

Bristol Short Breaks Statement 2019

This is Bristol's shared vision for Short Breaks agreed between parent carers of disabled children, young people, their families, the Local Authority, Bristol North Somerset and South Gloucestershire NHS Clinical Commissioning Group, and Short Break Providers.

1. Introduction

The purpose of this document:

This document will outline how Bristol will provide Short Breaks for children and young people with disabilities, and their families. This document will cover:

- The range of short breaks available
- The eligibility criteria for these services
- How the range of services is designed to meet the needs of the carers, disabled children and young people and their families.

Who is responsible?

The Lead Professional responsible is Ann James, Director Children and Families

Bristol City Council is responsible for commissioning Short Breaks jointly with Bristol, North Somerset, South Gloucestershire NHS Commissioning Group.

How this statement was prepared

Bristol is committed to including the needs and wishes of parent carers and disabled children and young people in the development of short break services. This Short Breaks Service Statement is underpinned by a range of engagement and consultation activities with partners, parent carers, and disabled children and young people undertaken during the recommissioning of Short Breaks services during 2018. The statement has also been reviewed by key stakeholders, including Bristol Parent Carers.

Our vision and intent

Bristol's Short Breaks are designed to support parents and carers of children and young people with disabilities, additional needs, life-threatening and life-limiting conditions.

There is no single source of data to draw upon in order to define the numbers of children and young people in Bristol with SEND and so a range has been included.

In Bristol there are 4996 children and young adults aged 0-24 in receipt of Disability Living Allowance (DLA) or Personal Independence Payment (PIP).

As of 2017 there are 10,185 pupils with a special educational need in Bristol, this is 15.4% of those on roll at a school. Overall the percentage of pupils with SEN in Bristol primary schools is 13.2% and 14.1% in secondary schools.

In 2018 there were 2193 pupils with Education Health and Care Plans (EHCP) on roll in Bristol schools; this is 3.3% of pupils on roll. In Bristol primary schools, 0.8% of pupils have an EHCP. In Bristol secondary schools, 2.0% of pupils have an EHCP/Statement of SEN. There has been an increase year on year since 2014.

Bristol is committed to transforming services for disabled children. In 2018, Targeted Short Breaks services were recommissioned with the aim of making sure that short breaks and other help is available to disabled children, young people and families when they need it – providing breaks and support early, preventing and managing crises to help keep families together.

Short Breaks are preventative, family support services that provide a disabled child or young person with a break from their parent/carer and vice versa. Short Breaks are part of the support for an 'Ordinary Life' as set out in the Children and Families Act 2014. Short Breaks allow parents and carers to have a break from their caring responsibilities and gives children and young people the opportunity to lead an ordinary life; participate in activities with their peers and develop skills for independence.

Services commissioned contribute to the following outcomes:

For disabled children and young people:

- Have safe and stable home lives.
- Improved physical health through physical activities.
- Improved emotional health and well-being.
- Enjoy their short breaks.
- Try doing new things.
- Less dependent on their parent or carer.
- Learn and develop skills and abilities.
- Young people develop skills that help toward independence in adulthood.

For the parents/carers and families of disabled children:

- Improved emotional well-being.
- Parent / carer has more time to do other things (e.g. leisure, work, study, spending time with other children).
- Family is able to lead a more ordinary life.
- Family environment is less chaotic and more sustainable.
- Improved quality of life for parent/carer and family.

The services will also contribute to achieving the following strategic outcomes:

- Fewer disabled children become looked after either permanently or part-time because of their disability.
- Reduction in need for unplanned placements in residential units.
- Disabled children and young people have the opportunity to enjoy a wide range of activities, not just short breaks services.
- Families have increased choice and greater control over the short breaks services they receive.

2. Background

Duty to provide short breaks

Children Act 1989

Short breaks can be provided by local authorities through the use of their powers under:

- Section 17(6) of the 1989 Act which gives local authorities the power to provide a range of services, including accommodation, in order to discharge their general duty to safeguard and promote the welfare of children in need;
- Section 20(4) of the 1989 Act which gives local authorities the power to provide accommodation “for any child within their area (even though a person who has parental responsibility for him is able to provide him with accommodation) if they consider that to do so would safeguard or promote the child’s welfare.”

Paragraph 6 of Schedule 2 to the 1989 Act (amended by s.25 of the Children and Young Persons Act 2008) provides that local authorities must provide services designed –

- To minimise the effect on disabled children within their area of their disabilities; and
- To give such children the opportunity to lead lives which are as normal as possible; and
- To assist individuals who provide care for such children to continue to do so, or to do so more effectively, by giving them breaks from caring.

The Breaks for Carers of Disabled Children Regulations 2011

These Regulations describe how local authorities must perform the Schedule 2 duty above.

