

Short Breaks for Disabled Children

Summer 2024 newsletter



London Borough
of Hounslow

FREE Summer holiday
Short Breaks inside!

Welcome



Welcome to the Summer newsletter! You will find inside a programme of activities taking place over the holiday which will be fun and enjoyable for your young person and the whole family.

Don't forget to give your HAF codes (if you receive one from your child's school) when making bookings – the more codes we can collect, the more funding we will receive for activities later in the year. The HAF (Holiday Activities and Food) programme is open to all families who receive benefits-related Free School Meals. The voucher will come from your child's school and can be used in the HAF programme itself and Short Breaks.

Hope you all have a great holiday!

Jo Dawson and Collin Hazeley – Short Breaks

SHORT BREAKS BOOKING PROCEDURE – please read

This newsletter has been sent to families on Wednesday 3 July and families will be able to book Short Breaks as from the week commencing 8 July. No bookings will take place before Tuesday 9 July.

Tuesday 9 July	Pathway	3 →
Wednesday 10 July	Pathway	3 →
Thursday 11 July	Pathways	2 → 3 →
Friday 12 July	Pathways	2 → 3 →
Monday 15 July	Pathways	1 → 2 → 3 →
Tuesday 16 July	Pathways	1 → 2 → 3 →

If you have any questions or are unsure which pathway your child meets, please do not hesitate to contact the Short Breaks Team on 020 8583 3636. **Please note that we are unable to do any registrations during these booking days.**

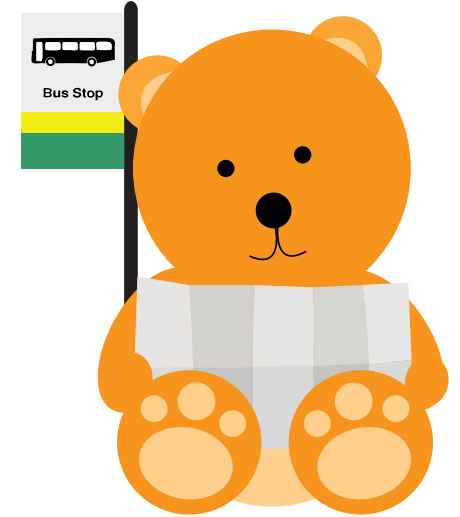
What is a Short Break?

Short breaks provide opportunities for disabled children and young people to spend time away from their primary carers. They aim to provide parents and carers a necessary and valuable break away from their caring responsibilities in order to recharge their batteries.

They enable disabled children and young people to have the chance to develop new friendships, take part in new experiences and to have fun doing positive activities like sports, music therapy, youth clubs and much more.

A short break may include a few hours, a day, evening, overnight stay, weekend or sometimes longer. It could take place in the family home, at another home or out in the wider community.

Hounslow Short Breaks team also endeavour to provide short breaks for the whole family in an environment that is sympathetic to the disabled child or young person, for example, theatre shows and cinema screenings.



For more information, please see our Short Breaks Statement on the Hounslow website – www.hounslow.gov.uk/shortbreaks under 'Downloads'.

If you have any queries, please do call the Short Breaks team on 020 8583 3636.

Unique Identifying Number (UIN)

If you have not already registered for your UIN, please do call the Short Breaks team on **020 8583 3636**. It is important that you do this as you will need a UIN to book onto any of the Short Breaks programme. All our Short Breaks providers (Hounslow Play team, Brentford Sports, Feltham Bees, Richmond Music Trust, Watermans, Griffin Park Learning Zone, Park Lane Stables) will require the UIN as part of the booking process.



Please note that we are unable to do any registrations during booking days.

Hounslow Parent Carers Forum

Hounslow Parent Carers Forum is part of a nationwide organisation that helps parent and carers of children with Special Educational Needs and Disabilities (SEND). We are there to listen to you and try to support you to sign post where needed.

We also discuss common issues that parent/carers have with the local authority and other organisations in order to help improve services. All of us who work for the forum have children with SEND.

We offer **Coffee & Chat Mornings and Afternoons**, along with newsletters that provide updates and helpful information on SEN topics in the area. Additionally, we host a monthly **forum** where representatives from the Council, other organisations, and charities come to discuss their services and answer your questions. Best way to keep up to date with what we have going on is to see our online diary on our website: www.hounslowpcf.co.uk.



Dates for up-coming Forum meetings are as follows:

- Tuesday 9 July
- Tuesday 17 September
- Tuesday 15 October

Times: 10.15am-12.30pm

Hounslow Youth Centre

Kingsley Road, Hounslow, Middlesex TW3 1QA

Email: Hounslowpcf@gmail.com

Tel: 020 8570 4671



Taxicards



This scheme allows London residents with a mobility impairment which prevents them from using buses or trains to travel in contracted licensed radio taxis – black cabs or private hire vehicles at subsidised rates. For further information, please call 020 7934 9791 or visit www.taxicard.org.uk

SUPPORT

If your child or young person needs help to access short breaks, support is available!

Please do call the **Short Breaks team** on 020 8583 3636.



