

# Wirral Short Breaks

For children and young people with disabilities and complex needs

Funded by Wirral Borough Council



## Providing short breaks

Carers Trust 4all works in partnership with Autism Together and Home-Start Wirral to provide a wide range of short breaks. We have a contract with Wirral Council to provide services across Wirral.

Through this service we are offering some exciting and fun activities for children and young people with disabilities to take part in at times when you need a break the most.

We are delighted to be able to share with you what activities we have been doing since we formed the partnership.

If you would like to find out more then please get in touch using the details on the back page.

## What have we been up to at Carers Trust 4all....

### Barnstondale Activity Weekends

- We had a great weekend, the children and young people arrived and socialised with existing friends whilst many new friendships developed throughout the weekend which was lovely to see.
- The group got involved in a range of activities such as rifle shooting, archery, rock climbing and outdoor orienteering. They also had some down time together, they watched films and the X-Factor. They also played group activities in the sports hall and the outdoor playground.
- They took part in a dance drama workshop for two hours. They created their own advert in two teams to present to the others. The group also learned a dance routine and performed a dance off which was fantastic fun.
- The group learned many skills to support independence by making their beds, helping to set up for meals, supporting each other throughout activities and helping to tidy away after meal times.
- When it was time to relax, the group spent time in the sensory room and soft play area.



Barnstondale weekends are offered five times throughout the year.

## Belvidere Centre Weekend Club

- Children and young people enjoyed a range of baking activities such as scones, brownies and cookies. Along with being great fun, this promoted their independence to follow instructions.
- They had fun doing a number of activities outside such as football and playing on the special outdoor equipment. They also enjoyed a range of parachute activities.
- Time was spent making items with salt dough, doing sensory play first then designing creations to make, bake and paint. They loved seeing their final masterpiece.
- As it was Halloween, we supported them with pumpkin carving, spooky sensory play and making spooky Halloween biscuits.
- Throughout the weekend, the group helped to prepare snacks for other young people, learnt how to make hot drinks and learned independence skills such as food hygiene.

This club runs Saturday & Sundays 9.30-1.30pm and 2.00-6.00pm



### Quotes from parents:

*"Belvidere Club enables our family to have a break, plan any activities and primarily I have a break and peace of mind knowing my son is well supported."*

*"The service is absolutely vital for developing social and emotional skills, interaction and independence. It's really invaluable the boys get this opportunity within a safe and nurturing environment."*

## Elleray Park After School Club

- Children and young people at Elleray Park have been enjoying the outdoors; we have had a range of activities such as playing with the parachute, football and rounders.
- The group enjoyed making sock puppets, snakes with googly eyes and super hero themed puppets with their friends.
- After a busy day they relaxed and enjoyed spending time with their friends in the soft play area, singing songs and playing in the ball pond.

This club runs on alternate Mondays 3.30-5.30pm at Elleray Park School.



## Summer Scheme

- Children and young people had access to two venues for the summer scheme club, one was our regular group held at the Belvidere Centre while the other was held at the SenseAbility Centre which has a sensory room and soft play area.
- They took part in a range of activities playing in the soft play area and sensory room. Interacting with friends and listening to music was something they all enjoyed.
- The group enjoyed a lot of activities such as baking, sports, arts and craft.

Children and young people also access summer scheme provision at local schools.

## Autism Together – Children and Family Service

We are a specific branch of Autism Together whose work focuses on supporting children, young people and their families, helping them understand autism and social and communication difficulties. We know how stressful, frightening and overwhelming it can be for a family when a child is diagnosed with autism.

We provide information, advice and support services to families who have a child with autism, a child undergoing a diagnosis of autism, or who have a child with social and communication difficulties as their primary need.

We offer a range of support including:

- Appointments for families to be introduced to the services
- Activity clubs for children and young people aged 8-18 years old
- Friendship group for young people aged 14-18 years old
- The development of a direct payment service. (If you are interested please call for more details.)
- Rainbow group, a stay and play group for parents and their children up to the age of 8 years
- A sibling group for 6-11 year olds (available from early 2018)
- Sibling 1:1 sessions (available from early 2018)
- A social and communication group for 8-13 year olds (available from early 2018)
- A parenting course for parents whose child has a diagnosis of autism
- Workshops are also available throughout the year covering a wide range of topics.

