

Short break offer

for families of children and young people with special educational needs and/or disabilities



Covid-19 has changed the way we are living our lives, and whilst we had hoped things may start getting back to 'normal' we are now in another period of lockdown. We know that this is a difficult time for some people and we want to help you to get the most out of the services that are available to you.

Online activities and support



There are lots of activities that can be accessed online visit www.durham.gov.uk/article/23129/Online-activities for ideas of things to do at home, or visit <https://www.countydurhamsport.com/young-people/active-30> for lots of fun physical activities.

Parents and carers can get advice and support on how to look after their physical and mental health from the [Wellbeing for Life Service](#) or use the [my wellness app](#) to help you stay healthy and active. It offers daily workouts with step by step instruction on how to complete the moves at home, and monthly challenges.

- [Register online](#)
- Download the 'MyWellness' app available from the app/play store.
- Log in and enjoy workouts in the comfort of your own home or garden.



The Local Offer



Visit the Local Offer for information on groups that provide activities for children and young people with SEND. The Local Offer also has information on groups that provide direct support to parents. You will need to contact the groups to find what they have on offer at the moment.

www.countydurhamfamilies.info/localoffer

Parent / Carer online support



Durham County Carers Support are hosting a variety of online support, training and activity sessions for carers. For more information please contact 0300 005 12 13 or visit their website www.dccarers.org

Making Changes Together Parents Forum (MCT) are running 'Zoom coffee events' For more information please contact info@mctdurham.co.uk or visit their website www.mctdurham.co.uk



Short Breaks Solutions

If you are struggling to find suitable activities for your children to give you a short break from your caring role, our Short Breaks Solutions service will work with you to find options that suit your family's needs. Short Breaks Solutions can refer you to some tailored opportunities for children and young people with SEND that will benefit them and their families outside of their education.



These include:



Virtual activities

There is a range of online activities including gaming, cookery, fitness, bingo and discos. The current themes are Valentine's day and Easter.

Some these activities can be done online individually and others as part of an online group.

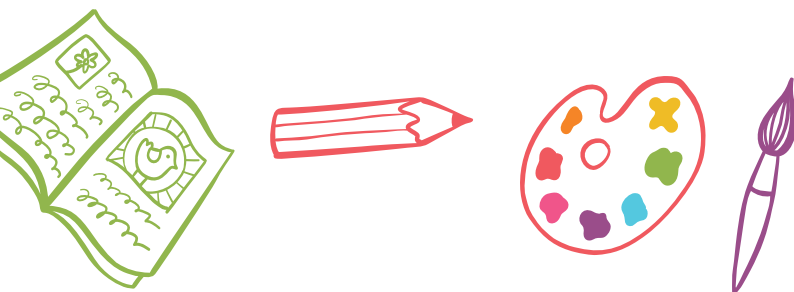
Keeping Families Connected

One of our providers provides regular activity packs to families, these packs are delivered every few weeks with a different theme. The current theme is Chinese New Year and the packs are linked to online activities. They also host a family book club and forthcoming online youth club.

Physical Activity Group Programmes

We are currently unable to provide face to face sessions, but we are providing online sessions.

They run Monday 4:30 – 5:15pm
Wednesday 4:00 – 4:45pm
Thursday 4:30 – 5:15pm
Saturday 10:00 – 10:45am



Community Enabler

A community enabler can provide a 5 week programme of 1:1 support. This service is only available to extremely anxious children and young people who cannot manage in a group situation or get out of their home without 1:1 support. This is followed by 5 weeks online activities.

The providers we work with are checked to make sure they offer quality activities and support to our families.

Some of our current providers include...

Integrating Children www.integrating.org.uk
Durham Area Disability Leisure Group (dadlg) www.dadlg.org
Sport Works www.sportworksltd.co.uk
Include 'In' autism www.includeinautism.org.uk

To access any of the above activities please contact Short Breaks Solutions:

Email shortbreakssolutions@durham.gov.uk
Telephone: 03000 260 270

Parent/carer Survey

We need to plan for the future and to develop our service to meet the needs of our families. Please help us to understand what you would like from a Community Short Break and what kind of things you think we should be providing by completing a short online survey.

<https://www.surveymonkey.co.uk/r/DCCSB2021>

