

# CAMBRIDGESHIRE SHORT BREAK DUTY STATEMENT

## WHAT IS THE SHORT BREAK DUTY?

Since 1 April 2011 all local authorities are required to provide short breaks for disabled children. This is called the Short Breaks Duty:

*'every local authority (England and Wales) shall provide services designed to assist individuals who provide care for such children (disabled) to continue to do so, or to do so more effectively, by giving them breaks from caring'. (The 1989 Children Act (paragraph 8 of Schedule 2).*

The Breaks for Carers of Disabled Children Regulations 2011 require every local authority to write a Short Breaks Statement which tells families about the range of short breaks services available, any eligibility criteria they use to decide who is entitled to get a short break, and how the range of short breaks is designed to meet the needs of local families with disabled children.

The Short Break Duty Statement forms the basis of our [Cambridgeshire County Council] short break commissioning plans for the next 3 years, not only what we buy, but also what they provide for short breaks for disabled children, young people and their families. Disabled young people and parents were involved in the commissioning we did throughout the Aiming High programme and will continue to play a key role in what we ask providers to do and choosing who and how they do it.



**Young people  
want more  
opportunity for  
mixed groups and  
doing activities  
with people with  
and without  
disabilities**

Family feedback helps us to monitor and review services and influences what we decide to keep or change.

It also refers to how budgets are allocated as families are increasingly telling us that instead of us buying or providing services, they would rather have the funds themselves to decide on what works best for their family.

The statement will be reviewed annually with parent forums and the Disabled Children Strategy Group, to ensure it is up to date and reflects the needs, views and experiences of families. The first review is planned for April 2012. This annual review will enable Cambridgeshire County Council and its partners to co-ordinate future consultation, service planning and commissioning. This is important as services change and develop and national guidance evolves; such as getting better at inclusion, and the growing emphasis on personal budgets.

*“It is fantastic to have the money to be able to pay for the short breaks and services for my son. It will help him become more independent too”*

Feedback from a parent

## WHAT ARE WE SEEKING TO ACHIEVE?

Our aim is to ensure that families with disabled children have the support they need to live ‘ordinary lives’ as a matter of course. Disabled children and their families have the same human rights as others, including the right to the same quality of life as those who do not live with disability. However we recognise that all families are different, so they will need different levels of support and different types of short breaks depending on the age of their child; some families may need more support because of their family circumstances, this may be for a short period of time or it may be for longer.

It is also important to note that whilst we know that short breaks are a priority for families with disabled children, they should be delivered as part of a much broader package of family support services.



We are therefore committed to:

- Ensuring that we listen to all disabled children, act on their views, and provide them with choices.
- Ensuring all disabled children and their families are supported to take part in and enjoy local community life, wherever possible using local childcare facilities, leisure and recreational activities.
- Ensuring that as parents and carers you are supported to become equal partners in making decisions about service development and priorities.

In meeting the requirements of the Short Break Duty, Cambridgeshire is also committed to continue following the National Core Offer standards that were laid out in Aiming High: Information and Transparency, Assessment, Participation and Feedback

## WHO ARE THE CHILDREN WHO WILL BE SUPPORTED BY THE SHORT BREAK DUTY IN CAMBRIDGESHIRE?

This information is for families living in the Cambridgeshire who have a disabled child and/or young person aged 0 to 19 years.

### **The working description of disability that is applied is:**

*The needs of the disabled child or young person are beyond those of a non-disabled child of the same age and means they are likely to require lifelong support in the future from statutory services.*

If a child's needs do not meet these criteria we will always offer advice. If we cannot provide support we will tell parents about other organisations that may be able to help.



In Cambridgeshire we are currently providing short breaks to over a thousand unique children and young people. These are children who are either supported through the local Short Break 'Offer' or who have been assessed as meeting either Short Break or Social Care Eligibility for support.

If you would like more information please go to the contacts page to obtain details of the guidance document that explains the eligibility criteria. This guidance also explains how you can contact Children's services to request the support that is outlined in the Short Break Duty Statement.

## **WHAT EXACTLY ARE SHORT BREAKS?**

Short breaks form part of a range of services, which support disabled children and their families to give:

- disabled children and young people enjoyable experiences away from their primary carers, thereby contributing to their personal and social development and reducing social isolation
- parents and families a necessary and valuable break from caring responsibilities

## **WHAT SORT OF SERVICES ARE PROVIDED THROUGH THE SHORT BREAK DUTY?**

Resources and services broadly fit into several categories:

### **1. Direct Payments**

Families who would like more choice, control and flexibility over their short break allocation could receive direct payments.