Useful websites for families of disabled children

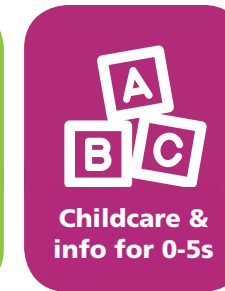
Please find below several websites that offer help and support in various ways to families with disabled children:

<http://newlifecharity.co.uk/docs/care-services/Play-Therapy-Pods.shtml>

<https://www.disability-grants.org/grants-for-children.html>

<https://www.turn2us.org.uk/>

Services available for children and young people aged 0-25 years with special educational needs and disabilities (SEND)



Special Educational Needs and Disability Information, Advice and Support Service (SEND IASS)

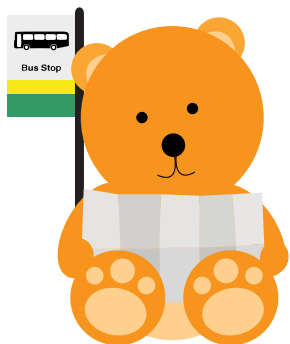
What Is SEND IASS?

Under the Children and Families Act (2014) it is a legal requirement that all Local Authorities have a Special Educational Needs and Disabilities Information Advice and Support Service (SENDIASS).

The Hounslow Special Educational Needs and Disabilities Information Advice and Support Service (SENDIASS) provides this service for parents and carers of children and young people with special educational needs and disabilities (SEND) in the borough.

This service is also offered directly to young people as well. While the service is funded by the London Borough of Hounslow (LBH), Hounslow SENDIASS works independently of the local authority.

Hounslow SENDIASS is free to use, impartial and confidential.



What we do

Hounslow SENDIASS provides independent and impartial advice based on the law and government guidance. We are able to:

- Meet with you virtually or in person to discuss your concerns or needs. Communication may also be by phone and email
- Explain how the SEND system works – for instance, accessing Education, Health, and Care (EHC) plans
- Assist you in you navigating the often-complex world of SEND
- Signpost you to appropriate local authority services, including the Local Offer
- Support you through dispute resolution and mediation processes with schools and the local authority

(NB. Where you request support at a meeting, this is subject to appropriateness, availability, and capacity)



What we don't do

Our aim is to empower young people, parents, and carers to take informed decisions around SEND for themselves. We don't however:

- Tell you what is best for you and your child
- Tell other professionals what to do
- Identify appropriate schools for your child
- Represent you at meetings, including mediation and tribunals
- Assist in the preparation of EHC or tribunal documentation
- Provide an administrative service for you, including contacting or arranging meetings for you with other professionals and form-filling
- Help with benefit claims, housing difficulties, Blue Badges etc

(NB. If your child has an EHC plan, your first contact should be your child's EHC caseworker)



You can help us by:

- Leaving a message when you phone as we do not respond to missed calls where no message has been left (We aim to respond to all enquires within 5 working days)
- Keep us updated on progress in relation to the resolution of your concerns or needs
- Let us know when your issues have been resolved

Data Protection

All the information that Hounslow SENDIASS gathers from you is securely stored electronically and separate to local authority departments. Information will only be shared with your permission. However, where there may a safeguarding concern Hounslow SENDIASS is obliged to share such concerns with appropriate professionals.

How to access our service

We are a self-refer service. Parents are able to access us directly. We are unable to take referrals from professionals.

If you would like our help, please telephone us on 020 8583 2607 or email us at sendiass@hounslow.gov.uk

Disability Access Fund (DAF)

DAF is available to support children with special educational needs and disabilities (SEND) in their childcare setting. Childcare providers can receive £615 per year for every child who meets the eligibility criteria.

Who is eligible?

To be eligible children must be:

- aged 3 or 4 years old
- using a funded free early education and childcare place in a registered childcare setting
- in receipt of Disability Living Allowance (DLA)*



What can the funding be used for?

The funding is available to help childcare providers make reasonable adjustments at their setting to improve children's access to funded early education. It will be paid directly to the childcare provider and they will be able to decide how it should be spent. The funding cannot be used towards childcare fees.

Your child does not need to be using all of their funded early education and childcare hours for their childcare provider to be able to receive the full £615 of funding. Please speak to your childcare provider if you think your child may qualify.

Further information on DAF can be found on the Hounslow Local Offer through the following link: www.hounslowlocaloffer.uk

* Many parents miss out on this vital benefit - did you know that you don't have to wait for a condition to be diagnosed before you can claim DLA for your child? You can claim DLA so long as it is clear that there is some underlying condition - whether physical, mental or behavioural - as a result of which your child needs extra care or help in getting around. For more information, visit www.gov.uk/disability-living-allowance-children.

Eligibility Criteria

You will see the table which describes the pathways of need overleaf, on pages 10-11. Below, we have explained how to assess your child's needs in relation to the pathways.

Step 1: Have a look at Band A and see where your child's disability sits in each pathway.

Step 2: Have a look at Bands B and C if they apply. Think about the four dimensions – Communication, Personal Care, Safety and Supervision, Behaviour and Social Integration. If your child meets one or more of the descriptions in either Band B and C, then they are likely to meet the respective pathway.

If you are unsure or if you see that they sit in multiple pathways, please do give the Short Breaks team a call and we will go through it with you on 020 8583 3636.

Things to think about:

Pathway 1: The child will most likely attend a mainstream school and can access most mainstream activities with minimal support.

Pathway 2: The child will either attend a mainstream school (with specialist support) or attend a specialist school and will need some additional support to access short breaks. They may have an Education, Health and Care Plan.

Pathway 3: The child will most likely attend a specialist school and require specialist support to access short breaks. They will most likely have an Education, Health and Care Plan. They will most likely be known to the Social Work team for Children with Disabilities.

The pathway for the child or young person may change at different times throughout their lives as their needs may change.