Regulation 3 says local authorities must –

- Have regard to the needs of those carers who would be unable to continue to provide care unless breaks from caring were given to them; and
- Have regard to the needs of those carers who would be able to provide care for their disabled child more effectively if breaks from caring were given to them to allow them to –
 - Undertake education, training or regular leisure activity,
 - Meet the needs of other children in the family more effectively, or
 - Carry out day to day tasks which they must perform in order to run their household.

Regulation 4 provides that local authorities must provide, so far as is reasonably practicable, a range of services which is sufficient to help carers to continue to provide care or to do so more effectively.

In particular the local authority must provide, as appropriate, a range of –

- Day-time care in the homes of disabled children or elsewhere,
- Overnight care in the homes of disabled children or elsewhere,
- Educational or leisure activities for disabled children outside their homes, and
- Services available to help carers in the evenings, at weekends and during the school holidays.

Regulation 5 requires that local authorities prepare a short breaks statement for carers in their area setting out –

- Details of the range of services provided,
- Eligibility criteria for those services, and
- How the services are designed to meet the needs of carers.

Children and Families Act 2014, Section 26

Local authorities are also required to jointly commission services with partner commissioning bodies for disabled children and young people and those with SEN.

3. You said...

Parents and carers of disabled children told us:

“A break from caring is the most important thing that helps me to cope”

“We just want to do ordinary things for a while”

“We don’t want lengthy assessments in order to get a short break”

“We don’t want to have a social worker in order to get a break”

“Fun activities with our kids are great, but they don’t always give us a break from caring”

“Give us more evening and weekend breaks – I want a night off!”

Children and young people told us:

“We want more things to do and more places to go”

“We want to do the same fun things as our brothers, sisters and friends”

“We want access to more ordinary activities that all other young people use, such as youth clubs and leisure activities”

“We don’t understand who can access what”

“It’s the transport – I can never get there”

Short Breaks providers said:

“It’s great to see the children trying things they’ve never done before”

“For some, it was the first time they had been away from home”

“The teenagers are making new friends”

4. What is a Short Break in Bristol?

Short Breaks are preventative, family support services that provide a disabled child or young person with a break from their parent/carer and vice versa. They can be at any time ranging from an hour to a day, evening, overnight, weekend or holiday, depending on the needs of the family involved. The Short Break may take place in a community activity setting, a child/young person's home or other residential setting. It allows parents and carers to have a break from their caring responsibilities and gives children and young people the opportunity to try something new.

Universal Service – fun activities open to all families with disabled children

Bristol wants families with disabled children and young people to access the Short Breaks services that are universally available to all members of the public.

What's Available?

Increasing numbers of mainstream settings have a 'can do' approach, are challenging barriers to inclusion, and are offering equality of opportunity to disabled children. Thus families can access fun activities, and parents can receive a break from caring if the children can be left. For example

- leisure and sports services
- youth and play services
- public spaces – eg. parks and adventure playgrounds
- early years services and children's centres
- extended services in schools
- after-school and holiday clubs
- voluntary and community facilities.

How are we helping this to happen?

Bristol works with these providers to promote and develop the short breaks market place, in 3 ways:

1. Increasing Opportunities

Early Years settings (nursery, pre-school, children's centre, childcare provider) offer places to disabled child in accessible venues, with skilled staff responsible for inclusion, additional support for the child, and specialist resources. Bristol City Council's Children's Centres all offer inclusive practice.

2. Developing the Workforce

More Short Breaks workers have been given skills to help them to include disabled children in their activities. Such as

- Bristol City Council staff receive training and development through the **e-learning pool**.
- All early years' childcare settings and after school clubs are receiving a high quality training toolkit from the **Disabled Children's Access to Child Care (DCATCH)** programme.
- Staff from **Sports Services** have been trained to run disability sports sessions.

3. Providing Equipment

More places have been given **equipment** that allows disabled children to access play settings for example, during 2018 an investment was made into four Adventure Playgrounds and public visitor attractions such as Colston Hall to make them accessible, as well as improving the equipment available in Short Break residential homes, and in the homes of Specialist Foster Carers .

Bristol has made this investment in the community and will continue to do so.

4. Family Support and Inclusion Team within the Disabled Children Service

The Inclusion and Short Breaks Service located in the Family Support and Inclusion Team can support disabled children, young people and their families to access a Short Break.

The Inclusion Service supports the inclusion of disabled children and young people in community based play, youth and leisure settings (for example, after school clubs, holiday playschemes, youth groups and sports clubs).