A Direct Payment is a cash sum of money paid to a disabled young person or a parent on behalf of their disabled child to purchase agreed support services and short breaks.

A Direct Payment is an alternative to receiving a commissioned service owned or arranged by us, such as Community Support Services or Residential Short Break Services.

To support disabled young people and their families manage their direct payments, we provide access to The Direct Payment Support Service (<http://www.ecdp.org.uk/cambsdpps/>) who offer payroll and holding accounts as well as recruitment support.

To support disabled young people and their families to recruit personal assistants (who are paid through a direct payment) we commission an organisation called Cool2Care. Cool2Care is a childcare introductory service that recruits, screens and trains personal assistants.

If you would like more information please go to the contacts page.

## 2. Group based support

Includes specialist and inclusive provision

- holiday play schemes
- after school clubs
- sports groups

## 3. Individual short breaks

Options include:

- individual day time support provided or funded through Children's Services
- complex health/palliative care support teams
- care in the child's home

*"My daughter attends Brownies and has swimming and riding lessons with the direct payment money"*

Feedback from a parent



- befriending, sessional worker or sitters assisting severely disabled children and young people's access to local provision
- day time link care or community child minder
- inclusion project

#### 4. Overnight Breaks

For a small number of children and young people, usually aged 10 and over, an overnight break can be an important part of a support package. For instance to meet these outcomes:

- support families and carers at the greatest levels of need to have a significant break from their caring responsibilities
- support families where their disabled child experiences very disturbed sleep pattern
- support disabled children and young people to enjoy positive activities of their choice

These can include:

- stays with a foster family – contract Short Breaks or Link carer
- direct payment or personal budget used to fund overnight care
- regular overnight provision in specialist residential settings
- occasional or one-off activity breaks – often via the Voluntary sector

*Note: There are some specific services that are only available following a Social Care assessment.*



**If you would like more information about the range of short breaks please go to the contacts page**

## CAPITAL

The aim of the Capital Project Plan was to provide enhanced facilities throughout the county so that severely disabled children or children with severely challenging behaviour would be able to experience a quality short break.

The concern was to provide a range of facilities across the county, creating 'destination' places as well as supporting provider facilities. Several facilities have applied and successfully been awarded 'Changing Place' standard, so that these can be used as 'drop in' hygiene room facilities by anyone who has a need. As part of the overall investment, equipment of good standard has been purchased.

Through both Aiming High and now Short Breaks funding, the government has provided capital funding to Cambridgeshire. This was nearly £1 million between 2009/11 and £388,000 for this financial year 2011/12. The Coalition Government has not confirmed whether there will be more capital in future years.

## **HOW DO WE KNOW THAT THE COUNCIL IS PROVIDING THE RIGHT SERVICES AND HOW WILL THAT BE REVIEWED?**

As part of its commitment to participation and feedback, Cambridgeshire Children's Services and its partners have developed close links to organisations that are able to closely reflect the views of disabled children, their families and voluntary organisations that support them. This has a key feature of supporting disabled children and their families to have a direct say in what support they receive.

For disabled children and young people: VoiceAbility, My Fantastic Life and Papworth Trust have been commissioned to support this process.

For parents and families: pinpoint supports a countywide network that captures clear messages about what is important from a parent perspective. They also support other parent led organisations with specific views to be heard.



For the Voluntary Sector: Young Lives provides a coordinating role with voluntary organisations working in Cambridgeshire being able to work together to give a clear view of their experience of what is happening.

This high level of involvement played a significant role in how the Aiming High short breaks programme developed, and for this year how we have spent the Short Breaks Funding. For example the pinpoint network 'Spending Challenge' in the autumn of 2010 gave very clear messages about the services that parents would prioritise. This closely reflected the priorities of disabled young people that were being consistently expressed through the VoiceAbility Cambridgeshire Young People's Parliament. Consequently, the 2011 Short Breaks Programme closely reflects that feedback.

Looking forward it is intended that the current participation and feedback arrangements will continue. There are opportunities, however, for these arrangements to have even greater impact in the future.

For young people the emphasis is to encourage a wider range of organisations to support participation and feedback. This will encourage young disabled people to use their experience of short breaks to feed back both on that experience but also raise issues about what else they feel is important to them.

For parents the pinpoint contract is being continued and its remit further developed (as funding is made available) for specific participation and feedback from Special Educational Needs and health services. The new pinpoint website also offers exciting possibilities. As a developing resource for parent information there are clear benefits in helping families have easily accessible information. Additionally the website has a feature that allows families not only to find services but to make comments about their experience of those services. A consistent message from parents nationally and locally is that they trust information that is made available to them through other families and want to be able to hear about the experience of other families before they try out some services. This development makes this a reality.