Pathways of Need

	Dimension	Pathway 1 Level of Need	Pathway 2 Level of Need	Pathway 3 Level of Need
Band A	Mobility	Able to walk unassisted, but with difficulty or poor co-ordination.	Walks, but only with aids or assistance. May use a wheelchair sometimes.	Full time wheelchair user and/or Mobility severely restricted without special provision.
	Vision	Severe or profound problem with one eye. Less than half visual field loss. Able to function independently.	Able to read print with simple aids or assistance. Defect of at least half visual field. May be eligible for registration as partially sighted.	Unable to read large print without intensive educational assistance or sophisticated aids. Registered.
	Hearing	Severe or profound hearing loss in one ear. Hearing loss 20-40 dB	Hearing loss 41-70 dB	Hearing loss >71 dB
	Functioning and Learning ability	Overall functioning slightly below expected level for age. May have a mild or moderate learning disability	Overall functioning around half expected level for age. Has a moderate learning disability	Overall functions significantly below expected level for age. Have a severe learning disability or a moderate learning disability and diagnosed ASD.
	Health	Known health condition, which is under control but occasionally interferes with everyday activities in a minor way.	Health condition that limits normal activities, including self-care and personal hygiene, access to services. May interfere with opportunities for development or education.	Diagnosed health condition, which is severe and potentially life threatening, and results in frequent hospital admissions that limits accessing developmental or educational activities. May be in receipt of Continuing Care or palliative care from Health Services.

IMPACT OF DISABILITY

Band B	Communication	Delayed language development only.	Delayed/ disorganised verbal communication causing difficulty. Speech supplemented by alternate communication method.	Uses communication other than words, e.g. symbols, makaton, BSL.
	Personal care	Child requires minimal support beyond that of their peers with everyday care needs; this will include toileting, washing and dressing.	Child requires practical support beyond that of their peers with everyday care needs; this will include toileting, washing and dressing.	Child requires assistance beyond that of their peers with all everyday care needs; this will include toileting, washing and dressing and can be problematic and need skilled intervention.
	Safety and Supervision	Requires occasional supervision beyond that expected for their age. Poor sense of danger or risk of excitability.	Needs supervision to perform daily activities significantly greater than that expected for developmental age. Limited perception of danger to self or others.	Needs constant supervision during the day and night. Would place themselves or others at risk without supervision.
	Behaviour and Social Integration	Some mild, transient or frequent behaviour difficulties. Able to use local non-specialist universal services. Able to sustain limited peer relationships and social integration with support. Child requires support to access services.	Behaviour problems severe or frequent enough to require some specialist advice or provision. Significant support required to achieve social integration. Only able to sustain peer relationships with support. Child requires services to prevent or alleviate stress in the family.	Long-term behaviour difficulties make it difficult for the child to function appropriately most of the time, and maybe of risk to the child or carers without special provision. Dependence upon carer for social integration. Limited awareness of impact of behaviour upon others. Services required to prevent high risk of accommodation for the child.

Children and young people should meet at least one of the dimensions in Band A and one from Band B to meet the criteria for that pathway. To discuss your child's pathway, please call the Short Breaks team on 020 8583 3636.

Summer 2024 activities

Key to services

Throughout the following pages, we have used symbols to help abbreviate information about the Pathway, referral route, age and level of supervision for individual services.

The symbols are as follows:

Pathways



The Pathway, will always be 1, 2 or 3 or a combination.

Referral route



Self referral



Referral by professional

The referral route is either via self referral or referral by a professional who knows the child/young person, e.g. social worker, teacher, health professional.

Age

5–18

Age is simply given as a range of numbers.

Supervision



Parent supervision required



No supervision required

These symbols indicate whether supervision is required or if a child can attend a service on their own. Both symbols may appear if you need to speak to the provider about this.

HAF Code – if you have received a code for the HAF programme (Holiday Activities and Food programme) from your child’s school, please give this to the providers when booking activities. The more HAF codes we can collect over the summer will mean extra funding for Short Breaks activities later in the year.

Trip To Littlehampton – Thursday 1 and 29 August

Families can book one trip.



We’re going to the seaside! A long sandy beach awaits you with the usual charms of a British seaside town – cafes, restaurants, a small fun fair awaits you! Come and join us for a day at Littlehampton. The whole family are welcome to join us. Coaches will arrive at 9am in front of Isleworth Leisure Centre, 146 Twickenham Road, Isleworth TW7 7DJ and leave at 9.15 am. Coaches will leave from Littlehampton at 4pm. All coaches will have toilet facilities. We will also have minibuses available for wheelchair users and their families.

Please remember the child or young person remains the responsibility of the parent/carer at all times. Further details of the day will be sent to you a week before the trip.

To book, please call the Short Breaks team on 020 8583 3636 or email shortbreaks@hounslow.gov.uk.



In order to book a place at any of the Watermans activities, you will need a promo code as well as your child’s UIN, which will be emailed to you by the Short Breaks team before the bookings open.

Come and visit the Lumini – an extraordinary space of light and colour!

Tuesday 13 – Friday 16 August

At Boston Manor Gardens



Welcome to a world of light and colour!

Watermans brings the Lumini to Boston Manor Gardens for a week of fabulous activities in August.

The inflatable Lumini, by Architects of Air, offers dazzling winding paths and domes creating an inspiring space celebrating the beauty of light and colour. It awakens all the senses, creating a sense of wonder and enchantment for all ages.

It is a unique sensory experience - a wonderful, stimulating environment that is also calming and comforting. Many people find the Lumini a place for rest or meditation, where they happily lose themselves.

