

# Wirral Short Breaks

For children and young people with disabilities and complex needs

Funded by Wirral Borough Council



## Providing short breaks

Carers Trust 4all work 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 our last newsletter.

If you would like to find out more about any of the groups, then please get in touch using the details on the back page of this newsletter.



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

### Barnstondale Activity Weekends

The group enjoyed a range of activities while at Barnstondale including rifle shooting, archery, rock climbing, abseiling, team building and orienteering.

They also participated in range of extra activities such as a dance drama workshop, planting, arts and crafts, pumpkin carving, group games and games in the sports hall. It is clear to see that the group enjoyed coming to Barnstondale to build their independence skills and to make new friends.

They also enjoy having time to play in the adventure playground and choosing snacks from the tuckshop on a Saturday evening. Some of our young people have built and made lifelong friendships while at Barnstondale.



*"My son doesn't have any siblings it has given his dad and I a much needed break. It's also allowed my son to interact with other young people and to try different outdoor activities in a safe environment. It has benefited my son and ourselves. We've been able to have time to ourselves and catch up with friends and family and do other things we wouldn't normally get a chance to do." – Quote from Parent*

Continued ....

*"This break benefits us beyond words, first rest in over two years. We went out for a meal, I slept well and didn't have to get up early. It was good to spend time with my daughter and take an interest in what she is doing. On a normal weekend we wouldn't attempt to go out to eat. My husband and I take it in turns to look after our son. There isn't time for anyone else, the service benefits my son by giving him time away from family to be independent and connect to others. Staff are very approachable nothing is a problem." – Quote from Parent*

Barnstondale weekends are offered five times throughout the year.

## Belvidere Centre Weekend Club



At Belvidere we do a lot of activities based around what young people would like to do as we provide activities during their respite time. We play board games, watch group films and programs, play with sensory equipment as well as chatting and socializing. We work with a person centred approach to what each individual likes and dislikes.

The group have time to sit together and enjoy a snack and lunch, taking into consideration different allergies. We also encourage the group to help prepare snacks and make drinks for themselves and others. This helps to improve their social skills and independence skills.

The group like to take part in the planning of different activities and what they would like to do. This time they had Halloween, Bonfire Night and Christmas planning to look forward to.

Some activities the group enjoyed this quarter:

- To celebrate Chinese New Year, the group listened to the story of how it came about. They then created different arts and craft for the year of the dog.
- For Pancake Day they enjoyed decorating pancakes with their favorite toppings, some of the group tucked into them on the day whilst others made them for family members.
- They created 'Special Persons Day' cards to give to someone special in their life.
- Some of the group chose to make Valentine's Day craftwork. They enjoyed doing this activity with lots of bright pink and red items selected by the group.
- Unfortunately we were unable to spend a lot of time outside due to the weather conditions however, some of the group brought their welly's along to the club so they can still go outside during their time at the club if they chose.

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

## Elleray Park After School Club

There are many activities available at Elleray Park After School Club. The group often enjoy activities based around a theme such as Christmas, Halloween, underwater and animal themes.

The group recently enjoyed activities such as:

- Playing games outside with a football, parachute games, imaginary play, group sport games.
- Arts and craft activities such as making cards or craft based around a theme.
- Relaxing with their friends after a busy day in school by enjoying activities in the soft play area.
- At snack time young people choose what music they want to listen to on the computer, it ranges from 'The Wheels On The Bus' to the latest chart hits.

Other activities included making Special Persons Day cards, celebrating Chinese New Year and making hats for Wear A Hat Day.

The group have not been outside as much this quarter due to the cold weather, however we ensure they still enjoy a varied range of activities which encourage interaction with each other. They have spent extra time in soft play area where they also like to sing. They also enjoyed playing eye spy where they use colours to guess the objects.

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



## 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.

Our service provides information, advice and 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:

- An introduction to our services
- Short break activity clubs for young people aged 8-18 years old
- Short break friendship group for young people aged 14-18 years old
- The development of a direct payment 1:1 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
- Sibling 1:1 sessions for 6-18 year olds
- A sibling group for 8-13 year olds (fortnightly)
- A social and communication group for 8-13 year olds (fortnightly)
- A parenting course for parents whose child has a diagnosis of autism
- Workshops are also available

If you see something you like please contact us on 0151 666 9960 or join our Facebook page Children and Family Autism Together.

## Home-Start Wirral Short Break Club

Home-Start Wirral is a charitable organisation offering help and support to families in a variety of ways. We offer support in family's homes, in the community and at our purpose built centre the Home-Start Hub in Prenton.

The short break club offers families weekend and school holiday respite sessions at our centre for children under 8 years of age and their siblings. The sessions give children the opportunity to spend time with their peers and for parents to receive a quality break.

At Home-Start we aim to identify each child's individual needs and interests; in conjunction with parents we develop strategies and activities to provide the best care and support. Children and families are at the heart of our service, we focus on developing effective partnerships with our families.

We provide a nurturing consistent environment for children and families, so that they are able to feel secure and safe when leaving their children in our care.

Some of the things we have done over the past few months:

- Visited Senseability at Europa Pools
- Celebrated Chinese New Year
- Made Mothers day cards
- Messy play with a variety of gooey stuff
- Dancing and movement to music
- Helped to prepare snack and serve to the other children
- Made pizza's to take home or (eaten them before mum and dad picked us up!!)
- Made an enormous train track



### Feedback

*"The group is vital for my sanity; it allows me two hours of not worrying about keeping him safe and occupied. I get to relax at home with my other children. The group has given me an opportunity to meet other parents of children with ASD and helped me to come to terms with the diagnosis. I have received guidance and support to access services such as the ADHD Foundation which has really helped me to understand his behaviour and look at how I respond to him.*

*The staff are and always have been professional, caring individuals. They are great when my child is having full on meltdown and know how to cope when he is throwing himself around. They also know how to bring out the best in him and he adores all the staff."* - Quote from parent.

## 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.



Provider	Group	Day/time
CT4all	Belvidere	Saturday & Sundays 9:30am -1:30pm and 2:00pm - 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 5:15pm -7:00pm Thursday 7:15pm - 9:00pm Saturday 10:15am -12.00pm
	Friendship Group	Friday 5:30pm -7:30pm
Home-Start Wirral	Short Break Club	Saturday 10:00am -12:00pm and 1:00pm - 3:00pm
		Tuesdays & Wednesdays in summer holidays 10:00am -12:00pm and 1:00pm - 3:00pm

### Autism Together

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

0151 666 9960

[enquiries@autismtogether.co.uk](mailto:enquiries@autismtogether.co.uk)

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

### 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)

### Carers Trust 4all

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## Get in Touch

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