For the Voluntary Sector the disability interest group supported by Young Lives will give an opportunity for organisations to have a direct say in the services they are asked to provide and increase their influence over commissioning arrangements for the future.




## CAMBRIDGESHIRE'S DEVELOPMENT OF PERSONAL BUDGETS/SELF-DIRECTED SUPPORT

Alongside the development of a new countywide Social Care service, it has also been agreed that Self Directed Support and Personal Budgets will be implemented within social care services for disabled children and young people. Self-Directed Support fits within the Government's 'Personalisation' agenda. <http://www.in-control.org.uk/what-we-do/children-young-people/latest-publications/briefing-1-personalisation-children,-young-people-and-families.aspx>

Instead of a package of care being organised by us, Self-Directed Support gives eligible disabled children and their families, more opportunity to identify their own needs/outcomes and enables them to plan how to meet these with a Personal Budget. Key elements of Self-Directed Support include:

- individuals identifying their own social care needs/outcomes and personal aspirations
- we give an early indication of funding available to support these needs
- individuals (with appropriate help) develop a Support Plan showing how their needs and outcomes will be met
- individuals (with help if required) decide how services to meet their needs should be arranged. This could be through a Direct Payment, or a service owned or commissioned by us or a mixture of both.



*"My daughter had a fantastic time at holiday club; this was a new experience for her. She couldn't wait to go back next day"*

Feedback from a parent

## **TRANSITION (Support in moving from Children's to Adult Services)**

The Short Breaks programme and the development of Self Directed Support should help with transition to support from Adult services. Some of the short break services that have developed have been specifically for young people over 14 years old. They are intended to give disabled young people opportunities to try out new activities, extending their independence and life skills including:

- learning how to manage risk, whilst keeping themselves safe in the community
- developing decision making skills
- learning aspects of money
- learning to travel independently
- improving their social interaction skills through modelling by their peers
- leading ordinary lives enjoying and contributing to everyday activities

All young people who are assessed as eligible to be supported under Community Care legislation once they are 19 will be supported through Self Directed Support (SDS). As Children's services develop Self Directed Support in partnership with Adult services, it will be possible for the transition to become a much smoother process.






## BUDGETS

For 2011/12 the County Council has maintained short break funding through the government's Early Intervention Grant (EIG) at the same level as the previous ring fenced Aiming High Grant. Additionally NHS Cambridgeshire has invested £350,000 per annum into the re-commissioned residential short break service that was transferred to Action For Children on 1 October.

Looking ahead the Council has identified funding challenges for all services including those for disabled children and their families. There is a commitment to work actively with disabled children and their families to identify how these challenges can be addressed whilst maintaining a commitment to viewing access to short breaks as a part of the core activities of the local authority.



## CONTACTS & FURTHER INFORMATION:

<p><b>Authors</b></p>	<p><b>Niki Clemo</b> Service Director Children's Social Care</p> <p style="text-align: right;"><b>Helen Geall</b> Children's Commissioner for Cambridgeshire NHS</p> <p style="text-align: center;"><b>Richard Holland</b> Development &amp; Commissioning Manager for Disabled Children <b>For any queries or feedback on this statement, please contact Richard Holland</b> ✉ Richard.holland@cambridgeshire.gov.uk</p> <p style="text-align: center;"><i>VoiceAbility, Young Lives and pinpoint have worked in partnership on this document</i></p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p><a href="http://www.voiceability.org">www.voiceability.org</a></p> </div> <div style="text-align: center;">  <p><a href="http://www.young-lives.org.uk">www.young-lives.org.uk</a></p> </div> </div> <div style="text-align: center; margin-top: 10px;">  <p><a href="http://www.pinpoint-cambs.org.uk/information/short-breaks-for-disabled-children-young-people-and-families">www.pinpoint-cambs.org.uk/information/short-breaks-for-disabled-children-young-people-and-families</a></p> </div>
<p><b>National Core Offer</b></p>	<p>The National Core Offer is a statement of the standards which families with disabled children can expect across the country from local services. Primarily the Core Offer refers to early years, education, youth, social care and health services, but housing, leisure and transport are also very important for families with disabled children.</p> <p><b>Web:</b> <a href="http://www.cambridgeshire.gov.uk/childrenandfamilies/specialneedsdisabilities/">www.cambridgeshire.gov.uk/childrenandfamilies/specialneedsdisabilities/</a></p>
<p><b>Eligibility Criteria</b></p>	<p>The guidance document that explains the eligibility criteria for 'Support and Short Breaks for Disabled Children and Young People Eligibility for Social Care and Short Breaks' is available via the link below.</p> <p>This guidance also explains how you can contact Children's services to request the support that is outlined in the Short Break Duty Statement. Alternatively you can ring the Cambridgeshire Contact Centre.</p> <p><b>Web:</b> <a href="http://www.cambridgeshire.gov.uk/childrenandfamilies/specialneedsdisabilities/shortbreaks/">www.cambridgeshire.gov.uk/childrenandfamilies/specialneedsdisabilities/shortbreaks/</a> ☎ 0345 045 5203</p>
<p><b>Direct Payments</b></p>	<p><b>Anita Hewson</b> Service Development Manager</p> <p>A Direct Payment is a cash sum of money paid to a disabled young person or a parent on behalf of their disabled child to purchase agreed support services and short breaks.</p> <p><b>Web:</b> <a href="http://www.cambridgeshire.gov.uk/childrenandfamilies/specialneedsdisabilities/supportfromsocialcare/directpayments.htm">www.cambridgeshire.gov.uk/childrenandfamilies/specialneedsdisabilities/supportfromsocialcare/directpayments.htm</a> ☎ 01223 703589 ✉ Anita.hewson@cambridgeshire.gov.uk</p>