As part of the Inclusion Service offer community play, youth and leisure settings can apply for funding from the Inclusion Service Small Grant Fund. This can enable settings to:

- offer short-term support for disabled children and young people who may need some extra support whilst they settle in to a new setting and regular staff get to know about their needs
- offer 1:1 support for a small number of disabled children and young people who may need ongoing personal assistance to meet their specific requirements

In addition, the Inclusion Service can support staff from community play, youth and leisure settings so that they can confidently address the additional needs of disabled children and young people to enable their inclusion in the community setting. This can include providing access to training about complex health needs and/or complex disabilities.

Targeted Services – for families of disabled children and young people who need some help to access universal services, or need impairment specific activities

These services are for disabled children or young people who have multiple needs because of emotional or physical difficulties, or may be affected by problems in their family. Each service or activity may have specific eligibility criteria based on age, impairment or other factors. See the Bristol Offer website for more details of these services;

<https://www.bristol.gov.uk/web/bristol-local-offer>

	Provider	Activity	Age Range
Targeted Short break Services for Disabled Children and Young People	WECIL	Evening sessions	Age 13-18
		Independent Living Skills	Age 19-25
	WECIL Time to Share	Saturday Sessions & Trips	Age 13-18
		Befriending	Age 5-18
		Family Activities	
	National Autistic Society	After School Clubs	Age 8-18
	Khaas	Targeted BME Weekend sessions	Age 5-18

		Targeted BME Holiday sessions	Age 8-18
	Bristol Playbus	Stay & Play Sessions	Age 5-8
		Closed Play Sessions	Age 8-12
	SENSE	Evening Sessions	Age 5-18
		Saturday Trips	Age 5-18
	Various Providers	Family Fun Days	Age 5-18
	Bristol Autism Project	Family holiday activities for children and young people with autistic spectrum condition (ASC) and/or social communication interaction (SCI) needs and their siblings	Age 5-18
Action for Children	Residential holidays for disabled children provided during school holidays.	Age 5-18	
Summer pilot delivered by Wecil and Action for Children (service will be recommissioned for 2020)	Holiday Play scheme for disabled children and young people.	Age 5-18	
	Bristol City Council Family Support and Inclusion Team based in the Disabled Children Service	Inclusion Services who support access to community universal services and Family Support Workers	Age 5-18

In addition to the targeted short breaks services for disabled children and young people there is also the Targeted Youth Service. [Creative Youth Network](#) and other organisations deliver one to one support, open access and targeted youth sessions. The support is fully inclusive and open to disabled children and young people.

The support is for:

- children and young people aged 11-19, or in some cases up to 24 where a young person has a learning difficulty
- Children and young people who have social, health and wellbeing and/or education/skills needs

Specialist services – for families of disabled children and young people when a social care assessment identifies the need to access a special range of activities or where the priority relates to safeguarding the child/young person

These services are for disabled children or young people with severe and complex needs. Access will require a social work assessment and referral to the resource allocation panel. The Panel determines eligibility for services based on the family environment, parenting capacity and the child's development. This will include consideration of the child's needs and the strengths and risks to the child's family.

	Provider	Activity	Age Range
Specialist Services	Bristol City Council	Residential overnight breaks	5-18
	Bristol City Council	Overnight breaks in another family's home	0-18
	Bristol City Council	Direct payments	0-18

More details about accessing these services are available on the Bristol Local Offer website <https://www.bristol.gov.uk/web/bristol-local-offer/support-and-advice>

5. Who can access short breaks and how are needs assessed?

The Targeted and Specialist Short Breaks Services available are for children and families where the child

- is aged 0-18 years old (eligibility based on age depends on the specific service as outlined above)
- lives in the Bristol City Council local authority area or is a child in care placed by Bristol City Council,
- has a life-limiting or long-term health condition or disability.

In Bristol we are committed to providing support to enable all disabled children and young people to access universal and local provision, regardless of their impairment.

Bristol City Council has implemented a **Three Tier Model** for identifying the most appropriate level of help for those people requesting assistance from the Council. The Three Tiers of support in the model:

- **Tier 1** Universal Support for all children, young people and families to *"Help to help yourself"*
- **Tier 2** Targeted Support for children, young people and families who have care and/or support needs to get *"Help when you need it"*
- **Tier 3** Longer-term services for children, young people and families that are eligible – who are always likely to need support to *"Help to live your life well"*

The overriding principles of this approach are that disabled children and young people and their families must first access support, where appropriate, within the first two tiers of the three tier model, before accessing any support within the third level. The support Bristol City Council will provide is aimed at supporting an “ordinary life,” as much as possible. Furthermore, the third tier is not a replacement for support that is accessible in tiers one and two.