The Lumini will be on the lawn at the front of Boston Manor House. Throughout the week, there will be dance, music, arts and crafts sessions, a drop-in Badge Café and a family rave.

Access and facilities at the Lumini

The Lumini will be on the lawn at the front entrance of Boston Manor House. The entrance for pedestrians is from Boston Manor Road, marked for Boston Manor House (not the Park).

The address is: Boston Manor Road, Brentford, TW8 9JX.

More details re visiting Boston Manor House can be found here:

<https://bostonmanorhouse.org/>

The Lumini is fully wheelchair accessible.

During your visit to the Lumini, you are welcome to use the facilities of Boston Manor House. The House is open until 5.00 pm each day. The House is accessible to all levels via lifts. There are toilets, including an accessible toilet.

There is a café, open until 4pm each day. The café has drinks, snacks, pastries and light lunches.

Car parking is available in Boston Manor Park’s own car park. This is paid parking, for up to 4 hours. It is about 5 minutes walk from the Lumini. If necessary, you can drop someone off at the Boston Manor House entrance (on Boston Manor Road) before going to park your car.

Boston Manor Park is a lovely park. It is open all day and available to enjoy before or after your visit to the Lumini.

Summer 2024 activities

Activities in the Lumini



The Lumini is a temporary venue on the lawns of Boston Manor House.

There are many different activities in the Lumini during the week. All activities are suitable for wheelchair users.

All the activities are for the Short Breaks children and young people and their immediate family members. Please book for the specific activity or activities that you would like to attend. You should book 1 place for each person attending. For example, if you are booking for 1 child to be accompanied by 1 parent/carer, you should book 2 places.



Tuesday 13 August

A Sculpture Workshop with Art Jar
Workshop at 12.30pm-1.30pm or 4pm-5pm



Create your own colourful sculpture inspired by the Lumini and explore shape, colour, and pattern to create a model for a public sculpture.

This 1-hour workshop is delivered by Art Jar, a Hounslow-based community arts organisation that has been delivering collaborative, creative projects for the community since 2017.



Tuesday 13 August

Drop into the Badge Café
– 1.30pm-4pm



Fancy a crafty, unworldly hangout? Badge Café offers space for people to relax, create and connect with each other by reusing old books and magazines to create unique badges. It's easy, welcoming and fun. Swing by for 10 minutes or bed in for an hour. You might surprise yourself...

The Badge Café runs from 1.30 – 4pm. It is a drop-in session so you can join the session when it suits you and stay for as long as you like.

Both the Sculpture workshop and the Badge Café will be quiet, gentle activities.



Wednesday 14 August

A day of sensory story movement sessions with Charlene Low
Sessions at 12.30pm-1.15pm, 2.30pm-3.15pm and 4.00pm-4.45pm

An adventure you say? YES please! Come with us on a journey through different lands. We'll weave through forests, dance in ice caves and fly to the moon to explore colour, laughter, texture, connection and sound in this immersive sensory story and movement experience.



All workshops are run with experienced artists who strive to make sessions inclusive and welcome families with learning disabilities & neurodivergence.

The sessions are suitable for babies and up to 8 years.



For booking information, please see page 16.

Summer 2024 activities



Community Sports Trust

Thursday 15 August

Come to the Family Rave!

Sessions at 1pm-2.30pm and 3.30pm-5pm

The acclaimed, original family rave Big Fish Little Fish bring their award-winning fun to Short Breaks for the first time. Three times world champion DJ Chad Jackson will play an eclectic set of club classics from acid house onwards to get families bouncing. With streamer cannon, balloons, parachute dance and crafts in the wonderful sensory space it will be a unique experience to share. Banging beats, colour sensory walls and joyful movement together on the dancefloor - Hear The Drummer Get Wicked with us!



We will open the space about 30 minutes before the start of each session, so you can come and get used to the space before the rave starts, if you would like to. Please note, though, this is a loud, high energy event.



Friday 16 August

Come and join the Drum Circle – with Sandra Dyer and Drumhead!

Sessions at 1.30pm-2.30pm or 3.30pm-5pm

Drumhead workshops are unique, fun and exciting! Using movement, voice, drums and other percussion instruments, in a relaxed and inclusive atmosphere, join a variety of rhythmic games and learn to feel the music.



The drum and percussion workshops last 90 minutes. Participants will be sitting on chairs or using their wheelchair as appropriate. The drums and other musical instruments are provided.



HOW TO BOOK FOR ACTIVITIES IN THE LUMINI

Please book to take part in any of the activities. You need to book separately for each different activity that you wish to join.

Please book online at www.watermans.org.uk

If you need further information about

the activities, or support with the online booking system on our website, please email us at info@watermans.org.uk and one of the Watermans team will respond as soon as possible.

Please note that telephone bookings are not currently available.

Brentford Sports

Outdoor Kayaking (Katacanoe boats)

Brentford Lock/Canal (meeting place - 8 Bradshaw Yard, Brentford, TW8 8GH)



Wednesday 31 July (4 – 6pm)

Thursday 1 August (4 – 6pm)

Wednesday 7 August (4 – 6pm)

Thursday 8 August (4 – 6pm)

Wednesday 14 August (4 – 6pm)

Thursday 15 August (4 – 6pm)

Wednesday 21 August (4 – 6pm)

Thursday 22 August (4 – 6pm)

Wednesday 28 August (4 – 6pm)

Thursday 29 August (4 – 6pm)

Please note:

- Families will initially be allocated spaces at one session each (if spaces are still available nearer the time, we can offer spaces at extra sessions)
- Families can book one or two spaces per session. If you wish to book two spaces, this must include the Short Breaks participant, plus a family member aged 7 or over.
- At the time of booking, please indicate whether you would like to book one or two spaces.