<b>Short Breaks Team</b>	<p><b>Helen J Phillips</b> Short Breaks Co-ordinator</p> <p>The Short Breaks Team co-ordinates services for children and young people entitled to Short Break funding.</p> <p>☎ 01480 379813 ✉ Short.Breaks@cambridgeshire.gov.uk</p>
<b>Service Providers</b>	<p><b>Action for Children:</b> Provides support to disabled children and young people aged 0 to 19 access mainstream activities close to where they live. From 1 October 2011 Action For Children is providing residential short breaks on behalf of Cambridgeshire County Council and NHS Cambridgeshire. Action for Children also provides holiday clubs in Cambridge City, South Cambridgeshire and the southern part of East Cambridgeshire.</p> <p><b>Web:</b> <a href="http://www.actionforchildren.org.uk">www.actionforchildren.org.uk</a> ☎ 01480 451775 (Inclusion Project enquiries) ☎ 01480 454353 (Residential short breaks) ✉ linda.simmons@actionforchildren.org.uk</p> <hr/> <p><b>Advantage:</b> Provides 1:1 support for disabled children and young people across Cambridgeshire.</p> <p><b>Web:</b> <a href="http://www.advantagehealthcare.com">www.advantagehealthcare.com</a> ☎ 01223 412020</p> <hr/> <p><b>CamPlay Clubs:</b> Provides holiday and week-end clubs for disabled children and young people in the Huntingdon, East Cambs and Fenland areas.</p> <p><b>Web:</b> <a href="http://www.cambridgeshire.gov.uk/childrenandfamilies/specialneedsdisabilities/activitiesforspecialeducationalneeds/camplayclubs.htm">www.cambridgeshire.gov.uk/childrenandfamilies/specialneedsdisabilities/activitiesforspecialeducationalneeds/camplayclubs.htm</a> ☎ 01480 379811 ✉ Alison.lucas@cambridgeshire.gov.uk</p> <hr/> <p><b>Community Support Service:</b> Provides a range of support services including 1:1 support and clubs across the whole of Cambridgeshire.</p> <p><b>Web:</b> <a href="http://www.cambridgeshire.gov.uk/childrenandfamilies/specialneedsdisabilities/supportfromsocialcare/communitysupportservice.htm">www.cambridgeshire.gov.uk/childrenandfamilies/specialneedsdisabilities/supportfromsocialcare/communitysupportservice.htm</a> ☎ 01480 379800 ✉ Community.supportservices@cambridgeshire.gov.uk</p> <hr/> <p><b>Cool2Care:</b> Cool2Care is a childcare introductory service that recruits, screens and trains care-workers (Personal Assistants, PAs), bringing together families with disabled children or young adults and people who want to work caring for them.</p> <p><b>Web:</b> <a href="http://www.cool2care.co.uk/">www.cool2care.co.uk/</a> ☎ 0845 1235484</p>