## Home-Start Wirral

Home-Start Wirral provide respite sessions for children identified with a complex need from birth up to 7 years of age. Fun based interactive two hour sessions using play and recreation to assist children's development and learning, providing opportunities to interact and socialise with their peers in our purpose built centre.

We aim to create an environment in which young children feel safe promoting their independence and to develop social and communication skills.

We offer 1:1 support if required. Siblings are welcome to attend the group. Weekend sessions are booked on a monthly basis to provide consistency and structure for children and parents.

The session's run on Saturdays and during school holidays.



Provider	Group	Day/time
CT4all	Belvidere	Saturday & Sundays 9.30-1.30pm and 2.00-6.00pm
	Barnstondale	Friday-Sunday x 5 weekends
	Elleray Park After School Club	Alternate Mondays 3.30-5.30pm at Elleray Park School.
	Summer School	Dates TBC for 2018
Autism Together	Activity Club	Thursday 5.15-7.00pm Thursday 7.15-9.00pm Saturday 10.15-12.00pm
	Friendship Group	Friday 5.30-7.30pm
Home-Start Wirral	Short Break Club	Saturday 10.00-12.00pm and 1.00-3.00pm Tuesdays & Wednesdays in summer holidays 10.00-12.00 and 1.00-3.00pm

## Adding Value: How else can we support you?

**Carers Trust 4all:** A Network Partner of Carers Trust delivering a comprehensive range of services including; flexible home based breaks for carers, information, advice and advocacy, support for young carers and young adult carers, groups and activities, volunteer befriending, emergency response services, palliative and end of life care and high quality personal care.

**Autism Together:** A strong, established organisation offering a wide range of specialist support services to people with autism to maximise life opportunities, including; children and family services, respite and short stay breaks, community and vocational services, home care and supported living and step into work.

**Home-Start Wirral:** Supporting children and families to have the best start in life. Services include; emotional and practical support, groups and activities, information and links, volunteer support, courses and breastfeeding peer support.



**Bowen Children's Clinics**  
a complimentary therapy with the potential to improve a child's concentration, sleep patterns, motor control and behaviour. Also shown to have dramatic effects on those with special needs.

The Bowen technique is a hands-on therapy where the therapist makes precise gentle rolling movements over soft tissue, stimulating the nervous system to promote healing and aid pain relief.

The Bowen technique has been reported to help with the symptoms of many childhood ailments, but can offer many benefits to all children. The technique can result in better concentration, improved behaviour, make children more relaxed and improve sleep patterns.

The Bowen Children's Clinics will be offered in partnership with Home-Start Wirral, and will take place on the first and third Friday of each month between 1pm and 3pm.

For more information call 0151 608 8288 or visit our website at :

[homestartwirral.co.uk/bowen-childrens-clinic/](http://homestartwirral.co.uk/bowen-childrens-clinic/)



## Get in Touch

### Autism Together

Oak House (Unit C) 6 Tebay Road, Bromborough, Wirral, CH62 3PA

0151 666 9960

[Info@autismfamily.co.uk](mailto:Info@autismfamily.co.uk)

[www.autismtogether.co.uk/family-support](http://www.autismtogether.co.uk/family-support)

### Carers Trust 4all

Unit 6, Rossmore Business Village, Ellesmere Port, CH65 3EY

0333 323 1990 (select option 1 and option 3)

[cheshirewest@carerstrust4all.org.uk](mailto:cheshirewest@carerstrust4all.org.uk)

[www.carerstrust4all.org.uk](http://www.carerstrust4all.org.uk)

### Home-Start Wirral

Home-start Wirral Hub, Woodchurch Lane, Prenton, Wirral, CH42 9PH

0151 608 8288

[www.homestartwirral.co.uk](http://www.homestartwirral.co.uk)