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Children, Young People and Families

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children young people families

BARNSLEY CYP TRUST

Short Breaks Statement 2021



Barnsley Children, Young People and Families – Short Break Services Statement 2021 to 2022

This document reflects the vision of the Barnsley Children and Young People's Trust (CYPT) which is to ensure children and young people in Barnsley, who are disabled or who have complex health (including palliative) care needs, receive co-ordinated, high quality child and family-centred services. These services are based on assessed need, provide choice, promote social inclusion and prevent social isolation. Short breaks form part of a continuum of services that support disabled children and their families.

Short breaks are provided to:

- Give disabled children and young people enjoyable experiences away from their primary carers, thereby contributing to their personal and social development, and ensuring they do not become socially isolated.

and

- Give parents and families a necessary and valuable break from caring responsibilities. These include day, evening, overnight and weekend activities, and can take place in the child's own home, the home of an approved carer, or a residential or community setting.

Short breaks come in a variety of options and each one can last from just a few hours to a few days. Short breaks should promote health, independence and inclusion, whilst recognising and valuing the child and their family's choice and preference.

Local authorities are required to provide breaks supporting families to care for their disabled children at home and allowing them to do this as well as possible. It is important to make sure that short breaks meet the needs of all parent and carers. Some parents/carers would be unable to provide care at all without a short break. Other parents/carers would be able to care for their disabled child more effectively if they were given a short break that enabled them to take part in leisure activities, spend more time with other children in the family or carry out day to day household tasks.

A range of breaks should be provided by the local authority and the local authority must provide information including:

- the range of short break services provided in the local area
- how eligibility for short break services will be assessed and
- how the range of services are designed to meet the needs of parent and carers in the area

Needs Assessment

Mid-year estimates 2019 show that there are 53,556 children aged between 0 and 18 years in Barnsley. The school population in Barnsley has been increasing year on year since 2011. In January 2020, there were 34,761 pupils on roll in Barnsley schools. 73.9% of pupils in Barnsley LA are attending a good or outstanding school, 77.8.9% of schools in Barnsley LA are good or outstanding, and 99% of Early provision is good or outstanding. Our OFSTED rating is good. Education standards and attainment are a vastly improving picture in Barnsley, supported by Barnsley's Sector led Partnership approach to driving educational standards within the borough alongside a strong economic and employment strategy which is impacting positively for Barnsley.

In Barnsley 4.0% of children and young people have an EHCP compared with 3.3% nationally, and 3.3% among our statistical neighbours. Children and young people with SEN Support in Barnsley totals 10.7%, nationally this stands at 12.1% and 13.1% amongst statistical neighbours. This data tells us that SEND is not identified at the earliest stage possible, when SEN support needs to be put in place and therefore often a much higher resource needs to be allocated to meet needs. To enable a joined-up system and common understanding of this, cross agency work is being undertaken to promote consistency across education, health and social care provision to enable a much strong collaborated response to intervening early. The work is being driven by the Barnsley SEND Continuous Improvement Plan which is being driven at pace by Barnsley's Senior Children and Young People's Trust leaders.

Early Help and intervention are a key driver to success, an approach which ensures every child and family gets the right help, at the right time, by the right service preventing needs and service responses escalating via a preventative approach.

Of the children who attend school, the number with Special Educational Needs is reported as:

- 2,871 children in Primary schools
(2,396 SEN Support, 475 Education Health Care Plans)
- 1,626 in young people in Secondary schools
(1,285 SEN Support and 341 Education Health Care Plans)
- 429 children and young people in Special schools
(1 SEN Support and 428 Education Health Care Plans)
(source January 2020 school census)
- The 2020 school census shows that 4,926 children have a "long term disability" or illness which significantly limits their daily lives. The information below shows the disabilities of the 4,926 children broken down into primary type:

Number of CYP	Primary Need
1,231	Moderate learning difficulties
1,100	Emotional and mental health difficulties
963	Language and communication needs
619	Autistic spectrum disorders
913	Severe learning difficulties
399	Specific learning difficulties
44	Profound and multiple learning difficulties
91	Hearing impaired

50	Visually impaired
9	Multisensory impairments
76	SEN Support but no specialist assessment
148	Physical Disability
125	Other difficulty/disorder

- Nationally the incidence of autism spectrum disorders is rising and is now reported to be around 1 in every hundred children (*ChiMat*). The estimated number of children with a diagnosable ASD in Barnsley is thought to be around 540.

During 2020/21, 148 new applications were received requesting a short break; 104 of these applications met the threshold for eligibility and the child was awarded a short break. Additionally, 139 applications were received requesting a change to their current short break; 115 of the applications requesting a change were agreed by the short breaks panel.

