



# Out & About

Short breaks for disabled children (5-19)







# About Us



The Out and About Team offer a variety of different services to support Disabled / SEND Children and Young People. Working with Bristol City Council we have been delivering the Short Breaks services for over 5 years.

We provide a variety of different services for Children and Young People, these include:

- Specific provision for Sensory Impairments
- Specific provision for Autistic Spectrum Disorder
- Specific provision for BAME Families
- Befriending Service
- Independent Living Skills for Young People aged 19-25
- Family Activities and Trips
- Activities for Disabled / SEND Children and Young People


## Holiday Short Breaks (HSB)



HSB runs during the school holidays and is a specialised service aimed at young people aged 5 to 18.

We offer breaks for young people who attend specialist schools or have complex or challenging needs.

We work in partnership with the Disabled Children's team and people can use their Direct Payments to access the direct payment service that runs alongside HSB. To discuss access to the direct payment service, you will need to speak to your social care practitioner.





# After School Sessions

## After School Clubs



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Specific group for ASD

Tuesdays: Southmead Adventure  
Playground

Ages 8-13      6.15-7.45 pm

Ages 13-18      8.15-9.30pm

Thursdays: The Vench, Lockleaze

Ages 8-13      6.30-7.45pm

Ages 13-18      8.15-9.30pm

## Independent Living Skills



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Transition Group for Young  
People between the ages of  
19-25 looking at a variety of  
skills needed for the transition  
into adulthood.

Once a week via Zoom.

## Evening Session



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Tuesdays: Hillfields Youth  
Centre, Fishponds

Ages 13-18      7.00-9.00 pm

Thursdays: The Park, Knowle

Ages 13-18      7.00-9.00 pm

Thursdays: Southmead  
Youth Centre

Ages 13-18      7.00-9.00 pm

## Evening Sessions (Sensory Specific)



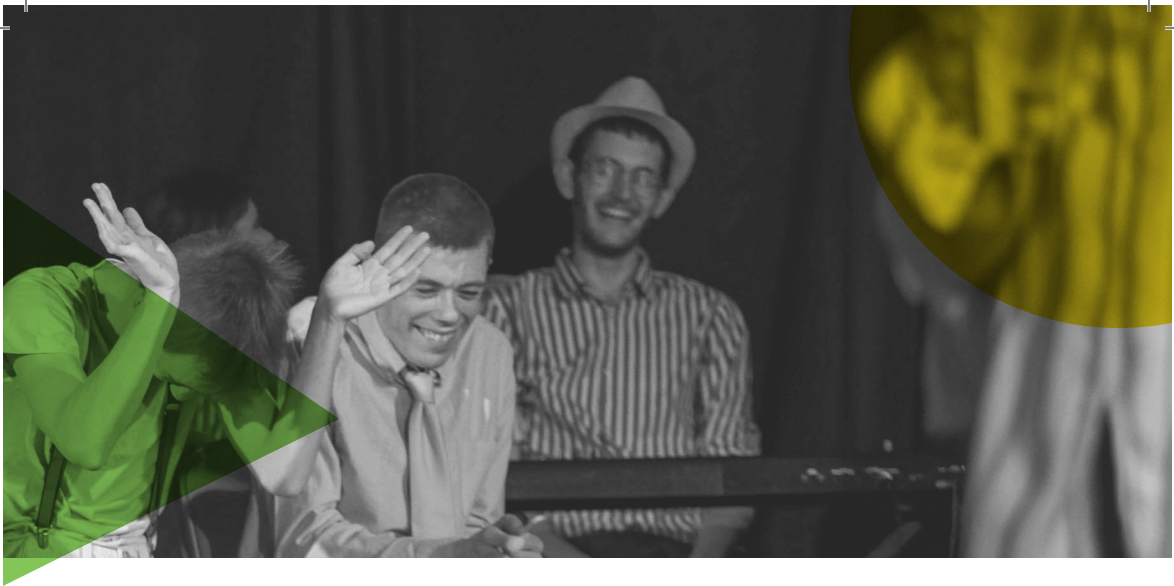
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For Sensory Specific Impairments

Thursdays: Woodside Centre,  
Kingswood

Ages 5-18      5.00-7.00 pm





# Weekend Sessions

## Saturday Trips (Sensory Specific)

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For Sensory Specific Impairments  
Ages 5-18

## Saturday/Sunday Sessions (BAME Specific)

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Age 5-18  
Saturday: Woodside Centre  
Sunday: Vench, Lockleaze

## Saturday Sessions & Trips

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For Disabled / SEND Children  
and Young People ages of 13-  
18. Various Trips and activities  
throughout the year. Must attend  
another Group to attend.

## Stay and Play

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Age 5-12  
Families are invited to come  
along to various activities  
(climbing, pictures, adventure  
playgrounds etc) usually on a  
Saturday.

## Closed Play Session (Drop and Play)

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Age 8-12  
Usually on a Saturday,  
alternating between adventure  
playgrounds and out and about  
activities (Cinema, Zoo etc)  
Booking Required.



# School Holiday Sessions

## Holiday Sessions (BAME Specific)



Holiday Sessions for BAME groups  
Age 5-18      10am-6pm

Various places; Avon Valley,  
Puxton Park, Bristol Zoo, Cinema,  
Bowling, Woodside centre.

## Holiday Short Breaks (HSB)

Age 5 to 18

Holiday session for complex needs  
during the school holidays.

Mornings: 09:00 - 13:00

Afternoons: 14:00 - 18:00

## Family Activities



Family Activities in school  
holidays

2.5 hours

Various places such as: skittles,  
bowling, climbing, Zoo.





# Befriending

WECIL's befriending service links volunteer buddies 1:1 with a disabled child or young person, to regularly spend time doing something they both enjoy!

Our befriending service gives Disabled / SEND Children and Young People an opportunity to go out independently, increasing their self confidence and feeling of self-worth through being linked 1:1 with a volunteer 'buddy', whilst providing families with valuable short breaks.

Our volunteers are DBS checked and trained, and can offer 2-3 hours of support per week.

## Please note:

Whilst our volunteer Befrienders undertake training, we cannot guarantee that they will have the necessary experience in dealing with any specific needs.

Our volunteers are not expected to administer medication, or assist with personal care. These factors should be taken into consideration when assessing a child or young person's suitability for this service.





# Contact Us

If you would like anymore information about any of the sessions offered please contact the Out and About referrals team.

Please contact us if you would like this leaflet in an accessible format.

**outandabout@wecil.co.uk | 07835 611 651 | 0117 947 9911**

Follow us on Facebook for the latest updates and news:

 **outandaboutbristol**