	<p><b>Crossroads:</b> Provides a range of support services including 1:1 support and clubs across the whole of Cambridgeshire.</p> <p><b>Web:</b> <a href="http://www.crossroads.org.uk/">www.crossroads.org.uk/</a> ☎ 0845 2410954</p>
	<p><b>Kids:</b> Provides 1:1 support for disabled children and young people across Cambridgeshire</p> <p><b>Web:</b> <a href="http://www.kids.org.uk/">www.kids.org.uk/</a> ☎ 0845 453 1000</p>
	<p><b>Link:</b> The Link Team is part of Cambridgeshire's Fostering Service, and provides family based short breaks to disabled children and their families in Cambridgeshire.</p> <p><b>Web:</b> <a href="http://www.cambridgeshire.gov.uk/childrenandfamilies/parenting/becomingaparent/fostering/cffoslink.htm">www.cambridgeshire.gov.uk/childrenandfamilies/parenting/becomingaparent/fostering/cffoslink.htm</a> ☎ 0800 052 0078</p>
	<p><b>My Fantastic Life:</b> Provides youth clubs for disabled children and young people aged between 13 and 19 across the Hunts and Fenland areas.</p> <p><b>Web:</b> <a href="http://www.becauselifeshouldbe.com/contacts.html">www.becauselifeshouldbe.com/contacts.html</a> ✉ janinemfl@aol.com</p>
	<p><b>Papworth Trust:</b> Provides youth clubs for disabled children and young people aged between 13 and 19 across the Hunts and Fenland areas.</p> <p><b>Web:</b> <a href="http://www.papworth.org.uk/youthclub">www.papworth.org.uk/youthclub</a> ☎ 07764 273326 ✉ linda.roberts@papworth.org.uk</p>
	<p><b>Reed:</b> Provides 1:1 support for disabled children and young people across Cambridgeshire</p> <p><b>Web:</b> <a href="http://www.reed.co.uk/socialcare/">www.reed.co.uk/socialcare/</a> ☎ 01223 316554</p>
	<p><b>Romsey Mill:</b> Provides weekly youth clubs for young people in Cambridge who have been diagnosed with high functioning autistic spectrum conditions and are in mainstream education.</p> <p><b>Web:</b> <a href="http://www.romseymill.org/aspire/">www.romseymill.org/aspire/</a> ☎ 01223 521270</p>

	<p><b>Scope:</b> Provides a range of support services including 1:1 support across the whole of Cambridgeshire and Saturday clubs based at Meldreth Manor.</p> <p><b>Web:</b> <a href="http://www.scope.org.uk/cambs">www.scope.org.uk/cambs</a> ✉ <a href="mailto:jillian.hall@scope.org.uk">jillian.hall@scope.org.uk</a></p> <p><b>Sense:</b> Provides a range of support services including 1:1 support and clubs for children and young people with dual sensory impairment from Cambridgeshire.</p> <p><b>Web:</b> <a href="http://www.sense.org.uk/">www.sense.org.uk/</a> ☎ 01733 425050</p> <p><b>The Junction:</b> Provides a creative participation workshop for disabled children and young people aged 11 to 19.</p> <p><b>Web:</b> <a href="http://www.junction.co.uk/learning-skills/total-arts">www.junction.co.uk/learning-skills/total-arts</a> ☎ 01223 578000 ✉ <a href="mailto:charlotte@junction.co.uk">charlotte@junction.co.uk</a></p>
<b>Capital Project</b>	<p><b>Sue Price</b> Capital Project Lead</p> <p>Link to map indicating (<i>leisure centres and parks map</i> – at bottom of page) where inclusion facilities are available.</p> <p><b>Web:</b> <a href="http://www.cambridgeshire.gov.uk/childrenandfamilies/specialneedsdisabilities/supportfromsocialcare/equipmentsn.htm">www.cambridgeshire.gov.uk/childrenandfamilies/specialneedsdisabilities/supportfromsocialcare/equipmentsn.htm</a> ☎ 01223 729148 ✉ <a href="mailto:Sue.price@cambridgeshire.gov.uk">Sue.price@cambridgeshire.gov.uk</a></p>
<b>Self Directed Support</b>	<p><b>Anita Hewson</b> Service Development Manager</p> <p>Self-Directed Support gives eligible disabled children and their families, more opportunity to identify their own needs/outcomes and enables them to plan how to meet these with a Personal Budget.</p> <p><b>Web:</b> <a href="http://www.cambridgeshire.gov.uk/childrenandfamilies/specialneedsdisabilities/supportfromsocialcare/selfdirected.htm">www.cambridgeshire.gov.uk/childrenandfamilies/specialneedsdisabilities/supportfromsocialcare/selfdirected.htm</a> ☎ 01223 703589 ✉ <a href="mailto:Anita.hewson@cambridgeshire.gov.uk">Anita.hewson@cambridgeshire.gov.uk</a></p>