Consultation and the Development of Short Breaks

Barnsley's short breaks service was developed in consultation with professionals and disabled children, young people and their families. The consultation with children, young people and families highlighted that they wanted to do what other children do and feel part of their community, not apart from it. It emphasised the need for improved access to universal and more specialist play and leisure activities, such as holiday schemes, weekend, after school clubs and youth clubs, more personalised packages of support, and more information about what was available.

The Local Authority regularly consults with parents, children and young people about short breaks both via individual service offers and as part of scheduled service reviews. Detailed consultation feedback is included within the SEND Young People's Plan and SEND Strategy.

As a town, it is important that we improve access to community spaces to enable greater independence and accessibility for Barnsley children, young people and adults capitalising on new infrastructure developments. Although positive developments have been made there is still a need to focus on improving access to leisure, recreation and positive activities for children and young people with SEND and their families. This will enable greater community cohesion and ensure Barnsley is not only a great place to live and grow but a place where inclusion and accessibility is able to be demonstrated consistently, providing increased opportunities for children and young people to thrive, and improved daily life experiences of all Barnsley residents. Short breaks will remain alongside plans for more accessible community facilities.

“Lots of my friends that I go to school with can't go to lots of places because they don't have changing facilities so they cannot go there for very long. This means we can't do much together without them having to go back home or back to school.”

Feedback provided by Barnsley Parents and Careers:

- My short break has been extremely beneficial to my son. He really enjoys it and looks forward to attending and it has helped him find something he feels he is good at. It has also helped him to believe he can use his own initiative and make effective decision.
- My son loves to come to short breaks, it helps him socialise and also gets his exercise in and keeps him off his gadgets for a while.
- In my daughter's words she said she enjoyed it because she could be herself and have fun and play with older children. From my point of view, it gives me a break which I desperately need, and I know she is safe and enjoying herself, especially with children like herself to feel comfortable in her own skin.
- As a family, these sessions are priceless and so valuable. They give us a breather to do things and recharge. I feel I am a better person from having a few hours respite.
- My daughter absolutely benefits from the sessions. They provide her with something to look forward to, her own time to shine, good structure, great exercise and skill development. The sessions are also fabulous for her to interact with others who accept her.
- These sessions over the years have let my grandson be the best version of himself and I thank you for making him happy on a level playing field each time he comes - thank you.
- After the year our children have had, it's a godsend for them and us. Seeing our children smile and have fun and for me as a carer, it gave me a break.
- This is a life-line provision for us, the boys have a fantastic time being able to explore the outdoors in a safe environment. Its run by trusted staff that have a good understanding of our boys needs even though they are very different. We really wish it was more often, I think once a month is a long time for are children to go without this kind of provision to be able to play outdoors safely.
- My son walks straight through the doorway when he arrives.
- Staff are absolutely excellent, friendly with excellent attitudes.
- Always really welcoming. Loads of information.
- Although my son is happy with the provision he has been allocated, I do feel that there could be more options available for children and young people.
- Short breaks have been extremely beneficial for my son. He really enjoys it and looks forward to attending and it has helped him find something he feels he is good at. The activities have helped him to be able to find and use strategies to control his behaviour. It has also helped him to believe he can use his own initiative and make effective decisions. During this Covid 19 pandemic it really has been a valuable experience. He was very worried about the pandemic in the beginning and

attending helped him to feel more confident in being in social situations while using social distancing. It has also been a great opportunity to spend productive time outdoors and to socialise with others, which is something that has been missing for everyone during this time. He has told me he can never think of a time when he won't be part of short breaks. It has been and continues to be a valuable part of his life.

Key messages to emerge from consultation activity are as follows:

- More communication to raise / promote awareness of all short breaks provisions on offer is needed
- A need for fun but useful activities that encourage skills for life that help the children grow into adults that positively contribute to the community and encourage independence.
- Personalised offer for short breaks based on need and equitable access
- A timely approach to the assessment and allocation for a short break is important
- More opportunities for younger children between 5 and 8 years
- Increased sessions for short breaks to provide more frequent opportunities and a range of activities.

Young People told us:

Those who had access to short breaks activities or targeted group activities enjoyed them.