Universal Services	All families can make use of: <ul style="list-style-type: none"> - mainstream services universally available that offer direct access without assessment - mainstream services universally available that have their own assessment procedures and requirements
Targeted Services	These services are for disabled children or young people who have multiple needs because of emotional or physical difficulties, or may be affected by problems in their family. Each service or activity may have specific eligibility criteria based on age, impairment or other factors.
Specialist Services	These services are for disabled children or young people with severe and complex needs. Access to these services requires a social work assessment and referral to the resource allocation panel. The Panel determines eligibility for services based on the family environment, parenting capacity and the child’s development. This will include consideration of the child’s needs and the strengths and risks to the child’s family

The Bristol Short Break Eligibility Framework

Fun activities open to all families with disabled children - Universal Services

How your needs are identified	Who can refer into this service	What the criteria are	Type of short break service & other support/interventions you can access	How you hear about the services
Self-referral Informal self-assessment	Parent Child/young person	Anyone can access services	Universal services (eg. youth services, swimming, scouts) Community-based activities After-school activities, activity clubs Sports Support Groups	Leaflets Bristol Local Offer website https://www.bristol.gov.uk/web/bristol-local-offer/ 1Big Database http://www.1bigdatabase.org.uk/ Bristol Parent Carers www.bristolparentcarers.org.uk/ and other local parent groups Other advertising

Services for families of disabled children who need some help to access universal services or need impairment-specific activities - Targeted Services

How your needs are identified	Who can refer into this service	What the criteria are	Type of short break service & other support/interventions you can access	How you hear about the services
Self-assessment Single Assessment	Parent	Each service provider may have their own criteria	Targeted services described on page 6 Universal services can seek support	Short Break Providers

Framework (SAF)	Child/young person	based on age, impairment, ethnic group, catchment area, number of spaces, and resources available	from the Family Support and Inclusion Team in the Disabled Children Service)	Bristol Local Offer website
School referral	Bridging worker		Impairment-specific youth clubs and clubs	https://www.bristol.gov.uk/web/bristol-local-offer/
GP/Health referral	Integrated Carers Team		Carers Breaks (accessed via Parent Carers Support Service and the Family Support and Inclusion Team in the Disabled Children Service)	1Big Database http://www.1bigdatabase.org.uk/
Single issue assessment	Lead professional Key worker			Bristol Parent Carers www.bristolparentcarers.org.uk/ and other local parent groups
Parent Carer assessment	Team working with child School Service provider			Other advertising
Services for families of disabled children when a social care assessment shows that they need more support to access a special range of activities or where the priority relates to safeguarding the child/young person - Specialist Services				
How your needs are identified	Who can refer into this service	What the criteria are	Type of short break service & other support/interventions you can access	How you hear about the services
Single Assessment Framework, (SAF), from which we identify a level of Personal Budget banding that is appropriate Occupational Therapy Assessment	Disabled Children Team Social Care teams Occupational Therapy Service (Bristol) BCC Bridging Workers Integrated Carers Team	Under section 17 Children Act 1989, the Disabled Children Team will assess needs and make a judgement based on environmental factors, parenting capacity and child	Community Care/ family support Personal Budgets (these may be provided as direct services organised by us, as direct payments, or as access to other services below). . Foster Short Breaks Residential Short Break services	Leaflets Bristol Local Offer website https://www.bristol.gov.uk/web/bristol-local-offer/ 1Big Database http://www.1bigdatabase.org.uk/ Bristol Parent Carers

Parent carer assessment (Carer's simple assessment)		development. These include the child's level of need (substantial) and/or the risk of breakdown of the family (critical).		www.bristolparentcarers.org.uk/ and other local parent groups Discussions with identified lead professionals
For families whose child's healthcare needs require an on-going package of health specialism – Continuing Care funded services available all year round				
How your needs are identified	Who can refer into this service	What the criteria are	Type of short break service & other support/interventions you can access	How you hear about the services
Continuing Care Assessment Joint Agency Panel assessment	Continuing Health Care Children's Nurse Manager (NHS Bristol)	The Continuing Care Health Fund panel decides how best to use available resources	Hospice overnight and day care Community palliative care	Hospital Continuing Health Care Children's Nurse Manager for professionals Discussion with identified lead professional

6. Publication

Bristol will publish this Short Breaks Services Statement on the Bristol Local Offer website <https://www.bristol.gov.uk/web/bristol-local-offer/>

Through our parent partnerships we will ensure families are able to access it. In addition, it will be available to all of our Special Schools, our resource bases, and mainstream schools and the SENCOs in all of Bristol's schools will be made aware of it.

in accordance with Regulation 5 of the Breaks for Carers of Disabled Children Regulations 2011 this statement is kept under constant review and will be updated in partnership with Parent Carer groups when new services become available, or when there are changes to existing services.

We welcome your feedback on this document and the services it describes. If you're unhappy with something, please let us know. You can send us your complaints or feedback via the Bristol City Council website <https://www.bristol.gov.uk/complaints-and-feedback>