex for 13-19 year olds with mild to moderate
learning disabilities who find accessing mainstream youth clubs difficult, either because of past experiences, bullying, or lack of understanding or support for their particular disability.

To find out more about the clubs and how to join visit connexions360.org.uk/thingstodo/disabilities/pages/funkyteens

**Spectrum** works across East Sussex to support young people with autism to independently access their community. The aim is to give young people with autism the same opportunities and experiences as their peers.

Spectrum can help with a range of services including support to access clubs, guidance for travelling and skills to manage everyday activities, as well as advice and information on ASD.

The team is also able to provide a range of autism specific training to help develop inclusion and understanding.

There is a small charge for the services, and travel is not included.

Anyone can refer direct to the team by referral form, phone, email or in writing.

For more information on this service and other support, call **01323 466030** or email: spectrum@eastsussex.gov.uk

**After school clubs and holiday play schemes** are run by East Sussex County Council to offer out of school hours provision for children and young people aged 5-19 who have a learning and/or physical disability. There is a charge for clubs and play schemes. For further information please call **01323 466030**. Alternatively email ASCHPS@eastsussex.gov.uk

**Autism Sussex** offers a variety of fun activities during school holidays, weekends and after school. These include drama, art, music, sensory interaction and animation/computer creativity, access to leisure and sports activities, and family
fun days. The service is for children and young people with Autistic Spectrum Conditions aged 5-19 years old, who have been identified as requiring specialist and targeted support and are in receipt of, or eligible for, medium or high rate DLA.

For more information, for a preliminary application form, or to let us know what you would like this service to offer, contact Samantha Fievez, Children and Young People’s Service Manager on 0345 450 0060 or email childrenesx@autismsussex.org.uk

**Specialist services**

A range of services are available for those children and young people with multiple and complex problems or acute needs whose requirements can only be identified through an assessment of need by a specialist service. Access to specialist services requires a ‘child and family assessment’ to have been completed and eligibility criteria to have been agreed.

For more information contact the Duty and Assessment Team on 01323 466050/ 01323 466030 or go to eastsussex.gov.uk/childrenandfamilies/specialneeds
Can’t find what you’re looking for?

The Family Information Service offers Information, advice and support for parents and carers on:
- registered childcare (such as childminders, nurseries and out of school clubs);
- leisure activities for children and young people aged 0-25; and
- services for children and families (such as parenting support and specialist services and special educational needs (SEN)).

This confidential service is free to all parents and carers.

Open Monday to Friday, 10am to 3pm.

Phone: **0345 60 80 192**

Email: [CS.CustomerRelations@eastsussex.gov.uk](mailto:CS.CustomerRelations@eastsussex.gov.uk)

Facebook: [www.facebook.com/InformationForFamilies](https://www.facebook.com/InformationForFamilies)

Web: [www.eastsussex.gov.uk/informationforfamilies](http://www.eastsussex.gov.uk/informationforfamilies)

Parent Voice is our monthly e-newsletter for parents and carers of children with special educational needs or disabilities.

Concessions – i-go is the free leisure card for children and young people, aged 0-25, with disabilities or special needs in East Sussex. Sign up to enjoy exciting offers at leisure partners. Find out more or apply at [www.eastsussex.gov.uk/i-go](http://www.eastsussex.gov.uk/i-go)

Amaze SENDIASS (Special Educational Needs and Disability Information, Advice and Support Service) supports parents and carers of children and young people aged 0-25, and young people themselves, who have SEND. Parents, carers and young people can now call **01273 772289** then select the ‘East Sussex’ option, or email: [eastsussex@amazebrighton.org.uk](mailto:eastsussex@amazebrighton.org.uk) to speak to a trained adviser about any SEND-related query. To find out more, visit the Amaze website: [amazebrighton.org.uk](http://amazebrighton.org.uk)

For administration, business or general enquiries please email: [info@amazebrighton.org.uk](mailto:info@amazebrighton.org.uk)
General short break information

For questions and comments about short breaks, please contact shortbreaks@eastsussex.gov.uk or call 01273 336543

With thanks to all the Short Break providers detailed herein, the ESCC Graphics team and the East Sussex Parents and Carers Council without whose help this publication would not have been possible.

Getting more copies of this leaflet

This leaflet may be available in other formats or languages. Please phone 01273 336543 to check availability.

It is available in PDF form, which you can download from our website at eastsussex.gov.uk/shortbreaks

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