For more information or to book a space, please contact Chris Tribe on shortbreaks@brentfordfcst.com or 07561 605507.



Athletics sessions – NO NEED TO BOOK!

We are piloting the athletics sessions as drop-in sessions over the summer holidays. You will need to bring your child's UIN with you and book in with us when you get to the athletics track.

Athletics sessions (including running, throwing, and jumping activities)

Osterley Sports Centre (outdoor athletics track), 120 Wood Lane, Isleworth, TW7 5FG

Monday 29 July

Monday 5 August

Monday 12 August

Monday 19 August

Times: 10am – 12pm or 1 – 3pm

For more information, please contact Chris Tribe on shortbreaks@brentfordfcst.com or 07561 605507.



Summer 2024 activities

Multi-Sports

(Badminton, Table Tennis, Basketball, Boccia, Indoor Curling, Dodgeball & Football)



**Springwest Academy (Sports Hall),
Browells Lane, Feltham, TW13 7EF**

Friday 26 July (10am to 2pm)

Friday 2 August (10am to 2pm)

Friday 23 August (10am to 2pm)

Friday 30 August (10am to 2pm)

For more information or to book a space, please contact Chris Tribe on shortbreaks@brentfordfcst.com or 07561 605507.



Programmes specifically for deaf and hard of hearing children.

Brentford FCCST will be running a number of exciting new programmes for deaf children and their families during the summer holidays, including Day Trips and Sports Activities.

Activities and trips will be confirmed nearer the time. **For further details, please contact Ben Lampert on blampert@brentfordfcst.com or 07842 479295 (Text only).**



Gymnastics sessions (basic gymnastics activities, delivered by our qualified gymnastics coaches)

Gunnersbury Park Sports Hub (indoor sports hall), Popes Lane, W3 8LQ

Tuesday 30 July

1 – 1.45pm Ages: 5-7yrs
2 – 2.45pm Ages: 5-7yrs
3 – 3.45pm Ages: 8-10yrs

Tuesday 13 August

1 – 1.45pm Ages: 5-7yrs
2 – 2.45pm Ages: 5-7yrs
3 – 3.45pm Ages: 8-10yrs

Please note:

- There is strict guidance from British Gymnastics relating to people with Down's Syndrome taking part in gymnastics activities. The guidance states that people with Down's Syndrome must have had an Atlanto-Axial Instability (A-AI) screening before they can take part in any gymnastics activities.
- Proof of an A-AI screening must be provided at the time of booking (for example, a letter from the participant's GP).
- Participants with Down's Syndrome who have not provided proof of an A-AI screening will not be permitted to take part.

For more information or to book a space, please contact Chris Tribe on shortbreaks@brentfordfcst.com or 07561 605507.



Cycling for Fun

Lampton Park (meeting point – 'Lampton Park Cycling Hub' storage containers, located just inside Lampton Park, by the Bulstrode Avenue entrance, TW3 3AA).

Brentford FC CST, in partnership with the London Bike Hub, will be delivering cycling sessions designed to help Short Breaks children increase their confidence and develop their skills on their bikes. Details as follows:

Friday 9 August

12 – 12.45pm, 12.45 – 1.30pm
Beginners (requiring 1-1 support)
2 – 3.30pm
Intermediate (able to cycle unassisted)

Friday 16 August

12 – 12.45pm, 12.45 – 1.30pm
Beginners (requiring 1-1 support)
2 – 3.30pm
Intermediate (able to cycle unassisted)

Tuesday 27 August

12 – 12.45pm, 12.45 – 1.30pm
Beginners (requiring 1-1 support)
2 – 3.30pm
Intermediate (able to cycle unassisted)

Please note:

- Participants must bring their own bikes with them; there are no bikes available at the venue.
- Parents of beginners, please remove the pedals from your child's bike before you arrive at the session.

For more information or to book a space, please contact Chris Tribe on shortbreaks@brentfordfcst.com or 07561 605507.



Summer Sports Party



Lampton School Sports Centre and Grounds

Lampton Avenue, Hounslow, TW3 4EP

Date: Tuesday 20 August

Time: 12noon – 3pm

A fantastic Summer Sports Party for all Short Breaks families to celebrate all that is good about Paralympic Sport, and fun physical activity.

The day is for the whole family and will include a range of sports activities including Athletics, Boccia, Polybat, Football, Indoor Curling, Dodgeball, Tennis, Table Tennis and Badminton... to name a few!

We are also hoping to have a couple of the Brentford FC players helping on the day!

Medals and scorecards will be handed out to everyone who takes part!

To book your family places, please contact Chris Tribe on shortbreaks@brentfordfcst.com or 07561 605507.



Summer 2024 activities

Feltham Bees Football/Craft Camp



Springwest Academy, Browells Lane, Feltham TW13 7EF

Feltham Bees will be running two Soccer/ Arts + Crafts Camp in the summer holiday:

Tuesday 30 July – Thursday 1 August
(10am – 3pm)

Tuesday 6 – Thursday 8 August
(10am – 3pm)

All budding Harry Kane's are welcome - football coaching will be undertaken by FA qualified staff. Alongside the soccer camp, Feltham Bees are also running an Arts & Crafts session.

Young people should bring a packed lunch and a drink/s.