They felt:

- Understood and supported by staff.
- Some young people felt residential provision needed to offer different activities for different groups of young people who attend.
- Some of our young people need specialist activities but some young people said they wanted to mix up SEND and mainstream groups, especially those young people who do not feel like they have a disability or have friends that don't have disabilities.
- Young people want to access social activities with their friends.
- More social activity options and to be able to go out more days a week.
- Specific provision for young adults aged 18 to 25 - Have clubs for 18 to 25 - year olds. Other adults don't socialise with children and teenagers, we want to be able to socialise with our peers like other adults but sometimes we need support to enable us to do this.
- Lots of my friends who are older than me are scared about being 25 because they can't go to youth clubs anymore and see their friends.
- Have more preparation and information about what we can do when we are 25 so that it is not so scary for us.
- To have activities that cater for young people with SEND and friends who don't.
- Help to build our independence skills in mainstream and specialist provisions to be able to access places with our friends and give our parents confidence that we can go places and do things on our own.
- Better accessibility in community places, not just disabled toilets but changing facilities and ramps.
- More funding for transport included with activities.
- Supported transport options e.g. meet at the bus station, walking bus

To assist us in providing more options for children and young people, a Dynamic Purchasing System (DPS) has been developed to support our short breaks provision from April 2021; the DPS is a list of approved providers that can offer short breaks in Barnsley. The DPS provides an opportunity to increase short break provision with new providers being able to join our provider list at any point during the year. Each provider goes through an approval process to ensure that their offer and provision is safe and suitable for the children and young people who may access their setting and meets the requirements of the Short Breaks Service Specification. It is also hoped that the DPS will provide greater opportunities for personalisation and family access to targeted activity.

The continued development of the DPS will support increased choice for Barnsley families. At present there are 6 approved providers; 4 of these providers are currently running short breaks in Barnsley. However, we need to be able to deliver sufficiency, choice and equity, whilst making sure continuity of provision remains. This year the short breaks programme has received additional funding from NHS England to support families at this difficult time and this being used to provide additional provision via the short breaks programme to support Barnsley families.

As and when new providers join and are ready to accept referrals from the Short Breaks Panel, information on their provision will be added to the current providers on the SEND Local Offer page under [Short Breaks](#).

Preparation for adulthood is also key to the short breaks offer alongside all other provision which is provided for children and young people with a disability or complex need. Joint work between adult and children's services to develop provision for young adults will be a key priority.

Safeguarding and Quality Assurance

All the short break services are required to have regard to the local child protection and safeguarding policies and procedures. All staff and carers receive relevant child protection and safeguarding training. Any concerns reported about a child's welfare when accessing services is addressed in line with the Barnsley Safeguarding Children Partnership procedures. All short breaks providers are subject to contract monitoring arrangements to ensure service quality.

Access to Short Breaks Provision and Barnsley's Short Breaks Offer

Universal services are those services that are available to all children and their families. Under the Equality Act 2010, universal providers are required to make reasonable adjustments to enable children with disabilities to attend. Access to universal services, such as youth clubs, extended school activities, early years setting and play schemes is key to ensuring disabled children have fun and enjoy the same things as other children and young people.

For some disabled children, there can be barriers to them being able to do the same activities as non-disabled children. Disabled children and their families commonly face

social and environmental barriers to enjoying opportunities their non-disabled counterparts take for granted. Additional support is needed to ensure disabled children and young people don't miss out on these everyday experiences. Where this applies, a disabled child and family can access an activity-based short break without having to have an assessment but demonstrate need against the short breaks criteria. Early Help Assessments are also a key tool for supporting families and are encouraged by all 0-19 service providers.

A short breaks access and allocation process (Short Breaks Panel) is in place. This is a transparent and equitable process which promotes the social model of disability. The Short Breaks Panel is held every month and any professional involved with the child can refer on the family's behalf or families can self-refer. Information and support on how to do this can be provided by Barnsley's Family Information Service, on the Barnsley Local Offer Website or via Barnsley Disabled Children's Team.

The Panel is chaired by the Team Manager for the Disabled Children's Team. It is attended by:

- Lead Commissioner (Children)
- Business Development Officer (Children)
- Family Support Worker (DCT)
- Representatives from Commissioned Provisions
- Children's Home Manager (Newsome Avenue)
- Children's Social Worker – Fostering Team
- CCG Health Representative – DCO
- Service Manager Children's Social Care
- Education representative
- Business Support Officer

The short breaks core offer is:

- Up to two hours per week in term time and five hours a week in school holidays if a child cannot attend universal provision and does not receive any other short break services.

Support to access this can be through self-referral or professionals can also refer on the family's behalf. The completed application form will be presented to short breaks panel.

The next level is Tier 2 for families who need more support than the core offer:

- This is up to five hours per week term time and 10 hours per week in school holidays.

The child must have an Early Help Assessment or Education, Health and Care Plan in place. The application to panel will need to identify why the child needs this additional support and the type of activity the child would like to access. It is important that the short breaks panel have good information about what the child/young person enjoys and the type of activity they would like to access. Visits to explore the range of provision available are encouraged.