For more information or to book a space, please contact Lynn Keppel on 07956 671354 or Dean Heffer on 07825 212715.



Short Breaks Summer Camp 2024

(Media, Cooking & Sports) by Brentford FC CST

Join us this Summer Term for our amazing Short Breaks Summer Camp based at our Community Stadium Hub located next to Brentford Community Stadium. Young people will have the opportunity to take part in a range of different activities throughout the 6 days of camp including Cooking & Baking in our state-of-the-art kitchen during the first week of camp, Sports over at Gunnersbury Sports Park for the second week, and finishing off with Media activities & a Gaming Day during the final week.



On completion of each day's delivery of activities the young people will write up a short article or journal entry with the assistance of Brentford FC CST Staff.

Each individual article will contribute towards a larger group article at the end of the summer camp, highlighting all three areas that will be engaged with throughout camp.

BFCST staff will be actively involved in the session to support the young people through the activities and workshops. Young people will need to ensure they complete their journal entries/articles before their final day at Camp. Spaces will be provided on a first come first served basis and preference will be given to young people who can commit to most camp

days. Please see the planned daily schedule below:

Parents & Carers will be notified prior to any changes to scheduled days and times in advance. The address for drop off and pick up of all young people enrolled onto the Summer Camp is Underwood House, 1A Thomas Layton Way Brentford, TW8 0SB.

For further information please contact Toren Scott on tscott@brentfordfcst.com



Short Breaks Summer Camp Daily Schedule

Wednesday 7th August	1-4pm	Cooking & Baking w/Indoor Games & Breakout Area
Thursday 8th August	1-4pm	Cooking & Baking w/Indoor Games & Breakout Area
Wednesday 14th August	1-4pm	Indoor Sports at Gunnersbury Park
Thursday 15th August	1-4pm	Mini Sports Day & Mini Golf at Gunnersbury Park
Wednesday 21st August	1-4pm	Media Challenge & Podcasting Session
Thursday 22nd August	1-4pm	Game Station (Gaming) Day

Summer 2024 activities

Horse Riding – Park Lane Stables

Families can book one session

Come and meet the horses at Park Lane Stables for a session that will give the young people a chance to meet the horses, learn about grooming the animals and a chance to have a ride. There are 6 young people in each session. Please note that there is a weight limit of 12 stones.

Sessions during the holidays are:

- **Thursday 25 July**
9am-11am
- **Friday 26 July**
9am-11am
- **Friday 26 July**
11am-1pm
- **Friday 26 July**
2pm-4pm
- **Saturday 27 July**
2pm-4pm
- **Sunday 28 July**
2pm-4pm
- **Monday 29 July**
9am-11am
- **Monday 29 July**
11am-1pm
- **Monday 29 July**
2pm-4pm

- **Tuesday 30 July**
10am-12pm
- **Tuesday 30 July**
2pm-4pm
- **Wednesday 31 July**
9am-11am
- **Wednesday 31 July**
9am-11am
- **Thursday 1 August**
9am-11am
- **Friday 2 August**
9am-11am
- **Friday 2 August**
2pm-4pm
- **Saturday 3 August**
9am-11am
- **Saturday 3 August**
11am-1pm
- **Saturday 3 August**
2pm-4pm
- **Sunday 4 August**
9am-11am
- **Sunday 4 August**
11am-1pm
- **Sunday 4 August**
2pm-4pm

Carriage Driving - Park Lane Stables

For wheelchair users and those who may find it difficult to ride in the group sessions

This session is for those children and young people who are unable to sit on a horse without support so not able to ride or, due to their needs, may find it difficult to ride in the group sessions. Park Lane Stables are offering the opportunity for the young person to either drive the carriages or just have a ride in the carriage enjoying the sunshine. Families will take turns so please be aware there may be some waiting time.

- **Thursday 1 August**
1.30pm-3.30pm
- **Friday 2 August**
11am-1pm

Please note the address for both the horse riding and carriage driving sessions:

Park Lane Stables at Manor Farm, Petersham Road, Richmond, Surrey TW10 7AH

Please note closed shoes/boots should be worn – sandals are not safe footwear for horse riding or being in the stables. This includes parent/carers as well as the young people.

Getting to Park Lane Stables

Manor Farm is between Ham Polo Club and the German School. If your Sat Nav/Google Maps cannot find Park Lane Stables, then set it to Ham Polo Club.

We are not based on Petersham Road itself. We are located down a private lane off Petersham Road.

Opposite the Fox & Duck pub on Petersham Road, you will see a large archway. Take the narrow private lane to the left of the archway. Take care over the speed bumps! After 300yds, you will see the Park Lane Stables sign on the white gate as you approach. Please close the gate behind you.

Parking is very limited, if you cannot park at the stables, parking is available in the car park by the river next to Ham House.

Alternatively, you can take the 65 bus from Kingston or Richmond to the Fox and Duck pub on Petersham Road and walk down the lane (5 mins).

To book a place, please call Short Breaks on 020 8583 3636 or e-mail: shortbreaks@hounslow.gov.uk.



Summer 2024 activities

Lampton Leisure – Swimming Lessons

Hanworth Airparks

Uxbridge Road, Hanworth TW13 5EG

Tuesday 30 July
 Tuesday 6 August
 Tuesday 13 August
 Tuesday 20 August
 Tuesday 27 August

Available time slots: - 1.15pm-2pm and 2.15pm-3pm

Heston Pools & Fitness

New Heston Road, Hounslow TW5 0LW

Thursday 1 August
 Thursday 8 August
 Thursday 15 August
 Thursday 22 August
 Thursday 29 August

Available time slots: 11.15am-12pm and 12.15pm-1pm

Please note all swimming lesson timings include a 30 minute lesson for each child, followed by 15 minutes of fun free time supervised by the instructors.

To register your interest in the swimming lessons, please email **Jonathan Barbour** on:

jonathan.barbour@lamptongroup.co.uk

- **Pathway 3** families should register their interest by **Friday 12 July**
- **Pathway 2** families should register their interest by **Wednesday 17 July** and
- **Pathway 1** families by **Friday 19 July**.

You will be put on a wait list and after the closing date for your pathway, you will then be directly contacted by Lampton Leisure to book the lessons in.



Sunday Sessions Drop-In Redlees and Reflections Play Centres

Families **do not** need to book the sessions at Redlees and Reflections on a Sunday - these are drop-in sessions. **Please note timings for the sessions will be between 10am-2pm. Please bring your child's UIN with you.**

See below dates for the Sunday sessions at the Redlees and Reflections play centres up to the October half term:

July:

Sunday, 14 July 2024 - Redlees
 Sunday, 21 July 2024 - Reflections
 Sunday, 28 July 2024 – Redlees

August:

Sunday, 04 August 2024 - Reflections
 Sunday, 11 August 2024 - Redlees
 Sunday, 18 August 2024 - Reflections
 Sunday, 25 August 2024 – CLOSED

September:

Sunday, 01 September 2024 - Reflections
 Sunday, 08 September 2024 - Redlees
 Sunday, 15 September 2024 - Reflections
 Sunday, 22 September 2024 - Redlees
 Sunday, 29 September 2024 - Reflections

October:

Sunday, 06 October 2024 - Redlees
 Sunday, 13 October 2024 - Reflections
 Sunday, 20 October 2024 - Redlees
 Sunday, 27 October 2024 - Reflections

For those that are new to Short Breaks, Redlees and Reflections are two play centres in the borough that have been adapted for

children with disabilities with adapted play equipment, sensory rooms etc. Both venues are safe and secure. Family groups are welcome.

Please note that Play team staff have the right to refuse entry should numbers within the centres reach their capacity.

Redlees Play Centre



Worton Road, Isleworth, TW7 7DW (the play centre is in the corner of the Redlees park car park (accessed via Worton Road) which is next to the outdoor courts. Look for a purple sign with 'Redlees Play Centre' – there is secure access so you will need to buzz the staff to let you in.

Reflections Play Centre



c/o Hounslow Urban Farm, Fags Road, Feltham TW14 0LZ – the centre is next door to the entrance of the Urban Farm.

If you have any queries, please call 020 8583 3636 or email shortbreaks@hounslow.gov.uk



Summer 2024 activities

Brentford Fountain Leisure Centre – NO NEED TO BOOK!

You will need to bring your child's UIN with you and book in with us when you get to the leisure centre before you go into the pool.

Depending on how many families come along, we may have to manage how many are in the pool at any one time so please bear with us and the Lampton Leisure team on the day.

Family Swim – Drop-In Session

An exclusive Short Breaks swimming sessions at Brentford Fountain Leisure Centre has been arranged for:

Wednesday 31 July
 Wednesday 7 August
 Wednesday 14 August
 Wednesday 21 August
 Wednesday 28 August

Time: 9–11.30am

Please note that all children must be supervised in the pool – Brentford's Pool Admissions Policy is a ratio of one adult to two children under the age of 8. If you are bringing more than two children under the age of 8, there must be two adults in the pool with them.

Brentford Fountain Leisure Centre
 658 Chiswick High Road, Brentford
 TW8 0HJ

To find out more information please ring the Short Breaks team on 020 8583 3636 or e-mail: shortbreaks@hounslow.gov.uk.

Pool Party – New Drop In Session

Come and join us for a dip and a dance! A pool party has been organised for:

Friday 24 July
 Friday 30 August

Time: 5-7pm

Please note that all children must be supervised in the pool – Brentford's Pool Admissions Policy is a ratio of one adult to two children under the age of 8. If you are bringing more than two children under the age of 8,

there must be two adults in the pool with them.

Brentford Fountain Leisure Centre
 658 Chiswick High Road, Brentford
 TW8 0HJ

To find out more information please ring the Short Breaks team on 020 8583 3636 or e-mail: shortbreaks@hounslow.gov.uk



Decisions R Us

Bid for up to £250 for a short break or activity!!

Please note that applications to Decisions R Us can be made every other financial year. So, for example if you apply in this financial year, ie. from 1 April 2024 to 31 March 2025, you will have to wait until after 1 April 2026 to apply again. If you have any queries, please call on the Short Breaks team on 020 8583 3636.

Last year young people in Hounslow were given the opportunity to apply for funding for their own 'personalised' short break activity. These included horse riding, swimming lessons, gymnastic classes, even rock climbing...

Once again, funds have been allocated to young people on pathway 1 and 2, aged 5 up to 18, living in Hounslow who are looking for help with a short break or activity. This can include equipment that will help them access a short break! Young people and parent/carers on their behalf can bid for up to £250 to fund their own short breaks.

The activity needs to be positive and enjoyable, that gets the young person out and about in the community, hopefully developing a hobby or a skill. We are very flexible in what can be applied for as each child has their own interests but there are some no-nos:

- No electronic equipment including laptops, mobiles, gaming consoles
- No furniture or household items
- The only holiday that could be funded would be one for the young person themselves such as a PGL holiday or a residential with a youth club.
- No Merlin annual passes

The application form is available from the Short Breaks team or from the downloadable documents on the Short Breaks web page www.hounslow.gov.uk/shortbreaks which ideally the young person will then need to complete (where possible) or with help from an adult. Young people can attach a picture, film, photo or other media to the application form if required to express or support their idea.