Click on the following link [Short Breaks - Local Offer](#) to access the Short Breaks page on the local offer where you will find information on how to apply for a Short Breaks and download an application form.

For families needing more than the second level of support a full social work assessment is needed. Tier 3 Support could include:

- Overnight stays
- Direct payment/Personal Budget
- Additional community provision
- Homecare
- A combined health and care package (Children's Continuing Care Assessment also required if a request for support from health is required).

Contact details for the Disabled Children's Team: 01226 774050

All services provided under the short breaks provision will be subject to review by the service provider, lead practitioner or social worker within an agreed period, to identify if support is still needed and appropriate.

Barnsley's Current Short Break Provision



- **Child-minding and early years settings** (family centres/nursery/play groups/holiday clubs)
- **Positive Activities** - specialist youth club provision across Barnsley
- **Reds in the Community** - weekly sports session and holiday sports programmes
- **Naturewood** - outdoor activities in the woodlands
- **Stride Theatre** - holiday club for children with profound and complex physical disabilities and health needs.
- **Sibling Support** - specialist sibling support to children growing up with a disabled brother or sister
- **Fostering** - overnight provision provided by the Local Authority Fostering Service
- **Newsome Avenue** - overnight residential provision
- **Direct payments / Personal Budgets**

[More about individual short breaks services...](#)

Reds in the Community provide multi sports sessions for children and young people aged 8-18 with a disability in school holidays and weekends during term time. Children are encouraged to take part in small group activities and team sports and make new friends to develop social skills and interactions. All the staff have experience of working with children with a disability and they employ support staff to assist with meeting any additional needs. The project manager is always happy to look at new programmes of activity and plans to develop the service offer in line with the interests of the children and young people who already access or would like to access the service.

Naturewood provides outdoor activities that aim to offer children with additional needs access to the outdoors and to enjoy the wonders of nature. Activities include: - BBQ's, games, fire building, den making, tree climbing, camping, crafts and treasure hunts.

Positive Activities provide a targeted short breaks programme for children and young people aged 8-25 with mild to moderate learning difficulties or disabilities. There is a weekly timetable of youth group activities for different age ranges which run at a number of venues across the Borough. Activities can include; computer games, physical activities, arts and crafts, cooking, or just relaxing with friends.

The group aims to:

- Promote positive social interaction.
- Build confidence, self-esteem, independence and resilience.
- Provide opportunities to learn new skills and develop friendships.
- Provide sibling support groups.

Early Years Short Break Provision enables children in the early years age group (0-5) to access their short breaks via a childminder or an early years setting such as a nursery. If they already access such a setting it is possible, for continuity, to arrange for them to access their short break there too. All settings providing short breaks will receive the relevant training or support to ensure all children feel fully included and all their needs are met.

Children over the age of 5 can access holiday clubs and schemes, out of school clubs and childminders where appropriate. The Family Information Service can support finding a suitable setting.

Stride Theatre encourages personal development in a safe space for young people to express themselves and have fun. They use Theatre and Creative Arts, tailoring activities so that the young person is at the heart of everything they do. Due to the complex needs of the children and young people who attend Stride Theatre, the activities are person centred and focus on the individuals wishes and needs; this ensures that they benefit fully from their experiences.

Some short break opportunities are only available to children who have been allocated a social worker after a full social care assessment. These include:

Newsome Avenue overnight provision is in Wombwell. It provides short break packages of care to children and young people, aged 5-17 years, who have disabilities and complex health needs. Newsome Avenue is a warm friendly environment where children and young people have the opportunity to engage in positive activities and spend time with friends.

The home is registered with Ofsted, its overall rating of good and it is managed by Barnsley Council.

Respite Foster Carers for overnight short breaks. The Fostering Service have a small number of dedicated foster carers with experience with children with complex needs who are able to offer overnight short breaks in a family setting this is generally allocated to foster carers for the children that they look after on a permanent basis.

Direct payments and personal budgets are cash payments to parents which are used to meet need. The payments are an alternative to having services provided or arranged by the local authority or the local Clinical Commissioning Group. Parents can use their budget to purchase the support their child needs against an agreed set of outcomes. Needs and resource are determined by a health, social care, or education assessment (or a variation of all depending on the needs of the child). The Disabled Children's Team, CCG or EHC Service can provide more information. The personal budget will be subject to planning, agreement and review of outcomes, they are not provided to purchase existing commissioned service provision. You can ask for the LA or CCG to:

- manage your personal budget for you
- pay the money to another organisation – such as a care provider
- pay the money directly to you or someone you choose – this is known as a direct payment – this will generally be for PA support or an agreed alternative which has been agreed to meet need and achieve a set of personalised outcomes.