Applications will be then presented to the Decisions R Us Panel who will make a decision about each application.

Decisions R Us Panel Dates

11 September 2024 – deadline for applications Friday 6 September

8 January 2025 – deadline for applications Friday 3 January

If you have any queries, please call the Short Breaks team on 020 8583 3636.



Services Throughout The Year

Music Therapy – Richmond Music Trust



Richmond Music Trust are offering a slightly adjusted programme to children and families offering both direct contact music therapy sessions and online sessions.

Our online music therapy programme during the summer has been very popular and we have received some lovely feedback from families, which showed clearly that music therapy via video link can really work well for some children. Therapists and parents have been amazed about how effective children can engage in online music therapy accessing one to one and group sessions. As we are still unable to use our usual premises at the Hub, we have decided to offer a mixed programme offering both **online sessions** as well as **direct contact** sessions.



Online Music Therapy Programme on Saturdays

Sessions will be a little different but our therapist Sara Cole will create a fun and child-centred experience including shared musical activities, singing and games. These sessions will be uniquely tailored to your child's needs, choices and ability. We have vacancies for weekly one to one sessions and vacancies in weekly small group session.

Sessions will need to be attended jointly with a parent, carer or sibling so that your child is supported to maintain engagement. If you have musical instruments at home these can be used and the therapists will also provide you with ideas of how to use household items for sound production.

This programme is open to children from Pathway 2 & 3. We accept referrals from those that would like to try out this mode of engagement or continue on from the summer programme.

How does it work?

All you need is a computer (PC or MAC), tablet or Ipad and a reasonably stable internet connection. You will need to install the free Zoom application and we will send you all the info of how to do this. **If you need any help, Joanna Dawson from Hounslow Short Breaks or Andreas Rosenboom from Richmond Music Trust are available to help if required.**

Direct Contact Music Therapy Sessions on Saturdays at Richmond Music Trust, Twickenham, TW2 6RB

The Trust also offers sessions from their premises in Twickenham, TW2 6RB and therapist Muhamad Badry will be offering sessions on Saturdays between 10 and 4pm. We will adhere to social distancing and have a variety of measures in place to assure Covid Safety.

How do I enrol?

Please contact us if you wish your child to access the music therapy programme, by emailing: musictherapy@richmondmusictrust.org.uk

Please let us know if you wish to access the online or the direct contact option.



Services Throughout The Year

Heathrow Gymnastics Club – Play Gym

This service is only available to children registered with Short Breaks up to the age of 7 and up to 130cm in height on pathways 2 and 3.



The play gym sessions are open to children on pathway 2 and 3 up to 7 years old or 130cm (4 feet, 2 inches). Brothers and sisters are welcome to attend but will need to be paid for by the family. Session times below.

There is no need to book the sessions but arrive promptly to make sure you can access the session.

Heathrow Gymnastics Club, Green Lane, Hounslow, Middlesex, TW4 6DH

To find out more information, please ring the Short Breaks team: 020 8583 3636 or email shortbreaks@hounslow.gov.uk



You can use this service throughout the year, not just in the holidays!

Please note that on arrival parents are required to fill in a registration sheet which will be asked for basic information about their disabled child, including their disability and UIN number. Short Breaks will only pay for the disabled child – any siblings or friends will need to be paid for by the parent/carer.

Monday - Friday	Saturday	Sunday
10am – 11am	9.30am – 10.30am	Closed
11am – 12pm	10.30am – 11.30pm	
12pm – 1pm		
1pm – 2pm		
2pm – 3pm		
3pm – 4pm		

Congratulations...

If you have any good news stories, let Short Breaks know and we will publish it in future newsletters.

Please call us on 020 8583 3636.



Childminding – 24 Hours Free Childminding Service



The Short Breaks Service will pay for an introductory 24 hours childminding free. This is an opportunity for you and the childminder to start building a long-term supportive relationship for your child.

A registered childminder is a person who looks after children in the childminder's own home.

Registered childminders are found on the Hounslow Family Services Directory at www.hounslow.gov.uk/childcare. Select the search for childminders button and choose your area. You will see a list of childminders and will need to click on each name to see their full profile.

Some childminders may have listed specific experience they have in caring for children with a particular special need/disability. From this information, it's advisable you then contact the childminder to see if they can accommodate your child's individual

needs along with the hours and days you are looking for.

Once you have found someone who meets your needs, call the Short Breaks team who will organise payment of the first 24 hours directly with the childminder. It will then be down to you to continue any ongoing payments with the childminder for further care.

- Your family/child must be registered with Short Breaks to use this service
- Your child must meet level of need pathway 2 or 3
- Once the 24 hours introductory offer is over, it is your responsibility to continue paying for the service.

For more information or to discuss organising your childminding, please call the Short Breaks team on 020 8583 3636.





**Should you require this Newsletter
in a format other than English please
contact the Short Breaks team on
020 8583 3636 or email:
shortbreaks@hounslow.gov.uk**

**Children with Disabilities Social
Work Team, Safeguarding and
Specialist Services**

London Borough of Hounslow
Hounslow House, 7 Bath Road,
Hounslow TW3 3EB
Telephone: 020 8583 3636

www.hounslow.gov.uk

July 2024